

# The Messenger

New Richmond High School, 1131 Bethel-New Richmond Road, New Richmond, Ohio 45157

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*New Richmond  
River Rats on Attack  
against growing heroin problem*

# River Rats on the attack!

Heroin problem in Clermont County has police, citizens concerned

By Ciera Moore

Recently, it has been brought to the public's attention that there is a significant heroin problem in the Clermont County area, specifically New Richmond. The small village of only about 3,000 has local people struggling with heroin addiction between the ages of 25 and 45 years old. According to New Richmond's Police Chief Randy Harvey. "For a small town, I think we have more than the usual number of drug overdoses. We probably have one overdose at least every couple of weeks, usually heroin."

Unfortunately, this problem is not just confined to the Clermont County area. "The ongoing problem is out of control not only in Clermont County, but everywhere. I can tell you that from a recent conference I attended sponsored by the Ohio Attorney General's Office the leading counties in the State for heroin overdoses is Clermont, Butler, and Warren County. One would have to wonder why Hamilton County (City of Cincinnati) was not included in the top three. It is believed among local law enforcement that, one, the competition among drug dealers in the Cincinnati area has driven a number of dealers into the eastern counties. Secondly, Hamilton County has many more resources to fight the problem," explained Harvey.

A community group that was formed to work against the heroin problem. "A citizens group calling itself River Rats on Attack hopes to tackle the community's heroin problem by joining forces with local police and the Ohio attorney general's office. Last month, more than 60 "River Rats" rallied at the village's bandstand just weeks after New Richmond's police

chief turned to the media to express his frustration in dealing with the heroin epidemic," according to [www.cincinnati.com](http://www.cincinnati.com)

After Harvey's public announcement of the heroin problem not being just a law enforcement issue, the River Rats on Attack were formed. "We will never arrest our way out of this problem, and this is a community problem and it will take the community pulling together to have an impact. The River Rats Steering Committee has already made an impact through education and awareness and their efforts to bring treatment to those in need. Other initiatives are forthcoming in the future," said Harvey.

Harvey himself makes an emphasis on how this is a community problem. "I and the River Rats Steering Committee comprise the 'Seven Mountains of Cultural Influence'. They are: business, education, family, government, media, religion, and arts. Just recently, two of the New Richmond School Board members accepted our invitation to join our steering committee to represent the education sphere of this equation," said the police chief.

Law enforcement alone can not handle this large problem. "We have partnered with the Ohio Attorney General's Office to give us guidance on some initiatives that other communities have worked on. We have comprised a large list of social outreach advocacy groups. Our own outreach in just a short time, we have been able to get eight people into treatment. We are currently working on becoming a 501c (a nonprofit organization) so that we can seek grant money for other initiatives. We are working on trying to find a place where

we can have support group meetings," said Harvey.

This problem has expanded so far that it is unlikely it will be completely eliminated, especially in the immediate future. "Unfortunately, I do not see this problem being fixed, we will be lucky to just manage the problem. Heroin is cheap and it is so addicting that there is simply not enough resources to aggressively fight the problem. I can tell you that law enforcement, the court system and probation efforts are overwhelmed and frankly do not know what to do. You have to understand that it takes an extreme amount of money to fight the problem with very little results and with no real consequence to the offenders. I have been standing on the platform that we must introduce more prevention and intervention and try to attack it from the front end," admitted Harvey.

There are many problems contributing to the heroin addiction problem here in Clermont County and the surrounding areas. "One reason why the heroin epidemic is so hard to fight is because it is synthetic and can easily be produced anywhere. Being synthetic, the properties of the drug are always changing and being "laced" with harmful and deadly chemicals. Even to the addict, he/she does not know what they are getting and that next dose could be the fatal one," Harvey said.

According to The New York Times Upfront magazine, there are certain places in the world that supply rural places like New Richmond with heroin and other drugs. "Almost all the heroin in the U.S. is smuggled across the 2,000-mile-long U.S.-Mexico border by drug cartels, which pocket billions from the trade each year.

About 50 percent of the heroin sold in the U.S. is from poppies grown in Mexico and about 45 percent is grown in Columbia but enters through Mexico, according to the Drug Enforcement Administration. Mexico is now the world's second-largest poppy grower after Afghanistan, which supplies only four percent of heroin in the U.S." (April 21, 2014 : 8)

The Interim Village Administrator in New Richmond is Greg Roberts, and he says that the way for this problem to be fixed is in the hands of the law.

"Aggressive enforcement of the laws aimed at those who profit from the trade (is how this will be fixed). A significantly improved national, state, and local economy that provides real jobs rather than empty promises and despair would help. There is no easy fix."

Roberts would like for the people of our community to know something about this epidemic. "No community is void or immune from legal and illegal drug problems. Heroin is just the latest and perhaps most deadly drug. It is highly addictive and death is likely to occur to those who are lured to it by the criminals that deal and distribute it. Our federal government was more aggressive in going after the tobacco industry than heroin."

Mayor Ramona Carr of New Richmond also had a few words to say to the public. "Heroin and other drug use is an epidemic all over. It doesn't affect just one age group. Our goal is to find a solution to help with the problem. We are working with the Ohio Attorney General office to find solutions as well as county agencies who offer help to those needing help with addiction. The

River Rats group also is reaching out to those needing and wanting help. There are several public meetings with police, village officials and business owners, clergy, school officials and well as others being invited."

Deborah Sontag, author of *Portrait of a Heroin Victim* in The New York Times *Upfront* magazine, had more information about the heroin epidemic. "The use of heroin in the U.S. has doubled since 2007. Almost all of it comes across the border from Mexico into the Southwest, and it has now wormed its way into many unsuspecting communities far from the border." (April 21, 2014:8)

Sontag goes on to explain how heroin dealers get the heroin that they sell to local people. "Typically, smugglers hide the heroin in cars or trucks, concealing it in all sorts of false compartments—inside car batteries, car doors, or, in one case, hollowed-out art frames in shipping containers.

It's transported along the nation's major highways to big-city hubs like Atlanta and Chicago. There, the heroin is cut from the kilo-size quantities into smaller bags that a large network of dealers distribute locally and move into the suburbs and small towns."

The *Community Journal* in Clermont County featured an article titled, *Clermont sheriff's deputies now carrying drug to reverse heroin, other opiate overdoses*. The article explains how law enforcement is currently trying to lower the chances of death among those who overdose on these drugs.

"The Clermont County sheriff's office has become one of the first law enforcement agencies in southwestern Ohio to carry the lifesaving drug Naloxone for those struggling with heroin addiction. Naloxone, also known by the commercial name of Narcan, works by blocking the effects of heroin and opioids on

the brain and restoring breathing to an overdose victim within two to eight minutes. This month, Clermont Public Health staff trained sheriff's deputies how to administer the drug. Deputies now carry Naloxone when they respond to emergency overdose calls." ( October 1, 2014:A1)

Shirlene Martin, a founding member of the River Rats, said that the problem will be significantly helped if the community had more detox centers. "We desperately need more detox centers and for people to realize yes the one suffering from addiction did make a choice the first time they tried heroin but after one time of trying it, heroin owns them. At this point I feel it becomes a mental health issue."

Martin definitely thinks that the River Rats will make an impact on the heroin problem in New Richmond. " Yes! We already have by working with Chief Harvey and the Attorney Gen-

eral, we formed the New Richmond Steering Committee. This group has Police, NRFEMS, School Board members and some staff, business owners, pastors from many churches in the community, representatives from the Attorney General's office, members of SOLACE, Clermont County Health Department, and everyday residents like myself. The steering Committee is divided into seven categories: religion/churches, family, government, education, media, arts/entertainment, and business."

Law enforcement should always be involved, according to Martin. "We work hand in hand with them. We never put ourselves into a dangerous situation. We can only help those who come forth asking for help. We can always get people to help if that is what they really want, but if they choose to keep breaking the law then how else do we help them? Except by letting the law do their job. Their coming forth



for help does not change anything with the law if they have charges on them that is between them and the law. We don't interrupt that at all."

Unfortunately, Martin does not think there will be any easy fix.

"Drug & alcohol addiction is not something new, it has been around for many years. Just a short while back the drug of choice was LSD, then crack, cocaine, meth and now heroin. Heroin, in my opinion, is the most deadly. One time of doing it and it now controls you. People have overcome drug/alcohol addiction. In today's world we are doing our best to stomp out the stereotype, but years ago those addicted had nowhere to turn. They were cast out by many with nowhere to find help, but today we have treatment centers everywhere. Faith based facilities will take someone with or without insurance, so there is no reason to stay a victim of addiction. I feel this problem will be around but not with the force it has today," said Martin.

People of the New Richmond community should know specific things about the problem going on in their own town.

"They should know that we are not alone in this, we have so many resources that are pulling together to help solve this issue. New Richmond is not alone with the addiction problems, it is all over in Clermont county as well as Hamilton and Brown counties. We were the first to step up and ask for help from the Attorney General on how to resolve this problem. Since then, many areas are forming their own groups to get the help that is needed. Bethel just had a town hall meeting and is in the process of forming a group being guided by Donna Young from S.O.L.A.C.E. and guidance from the Opiate task force, Clermont Mental health and many more," Martin said.

But Martin does think that the community has helped to solve the problem in many ways. "With our Steering Committee and The River Rats For Recovery we are working hand in hand to kick off Red Ribbon Week. We have planned a all day event on October 25th at our bandstand from noon -10pm. This event will include many activities for everyone, full of information to help those understand addiction and

where to get help. We will have many from County offices there to give out all kinds of information. The River Rats For Recovery held a "Ignite the Night" walk on September 13th. We had candles of various colors: red represented those in active addiction, black for those gone but loved and not forgotten, and white for those who recovered."

"We walked along the river with our candles and torches held high, stopping on the banks of the river to light lanterns. We also stopped on the steps by the park for a moment of silence or to pray for our loved ones going through addiction or to remember those gone on. We had about 50-60 show up for this event. We work hand in hand with other community groups helping each other forming the support and sharing the knowledge. We also have formed a support group for those who have gone through recovery, this group consist of only those with former addictions. Who can better understand what someone has gone through than those who walked the same walk? I have a man who is 34 years recovered and a woman 24 years recovered, and another woman 16 years recovered; they are the ones that run this group. Connection Point Church recently purchased a building inside the village. As soon as the renovation is completed, faith based counseling will begin free of charge there. We also are in the process of gaining access to a building inside the village where students from Graduate Counseling Services LLC will have

their students counseling others free of charge for those who need it," continued Martin.

People with a problem always have a way to get help. "As of this date, we have helped many get the treatment they need for drug addiction. It makes no difference whether they are male, female, adult or youth. We can get anyone and everyone help! We keep all information private, it is not shared with anyone. Only three people know the names of those we help and they are the ones that actually do the calling for the help and it is strictly confidential! Only one person did not want to go into faith based program and did not have insurance to help cover the cost. For a detox program, the cheapest I could find was going to run the family \$4,500-\$9,000 for a program that runs 5-10 days. For a 90-day inpatient program, the cheapest I could find was \$40,000. Remember, when someone enters into any one of these programs they can walk away at any time! It is never a guarantee, but thankfully this person's needs were met. We now have a tax ID number and have filed for our 503 tax ID. I carry a phone with me all the time so anyone wanting help can get it. Day or night 24-7. My plans are for this group to be around helping their fellow resident and local law enforcement long after I am gone. We are all in this together. Anyone wanting help can call me 24-7; Shirlene at 513-283-7129 or email me [shirlenemartin@yahoo.com](mailto:shirlenemartin@yahoo.com)," informed Martin.

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**Proceeds will benefit the marching band's fund for new uniforms and  
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# NRHS theater program taking flight

Drama club getting ready for performance of *Oklahoma*

By: Jade Davidson

The NRHS drama club is up and going for the coming year. The fall musical this year is *Oklahoma*. With a cast of 33 and a support crew of about 20, the musical is taking flight. NRHS vocal music teacher Doug Heflin and veteran NRHS theatre assistant director Errol Selsby are the directors of the production.

Students and staff participate in drama club for many different reasons. Sophomore Isabelle Oiler said, "I love theater! I love to make shows happen and see them come to life. I feel like theater is the place that I really fit in."

Sophomore Raven Reynolds said that she joined drama club because she enjoyed watching previous plays and to be a part of it. "I like being in a laid-back environment and being able to enjoy ourselves and joke around, but still produce amazing plays."

"I joined drama club and the production because it is fun. The people, the directors, and the experience is the fun part. If you have nothing else to do, why not drama club? You meet really fun people," added sophomore Hunter Gilpin.

Senior Audrey Feiler, playing Aunt Eller, said, "I like the community and the relationships that are developed during the production of the show."

"Drama club is where I can be who I am and escape from real-

ity. I can hang with friends and just have fun doing something I love," added Oiler.

Heflin said that he enjoys seeing these shows come together through the student actors. "I like seeing the young actors and actresses discover new characters and new feelings that they didn't know before."

Heflin said he has been directing musicals here for many years, but more recently, has taken over as the overall theatre director. "It is sometimes hard juggling his teaching and the drama club; I am basically doing the job of two people," he stated.

