Spirit Week 2009, which kicked off this year’s Homecoming festivities, began on Monday, September 28th, with Jersey Day. On Tuesday, students had fun dressing in outfits relating to different time periods for Decade’s Day. Wednesday, students and teachers donning specific colors depending on their grade for Color Splash Day, and Thursday was the much anticipated Twin and Crazy Hair Day. Spirit Week concluded on Friday, Blue and Gold Day, with the Pep Rally.

At the direction of the new and improved cheerleading squad, students crowded into the bleachers until the gym was nothing but a sea of blue and gold. During the Pep Rally, the Homecoming Court was introduced. Each member of the court came into the gym dressed as players of different sports. This year’s court included Lauren Byers, escorted by Mike Hogan; Carmen Dressler, escorted by Bob Craig; Katie Troutman, Deaven Kelly, Lauren Byers, Mike Hogan, Jenna Karge and Cole Barner.

From left to right: Roni Range, Andrew Rhoads, Shelby Thomas, Rob Jones, Carmen Dressler, Bob Craig, Katie Troutman, Deaven Kelly, Lauren Byers, Mike Hogan, Jenna Karge and Cole Barner.

Photograph by Katee Troutman

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After the court was introduced and awards for the homeroom door decorating contest were given the time came for each grade competes for the coveted Spirit Stick. Seniors challenged the two-year champions, the Class of 2011, however the juniors triumphed again for the third straight year.

Despite their late night at the Homecoming dance, Greenwood students showed their spirit again early Saturday morning by showing up to watch the Homecoming game. Following the JV game, which resulted in a 1-0 win for Greenwood, the crowning of the Homecoming King and Queen took place. Last year’s King and Queen, Matt Brightbill and Marissa Hoffman crowned Roni Range and Bob Craig as Greenwood’s King and Queen for the 2009-2010 school year.

After the crowning, the Varsity soccer game started. Numerous players had multiple goals in this blowout game against Bermudian Springs. Junior Jordan Ferguson was the leading scorer, with four goals and one assist. Cody Ruby, also a junior, chipped in two goals and two assists. Zach Smith, Kyle Fronk, Colten Fortenbaugh, Cody Peterson, and Josh Ferguson each contributed one goal, along with assists by many other players. Varsity Coach Tom Magill was very pleased with the success of the game, saying, “There have been a number of homecoming games in the past where, inexplicably, we have not played well. Such was not the case on Saturday, especially in the second half.” The game ended with a score of 11-0, a great way to end Greenwood’s Homecoming season.
Photos by Jenna Karge, Sarah Howell, Katee Troutman, Brooke Thompkins, Autumn Pellman, Darren Young, and Kiana Stephens
Military Enlistment In High School Cafeterias: The American prospect of hookin' them while they're young

by: Katee Troutman

It's an age old argument, raging with vehemence since it's inception: the rebellious teenager vs. the U.S. Military. The defiant youth will have to face this battle at least once in his or her life. The boy will have at one time made the mistake of giving a military recruiter his name and phone number at the local mall in an effort to get the relentless recruiter off his back so that he could continue his trek to get a peach sunset smoothie.

The teenage, satisfied with his wit, will go on about his week never thinking twice about the situation he just wriggled his way out of. That is, until he receives several messages flooding his voicemail inbox. These voicemails will all be from one continually determined source, the U.S. Military recruiter. The boy tries to avoid the continuing phone calls throughout the week, but they just become too much for him to handle. He finally answers and listens as the recruiter goes on and on, seemingly forever, about all the military's great benefits. Suddenly, the teenage boy realizes, "Hey, I have no idea what I want to do with the rest of my life. This guy is making this deal sound pretty comfy. A place to stay? Free food? Education, if I want it? Well... why not the military?"

And just like that, our old friend, the rebellious teenage boy who was so positive he'd never get taken under by any "American propaganda," shaves off his mohawk, washes the anarchist symbol drawn in Sharpie off his wall, calls the band up to tell them to get a new bass guitarist, walks downstairs and says "Momma, your boy's a soldier now."

The rebellious teenager forgot one very important aspect about the military recruiter: enlisting anyone willing or able into the military is the recruiter's paying job. Recruiters have a certain quota to fill and if they don't sign anyone up for the Armed Forces in their allotted time, well, they could be out of a job. To these fine people of the U.S. Military, you are just a number. Each individual boy and girl of America is a potential enlistee in the eyes of military recruiters. "Where do many boys and girls come together in mass quantities at once?" you may ask. The answer is simple: high schools.

We've all seen it, the Armed Forces table set up at the entrance of the cafeteria with one or two soldiers on hand to answer all your military questions and perhaps even entice you into Ol' Uncle Sam's house. We've all watched, even cheered, as one of our fellow classmates did push ups for a Marines draw-string bag or did 100 jumping jacks for an Army tee shirt. However, it may be time to rethink all these seemingly harmless games.. A certain code of ethics is brought into play when the enlisters of the world are let into our high schools from their standard locations of malls and grocery store parking lots. Some argue that when a student goes to school, they shouldn't be hassled by the trials of the outside world, and some even believe that a child shouldn't be swayed in the direction of anything so violent at such moldable, naïve ages as those of high schoolers. A question is brought up of whether or not these enlisters should be handing out free goods to make their business of war even more alluring to these young kids.

In the end, it is all a matter of personal choice, a freedom which we are, after all, granted by America. This country does have many great opportunities to offer, and the only thing I am saying is to look around. Make the decisions you feel will keep you most satisfied in the long run. Do what makes you happy personally and don't listen to anyone else's opinion about your choices. You are the maker of your own destiny, kid.

Fact or Fiction: Do hand sanitizers help prevent the spread of the H1N1 virus?

by Abby Carter

Everyday we are hearing more and more about the H1N1 Virus, more commonly known as swine flu. The Center of Disease Control (CDC) is predicting a severe flu season this year; are you ready? Flu season is a time for coughing, sneezing, and staying home. To help prevent the spread of the flu the CDC is recommending we pack hand sanitizers in our purses, pockets and lockers, and use them! Sure, they make your hands smell good, but do they really prevent the virus?

Most experts agree that hand sanitizer containing an alcohol concentration between 62-95% will effectively kill most flu germs. The concentration of alcohol in most hand sanitizers varies from 45-95%, with most common products in the range of 60-65%.

Generally, hand sanitizers are made of ethyl alcohol or isopropyl alcohols which do kill the flu virus if you use them. Remember, germs are everywhere. You should use your sanitizer often; after getting on and off the bus, and about anytime you have touched something that others have touched.

Other precautions you should take to help prevent catching the flu are: cough into the bend of your elbow or tissue, making sure that the tissue is thrown away. Wash your hands with soap and hot water for at least 15-20 seconds, avoid touching your eyes, and mouth, and try to avoid contact with other sick people.
When you live in a small community, it can be hard to find something local to do. However, the Millerstown Area Jaycees are trying to change that. On Saturday, September 19, 2009, from 8 a.m. to 4 p.m, the Jaycees held the first annual Millerstown Fall Fest and Cruise In. The idea behind it was to have individuals and organizations volunteer and help plan the event to benefit the continued development of the Millerstown Area Community Park.

This event was held at the reconstructed building next to the Millerstown Community Swimming Pool. At the event, people had the chance to eat food, play games, and do some bargain shopping. The activities included a flea market, helicopter rides, and “rod run or cruise in,” which is classic and antique cars that were on display. People could also participate in a 50-50 drawing, cow plop bingo, the cake wheel, the fishing booth, and the nickel pitch. The fishing booth was actually run by Greenwood’s Future Business Leaders of America. FBLA was hoping to gain acknowledgement in the community, and thought that participating in the Fall Fest would be the perfect way. At the booth kids could use a fishing rod with a magnet attached to the end to attempt to catch a paper fish from the baby swimming pool. In the end, FBLA was able to donate some of the profits to the Millerstown Area Jaycees. There were a large amount of people that showed up and made the event a success. The Fall Fest and Cruise In is anticipated to grow each year, becoming more successful and benefiting the community in various ways.

The Paw Print — IN THE COMMUNITY —

*H1N1 Virus, Cont*

So what is the answer to the question, do hand sanitizers help prevent the H1N1 virus? The answer is yes. Now that you know the facts, you should use your hand sanitizer every chance you get to keep yourself healthy, safe and flu free.