*Oklahoma* is based on the 1931 play *Green Grow the Lilacs*. Set in Oklahoma Territory outside the town of Claremore in 1906, it tells the story of cowboy Curly McLain and his romance with farm girl Laurey Williams. A secondary romance concerns cowboy Will Parker and his flirtatious fiancée, Ado Annie." (<http://en.wikipedia.org/wiki/Oklahoma!>)

"The original Broadway production opened on March 31, 1943. It was a box-office smash and ran for an unprecedented 2,212 performances, later enjoying award-winning revivals, national tours, foreign productions and an Academy Award-winning 1955 film adaptation. It has long been a popular choice for school and community productions.

Rodgers and Hammerstein won a special Pulitzer Prize for *Oklahoma!* in 1944." (<http://en.wikipedia.org/wiki/Oklahoma!>)

Heflin said he is very impressed with the cast and especially the quality of the freshmen and sophomores this year. "The cast is really strong and we have a lot of veterans on stage," he said.

*Oklahoma* cast members are all excited about the actual performances for an audience, which will be Friday and Saturday, November 14 and 15. "I can't wait for show nights and getting all dressed up in costume and makeup and doing something great with my friends," said Feiler.

Oiler, who plays the role of Ado Annie Carnes, said, "I'm looking forward to being Ado Annie in *Oklahoma*, joining the winter play, and anything else I can do to be in or help with shows."

"Since I am the secretary of the drama club, I look forward to leading a part of it. I am in charge of making sure people do their jobs make sure props are where they need to be etc. I am also a lead this year so I look forward to being a big part of the play. It is very exciting to tell a story, even if you are an extra or a lead just have fun and hang out," said Gilpin.

Senior Daniel Wilson plays a lead role, Curly, in the production and says, "I live for drama! It's great to be able to step away from reality and be someone totally different."

Having been involved with the theatre program since he was a freshman, senior Tyler Davis said it's great to be a part of anything and everything connected to the musicals. "I love meeting all the new people and bringing them out of their shells," he said.

Some of the people involved in the play are never really seen by audience members. Junior Corey Secen, who is a member of the in the crew said he joined because, "I want to be involved in a play but I can't be on stage."

Students involved in this production have, for the most part, been involved in theatre for several years and in that time, have made some unforgettable memories. "In sixth grade I was the king and I had a mustache and beard that kept peeling off during the show so they glued it to my face for the second show," said Oiler.

"My favorite memories are the moments that weren't planned, where we improvised, covering for hiccups, writing our own lines. Some of my favorite memories were those spent making friends backstage and the overwhelming connections made," said Feiler.

The musical *Honk*, which was performed in the fall of 2012 produced some favorite memories for Wilson, its star, who said, "I loved getting to screech 'HONK!' daily."

*Honk* was also mentioned as a favorite by Davis and junior Austin Lawson, both of whom said their favorite theatre moment was, "When Daniel left out the frog scene."

This year will be Heflin's last year as the drama director. When he was asked if he wanted to go out with a bang he said, "I'm not interested in leaving a mark. The best that can be left is a program that will continue. That the community, the school, and the students will value. Only time will tell if the program will leave the legacy I hope it left."

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# This one time at band camp...

## A story of NRHS' musical marchers

By Tristin Baumann

The students of New Richmond High School's marching band have many different ideas and experiences to share about their time in it, as well as many different reasons for joining. One of these students is senior John Buckingham, who believes it's his destiny to play the trumpet.

"Going to band camp is awesome. It is super fun and there are lots of stories to tell. Other people should be in marching band because band is awesome and being musical is a good quality. Weird things happen at band camp. Everyone is super weird."

Another student in marching band is sophomore Lily Cahall.

"The best part of being in marching band is all the inside jokes everyone has with each other. Everyone is so welcoming and hilarious; it's just a fun environment to be in. Learning to play an instrument is really cool and hanging with others is fun. We are all so close and if someone heard us talking they wouldn't understand. For example: McKinley's eyebrows!"

Sophomore Joey Hammill thinks there are several things that are great about marching band. "We get to play loud. McKinley owes us 18 band cats.

We learn ways of marching and keeping in step. When everyone does it right, feet move together and no one bounces and it looks great. We get to have fun in the stands. Free entrance to football Americano. Free food third quarter. Spiffy uniforms. Rockero! Band cat."

Hammill also shared why he thought others should be in marching band. "We have some sections that are weak or don't always sound as good as the rest \*cough\* trombones \*cough\*, and one hundred of us might be able to call McKinley on his band cat debt."

When asked about things in band people outside of it probably don't know about, Joey responded in Russian, and then in humor. \*\*Unfortunately, PageMaker will not translate Russian.\*\* It's fun if you're not terrible or a jack-donkey. Let's just say donkey. McKinley has large eyebrows. We can joke around as long as we get stuff done when necessary. It's not all work and aside from a few exceptions, there is less freshman racism, surtout s'ils jouvent bien (especially if they play well). 0% chance of rain. McKinley's microphone voice cracks."

Freshman Thane Witzak thinks the best part about being in marching band is that it allows you to have fun and express your self. "You get into the football game free and you get to have a great time at the game. It allows you to be part of something and be at events. It's not easy, you actually need to try and practice you can't just join and sit around and do nothing."

Another sophomore, Tabitha Stevens, also enjoys being in marching band. "It's being with friends and learning to work as a team. It's a fun experience and you get to be with your friends every Friday night. The summer camp is not as bad as some might think, uniforms are not as uncomfortable as they look. Marching band is a lot cooler than it looks cause we're just a huge team."

Jazmine Dyer, a senior, thinks the best part of being in marching band is being in the stands at games. "Students dance and cheer. The energy is great. The free half-time food or maybe the class itself because of the random cat meows. McKinley and Wright are great teachers. We are always laughing with them. There is a technique to marching. You don't just walk butt roll with a straight torso and knees bent. It is hard work to walk and play at the same time, especially for the kids who can hardly chew gum and walk simultaneously."

Junior Dustin Carr believes that the best part about being in marching band is the people. "It is so great because it is fun to be around people of the same mindset. A few things people might not understand are at football games when we are acting like idiots just because it's fun, and names of cadences are

named with alumni in mind."

The best part of marching band, according to sophomore Luke Hoagland, is getting free food at third quarter of the football games.

"Marching band is fun to play in, and you make new friends during marching season. If you like food (free food), then you should join. The band gets into football games for free. We get to travel to away games for free. We are loud."

Freshman Kara O'Toole had her opinion about the best part of being in marching band. "The social part of it. It's fun playing music, but it's even better being able to socialize. You get to play music, watch football, and be with your friends. Marching band is amazing. Its the class you look forward to every day. You make amazing memories. You get to march to songs that you know. Band is great!"

As you can clearly see, there are many different reasons for why students at New Richmond High School are in marching band, and what they think is great about it. To close, Marching Band instructor Michael McKinley shared his thoughts about the band. "New Richmond's band is an eclectic mix of personalities and playing abilities. We have people that have been playing their instrument for eight years and some for a matter of months. The students are very welcoming and the group is a musical and social experience. For those that aren't in band, they might not understand how challenging it can be to first play and march at the same time. With that being said, after a week of camp, it is amazing how far the students progress."

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# Innovative idea helps learning excel

## The Writer's Notebook has taken a leap into NRHS

By Hunter Gilpin

The beginning of the year 2014, the English teachers of New Richmond High School started to use a device to help students with their writing. This device takes form of a notebook for writing and is called, you guessed it, a Writer's Notebook. This notebook will be implemented after this year as a permanent part of writing instruction.

Catherine Bella, an English teacher at Oak Hills Local School District, and one of the instructors for the Ohio Writing Project Workshop, which is held annually at Miami University, has been using the Writer's Notebook for a number of years and she believes it improves student writing skills greatly. "Like any skill, if you want to get better at writing, you have to practice! The Writer's Notebook provides a place to us to practice our writing and to keep our writing ideas. The Writer's Notebook is to writers what the gym is to a basketball team. It's hard to imagine how you would practice or improve without it! Also, it helps teachers remember that it is important to make time in their classes for writing. If you have a notebook, you have something you need to fill up! If you don't write consistently, you can't get better!"

Bella cited a writing instructor, who said that students need to write every day for at least an hour to improve. "Students also get a low-stress place to practice writing and record their ideas. They are using a tool that real writers use. All of these will improve their writing. Plus, students that have writer's notebooks typically produce a lot more writing than students who do not. They have something they can look back at throughout the year, they have ideas for writing, and they can be proud

of their writing growth and I would love to see schools place just as much as emphasis on writing instruction as we do reading instruction. However, because in many grades, the only area that is tested is reading, writing is often placed on the back burner. (This may mean we need blocked classes for Language Arts - I would definitely support that!). I would love to see students writing every day and engaged in their writing because they are writing about something that matters to them. We need to provide our students with choice if we want them to enjoy the act of writing."

Writing is an important life skill, according to Bella, and one that humans must use to communicate with each other. "Even with technology advances, we are still writing - it just may look a little different. It is also the most difficult skill we ask students to do, which is why it is important to provide as many opportunities as possible to practice in order to improve and I noticed my students were writing much more frequently than they ever did before. I also noticed that when we had to write a bigger paper, it was not so difficult for my students to come up with topics because they already had so many great ideas in their notebooks. Their attitudes towards writing improved because the Writer's Notebook became a place where writing could be fun and could be about something they chose to write about. Giving writer's choice is the biggest thing we can do to motivate students."

New Richmond High School English teacher Nicole Parker started using the Writer's Notebook this year. "I have been using the Writer's Notebook almost daily in my English Composition

class with much success. My students like the quick write activities and the rambling autobiography. I really believe in the idea behind the writer's notebook: to be writers, we must write. Not all writing is formal, graded, published writing. Some writing is personal, some is just for practice. The notebook gives us the chance to explore many different aspects of writing and look at broad ideas or specific skills. It has been the single best addition to my classroom in my teaching career."

NRHS English teacher Susan Griffin echoed Parker's thoughts. "Using the Writer's Notebooks has been a tremendously positive teaching method for me," she said. "Students get the opportunity to write almost daily and have a place where all of their writing can be kept. We also look at what we call mentor texts-- good examples of writings that we are doing in class. Once we look at a mentor text, we keep a list in the Writers' Notebooks of what we noticed in those texts-- what made those texts work and what was good about them. Those lists form kind of an informal rubric for students as they go on to produce their own essays."

Griffin's classes recently completed the children's book project, a chance for sophomores to write and publish their own children's books and then read them to students at NRE. This project produced books this year that were better than any seen before, said Griffin.

"Before students began writing their stories, we did a whole week of planning," she said. "Students did quick writes (3-5 minute writings) about various topics related to children and children's books, such as their favorite children's book when

they were younger, their most memorable character, and the most important lesson they thought children could learn. I also read a children's book out loud every day in class and then students kept track in their Writer's Notebooks of what they noticed in that particular book that really stood out and why children would like it."

"The books that my sophomores produced this year were the best I've seen in about 15 years of doing this project. Students really took what they had learned and seen in the books read aloud and made an effort to include those things in their own books. I have to credit Writers' Notebooks for a great deal of that," she said, adding that many of the books produced in class will be on display in the library for a couple of weeks.

NRHS English teacher Shelby Pride also uses the Writer's Notebook and enjoys it. "I have used the Writer's Notebook to help prepare my students for their formal writing. I believe the Writer's Notebook provides a safe place for students to share their thoughts and ideas. The more they practice their writing the more comfortable and better their writing will be. I plan to continue to use the Writer's Notebook to aid in the different styles of writing we will this school year. I have enjoyed the Writing Sprints and Writing from a Word."

NRHS English teachers, along with English teachers across the district, will continue their training in the use of Writer's Notebooks, as well as in the overall Ohio Writing Project for the remainder of the school year and will continue to integrate what they learn into their classrooms.

# Estudiantes NRHS bombeados para el viaje de España

## Students excited to visit Italy as well

By Elise Holdsworth

Every two years, New Richmond High School gives the opportunity for students to go on a once in a lifetime trip. In the summer of 2015, Spanish teacher Sharon Nehls is taking a group of students to Spain and Italy.

NRHS junior, Megan Webster, said that this isn't her first time being out of the country. "I've been to Germany. It's beautiful. I decided to go on this trip because I get to see new places, new people, and a new culture," she said.

Ally Lutz, a junior, is looking forward to many things. "The thing I'm looking forward to the most about this trip is going overseas with my best friends. I may never get the chance to experience that again," Lutz said.

"I'm really looking forward to a lot of things. But I'm mostly looking forward to the hot Spanish guys. Yum," junior Kendal Collier said.

"I decided to go on this trip because it is a great experience to learn about their culture, their history, and their way of life," senior Jazmine Dyer said.

Nehls will be taking a group of students and chaperones to Spain for four days and they will also be going to Italy for four days. The group departs in mid-June.

"I have been to Spain three times, so this trip will make it four," Nehls said.

"What makes it exciting is opening up the eyes of my students to a whole new culture. It's

so neat to get to spend time outside of the classroom with my students," she said.

Nehls said that she loves how laid back the people in Spain are. "They have such a history that dates hundreds of years longer than our own. Their architecture, art and society are so intriguing and something everyone should get a chance to experience."

"When it comes to shopping, I always look for the unique items," Nehls continued. "In Barcelona, there are really nice boutiques with fine clothing and jewelry that pique my interest. In 2013, I went in a store called Desigual. It means "unequal". It had some really neat dresses and scarves."