**Precautions to take to avoid the flu:**
- Cough into the bend of your elbow or tissue
- Make sure your tissues are thrown away
- Wash your hands with soap and water for at least 15-20 seconds
- Avoid touching your eyes and mouth
- Avoid contact with other sick people

**Coming To The Rescue:** The Millerstown fire department

By Daniel Harrison

Rescue is an important part of any type of fire department. In most cases, fire calls involving a type of automobile accident or a building collapse rescue often outnumber calls of any other kind, including fires. Because of this, depart- ments are highly trained in these areas of rescue. In fact, many companies have a special fire truck designated as a “Rescue,” or “Squad” Truck. These vehicles are specially equipped for emergencies involving rescue. For instance, an auto accident with a person trapped inside will involve a rescue company using the spreaders (Jaws of Life), cutters, and hydraulic rams, to safely take apart the wrecked vehicle to extricate the victim. Firefighters trained in rescue operations are able to use these many types of specialized tools and are usually trained in Hazardous Materials operations. Many believe that firemen assigned to rescue companies are among the most highly trained in any department. The next time that you are driving down the road and see an emergency of some sort, be careful, but notice the hard work being done by the company to rescue and save the victim that is in harm’s way.

**Upcoming Community Events:**
- Basket Bingo on Sunday, November 1
- Christmas in Millerstown on Sunday, December 11

*Photo by Fairfax County Fire Department*

*Precautions to take to avoid the flu:*

**Town Talk: What’s going down in Millerstown?**

By Alyssa Wittle

When you live in a small community, it can be hard to find something local to do. However, the Millerstown Area Jaycees are trying to change that. On Saturday, September 19, 2009, from 8 a.m. to 4 p.m, the Jaycees held the first annual Millerstown Fall Fest and Cruise In. The idea behind it was to have individuals and organizations volunteer and help plan the event to benefit the continued development of the Millerstown Area Community Park.

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Wings of Kindness: Help your community soar!

by Jessie Kiner

“Gee, Brain, what are we going to do today?” asked Pinky.

“The same thing we do everyday,” replied Brain, “Take over the world!”

I’m not asking you to get that ambitious. But, what are we going to do today? Or, a better question may be, what are you going to do today? Text? Sleep? Sing the Pinky and the Brain theme song over and over in your head? No. Today, we’re going to change the world.

Yes, I will admit, that is a lot of territory to cover in one day. So, let’s start in our own community. How, you may ask? Well, let’s look at some admirable individuals who have already traveled this path and learn something from them. Take Mrs. JoAnn Gantt for instance, a kindergarten teacher at Greenwood Elementary School. She and her family started a charity organization called Wings of Kindness. You may have heard of it, considering that people in the school are involved in the organization. Its goal is to help kids with financial need in the Newport, Greenwood, and Juniata School Districts. Now, I know that there may be an alarm going off in your head, chiding, “Boooring!” However, Wings of Kindness actually had a tragic beginning.

In January 2002, Mrs. Gantt’s nephew shot and killed his father, mother, and two sisters in their sleep. People from all over the nation, and even other countries, heard about the tragedy and sent money to the family. Though the Pannebaker family suffered a great loss, they ultimately decided to use the money to help children in need.

“It has opened my eyes to just how many people—some sitting right beside us—have needs and wants, but truly cannot afford them. I don’t have to look very far to find someone that I can help...in big or small ways,” Mrs. Gantt said.

And she’s right. Many of us are fortunate in our living situations and don’t know it. What does it take to show someone a little love, kindness, or caring? Not much at all. Even if you don’t find yourself particularly pulled to donate even a bit of pocket change to Wings of Kindness, or any charity organization, truly, a smile will go such a long way. Take a little heart in a sometimes very cruel world. There are many big problems out there in the world, but it takes little steps to get to the solution. Open your heart, and do something. Let’s not waste our youth, talent, or voice in “growing up.” Let’s take on this world with a heart like Mrs. Gantt, put ourselves away for a bit, and care. Let’s change the world.

Wings of Kindness sponsors different activities that you can participate in. They hold an annual barbeque chicken sale in the spring, and every summer they have a motorcycle rally that everyone is welcome to participate in. For the athletes, go run in the 5K in August that they’ve just decided to organize! If any of that doesn’t float your boat, then I urge you to just get out there. Why go through life like a robot when you can leave a legacy of kindness and charity? Smile at somebody. Lend someone a hand. Bring your spare change to give to the Pennies for Patients SOS fundraiser. Though you don’t have to take over the world like Pinky and the Brain are attempting, don’t waste your opportunities.

Do something, because you can.

For more information please visit www.wingsofkindness.com.

The Renaissance Faire

by Jordan Ferry

You’re walking through your medieval English village. To your right someone is performing magic tricks, and to your left, someone covered in mud and ragged clothing is begging for your money. You’re thinking about what you want to do today for fun.

You could go to the Globe Theatre and see a play by Shakespeare, or you could watch royal knights joust. But before you are able to make up your mind, a rumble in your stomach interrupts your thoughts, and you decide to get some food.

As you’re walking down the street looking for a nice place to eat, you pass scores of merchants and skilled craftsmen, selling all sorts of goods. Hand-crafted leather clothing, swords, blown glass, and many kinds of pottery flood your vision on your quest for food. When you finally reach your destination, you must decide whether you want the steak on a stake, a giant turkey leg, or one of the many other medieval fakes.

By now you should have guessed that you are at the Pennsylvania Renaissance Faire. The Renaissance Faire, located in Manheim, runs from the beginning of August to the beginning of November every year. At the Faire you can expect to see many craftsmen and merchants demonstrating their different trades, all dressed in period attire. You can also expect to see musical performances, magic acts, Shakespearean plays, jousting knights, and many other shows throughout your day. The Renaissance Faire is complete with actors portraying famous historical figures of the time, such as Queen Elizabeth and Sir Francis Drake. There are many different period foods to choose from, such as steaks on a stake, and fresh-baked breads, and many different pastries. Overall, if you’re looking for an authentic recreation of the Renaissance period, or simply a day filled with fun, the Pennsylvania Renaissance Faire is the place to go!
Football: Get your head in the game!

by Sarah Howell

Though their season is off to a shaky start, the Newport football team is determined to turn things around for the best. Friday, September 18, the Buffaloes lost to the Tri-Valley Bulldogs, 0-34. Grant Lesh, the starting quarterback, completed 3 of 7 passes for a total of 36 yards. Senior, Mike Hogan was 5 for 10 passes with 48 yards. Helping on offense, Matt Hogan, John Craig, and older brother Bob Craig played huge roles in the passing game. On the defensive end, the team was held together with some talented players ranging from Skyler Ray and John Craig from Greenwood, and Matt Huggins and David Corkle from Newport. The Buffaloes are 0-3 in the Twin Valley Conference after their loss to the Bulldogs. On Friday night, September 25, the Buffaloes hosted Line Mountain, who is now 3-0 overall and is also at the top of the league this year. The previous year the Buffaloes fell to the Eagles by a 21-14 loss. The season won't get easier for the Buffaloes just yet, so make sure to come cheer for your Newport Buffaloes under the Friday night lights.

The seniors from Greenwood on the team consist of Mike Hogan(#12), Rob Jones(#55), and Bob Craig(#10). Mike's main positions on the field are quarterback and safety. Rob plays middle linebacker and on the offensive line. Finally, Bob plays noseguard and tight end/wide receiver.

Upcoming Greenwood Sports

by Sarah Howell and Jenna Karge

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**Soccer: A rivalry renewed**

*by Zachary McCoy*

This year the Greenwood Wildcats soccer team renewed its storied rivalry with the Juniata Tigers. The game started around 7:00 p.m. to the familiar tune of the Star Spangled Banner. The game was a stalemate from the beginning. East Juniata struck with a goal midway through the first half. Back and forth the ball went as the game continued, but no one seemed to be able to score. The game went into halftime with Greenwood trailing one to nothing.

After a pep-talk from coach Tom Magill, the team rushed back onto the field to a storm of applause. The second half began. It was truly a battle as the two teams fought to score a goal. Finally, Jordann Ferguson put the ball in the back of the net about 15 minutes into the half to tie the game. Both teams struggled to score a distinguishing goal. So, regulation ended in a one to one tie.

The tired players paced near their benches ready to continue the battle they had started. The referee reported that two overtime periods of ten minutes would be played, and that the first team to score won. So, again Magill gave his speech, and the team returned to the field. The period started well, with the Wildcats putting heavy offensive pressure on the Tigers. But, the Tigers countered and scored the game winning goal about three minutes into the period. Stunned, the team lined up and shook hands with East Juniata, and returned to the bench. The Wildcats headed home sadly, but with the knowledge that they would have another chance to beat the Tigers later in the season.