"I am looking forward to going

to Italy for the first time, getting to take a night ferry and for the first time ride the AVE train," Nehls added.

"I started planning this trip over a year ago so that I could give those students who wanted to go an opportunity to raise the funds that are needed to go on the trip," she explained.

Nehls said she hopes her students learn many things on this trip. "Be prepared, be confident, take risks and speak the language even if every word doesn't come out right. Try some new food, museums are not boring but enriching and I hope they take home the desire to continue to broaden their horizons and encourage others to travel because it is worth it," Nehls said.

## Two annual tests provide valuable information

### ASVAB, PSAT assess skills and connect to military, college

PSAT, ASVAB...just another couple of acronyms, another couple of tests added to an already cramped testing schedule. So why are these two tests given, who takes them and why are they important?

Neither the PSAT nor the ASVAB affects students' grades, credits or graduation. Both are given as preliminary assessments of student skills.

The PSAT is the pre-Scholastic Aptitude test. According to the college board web site, the test provides two important benefits: it "assesses the critical reading, mathematics, and writing skills students need for college and beyond," and, "helps students become college ready. It provides detailed feedback on skills, access to scholarships and personalized online tools, and excellent practice for the SAT." (<https://www.collegeboard.org/psat-nmsqt>)

NRHS counselor Carol Ann

Coulter said that students taking the PSAT (it is offered to juniors and sophomores) receive valuable feedback. "They will receive a score report, which will indicate what questions were answered correctly and incorrectly. They also receive a personalized statement and specific skills that need attention, along with suggested ways to improve skills," she said. "Students will also find out which AP courses they may be ready to take in the future and an online career and college planning tool."

Additionally, the PSAT is a valuable connection between the student who takes it and hundreds of colleges across the country.

"When students take this test, they have the option to participate in the College Board's Student Search Service," said Coulter. "That will make their name and information available to colleges and scholarship pro-

grams who may be looking for students just like them!"

The ASVAB is an aptitude test sponsored by the US military. According to its web site, the ASVAB, "The ASVAB is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military. It is administered annually to more than one million military applicants, high school, and post-secondary students." (<http://official-asvab.com/>)

Coulter said that ASVAB scores are used in a couple of different ways.

"The military uses combined scores in the areas of word knowledge, paragraph comprehension, arithmetic reasoning and mathematics knowledge to determine eligibility for enlistment as well as possible careers within the military," she said.

All juniors at NRHS take the ASVAB in November. Some stu-

dents may decide to enter the military after graduation and the ASVAB scores will travel with them. The test is also a valuable career aptitude tool.

Coulter encouraged students taking either one of these tests to sign up early and be aware of the test structure and format.

"When you sign up early, you receive a free, full-length practice test. When students know what to expect from a test and understand the time constraints of each section, they tend to perform better," she said.

The PSAT is given in October every year, with dates set by the College Board. "One is a Wednesday and the other a Saturday," said Coulter. "We choose the Wednesday because a lot of our students participate in Saturday sports. The ASVAB is always given in November in remembrance of Veteran's Day."

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# And then there were eleven

## Students dropping out of AP Geo like flies

Recently, sophomores have been allowed into the AP Geography class here at New Richmond High School. At the beginning of the year, there were about 16 students taking the class, but many dropped it over the summer. The 16 of us that had stayed slowly dwindled down until there were 11 left. By the end of the year, how many will remain?

So far, this class doesn't seem as stressful as people had made it out to be, I have heard many horror stories from upperclassmen about it, but that might just be because it's the beginning of the year and the teacher, Mr. Harris, is taking it easy on us. Sure, there is copious note taking, but it does end up paying off in the end. With the impending exam date coming up, it being on May 15th of 2015, there

will be a lot of work put into this class. Therefore the long classes full of note taking and the hours worth of homework some nights, will really help.

Having a small class means that there will be more student-teacher interaction, and being in a college course in high school means that students will need more help from the instructor. In this class there will be more need for discussion so that students can completely understand what they are being taught. So having more opportunities to talk to your teacher will show the teacher and you yourself if you can handle the curriculum.

If you are currently thinking about signing up for this class in the future, just remember that there will be a lot of work. You will really have to pay attention in this class', it isn't like other

history classes where you can slack off and look up the answers on the internet. The assignments require you to be active and alert during the lesson so that you can take your newly found knowledge and apply it to not only the assignments, but conversations that we occasionally have during the class.

It's cool to be able to brag and say to somebody that you're in a college course class when you're only a sophomore in high school. But if you don't have the grades to prove that you belong in the class, I don't think you should be in there. If you are in the class and don't do anything and are barely passing the class so far, then how do you expect to pass the exam? You really have to know for sure that you will keep up on your assignments.

Hopefully, by the end of the

**Moore is More**

By Ciera Moore



year I will have passed this class with flying colors and gotten a high score on the exam. I know that I'm living in a fool's paradise if I believe that everything will just magically work out for me, so I know I will have to put all of my work and effort into this class along with the other students. Because if you say you will do something, you should really commit to it and this saying really applies to AP Geography. So before you take this class, or really, any advanced or AP class, make sure that you will commit to it.

## Teacher's kid probz

### What it's like having a parent at your school

Have you ever wondered what it's like being the child of a famous educator? It's fun but also very annoying at times. My name is Brooklyn Parker, and I am the daughter of yes, the one and only, Mrs. Parker.

For all you crazy people who don't know who she is, she teaches AP English, Advanced English 3, English Composition,

and Contemporary Lit. She is also the New Richmond High School varsity cheerleading coach, the National Honor Society Advisor, and an awesome (but nosy) mom.

Having a mom who is involved with almost everything is somewhat tough. She knows everyone on the face of the planet. A 10-minute trip to the store easily

turns into an hour long trip because everybody knows her and she always stops to talk to each and every former student or teacher she sees.

Also, she seems to know

everything I do even if I don't want her to know. It's sometimes kind of nice really. If I had a rough day, she's always there to help me feel better and to talk to me about it. I don't even have to tell her when I've had a rough day because she always seems to just know. It's nice because something I really struggle with is expressing my feelings verbally. With her, I don't have to do the talking for me. She knows exactly what I'm thinking about. The fact that my mom works with teenagers all day means she knows exactly what I'm dealing with and all the little drama that goes on between young men and women our ages.

Many people know my mom as a fun but serious at times kind of woman. Sometimes people expect me to be like her. It's kind of

**Rookie**

**Brookie**



**By Brooklyn Parker**

annoying but mostly it's flattering when people compare me to my mom. My mom is really the best person I know. I look up to her more than anyone else. She's smart, kind, generous. Everybody she meets automatically respects her, she's a wonderful teacher, coach, writer, speaker, and most of all, she's an amazing mother.

So to answer that question about being Mrs. Parker's daughter -- sometimes it's annoying (like when she gets online and reads all my text messages) but mostly it's a lot of fun. I'm very proud to be able to say that my mother is Mrs. Parker. I love my mom; she is my inspiration for everything. I hope one day I am just like her.

**Letters to the editor are always welcome and we will print them as space allows. Please submit any correspondence to the high school office or drop off in Mrs.**

**Griffin's mailbox, or email at griffin\_s@nrschools.org. Questions should be directed to Sue Griffin, x10204.**

# Be nice to Mother Nature

## Littering is destroying the world

You know that weird, ball-shaped thing we live on that not a lot of people really care about? Yeah, that's our Earth. Life moves pretty fast. It's crazy, hectic, and sometimes we don't have time to really appreciate nature that much. But maybe that could be a problem.

I see people throw fast food bags, empty cans, candy wrappers, any trash you could possibly think of, out of their cars, which lands on the side of the roads. The next time you're in the car, look out the window and actually pay attention to how much garbage is polluting our beautiful planet.

Nature is such a beautiful thing, yet people that live in this world are ruining it.

On average, nine billion tons of litter ends up in the ocean each year. This is more than the amount of trash that is correctly disposed of every year which is only 250 million tons. (<http://www.litteritcostsyou.org/9-interesting-facts-and-statistics-about-littering/>)

Many animals are being killed due to the litter that is in the ocean and also on land. Marine life is dramatically decreasing due to all the trash. Nature is such a beautiful thing, yet people that live in this world are ruining it. Why litter? What's the point?

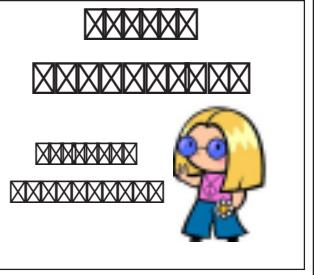
Most people say they are too lazy to wait and throw away their

trash, so instead they pitch it out the window. The next time you think about throwing your old food wrappers out the window, think about the effects your junk can have on the Earth and the animals that live on it with us.

If we all actually took care of our world, so many things would be a lot better. More than you know, actually. In my opinion, the world would be a better place if it was cleaner. The oceans would be less dirty, the air would be cleaner, the animals would be happier and more healthy, even the people, I believe, would be happier.

It isn't worth it to litter. A lot of people think, "It's not going to affect anything if I just throw this little wrapper out the window." Wrong. The garbage adds up over time and it shows.

The fact that littering is a prob-



lem can be controlled. All it takes is for people to learn the dangers of littering and the many effects it has on the world and us.

People who are aware of the dangers of litter often make more of an effort to always put their garbage in the right place. They can also educate other people who litter and teach them to throw garbage away the right way. The next time you see someone littering, do not let it slide. Make a point and tell them not to do it, it's not worth it.

## Why did the chicken cross the road?

To get away from your chicken hate, you chicken hater

You know what really ticks me off? That people still question the chicken's motives to cross the road. This chicken is a free chicken, so let him be. Would you like it if I started questioning you? Probably not, but I will, you chicken haters. Seriously, it's like questioning a freshman why he/she is a freshman.

"Why did the chicken cross the road? To get to the other side." The riddle is an example of anti-humor or it's not meant to be funny. Then people started to say it every day. Who is this chicken to you and why is it so important that you need to know what he/she does every day? Also, the joke started to get more attention once people made a different punch line. One of the worst answers includes: The chicken is distributed

probabilistically on all sides of the road until you observe it on the side of your course ~ Quantum Logics. I envision a world where all chickens will be free to cross all roads without having their motives called upon. Not even a little bit, don't question them.

Every now and then a chicken does cross the road. I always pass by and give it a high five and it goes back to its normal chicken life. When you say, "Why does the chicken cross the road?" wouldn't you think it gets annoyed with you? Say you do something like swimming. Then people come up to you and ask, "Why do you swim," or "Why does the swimmer swim?" It would get annoying for you, now wouldn't it. Apply this to the chicken and think about its

feelings. Chickens have rights too, you know. Protest for chicken rights!

Chickens also give nutritious eggs. If you drive away the chickens by calling upon their motives, what will you have with your toast? Exactly, nothing because you hurt the chicken's feelings and he hates you. If every person was like that to chickens, then there will be no chickens in this terrible world. Be nice to the chickens or they will rise against us and take over the world as we know it! In all seriousness, asking a chicken about its personal life is animal abuse. I will call PETA on you, don't test me.

So to sum things up: don't talk smack about chickens, they don't like you, they are free chickens who don't need your philosophy and/or questioning. The



chickens have their own government, their own education, their own history, and their own personalities. Once you question them, your picture will go through their system, be placed in a file, and one day they will arrest you and you will be placed on trial by Colonel Sanders and be placed in the chicken jail for the time that you deserve. Chicken haters are not permitted around chickens.

# NRHS cheerleader speaks

## Athelete gives opinion on unfair stereotypes

When you think of the title, "cheerleader" what words pop into your head? If any of those words are "preppy or showoffs" or any other provocative words, you, too, have been sucked into the stereotype of a typical cheerleader. As a New Richmond cheerleader, I know that one responsibility as a cheerleader is to represent the school in a positive manner.

I can assure you that not one of those ways to represent the school is either "snobby" or "showoff", but more as a "go to person" or a "helper". In my opinion, the stereotypical cheerleader comes from movies. Most times when a movie involves cheerleaders, the cheerleaders usually play negative roles, they would be the snobby popular girls, or the mean backstabbing friends. This can set an image

for cheerleaders that may or may not be true.

Another reason why people have a problem with cheerleaders is many say cheering in skirts is inappropriate since there is a possibility you might see our spankies. Why, when we talk about inappropriate uniforms, do we not mention volleyball players' spandex or wrestler's singlets? Their uniforms aren't what you would consider a "school appropriate" outfit either. And what about tennis players? Girls wear skirts when participating in that sport also. But no one seems to complain about the volleyball players, wrestlers or tennis players.

People need to form their opinions about what kind of a person someone is based on that person's character, and not if she has the title "cheerleader". The

purpose of being a cheerleader is showing school spirit, and being there for our school athletes, not about "dancing around in uniform". We practice and come to games not to get anything in return, just to support our fellow classmates and make sure they have someone to cheer them on.

Cheerleaders also help out the school in as many ways they can. They donate their time and effort to make sure the school has someone to work at concessions for volleyball games, or someone to tap the ref when the time is up in wrestling. Also, cheerleaders make plans after school just to go to soccer games to cheer those teams on. More goes into cheerleading than a couple of kicks or chants. It takes time and dedication, along with a smile.

As I see it, cheerleaders are the leaders of the school; lead-

LEXY'S LECTURES

BY LEXY WILSON



ing the school with a positive attitude at all times.

While other sports may fight against the other team, cheerleaders fight against the constant names and rumors that are said every day from the very people we cheer for. As an unknown source wrote, "We are called stupid, we get made fun of, we are told cheer isn't a sport, Not only do cheerleaders fight their competition, but they have to fight their stereotype. We respect your sport, why not respect ours?"

# Nap time in the high school

## Should students be able to sleep in class?

Now, we know every high school student would love to take kindergartner's nap time off their hands, but that is just not the case.

The honest truth is, we don't get "nap time". As much as most of us would love to have it, we don't get it. For whatever reason, we don't get the privilege of sleeping during school. It might be that we don't get as fussy as kindergartners when we get tired, but, if you are like me, you still get fussy.

Towards the end of the day, as I get more tired, I tend to pay attention less. Maybe if we had nap time right after lunch, we would be more focused. It's super hard for me to do what I need to do when I'm even the slight-

est bit tired.

If we had nap time during the day, our grades may improve. Going along with being more focused, we would pay more attention and we would comprehend the lesson more. Even though most of us are kind of tired in the morning, it's not the "I want to go to sleep tired", it is more like the "I'm just waking up," kind of tired.

Some people might say that part of the blame can be put on us teens for staying up too late. But, studies have shown that a short nap during the day can improve your performance without interfering with your normal sleeping routine. A teen's body requires more energy due to growing and our daily routines.

A nap in the middle of the day would give our bodies time to get the energy we lost back.

Our bodies use more energy throughout the day due to what we do. Throughout the day, we are constantly moving and our brains are constantly in use.

It's also not just at school. Think about all the things we do afterward. After school we either have extra-curricular activities we participate in. We also go home with the school work we have to complete from the day we just finished.

Maybe starting school later would even help, but since that's probably not an option, naps during school would be an even better idea. I mean, obviously, sleeping is an important part of

Davidson's

Decree

By: Jade



our lives. We also don't want to sleep excessively. But, if adults want to put the blame on us for not getting the greatest grades or enough sleep, wouldn't they want to help us in any way possible?

So, how about giving high school students a short "nap time" during school? It wouldn't be such a bad thing, and from what I can see, it would help us out tremendously.

# Twitter's impact in daily life

## How far is too far on the internet?

As I am most certainly sure, everyone knows of Twitter, the current most popular social media website, but the question is, is that a good thing or a bad thing? Of course it's helpful, there is no doubt about that, of course it's fun, there is no doubt about that, then what could be wrong with the world's current most active social media website? That's a good question, (not just because I asked it), let me tell you what I think is wrong with Twitter.

Everyone knows of the risks of the internet, this generation has been taught the dangers of the internet since the late twentieth century from the Disney Channel. If you don't know what I'm talking about, you were watching the wrong shows as a child, but that's besides the point. Everyone knows that whatever you post on the internet will never be gone forever; deleted or not, it will be saved in a database somewhere and on top of that it will be saved in the minds of anyone and EVERYONE that could have seen it. You might say, "Well, I don't post anything bad, I'm not worried," but what you don't consider bad might come back to bite you later.

Down the road a few years, thanks to the newest grossing app, Timehop, people are constantly posting (on Twitter) their posts from years back to the date and laughing with their friends at themselves for posts they made years ago in middle school and what not, which I am not going to go on a huge rant about because I don't intend this to be the main topic I want to talk about, but that proves nothing will ever be "gone forever." It also shows how easily an app, who doesn't have you added on Facebook or Instagram or any popular social media can gain all your posts and display them in one app for you for a nice laugh and a few memories.

Another sub-point I want to make before I get to my main rant is how technology based the world is becoming. Not only the teenagers and youth of the day and age are throwing phrases such as, "Did you see my tweet?" "Check my Twitter." "What's your @," and, of course, the notorious, "FOLLOW ME!"

It's turned to anyone from teachers, businesses, news broadcasters, the janitor at your uncle's sister's boss's office. Do you get my point? What if someone was just fine

with the "old" (twentieth to twenty first century) ways and just flat out did not want to have a twitter account, how would they stay connected? How would they know when that history project is due? How would they know how the lacrosse team did in last week's regionals?

Now on to the main rant that I have surely had you on the edge of your seats for (sarcasm, of course, but at least I got you to read this far, right?) The main thing is just constant abuse from one to another, some may call it, "cyberbullying," but I don't think it's that. I feel like cyberbullying is a whole other level above the abuse I'm referring to, but it just seems people are filled with a lot more confidence behind a computer/smartphone screen. These kids, adults, coaches, teachers, politicians, and (the most recent big-wig on Twitter causing a commotion) the CIA, EVERYONE who uses twitter there is just a constant feeling of immortality. Staring at a 4.87 in. x 2.31 in. screen just makes it so unreal for just about every Twitter user.

To put it in a word, Twitter users seem to be much more bold on the internet. The reason it is only Twitter users and not Instagram or Facebook users is because Twitter is an app that encourages posting more than occasionally, commenting, and posting pictures all in one; it just seems to be a much more active app. Social media users might post once a day or once a week on Instagram and Facebook, but on Twitter, users are encouraged to post whenever they feel like it, (depending on the user) up to a couple hundred times a day!

Twitter is amazingly popular and can be used positively; it's a great way to connect with others, but it has an evil side, too, and it's worth considering that anything put on Twitter stays on Twitter, even if you think it's gone. As with almost everything else, use it in moderation and use it positively.



By Joe Maxwell

### The Messenger

New Richmond High School  
1131 Bethel-New Richmond Rd.  
New Richmond, Ohio 45157  
2014-2015

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*The Messenger* would like to remember Mrs. Betty McKenney as we begin our 75th year, and once again, thank her for her many contributions to our paper.



We would also like to remember Ms. Diana Spinnati, for her support and encouragement of our student journalism program.

*The Messenger* appreciates our administrators, both past and present, who have supported both the newspaper and the journalism program at NRHS.

Opinions expressed in *The Messenger* are the opinions of the writers only and not necessarily the opinions of the adviser or administration of New Richmond High School.

*The Messenger* accepts letters to the editor and guest columns and will publish both at the discretion of the newspaper staff and as space permits. Both items must be signed by the writers.

*The Messenger*'s regular monthly issues are now online only and are available on the high school's and district's web sites. The Senior Issue will be printed, and will be available for purchase at school at the beginning of April. The cost of a senior issue mailed directly to your home is \$8.

Please direct comments or questions about the paper or its contents to the adviser, at 553-



# Faces in the Hallway

By Sadie LaRocque

## Kyle Gilday

For senior Kyle Gilday, this school year is off to a good start. "This year is going peachy keen," he said.

Gilday has some things to look forward to this year. "I'm looking forward to the cross country league and not having to play music at graduation."

In his classes, he isn't looking forward to much. "I'm looking forward to having fun in my classes, but that's about it," said Gilday.

The end of the school year is something that he is not looking forward to. "I'm not looking forward to exams, I hate tests. I'm not looking forward to saying goodbye to friends. It's going to be sad," Gilday said.

## Anne-Marie Woods

Junior Annie Woods is doing well in her classes this year. "So far this year is going really good. All my classes are amazing,"

She is looking forward to doing the musicals. "I'm looking forward to being able to do the musical, and now the Honors Musical, since I'm a junior," Woods said.

In her classes, Woods has a few things to look forward to. "I'm excited for the band and choir concerts, especially the Christmas tour for Troubs," she said.

However, there are some things she isn't looking forward to. "I'm not looking forward to the senior concert in the spring because I'm really close to some of the seniors and don't want to say goodbye," she said.



## Zach Neely

So far the year has been decent for sophomore Zach Neeley. "It's been better so far compared to last year. I'm fitting in comfortably to my classes with my friends and feeling okay," he said.

Zach said he's looking forward to sports. "I'm really looking forward to track season so I can get back to that pole vaulting thing I love to do," he said, "Other than that, I'm waiting on the OGT because I'm ready to finish up learning and clearing that test to hopefully move on to college opportunities."

In his classes, Neeley is looking forward to labs. "Chemistry has me excited on lab days. You never really know what could happen in the lab room. The usual 'playing with fire' or really using the burners is just cool. You really feel like a scientist," he said.

He has a couple of favorite classes this year. "Mr. Hatfield's history class and Mrs. Prescott's chemistry class have to be my favorites. Both of them are great teachers and they make the class



## Serena Lowenstein

Freshman Serena Lowenstein's year is off to a good start. "I'm doing well in my classes so far this year," she said.

There isn't much that Lowenstein is looking forward to this year. "I was excited for Clash and Homecoming week," she said. "In my classes, I'm not looking forward to anything."

Lowenstein has a favorite class that she looks forward to each day. "My favorite class this year is TV Production. It's a fun class," she said.



fun and comfortable." Neeley said, "Engineering is also one of my favorites. It's always a hands-on, fun class and building stuff is fun."

Neeley's favorite teacher is Mrs. Prescott. "She's been my most interesting teacher to date and I'm never sure what to expect next in her class. She makes the demanding class of chemistry quite a bit more entertaining," he said, "Her teaching style actually keeps me awake., plus she's a totally cool teacher and her attitude allows me to enjoy her class to the point where I'd want it first period instead of third."



She has one teacher that she particularly likes. "I would have to say that my favorite teacher is Mr. Robinson, he's really nice," Lowenstein said.



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# Actual versus Online

## The ongoing battle between book formats

By: Sadie LaRocque

Reading books online or reading actual books, which do you prefer? There are advantages to both and it's just a personal preference on which to read. Reading books online or ebooks has its advantages. If you are on the go a lot, online books are more preferable because they are much easier since you're not carrying around a bunch of heavy books that you plan on reading. Reading actual books also has advantages. For example, when you're reading an ebook, you can't see it in the sun, but with real books, you can and you don't have to put away a real book on the plane, but you have to turn off the device you're reading on. Also, your ereaders run on battery and require you to charge them; however, real books don't so you can read them whenever, wherever you want.

When it comes to school, textbooks can be expensive. It may seem like a cheaper alternative to buy or rent digital textbooks from sites like Amazon, but they can be just as expensive as buying or renting actual books. According to NBC News (<http://www.nbcnews.com/>) "Fundamentals of Forensic Science by

Max M. Houck and Jay A. Siegel sells for roughly \$83.95. The Kindle price is \$70.53 to buy or \$32.74 to rent for four months." While it seems like a good idea to get the online version, you can't sell it and get any of your money back.

There are also some drawbacks to online textbooks for school. Some students don't have internet access to use the online textbooks, and if the website is down for maintenance, that's another problem. Online textbooks give students one less thing to carry around and take home or forget at school when they have homework to do.

For people who read for fun and spend a lot of money buying books, reading them online can be cheaper than going to the bookstore and buying a bunch of books to read once and then putting them on a shelf. You can buy ebooks or find some good websites to get free ones on, such as [www.epubbud.com/](http://www.epubbud.com/), [www.free-ebooks.net](http://www.free-ebooks.net), and [www.manybooks.net](http://www.manybooks.net).

If you are stressed out, picking up a good book can help relieve that stress. According to research done by Mindlab International at the University of Sus-

sex, "Reading was the most effective way to overcome stress, beating out old favorites such as listening to music, enjoying a cup of tea or coffee, and even taking a walk." ([http://www.huffingtonpost.com/2013/10/12/health-benefits-reading\\_n\\_4081258.html](http://www.huffingtonpost.com/2013/10/12/health-benefits-reading_n_4081258.html))

Reading is also beneficial to people's mental health. According to research published in Proceedings of the National Academy of Sciences in 2001, reading can help reduce the risk of Alzheimer's disease in the future. "Adults who engage in hobbies that involve the brain, like reading or puzzles, are less likely to have Alzheimer's disease." ([http://www.huffingtonpost.com/2013/10/12/health-benefits-reading\\_n\\_4081258.html](http://www.huffingtonpost.com/2013/10/12/health-benefits-reading_n_4081258.html))

Most students at New Richmond High School prefer to read actual books rather than online books. While there are a handful that would rather read books online, the majority of students like actual books better.

Junior Amanda Redmon prefers to read actual books for a couple of reasons. "I prefer real books because I like being able to hold a book in my hands and turn the pages, plus there aren't any ads in a real book," she said.

Some people would rather read actual books because online books hurt their eyes.

"I would rather read actual books because computers are

more difficult to access and hurt my eyes after long periods of time," senior Rachel Benton said.

"My eyes get sensitive to bright light, so I prefer not to read online books. Plus, real books are easier to read and find information in," freshman Natalie Holdsworth said.