**Field Hockey: dominates rival Newport**

*by Kelly Toner*

Intensity, excitement, and domination; these words describe the rivalry game between the Greenwood and Newport field hockey teams. The match-up started out with both teams looking strong. It took a while, but Greenwood pushed ahead with the lead goal by Brittany Fleisher. But Newport wasn’t discouraged. They quickly retaliated with a goal by Angel Bohn. Realizing that Newport came to play hard, Greenwood stepped up their game. Salene Shaffer upped the score in Greenwood’s favor with a goal. Soon after that, Salene made a nice pass to Autumn Pellman who put one in the cage for Greenwood. Only a few minutes later, Carmen Dressler got on the board with a point for Greenwood. Autumn Pellman took her goal count to two, with a nice tip, off a pass from Alyssa Cauffman. Half-time came with Greenwood sitting pretty with a four goal lead. The second half came and the girls from both teams played with immense passion. The battle for control of the ball was intense. Newport player Kim Campbell was given a yellow card for pushing. Although there were opportunities for both teams to score, neither goalie (Anna Heggenstaller for Greenwood and Jess Keys for Newport) let the ball go by. In the end, Greenwood came out on top with a well-earned win.

The Lady Wildcats have since continued their season with just as much strength and determination. They have a 16-2 record and are both Tri-Valley League and PECO champions. They’ll now be continuing on to districts where they’ll face some fierce competition. Good luck girls; the pressure is on!

**Golf: Newport dominates Tri-Valley league!**

*by Daniel Harrison*

In a stirring last minute victory, the Newport Golf team took Millersburg at their last golf match of the season. It was a touching final moment for both Daniel Harrison and Kylar Forgie, who are both seniors and will not be returning to the victorious team the next year. Looking back on the season, both members were proud of what the team had accomplished. Members also included Allison Wray, Spencer Culwell, Nick Allison, and Mitch Markle. The team weathered gale force winds and rain on several occasions throughout the season, only adding to the mental and physical toughness of the squad. Lead by their fearless senior leaders Harrison and Forgie, the team ended the season with a sterling 1-16 record. Both seniors will be sorely missed, but the team and many of its fans are confident that younger members will continue the legend that is the Newport Golf Team.

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**Good Luck To the Soccer Team in Districts!**
Health and Fitness: HPV

by Clare Bachman

80% of women are infected with HPV by the time they turn 50. Will you be one of them? Many girls that you know have already been vaccinated with the vaccine to prevent HPV. Others are debating whether or not they should. One of the biggest controversial issues facing girls and their parents today is whether or not to be vaccinated with Gardasil, the vaccine that prevents four strains of HPV that cause cervical cancer. When Gardasil was first introduced and approved by the FDA, many girls and their parents jumped on the opportunity of getting vaccinated to prevent HPV and cervical cancer. Meanwhile, other parents were very opposed to letting their daughters receive this new vaccine. Some of their reasons included thinking that their daughters were not at risk for developing HPV, the common misconception that Gardasil protects against all types of HPV, so their daughters will think that they are protected in every way when really they aren’t, and feeling anger towards the thought of immunizing their teenagers against a sexually transmitted disease. For many parents making the decision about the vaccination, a recent news story may have made the decision for them.

On August 18th, 2009, a government report raised new questions about the HPV vaccine, Gardasil. The vaccine was linked to 32 unconfirmed deaths and showed higher incidences of fainting and blood clots than other vaccines. This made many wonder, “Is the potential benefit of this HPV vaccine worth its potential risks?” One parent, Emily Tarsell, started her daughter Christina on Gardasil. Eighteen days after Christina received her final vaccine shot, she died. Stories like this one should make parents who are thinking about getting their daughters vaccinated think even more carefully about their decision.

In another severe case, a 15-year-old gymnast, Gabrielle, former cheerleader and honor roll student, was diagnosed with Gardasil vaccine-related brain inflammation. After the first shot of Gardasil, her symptoms included muscle and joint pain, numbness and tingling in her hands and feet, headaches, fatigue, a rash, dizziness, and lack of concentration. After the second and third shots, she began losing her hair, developed seizures, bouts of paralysis, mini-strokes, partial loss of vision, severe chest pain, and memory and speech loss.

I know if I had a daughter, I would think twice before I had her vaccinated. However, even though these deaths are tragic and unfortunate, personally I don’t believe it’s as big of a deal as a lot of people are making it out to be. I, as well as many of my friends, have been vaccinated already and a while ago. None of us have shown any symptoms of the negative side effects. The scary risks that are now shown to be involved with Gardasil will have to be a worry to all who have been vaccinated. Although I am not overly worried myself, someone else may have a very different opinion.