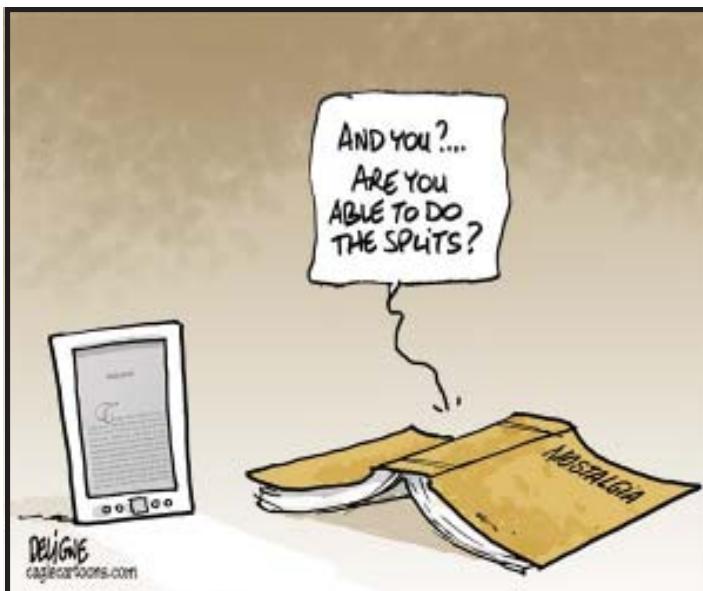
There are some benefits to reading online books rather than actual books. Online books take up less space than actual books do and you can't get a paper cut from an online book, as well as many other benefits.

"I think that one of the benefits of reading online books rather than actual books is being able to read in the dark," freshman Kara O'Toole said.

Reading books online is more eco-friendly. "Online books don't use paper, so by not having to cut down trees and make books, it's more beneficial for the environment," said freshman Elise Bezold.

Saving money and having adjustable settings are also benefits to online books. "It's easier to obtain online books and they're not as expensive. They are more convenient and you can adjust the brightness and word size to your liking," freshman Petra Schlake said.

While there are many benefits to online books, there are also benefits to reading actual books. These benefits include not having a glare when you're reading, not having a distraction from



social media, and understanding what you're reading.

"The benefits to reading real books are that it's easier to fully understand the syntax and tone with a real book. Something about the physical presence of the pages being turned makes it more worth while to read," senior Olivia Latham said.

Some benefits are shown while you're reading a book. "You can physically see how far you have to go in your book when you're reading an actual book. There is less of a strain on your eyes as well, and they cost nothing to get from a library," senior Jenny Roberts said.

If students had the opportunity to choose online textbooks or actual textbooks for class, many of them would prefer to not use online books for a variety of reasons.

The most common reason students would rather have a textbook instead of an online textbook is internet reliability. "I would rather have actual textbooks for school. Some people don't have very good internet access, or no access at all, so it would be easier for everyone to have actual textbooks," said freshman Liz Shinkle.

For some, using online text-

books or reading online doesn't help much. "While online textbooks would be more convenient, having no books to carry, I think it's easier to learn from an actual textbook. I would rather have an actual textbook; there is something about having an actual textbook in front of me that allows me to work well and better understand it," senior Marie Bezold said.

Some students would go for the traditional textbooks, but think that overall for students, online ones are more favorable.

"I would choose physical, actual textbooks because sometimes I can't get on my computer at home (internet hogs) and it's just hard. However, I think internet textbooks would be more convenient for students because of the technology today," freshman Trinitie Patterson said.

Many students have some sort of device at home that they can use to get onto the internet, so online textbooks are accessible. "The school has Chromebooks and iPads and most people have a computer, iPad, cellphone, or something like that, so online textbooks are convenient. It would be easier to have online textbooks than actual ones," said freshman Jade Davidson.

"I would rather have an actual textbook for school because the internet may be down sometimes, but I think online is more convenient for students so they don't have to carry textbooks around," freshman Luke Jaehnen said.

While most students think that online textbooks are more convenient for students for a variety of reasons, some believe that it would be more convenient to have actual textbooks.

"Personally, I would rather have actual textbooks because they are easier. For students, I think real textbooks would be more convenient because internet could be an issue," freshman Brookelyn Edgar said.

"I would rather have actual textbooks because you don't have to have internet. I think actual textbooks are more convenient for students because sometimes the site 'crashes' and they don't have to have internet or wifi at home to do homework," said freshman Madeline Walls.

Some students don't have a preference on which type of textbook they would prefer and think

that both types would be beneficial. "I think that online are convenient for doing work at home so students don't have to carry them to school and back. Actual books would be convenient for school and places where they may not be internet connection," sophomore Laura Wilson said.

"I think it depends on the students and their preferences. I would personally rather have actual textbooks, it may be a bigger pain to carry but you'll always have them, even if the internet is down. However, online books are easy to access and you don't have to carry around a heavy book," said sophomore Averi Hammonds.

Online textbooks are useful for students because it is less for them to carry around, however if the internet is down, there's another problem. When it comes to learning and retaining knowledge, it's a matter of personal opinion, but the majority of students find it easier to learn with actual textbooks.

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# Home cooking vs. fast food

NRHS students overwhelmingly prefer meals made at home

By Kaylee Gibbs

Food is the one thing everyone loves, but what kind is better for you? Home cooking vs fast food has always been a big debate for years and it's about to be put to rest.

When your life is filled with school, work, homework and sports you want something quick and easy to eat at the end of the day. Going through a drive-thru and not leaving your car is much easier than coming home and having to prepare a full meal, but is it worse for you? Not every

home cooked meal is good for you but most of them are far better than a meal from a fast food restaurant. Eating foods high in fat and added sugars for a long period of time may increase your chances of getting heart disease, diabetes, obesity and certain types of cancer.

In a recent poll given out to New Richmond High School's English classes, most students, roughly 83%, preferred home cooking over fast food.

Sophomore Keaton Montgomery says he prefers home cooked meals because, "It tastes better and it lets you spend time with family." Montgomery also said his favorite home cooked meal is, "Pancakes with peanut butter, bacon, sausage, toast with butter and a tall glass of milk."

Not only do home cooked meals allow you to spend more time at the dinner table with family, in some aspects it helps your health and energy levels.

Many NRHS students agreed with that, like sophomore Lilly Hedrick. "I prefer home cooking, fast food is so bad for you," she said.

Sophomore Kim Anderson also agreed, saying, "It's better and you know what is being put in your food."

Angel Sauer, another sophomore, makes a good point for home cooking when she says, "I prefer home cooking because it's

cheaper and there's leftovers."

Contrary to popular belief some people actually enjoy cooking and not just going out for every meal, like sophomore Riley Wolf. "I prefer home cooking because I like cooking" she said.

Sophomore Sally Corbett also agrees with the majority of her grade, saying, "Nothing beats home cooking, plus fast food is just frozen."

The benefits of home cooking are numerous and with our nation facing an obesity crisis in every age group, cooking at home makes sense.

Beth Hoffman, who wrote the article What's So Great About Home Cooking? Four Reasons (and Resources) to DIY, said that home cooking is better for the environment, healthier, less expensive and tastier.

"Junk food is clogging our arteries and making our nation fat. Soft drinks are giving us diabe-



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tes and even that innocent restaurant salad can have three times as much fat as a Big Mac,” she said.

“Americans eat almost half of their meals out and many say that is the problem. It’s time we start re-occupying our dining room tables, cooking in these newly remodeled granite-countertopped kitchens and learning from mom how to make her spaghetti sauce.” (<http://www.forbes.com/sites/bethhoffman/2012/06/18/whats-so-great-about-cooking-four-reasons-and-resources-to-diy/>)

NRHS students seem to agree, citing many reasons they prefer home cooking, among them, taste and health benefits.

“Home cooking is much better for you and it’s better in taste, too,” said sophomore Zach

Neely.

“Home cooking is always put together with love,” said junior Kyli Meder.

“Home cooking is fresh food and it’s warm or cold, smells good and it’s healthier,” said sophomore Anna Bennett.

Juliana Cohen is a research fellow in the Department of Nutrition at the Harvard School of Public Health. She is quoted in Hoffman’s article.

“Research suggests that people who prepare food at home do eat healthier,” she said. “They consume fewer calories, less saturated fat and sodium and more fiber and micronutrients per eating occasion.”

In addition to health benefits, experts agree that there are significant social benefits to cooking at home, where the family can

meet and bond over the preparation of a meal.

Tracy Roizman, a writer and speaker on preventive health care said that children, especially, benefit from eating meals with family.

“Cooking meals at home and involving your children in food preparation is the best way to teach them healthy eating habits,” she said. “Children who grow up in households where meals are eaten together perform better academically and show less tendency toward engaging in risky behaviors such as smoking, drinking and taking drugs, according to Washington State nutrition researchers.” (<http://healthyeating.sfgate.com/advantages-home-cooked-meals-1930.html>).

Several New Richmond stu-

dents echoed the research findings.

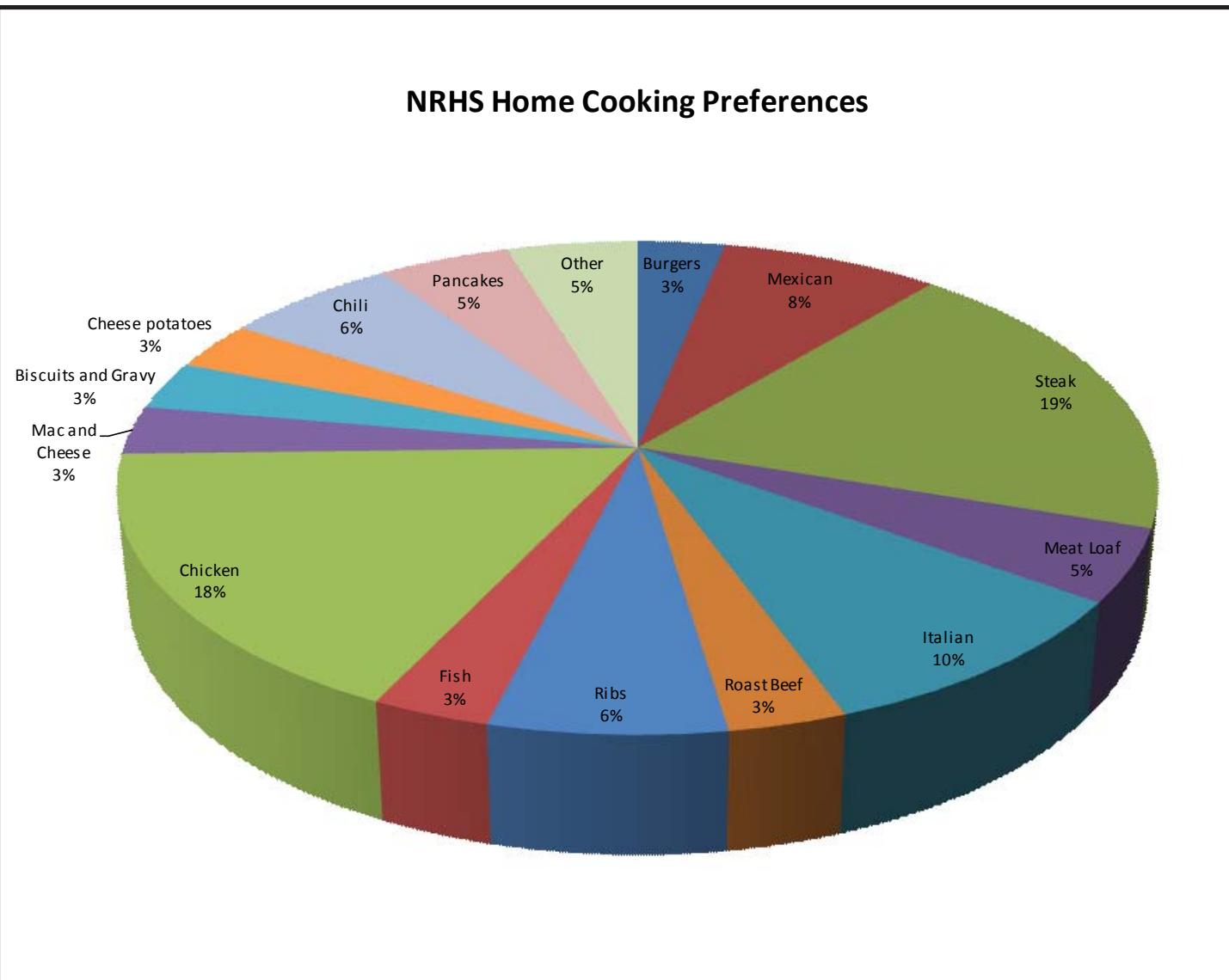
“I prefer home cooking because I know what is in it and can see it being cooked,” said sophomore Tim Akers.

“Everything tastes better when it’s at home and you know what’s going on in your food,” added sophomore Emily Weitzel.

Sophomore Brooke Fetters said she appreciates her mom’s preference for home cooking.

“It’s fresh, tastes better and it’s healthier,” she said. I eat home cooked more because it’s what my mom does; it’s kind of like bonding, I guess. It’s a lot better because, I mean, it’s from your mom, it’s made right and not frozen beforehand and just warmed up.”

## NRHS Home Cooking Preferences





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# Diabetics offer positive thoughts

## Disease is complex, but manageable

By, Brooklyn Parker

Finger pricks, blood checks, insulin pumps, daily ups and downs in blood glucose; sometimes you feel fine, sometimes you have mood swings or you just don't feel right. It's an invisible disease, unless you pass out in your third bell class, but for the 347 million people in the world who have been diagnosed with diabetes, it's not just a disease, it's a way of life.