Freedom from four strains of HPV and less risk of developing cervical cancer are major benefits from getting vaccinated with Gardasil. Is this really worth the risk now that research has shown the downside, though? This is a question many parents and their daughters are talking about, whether they have already gotten the shot or they are contemplating whether they should or not. It’s a big decision facing females all over the world. As the Gardasil commercial asks, “Will you be one less?”, or will you be one more to suffer from the negative outcomes of this vaccine?

Recipe: Pumpkin Pancakes

by Clare Bachman

Fall is a great time to mix it up with some of your favorite foods and add some pumpkin flavor! These low-fat pumpkin pancakes are delicious, good for you, and definitely perfect for fall. If you like pancakes, you’ll love these pumpkin pancakes!

Ingredients:

- 1 cup all-purpose flour
- 1/4 cup packed brown sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg

Preparation:

Whisk flour, sugar, baking powder, salt, cinnamon, ginger and nutmeg together in a medium bowl. Combine egg, oil, milk and pumpkin in a small bowl. Stir pumpkin mixture into dry ingredients. Leave to stand for five minutes.

For each pancake, scoop 1/4 cup of batter onto a hot griddle or nonstick skillet sprayed with cooking spray. Turn pancakes when bubbles appear and edges are cooked, after about 2 minutes. Cook for 1 1/2 minutes on second side. Throw in some chopped apple, or a handful of raisins or even some chopped cranberries if you like. Enjoy with warm maple syrup! Makes 8-10 pancakes.

Nutrition Information:

Per two pancake serving: Calories 226, Calories from Fat 46, Total Fat 5g (sat 0.6g), Cholesterol 53mg, Sodium 414mg, Carbohydrate 40g, Fiber 1.6g, Protein 4.9g

Source:

http://lowfatcooking.about.com/od/breakfastandlunch/r/pumpkinpancakes.htm
Rock the Skinny Jeans

This fall season many teenagers, both male and female, are parading around in skinny jeans. The trend has been around for a long time, but its longevity lies in the variation of the way people wear them. A nice advantage to wearing skinny jeans is that you can have diverse looks with the same pair of pants. One fashion idea is to wear a baby doll top with the jeans, going for the adorable, innocent look. The volume on top really nails the skinny jean appearance. Another fashion might be to go the punk, rocker image and wear a leather jacket over a tight tee. The tight tees might include various graphics, such as bands, edgy logos, or bold statements. Some stars, like Rihanna, often wear a jacket with a popped collar, and a t-shirt underneath. You may commit to the rocker theme, and wear a flashy pair of heels. Fashionable pumps will give you a leg-lengthening look. Skinny jeans have become a universal trend for both men and woman. Many men are notorious for pairing the jeans with vans or Nike high-tops, supporting the hip-hop trend. These are just a couple of examples on how to wear skinny jeans. So go, join the trend, and get your skinny jeans today!

When it comes to fashion this fall the go-to color is hot pink. All bright shades are currently in style but pink looks great on any skin tone and is the “secret fountain of youth”, according to Cynthia Nellis from fashion.about.com. Purple and turquoise are also two colors that will be seen in every department store this season. When it comes to hairstyles, bangs, as always, are a must.

Fashion musts this fall:

* **Chunky Knits**—be both fashionable and warm this fall
* **Boots**—from short boots with heels to tall slouchy boots and everything in between
* **Clutches**—keep it small and simple, the big bags are beginning to fade out
* **Patterns**—animal print, pinstripes, and plaid

Accents and Jewelry:

* **Scarves with intricate designs**
* **Glamorous gold jewelry**
* **Necklaces that are colored and textured**
* **Cuff bracelets, charm bracelets**
* **Multi-faceted gemstones to catch the light**
* **Large, eclectic watches**

Fall Hair Cuts and Styles:

* **The Pixie**
* **Cropped Bob**
* **Long**

Sources:

http://fashion.about.com/od/latesttrends/tp/suedeboots.htm

http://923now.com/fall-fashion-must-haves/


http://www.canada.com/life/Fall+2009+fashion/1947250/story.html#


http://www.prohaircut.com/long_haircut.htm

http://petite.about.com/od/styleguide/ss/jeansstyles_2.htm
News of the Weird

by Rowan Rumbaugh

Tears of Blood?