Many may wonder what diabetes really is. Diabetes, whether it is Type 1 or Type 2, is a disease of the pancreas that affects the body's ability to create and/or use insulin. The more severe form of diabetes is Type 1, or insulin-dependent diabetes. It's sometimes called "Juvenile" diabetes because Type 1 diabetes

usually develops in children and teenagers, though it can develop at any age. Type 1 diabetes is when "the body's immune system attacks part of its own pancreas. The body's immune system mistakenly sees the insulin-producing cells in the pancreas as foreign, and destroys them" (<http://www.diabetesresearch.org/what-is-type-one-diabetes>). Insulin is used by the body to turn carbohydrates and sugar into energy.

Here at New Richmond, there are several people who have diabetes, and two of them are staff members. Computer science teacher Brandon Jett and drafting teacher Jim Robinson both have diabetes. There are also six

students who have diabetes.

All the New Richmond diabetics were diagnosed at a fairly young age, mainly in the young childhood and teenage years. Mr. Robinson was the only one diagnosed with diabetes at an older age. "I was diagnosed when I was 40 years old. Right now I'm only 41 years old," he said.

Diabetics must regulate their insulin, which means either daily insulin injections or the use of an insulin pump. Injections might be once a day or up to four times per day and the injections are usually timed with meals to effectively process the glucose. Insulin pumps are small computerized devices that deliver insulin in two ways--a steady, continuous dose and a surge (bolus) around mealtime. The pump is to a catheter, which is connected to a small needle and inserted through the skin into fatty tissue.

Although the use of an insulin pump eliminates the daily injections and delivers insulin more accurately, it has some disadvantages, according to [diabetes.org](http://diabetes.org). "It can cause weight gain and diabetic ketoacidosis, it can be expensive and somewhat bothersome since you are attached to the pump most of the time. There are pluses and minuses to using a pump. Even though using an insulin pump has disadvantages, most pump users agree the advantages outweigh the disadvantages." (<http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin/disadvantages-of-using-an.html>)

Given the choice between an insulin pump and daily shots, most New Richmond diabetics chose an insulin pump even though there are some draw-

backs. "I have a little girl who likes to sleep with me a lot. She likes to toss and turn at night. Sometimes at night while she tosses she gets caught up in my pump tube. When this happens it rips my pump site out of my skin. Ouch!" stated Jett.

"I like insulin pumps because of the freedom they offer; no more needles to carry and dispose of. It makes you feel normal almost," said senior Andrew Dietsch. Dietsch said he uses insulin shots in the spring and summer and an insulin pump in the fall and winter.

Senior Patrick Richardson, on the other hand, prefers injections. "I don't like having a box attached to me all day," he said.

English teacher Nicole Parker is the parent of a diabetic; her daughter, Brooklyn, has the disease. Parker said she prefers the shots. "When on the pump there is not the security of Lantus, the long-acting insulin that stays in the bloodstream for 24 hours. Without Lantus, a missed bolus or a pump failure can mean high blood glucose very quickly," she said. "The insulin pump is just a bigger risk. The pump could fail, or since it's so much easier, it's not as hard to forget to bolus for a meal."

New Richmond school nurse Jennifer Cumberland has been working with New Richmond schools for seven years, but she has been a nurse for 14 years. During that time, she has spent much of her time helping students with diabetes. Every single year there are about 10-15 Type 1 diabetics at school. "I try to help the students manage their diabetes by looking at their daily, and average, blood glucose numbers so that I may notify students and their families if the



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blood glucose is not well-controlled. I can also help students who may need assistance with carbohydrate counting and insulin dosing."

Cumberland said that diabetes, although treatable, is complex and not easily managed. "Diabetes is not easy. It is a common disorder, yet many fail to see the complications if left untreated. In addition, it is a complicated, daily regimen that one has to follow in order to properly manage the disorder. I feel the hardest part of diabetes is the management of it. Due to the fact that Type 1 Diabetes has no cure, it can be very difficult for those affected to stay diligent in their own care," she said.

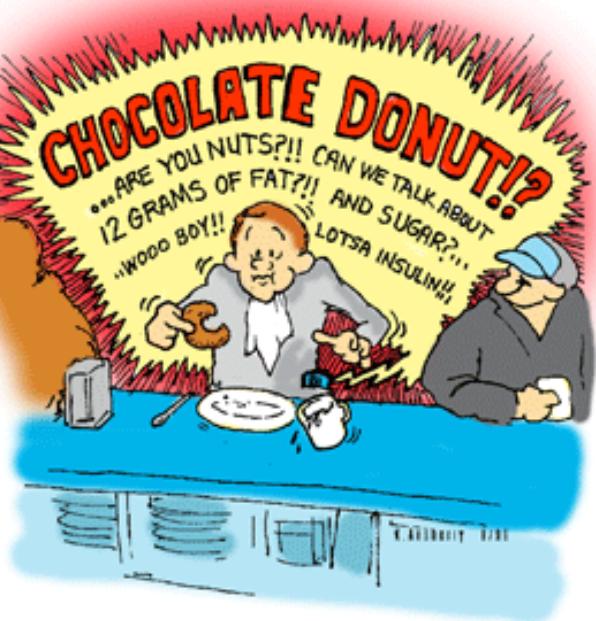
Dietsch, along with the other NRHS diabetics had plenty of positive advice for people recently diagnosed.

"I try not to ask myself, 'Why me? Why not someone else?'" said Dietsch. "Then I realize that I have good health care and have good doctors who can show me how to live a healthy life. I'd say keep your head up and don't let diabetes beat you down. You're normal, you just have a lazy pancreas, that's all!"

"Test, test, test, and test again! The more you test, the better your A1C will be," said Jett. "Just control what you need to. If you do what you're told to do, you will feel good and you won't have to worry about anyone bossing and bugging you," said Richardson.

As for the future for diabetics, in New Richmond and around the world, research into the disease continues and has made great strides, but has yet to find a cure. "1923, The New York Times proclaimed, with the discovery of insulin, that diabetes had been cured. While insulin is indeed a medical miracle that has saved countless lives, it did not turn out to be a true cure, as diabetes remains a chronic disease that can last a lifetime." (<http://www.diabetes.org/newsroom/press-releases/2011/is-a-cure-in-sight-forecast-9-2011.html>)

Cumberland said she sees significant change ahead. "I do feel within the next decade we will witness a drastic change in how people manage their diabetes. There has been significant research in the areas of treatment, management and curing of the disease. The down side to all of



Technology with a Conscience: The end result when a closed-loop blood glucose/insulin pump system is merged with voice synthesis technology.

the new research is the amount of time and resources it takes to make these changes available to the public."

Dietsch said he disagrees. "I feel like it's such a rare disease that we get overlapped by things like cancer or ALS right now. Because it's not a life-threatening disease, some people just don't care."

So yes, diabetes is a problem for some people, but be careful about judging something before you know what it is. For all you know your friend, classmate, or

teacher could have diabetes. Diabetes is not contagious nor is it caused by eating too much or being fat; none of that matters. Diabetes is just a thing not a person.

"Do not let your disorder or disease define who you are. You can still be the person you want to become even if slight modifications are necessary to do so. Everybody has something they have to deal with. Just don't let it get to you. It doesn't define who you are," said Cumberland.

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# Too old to trick-or-treat?

## Is Halloween just for kids, or everybody?

By Tristin Baumann

It's almost that time of year when many people all across the United States will dress up in a costume and walk around their neighborhood, going door-to-door proudly proclaiming "trick-or-treat" in hopes of receiving candy throughout the evening and into the night. But at what age is it no longer appropriate to go trick-or-treating? And what is Halloween really about people? Several students and staff here at New Richmond High School were asked what they thought the appropriate age for ceasing trick-or-treating is (if they think there is one), what they thought Halloween was truly about, what costume they would want to wear most, and what some of their favorite memories of Halloween are.

"No!" exclaimed freshman Brooklyn Parker, "Because nobody is too old to dress up and have fun (everybody likes candy)." Parker said she would dress as princess for trick-or-treating, "because I'm as cool as a princess." She also shared her favorite trick-or-treating memory. "Halloween morning, 2011, I was diagnosed with type-1 diabetes (funnn)." To Parker, Halloween is about "just dressing up and having fun with friends."

Mathematics teacher Daniel Heflin thinks people should stop trick-or-treating at age 16. "Leave the candy for the younger kids." If going trick-or-treating, Heflin would dress as Link from the Legend of Zelda video game. His favorite trick or treating memory is, "going to Legendary Run and getting full size candy bars." To Heflin, Halloween is about "Having fun with friends and family, while eating lots of candy."

Senior Jared West thinks that kids need to stop trick-or-treating at the age of 18. "Because

grown people shouldn't be going and getting candy for fun." West said that if he went trick-or-treating he would go as an Ebola victim because as he said, "Because why not?" He said his favorite trick-or-treating memory is getting candy, and that Halloween to him is all about having fun.

Science teacher Logan Minning says that she thinks people should stop trick-or-treating at the age of 10. "Because it's awkward when they're bigger than me and asking for candy. And sometimes they're not even wearing costumes." Last year Minning dressed as Gretel, "and my husband was Hansel." Her favorite trick-or-treating memory was her Tetris costume, "when I was pregnant and it was the only costume that I would fit into." To her specifically, Minning said that she thinks Halloween is about fun. "I just like it. I mean what's not fun about costumes and candy?"

English teacher Nicole Parker prefers that people stop trick-or-treating at age 12. "Trick-or-treating is for children and should be off-limits to teenagers and older people." Parker would dress as Myrtle Wilson from The Great Gatsby. Her favorite trick-or-treating memory was from when she was five. "My big brother ate my lima beans so I could go trick-or-treating because my mom said I couldn't get up until they were gone." However, she is not a fan of Halloween. "Dressing my kids in a disguise and sending them to beg candy from strangers?"

Senior Maddie McDaniel is not sure if there is an age that people should stop trick-or-treating at. "I still go and I'm 17. I was a cheetah last year. Still deciding

if I'm going this year. I may be a zombie." McDaniel also shared her favorite trick-or-treating memory. "One year after trick-or-treating we went to a friend's house and went through their haunted trail. I also had a huge group of people dress as zombies. It's all about going to haunted houses and watching scary movies.

Sophomore Hunter Gilpin has his own opinion about trick-or-treating ages. "There isn't an age limit on trick-or-treating because it is all fun for anyone (unless you're 40 going by yourself). If there should be an age limit, it should be 25. You won't look like a pedophile and stuff. What would I wear? I would dress up as the Tenth Doctor because he is my favorite character out of anything. That or a character I made up because it's unique." Gilpin shared his... unique trick-or-treating experience. "It'd rather not say. It had something to do with "biting" and "tackling". It is up to your imagination \*cough\* zombie walk \*cough\*." To Gilpin, Halloween, he says, is about scaring the kids that come to his doorstep and ask for candy. "I just got back and you want my hard earned candy? No. If you went to the bank and asked for money, they will tell you, "go outside". My candy. Not yours."

Senior Sadie LaRocque shared her thoughts on what she thought about the trick-or-treating age. "People should just be able to trick-or-treat and do whatever they want. It really doesn't matter how old you are. My favorite trick-or-treating memory was getting lost with Grace." LaRocque summed in one word what she thought Halloween was truly about. "Chocolate."

Sophomore Anna Bennett

does not think there should be an age to stop trick-or-treating. "You're never too old." She would dress as Superman, "because he's awesome." She also shared her favorite trick-or-treating memory. "Eating all the candy and getting sick from all of it. Halloween is about carving pumpkins with friends and family."

Substitute teacher Jenn Schmidt also shared her opinions on whether or not there was an age that people should stop trick-or-treating. "No way! Because if they wear a costume they should get candy. Also, because it would be too difficult to establish a standard about what age was reasonable; as well as what reasons would apply across the board for that age group." If going trick-or-treating, she would dress as Red Riding Hood, "because I already own it!" Her favorite memory is taking her kids trick-or-treating for the first time. And finally she shared what Halloween truly is about to her. "FUN! Kids getting the chance to dress up, have fun, get candy and make memories being silly."

And so that's what students and staff here at New Richmond High School think about the proper trick-or-treating age, their favorite memories, and what Halloween is truly about.

Sophomore Lexi Forsee says that there shouldn't be an age that people stop trick-or-treating. "If somebody wants to trick-or-treat they should. I would wear Batman because he is my favorite superhero." Her favorite memory was in second grade when she was a princess. To her, Halloween is about, "carving pumpkins with family and hanging out with family."



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# From basketball to tennis, senior succeeds in both

## Holdsworth is an all around athlete

By Elise Holdsworth

New Richmond High School senior, Madison Holdsworth, has always been an all-around athlete. She is a New Richmond tennis and basketball player.

"I have been playing basketball for nine years and a tennis player for four months," Holdsworth said.

"I started playing tennis this year because after I tore my ACL, MCL, and meniscus, soccer was going to be a strenuous on my knee and I hate being inactive for a season," she explained. "Also, basketball is my main sport and my knee can't take the pressure of going straight from soccer to basketball within a week."

During November of her sophomore year, Holdsworth was severely injured. "My injury resulted in two surgeries and al-

most a year of therapy. I missed my whole sophomore year of playing basketball but I came back stronger than ever junior year."

Holdsworth said that her best advice to other students playing basketball is to play their hardest. "Advice that I would give somebody who is just starting out playing basketball is to never give up on your talent and ability because if you work hard enough it will pay off." Holdsworth said. "You also have to want to be there, though. There is nothing worse than having teammates who don't put in 110% effort because they don't feel like it or because they're forced to be there."