Fifteen year old Calvino Inman of Eastern Tennessee had just stepped out of the shower on a warm May evening when he glanced into the mirror and began to panic. His eyes were streaming blood. Immediately he was rushed to the ER by his mother. "The people at the hospital said they had never seen anything like it," Tammy Mynatt, Inman’s mother, recalls. She says her son underwent an MRI, a CT scan and an ultrasound, but none of the tests had abnormal results. "We don’t know how to stop it," Mynatt remembers being told by doctors. "It just has to run its course." After losing almost all hope, the family heard about a tear duct specialist by the name of James Fleming. Though there is still no diagnosis, progress has been made. “I hope they will find something wrong with me, find something to make me better, and then they’ll call every doctor and let them know what’s going on just in case there is someone else who has to go through this," Inman says.

sources:

Real-Life Gollum?

A group of young teenagers were playing by the water in a Panama lake near Cerro Azul this month when they received the shock of their lives. A bald beast emerged from a cave behind a waterfall and shuffled out “as if to attack them”. “I have only seen that creature once before – and it was in the Tolkien film,” one of the terrified teens said. In an attempt to defend themselves, the four grabbed rocks from the beach and threw them at the creature. After it was dead, they threw it back into the lake before fleeing. After it had washed up, disbelieving parents went to investigate. Zoologist Jacobo Arauz said it was most likely a mutation, perhaps some form of a sloth. This is currently being investigated by Melquiades Ramon, an expert at the National Environmental Authority.

Sources:

Garden Theft?

A young couple, Linzi and Phil Wood had just come back from a relaxing vacation, this September, to discover their back yard contents had disappeared. A path, rockery, plant pots, hanging baskets, and even a thousand dollar shed they built are now in Brian Johnson, their next door neighbor’s, once scruffy lawn. “We’re trying to sell our house, but now the garden looks terrible. It has completely devalued the property," Linzi had said. Police are currently investigating.

Source:
Green Schools Welcomed by Central P.A.

by Rachel Stroup

My dad works construction for Lobar Inc. One day he came home and said he got a job at Selinsgrove Elementary school. He said they were turning it into a green school. Of course, I asked what this was and my dad explained it to me. I thought it was so cool so I researched them even more. Here’s some information that I learned. Let’s start with "What is a green school?"

What is a Green School?
A school that wants to reduce its carbon footprint, make school environment healthier, gets the whole community to think about the ecological problems we face, is environmentally sensitive and creates a healthy space for students and faculty.

What does it take?
There are lots of requirements to become a green school. In addition to following the four-pillar theory below, you must be state certified. The four-pillar theory:

- **Being Toxin Free**: no lead, pesticides or mold; ecologically sound building and cleaning supplies; cannot be built on or near toxic land (as in near nuclear power plants, landfills etc.)
- **Use Resources Sustainably**: energy efficient appliances and alternative forms of energy; environmentally sound school supplies and of course the ever-popular saying ‘Reduce, Reuse and Recycle.’
- **Create a Healthy, Green Space**: green playgrounds, gardens and schoolyards; no junk food, fast food or soda; organic food shipped directly to the cafeteria; healthy school lunches that are actually healthy!
- **Teach, Learn and Engage**: classes about the environment; hands on learning; getting students involved in turning the school into a green environment.

Requirements of a Green School:
- Energy efficient lighting and appliances
- High tech controls to turn off appliances depending on their use
- Some of the school power must be solar power or wind power
- A certain percent of the flooring, carpet and furniture must be recycled or made of recycled materials
- Fresh air must be pulled in through vents
- Natural lighting
- Airtight windows
- No toxic paints, finishes, stains or polishes ever used
- A green roof which is a roof that provides a filter for storm water and a natural habitat for birds and other animals.

Why Have a Green School?
There are a couple of reasons schools are going green. One reason is because they save money. Even though it cost $3 more per square foot to build a green school, you save $74 per square foot afterwards from energy savings, increased attendance and teachers remaining at the school longer.

They also improve health by having clean indoor and outdoor air environments.

This might surprise you but it also raises test scores. Studies show that natural light, better indoor air quality and environmental curriculum is directly linked to higher testing scores. Kids who have hands on experience in the school garden and take environmental classes do better in math, science and language classes and behave better in class. They also have better attitudes toward school. Did you hear that teachers?