Cleveland Cavaliers basketball player LeBron James is Holdsworth's idol. "He is the

most inspirational person I know and he does what he wants to do without caring what people think of him. When he left Cleveland to go Miami, he was mistreated badly but that didn't stop him from achieving his goals. My favorite quote of his is, 'I like criticism. It makes you stronger,'" she said

Holdsworth said her main goal is to just become a better, more developed player this year. "Being my senior year, I want to start this season off with a bang, coming out stronger than ever before. It takes a lot of dedication, in which I possess," she said.

Playing basketball has benefits, according to Holdsworth. "It keeps you in shape and it helps you stay in shape, unless you want to die in practice. It is also a good bonding experience in dealing with many different attitudes," she said.

Basketball can cause some stressful times, too, said Holdsworth, especially with the lengthy season and practices. "Being a good athlete is very stressful. Trying to balance practice which is six days a week and

3 A.P classes can be a real struggle and there are some nights where I don't get home until really late," she said. "It does teach me how to manage my time, though."

Holdsworth said there are many skills needed in both sports. "To be good at basketball, there are many skills you need to possess, but the main one is having a good work ethic. Now, tennis is a lot harder than it looks. I took lessons over the summer and it was a rude awakening. It did help me get a lot better, though. You need to be able to get to the ball fast. You also need really good hand and eye coordination," she explained. "You need to be able to change grips easily. The list goes on and on."



Above the crowd: Madison Holdsworth aims for a shot during a game last year. Photo/E. Holdsworth.

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# Powderpuff game a great fundraiser and good time

## Girls enjoy chance to play football

By Brooklyn Parker

Bake sales, car washes, Buddy cards, and Christmas wreaths; there are many ways to raise money. But all require long, hard, boring work, and still not much money is made. (unless, of course, the bake sale contains Mrs.Griffin's baked goods.)

When faced with the same old ideas for fundraising, science teacher Lauren Wilkins came up with a better idea. She decided she wanted to bring back Powderpuff Football. "It was a big event when I was in high school, and I thought that it would be a good fundraiser for the sophomore and junior classes," she said.

The idea of Powderpuff is simple: girls from each class, freshmen -seniors, compete in flag football, and the boys from each of those classes are the cheerleaders. Sign-ups were open to all high school girls.

According to Wilkins, "Last year went well. The boys' football team really got into the games last year which was awesome!" Wilkins said that about 40 girls signed up this year, but although there were several boys cheering on the sidelines last year, none of the guys were up for the challenge this year.

There was a different teacher coaching each class. Social studies teacher Brad Hatfield was the junior coach; social studies teacher John Stratton, the sophomore coach; industrial

tech teacher Deron Shinkle, the freshman coach; and finally, English teacher Sue Griffin, senior coach.

Shinkle said the reason he wanted to coach the freshman team was that his daughter, Liz, asked him to. Stratton said his reason was to be more involved with his students outside of school. "I see most of my male students because they play football already. I just wanted to get to know my female students better."

Liz Shinkle said she enjoyed the Powderpuff experience, but suggested, "Have more than one game to see who gets third and fourth place."

Freshman Jazmyn Hinkston said she enjoyed the game and had one small suggestion for improvement. "I like that it was treated like a real football game, but I'd like to be able to kick next year," she said.

"It was fun and I got to see what the football players complain about," added freshman Kelly Schmidt. "I didn't like losing or that we only had one practice. We need to play at least two games."

Hatfield agreed to coach because of his previous experience coaching women's sports. "I have long been a supporter of girls' sports and enjoy organizing a team and working toward a common goal."

What type of skills does it take

for any girl who wants to play? "Really, it takes no skills. All that it takes is the ability to run, throw, catch and run some more," Wilkins said. "I love how competitive the girls get. It's also fun to watch the girls try to learn the basic rules of football in a short amount of time."

Powderpuff is an active, fun way for everybody to get involved with raising money. Family and friends come watch the girls play which raises the total profit. Also, dads who have only daughters and wished they had a son (just so they can have an excuse to go to football games) can watch football!

This year, the juniors dominated the competition and won the coveted Powderpuff Paddle. Hatfield, who is the New Richmond High School faculty Homecoming king, now has another award to add to his collection. "My favorite part of Powderpuff," reported Hatfield, "would have to be the 48 points we scored. My least favorite part was the six points scored against us."

Stratton said his favorite thing about coaching was being around the girls. "They are funny; I'm not used to how little girls know about football," he said. "My least favorite part was losing to Mr. Hatfield."

Comparisons between Powderpuff and actual football might seem far-fetched, but the coaches shared their thoughts.



*It's good to be the king:* Mr. Hatfield poses in his faculty Homecoming king crown and his Powderpuff winner's paddle. Photo/B. Parker.

"While there are some very athletic girls that do very well in Powderpuff, there is no comparison to the actual football games that are played by the boys, especially here at NRHS where we have an awesome football team," said Wilkins.

Hatfield's opinion differed slightly. "I think if there were football for girls, our girls would be equally, if not more dominant than the boys' team," he said.

The coaches agreed that the game went very well this year and they enjoyed participating.

"It went very well, other than the senior team not completely showing up," said Wilkins.

"Everything went great! I liked seeing parents in the bleachers and I'd like to keep it during football season. It'd be nice to get more students involved," said Stratton.

"One change that needs to be made is that every class needs to field a competitive team," said Hatfield. "One thing I'd like to remain the same is that I should coach the winning team again," said Hatfield.

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# NRHS golf team league champs again

## Great season for first-year coach

By Alexis Wilson

This year the New Richmond Lions golf team won the league championship for the fourth year in a row. The Lions were undefeated this year leaving an awesome record of 31-0. Lions finished sixth in sectionals this year as a team. Seniors Chris Mazzaro and Bryce Kroeger advanced to Districts as individuals. Coaching this Championship winning team is LAN Technician Steve Wolf.

This season, there were nothing but positive comments about how the season went.

"I learned a lot about the game and how it is played. I also became a better player!" stated sophomore Laura Wilson

Not only did the Lions golf team have a good record over the season, but many had good memories they would like to share.

"My favorite memories happened mostly on bus rides to the courses. Also, golfing with other people from different schools," said freshman Lane Flamm.

"Coach flipping a golf cart, al-

most crushing the van, and hitting the railroad tracks," said senior Kyle Heidlage.

"On a par 3, I overshot the green, then chipped in for a two. Also, the seniors on the team were pretty funny so I had a good laugh with them!" said Wilson.

"Some of my favorite memories were winning league for the fourth time in a row, and getting first team all-star," said Mazzaro.

"Stuffing chicken nuggets in the van ceiling," stated senior Damon Abner.

Wolf said that as a coach and player he also has some season highlights. Winning the league title and advancing two individuals to the District Tournament. I've been a couch my entire adult life and a player/fan for even longer. When Mr. Heflin resigned because of his promotion, I immediately applied for his position. All seasons have their ups and downs, but this season was very enjoyable and rewarding," said Wolf.

According to the players, there are lots of good things

about being on the golf team, but many mentioned the "van" in their response to their favorite thing about being on the golf team.

"Riding in the van with my team..." said Mazzaro.

"Being with my friends in the sketchy school van," said Abner.

"The van rides to the course is my favorite!" added Flamm.

Many players improved over this season.

"My average score on 9 holes went from 82 to 61, and from 61 to 52," stated Wilson

"I think my athletic skills improved this season because I have worked hard and practiced over the summer to become a more consistent player," said Mazzaro

"I shot a lot better this year because I practiced a lot over the summer," stated Abner.

Wolf said in practice he emphasizes repetition.

"Time on the range and putting green are critical to success. Making sure the players spend

as much time repeating a fundamental solid swing is the key to individual improvement," he said.

Players have some advice for underclassmen trying out for golf next year.

"Just go out and play. Have a good time. Golf can get frustrating, but you're the only person who is judging you. The whole point of being on the team is to improve yourself. I did," stated Wilson.

"Enjoy yourself and have fun. Don't get down on yourself because it only hurts you not helps you," said Mazzaro.

"Practice a lot and have a good golf game, but know how to crack jokes and have fun with your friends," said Kroeger.

"Practice your short game, keep the ball in play and play smart," said Flamm.

"Committing yourself to the team and your teammates is the most important quality in a team member; without that commitment it is difficult to achieve any level of success in spite of superior talent," stated Wolf.

## 'Clones set to begin Eastern title defense

It's almost that time again here in Cincinnati: the time for hockey season to return. The Cyclones are back from a brush with the ultimate victory of winning the Kelly Cup, falling only two wins short. Now they're back for another season as the defending Eastern Conference champions.

Despite another coaching change, as new head coach Matt Macdonald takes the reins, the Cyclones are more or less the same team on paper that they were at the end of last year. I think that they're going to be better than ever, and that after going one round farther in each of the past three years, I think

that they're finally ready to take the next step and become Kelly Cup champions again.

The one major subtraction from the lineup is 2014 Kelly Cup Finals MVP goaltender Rob Madore, who now plays in the AHL. Taking his place between the pipes, however, is Joe Howe. Howe went 10-3-4 with a 2.78 Goals Against Average for the Cyclones last year. The young goaltender is poised to make a big splash with the Cyclones this year.

This year, the Cyclones have changed their logo, and I have to be honest, I think it looks awesome. A sawblade 'C' and a new color scheme have the cyclones

looking ready to start the new era of Cyclones history off on the right foot.

The 'Clones have also added a few pieces to bolster the lineup for the upcoming season, as well as to add depth. I think these additions are great, won't change the chemistry of the team that much, and will greatly help down the stretch and during their playoff run.

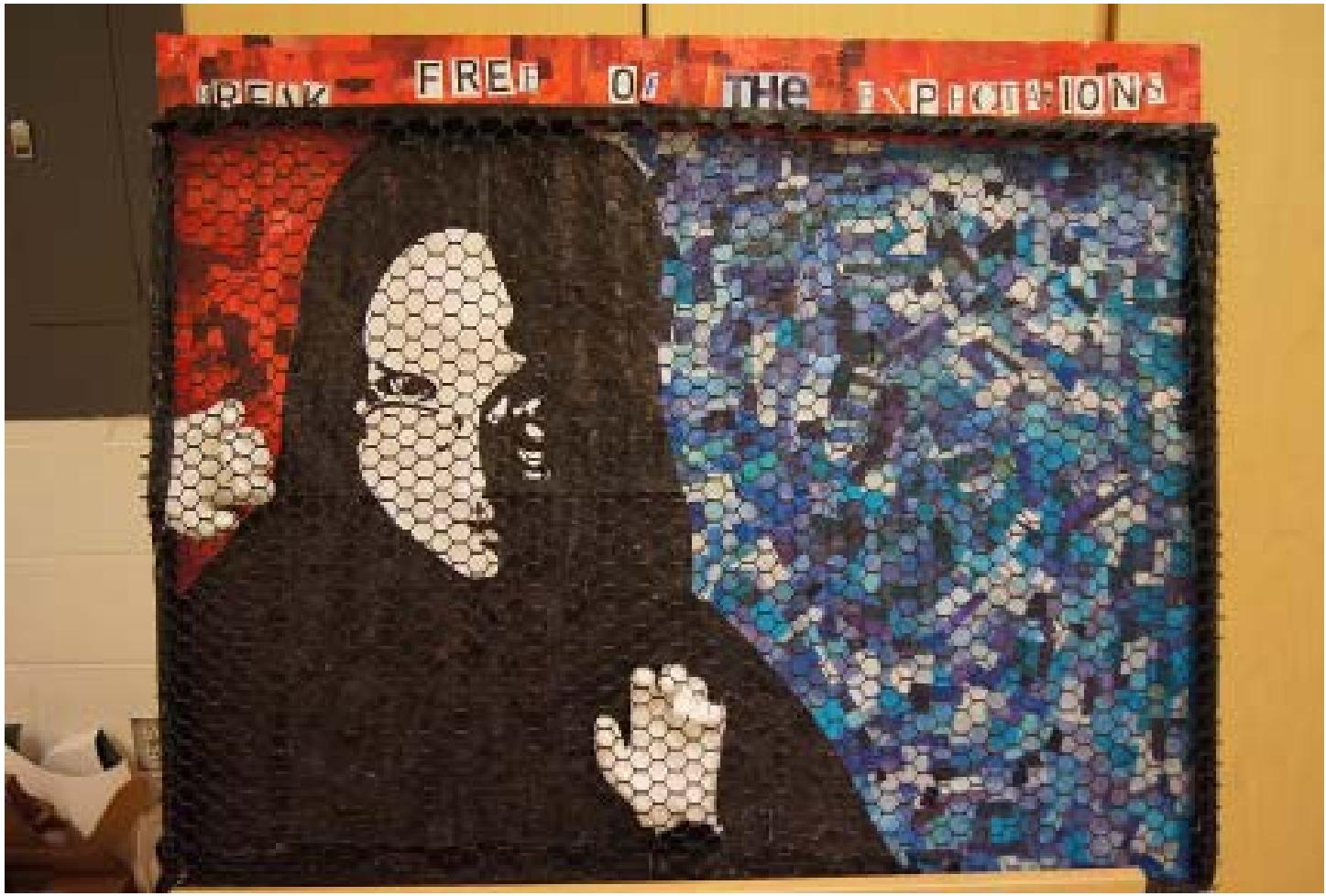
Overall though, I think the Cyclones are set and ready to once again win their division, make a deep playoff run, and hoist another Kelly Cup Champions banner at U.S. Bank Arena right here in Cincinnati, Ohio (The city of almost champions).



Tristin's  
Tales  
By Tristin Baumann

The Cyclones drop the puck at U.S. Bank Arena for First Faceoff on Friday, October 25th against the Kalamazoo Wings at 7:30pm.

# Spotlight on NRHS Artists: Senior Jasmine Thompson



The Breakthrough

My intentions were to make a large scale piece that would capture the viewer's eye. I want the observer to feel a sense of strength from the figure's expression and body language. When the viewer experiences this piece, I want the spectator to be empowered, and self confident. This is an inspirational piece, to encourage others to do what they feel is right, rather than what society expects them to do.

By Jasmine Thompson

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# Finding Carter is a big hit

## New show on MTV is a must see

By Ciera Moore

*Finding Carter* is a teen drama series which premiered on MTV on July 8th, 2014. The lead character is played by Kathryn Prescott, who is Carter, a young teenage girl. Carter's life is turned upside-down when it is discovered that the woman she thought was her mother had abducted her when she was a toddler. The show recently ended its first season, with twelve episodes being aired. On August 19th it was announced on MTV that they will be coming back for a second season.

The show follows Carter through her journey as she finds her real self after her life is turned upside down and falls apart. She believed she has a perfect life with her single mother, Lori, until she is arrested with a group of friends at a carnival ride. While she is being held in a cell overnight her mother is called and it is revealed that Lori had abducted Carter as a child. Now, Carter returns to her biological family and has to adjust to living with an author as a father, a police officer as a mother, a twin sister, and a younger brother.

While she lived with Lori as an only child, she could do basically whatever she wanted. Carter lived a life full of partying on the weekends and doing drugs with her friends. The drug abuse eventually led to her being ar-

rested with her friends, leading to the big revelation of her being kidnapped. Now that her mother is a police officer, she definitely has to cut back on the bad habits. Her rebellious nature is still raging when she comes home to her real family and she leaves a bad first impression as she insists that she wants to go back to her "mother".

Carter and Lori had a unique obsession with frozen yogurt, and that's how Carter plans to find Lori when she goes missing and is being searched for by the police. Carter starts working at the local frozen yogurt shop, acting like the job was her way of showing that she was responsible and trustworthy. Unfortunately, this is all a big ruse and it's just a way to get Lori to come back and take her away again. Viewers have to remember that Carter grew up believing this woman was really her mother, and she still loves her very much, probably more than she loves her biological mother.

Throughout the rest of the season, viewers watch as Carter and her family try to really connect, but with many obstacles pulling them back every time they make any type of progress. When Carter and her real mother started to become closer, then it is revealed that she only trusts her because she's been sending an-

other police officer to spy on her. I'd recommend this show to those who like drama with a lot of humor thrown into it, because Carter is naturally sarcastic and she'll have viewers rolling on the floor laughing. Since the aspects of *Finding Carter* are somewhat realistic, many of the problems faced can be relatable. Including obstacles such as familial problems, drug abuse, and school issues as well as making friends in high school.

My favorite character would probably be Carter; her life is so interesting and tough, but she's still a strong character that stands up for herself and is still able to be funny. I also like the show so much because the storyline is so different and isn't like any other show out there. So if you are looking for a new show to watch, consider *Finding Carter* as your new obsession.

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# "To you, in 2000 years..."

## New hit anime stuns with visuals, plot twists

By Tristin Baumann

If there was ever an original plot line that has been done in some way, shape or form, than this is it: About 2000 years in the future, humans are nearly driven to extinction by Titans. Titans are typically several stories tall, seem to have no intelligence, and devour human beings and, worst of all, seem to do it for the pleasure rather than as a food source. A small percentage of humanity survived by walling themselves in a city protected by extremely high walls, even taller than the biggest of Titans. Flash forward 100 years to the present. Teenage boy Eren Jäger and his foster sister Mikasa Ackerman witness something horrific, and tragedy strikes the two children. Af-

ter this, Eren vows that he will kill every single Titan, and take revenge for all of mankind.

That's the plot line for the new anime TV series *Attack on Titan*. And after watching and finishing the first and so far only season, I must say that this show is spectacular. The show is not like most. Typical shows start off with a bunch of exposition, then with a rising action and build-up to the season finale, where usually the most exciting parts and plot twists are, and then a

cliffhanger for the next season.

This show is different, and I like that. About five or six minutes into the first episode, the

action starts, and it goes full throttle most of the way through the rest of the season. One thing that makes me truly want to sit down and watch this show, is that despite all of the action and exciting moments and plot twists, the show still makes time to tell

a story, a captivating story that makes you feel for these fictional characters who are portrayed greatly by their voice actors. The show gives you a sense of the desperation of humanity, the sense of hopelessness that has been driven into them by the horror that is the Titans.

Something else about this show that I really appreciate is the great visuals and fluidity throughout the show's quick paced, high-intensity action scenes, and they don't fail to capture both the environment in which the action is happening

and they gory gruesome details of the deaths of both Titans and people.

As I said earlier, this show makes you feel for the characters. And genius writer and creator of the series, Hajime Isayama, has no problem tugging at those heart strings by making you question who's going to live, who's going to die, and who's going to actually be left by the end of the season.

It's safe to say that the plot twists in this show reach *Game of Thrones* levels of unexpected and insane. I won't be specific here, since I don't want to spoil anything, but there are some moments where it seems that either something really good is going to happen, the episode is over, or somebody has escaped the jaws of death, only to have the next few seconds crush those thoughts and leave your jaw dragging the floor for the next few days.

All in all, I'd say that *Attack on Titan* is now officially one of my top ten favorite TV shows of all time, and I would definitely recommend it if you are interested in watching a show that's unique and unpredictable.



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# Convicts are the good guys?

## No, not real life, but in Fox TV's *Prison Break*

By Joe Maxwell

Normally prisoners are bad guys, right? Rightfully so, they should be. Although, this is not the case in Fox TV's *Prison Break*, starring an arrange of lead actors including: Wentworth Miller, Dominic Purcell, Sarah W. Callies, Robert Knepper, Amuary Nolasco, William Fichtner, and many, many more.

*Prison Break* is a show based off of what seems to be a conspiracy theory that has come to life. A few spoilers ahead, but it is introduced in the show fairly quickly, so it won't be a huge deal. Michael Scofield, the overall main character, played by Miller, is insanely intelligent, often seen as a genius engineer and problem solver. Scofield

needs to break his brother, Lincoln Burrows (Purcell) out of a high security (fictional) prison called the Fox River State Penitentiary. Luckily, Scofield designed the prison. Burrows was sentenced to death by electric chair for a murder he was framed for.

Although Michael is extremely sophisticated and carefully plans out every small detail, he is still faced with many problems which account for many of the characters becoming main characters due to slip ups that involve Scofield being forced to break out quite a few more prisoners than he originally planned.

The constant twist and turns of alliances and opposition be-

tween the characters and groups leads to more and more characters becoming increasingly important throughout the seasons. This constantly keeps the viewers on edge, forcing them to want to watch more. It involves a lot of concentration sometimes to understand exactly what's going on. An example of this being an FBI agent that is held against his will to hunt down and kill the prisoners that escaped Fox River and by the third season, he was a major ally of the team. It has gotten to the point that I was able to predict one of the biggest turnarounds in the show just due to the fact that Michael's plan seemed to be working out too well.

I am attracted to television shows like this one because of the constant action and mystery involved in the show. Not knowing what will happen next keeps a constant thrill. The characters

in this show are made out to be the protagonists for the most part, although, they are doing crime. That's why this show is interesting, these convicts are doing all the wrong things for the right reason, whereas, the real-life "good guys" (police, FBI, etc.) are the bad guys because they are doing all the right things for the wrong cause.

The show is so intricate in most ways that it is very hard to explain to someone who hasn't seen it. It is especially hard to explain to someone who hasn't seen it and I'm not allowed to spoil it too much. Overall, in my opinion, it is totally worth checking out. What's the worst that could happen? You either love the show or end up spending a little bit of your life to find out you are not a fan of *Prison Break*.

My best bet is that you'll enjoy it as much as I do.



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# #Sparklezdidit and many other inside jokes

The Realm of Mianite trending for the past two months

By Joe Maxwell

Some of you fellow gamers may know the YouTubers known as CaptainSparklez, SyndicateHD, and OpTic Nadeshot, right? Well, about two months ago, the Realm of Mianite was open for YouTube content. Mianite is a fun world with many great YouTubers and comical content for the younger viewers. It is really good and there are a lot of inside jokes. Also, #sparklezdidit.

Mianite started out with only two people. They were pretty comical, but once CaptainSparklez joined, it got hilarious. Sparklez pushed SynHD off a cliff and that is when the war started (between the two gods on the server.) It was all about the pranks on other play-

ers, which made it awesome because everyone got mad at everyone else. It was a big hollar fest. Examples include: making houses orange, filling a 4-story house with water, filling a mineshaft with ice, and creeper bombs. It's fun to watch and fun for the people that play it. It gets very dramatic and excitable as the days progress.

The speculation of hiding like a coward is expressed through the members of Dianite (the evil god.) These people \*cough\* SynHD \*cough\* were very afraid of Mianite (good god) and hid for 16 episodes. And the boring part, here it comes. It got pretty boring at that point because the Mianitees were searching for the Dianite employees.

The only exciting part of this halfway point is Sparklez searching for his god Ianite (neutral god.) Up until recently, he hasn't found a single trace of her and he was tortured because of it by Dianite. That's when the Wizards showed up.

The Wizards were the builders on the server. They made things comical by putting toilet paper on Jerry's Tree 2.0. At first, someone else did it, the Wizards took it down, and put it back with a much nicer toilet paper roll. Also a large in their building scale is half the world! That's an exaggeration, but seriously, how would anyone live in a house bigger than Rhode Island? It would be fun, but I would get lost, a lot. Anyway, the Wizards are what you call trolls. They will

eventually build what you want, but it might not be exactly what you want. It is funny when someone is so excited to see the progress on something and it's just a gigantic "I O U" sign. Disappointment is everywhere and the feelings are being tugged.

The World of Mianite is a fun YouTube skit between a number of YouTubers in a Minecraft server. It is hilarious, fun to watch, and is full of the acting of who blew up SynHD's house. A bunch of stuff happens and SynHD's house is gone. Mianite is a 9/10, or a -11/10 in Sparklez case. The inside joke and the play on words are the main things that make this awesome. Dine at Nite is the best joke ever. You don't want to disturb Dianite, he may make you fight the Wither.

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# **Twisted** spins a masterpiece

## ABC Family show brings whirlwind of drama

By: Sadie LaRocque

*Twisted*, an ABC Family original, is just what it seems to be. If you're looking for a mystery show to watch, *Twisted* is a good one. Avon Jogia, who plays Danny Desai, the main character, was in jail for five years for the murder of a family member. When he was 11, he and his friends, Lacey and Jo, were playing outside and he went inside with a jump rope and murdered his aunt Tara.

Watching the first few shows, I was a bit confused but as I continued to watch, it made more sense. As the show progresses, more drama unveils itself. All the drama and murder investigations that happen in the season make it more interesting to watch. When I finish one episode, I want to watch another one. The show only had one season with 19 episodes, but I think it would be awesome if it came back with

another season. ABC Family renewed other shows for more seasons but *Twisted*, wasn't one, unfortunately.

When a classmate of Danny, Lacey, and Jo had a party when Danny got out of juvie for the murder of his aunt, another murder happened. Danny immediately became the main suspect of the murder since he was back in town and fresh out of jail. The fact that Danny was the center of another murder investigation had the whole town on edge, until an arrest was made of someone else connected to the murder. Once an arrest was made, the town was a bit more at ease, but Danny still had a confession to make that was making him nervous and upset.

Jogia is really believable and makes me feel bad for him. With all the stuff his character goes through, he still remains calm and

collected but is dying inside at the same time. Maddie Hasson's acting as Jo Masterson is also quite believable and I feel connected to her more in each episode. She is around the same age as I am and goes through the same things as many high school students, like me. The romance between Jo and Danny feels realistic as well because it is portrayed so well by Jogia and Hasson. They were separated for five years when Danny was in jail but Jo still had feelings for him when he got back. The romance between them is awkward since Jo has more feelings for Danny than he has for her, but it's like a real life relationship.

When watching *Twisted*, you never know what's going to happen next, so you have to expect

the unexpected. A lot of unexpected twists come up in each episode and it can be hard to keep up with what's going on because of all the twisted stuff that happens. You find out information about the murder of Tara in later episodes that come as a sort of shock because of what you're led to believe at the beginning.

I would recommend this show to teenagers. It is a show that, in one way or another, they can connect with. It is also a show that draws you in and you won't want to stop watching, so it's worthwhile to watch. Although it's only one season, it's not a bad show, the actors portrayed the characters well and it's addicting to watch and keep catching up on.



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A cartoon illustration of a woman with short brown hair, wearing a yellow top and blue pants, holding a black cat in her arms. The background behind her is a green and yellow striped pattern.

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