Small Changes We Can Make to Help Our School be a Little More Green:
- Buy school supplies that can be recycled or that are made of recycled materials
- Recycle school papers instead of throwing them away (or making airplanes)
- Recycle water, juice and Gatorade bottles at lunch. Hopefully Greenwood will be getting recycling bins soon. The idea has been officially proposed and approved.
- Use school supplies you already have instead of buying new ones. There’s no need for all of that packaging and it’ll save you money. You’re saving the Earth and your wallet!
- Pick up trash left on the field after a game or practice. Don’t just throw out all of the trash, recycle what you can even if it’s not yours. We don’t want to hear you playing the blame game. It won’t kill you, just do it.

Now that you know what to do, do something!
Think Globally, Act Locally!

Sources:

- www.greenschoolbuildings.org
- www.greenschools.net
- www.greenschoolalliance.org
- http://www.nesea.org
- www.masstech.org
You Live In A Culturally Diverse World: Discover it!

by Jenna Karge

While sitting through a day’s classes at Greenwood High School, do you ever look out the window and wonder what students are doing half way around the world? In a Foreign Language class, do you ever fantasize about Spain or France instead of being stuck in Pennsylvania learning about them? If so, studying abroad is a great opportunity for you to take advantage of after graduation. Many colleges offer study abroad programs that won’t cost you more than tuition. That means instead of your normal routine and lifestyle, you could be enriching your life in another country for the same price!

Many students study abroad to aid in learning a foreign language or to enhance historical studies. However, you don’t even have to know another language to study in another country! Many exciting countries speak English and many study abroad programs allow you to study without necessarily learning a foreign tongue. Though it’s certainly encouraged so that you can feel like a native. Along with meeting new friends, you will be able to explore new cultures by eating new foods, seeing new places, and being involved in new activities.

Some students turn down the opportunity to study abroad because they feel they may become homesick too quickly or are scared to venture out into the unknown. College advisors and counselors will be able to help you with this new process. Don’t let your fears stop you from exploring a new place. Many people will be willing to help you make the best of this wonderful experience. Programs have also been developed for students who do not wish to be away from home for long. Colleges have courses that consist of different time lengths of study. It’s not uncommon for students to study abroad for two weeks during summer vacation and then come back home!

Instead of waiting until college to research studying abroad opportunities, begin now! Learn about a country you would like to live in. Popular destinations include (but certainly are not limited to), England, Germany, Mexico, Canada, France, Australia, Spain, and China. Consider the lifestyle you may prefer, learning basic conversation in another language, and the activities you would like to participate in while living there.

Let’s face it, America is a wonderful country! If you feel you won’t learn anything by studying abroad, at least you will gain a new appreciation for our home!

*Photos by Greenwood Senior, Jenna Karge and Susquenita Senior, Tyler Harrison during their trips to Europe in the summer of 2008.*
America: A sadistic square or the circle of life?

by Shelby Thomas

"The Circle of Life", composed by Elton John with lyrics by Tim Rice, became popular in 1994 with the release of Disney’s “The Lion King.” The term has been coined since that time to describe the cycles of life that naturally take place within the environment. Many processes most integral to the living conditions of all life forms occur in a circular motion. From the formation of precipitations, to nature’s food chain, the metamorphosis of a caterpillar to a butterfly, to the menstrual cycle of females, these cycles are often times described to audiences in reference to a circle. The phrase, "The Circle of Life", seems very fitting in these instances to deconstruct complex and scientific processes to make them more comprehensible to the general public.

Yet it has come to the attention of many specialists that with America’s rise to power, an emphasis once put on simplifying natural cycles has become lost in the country’s recent but overwhelming concentration on the "square."

Psychologists have recently conducted a study aimed to determine the root of the American adolescent generation’s constant reference to feeling as though they are asked to fit “in a box.” Some teens boldly stepped forward, expressing their opinion of being forced to conform to a certain set of standards created by peers, parents, teachers, and authoritative figures. According to John Smith, "My friends tell me what my interests are, my parents tell me to agree with their points of view, my teachers tell me what to think, and my principal and coaches tell me how to act. They all set boundaries that I fear venturing out of.” It was due to this realization that psychologists developed a new theory, explaining the subconscious fuel for this sensation of entrapment. Head of research, Dr. Susan Brown, explained "We began looking at our own lives and seeing how many squares are incorporated in the daily life of the average American." From the boxes that contain our cereal, the shape of modern American homes, the square frames we drive to work, the rectangular screens we stare at daily, the cubicles we hold to our ears as a means of communication, to the four-sided mattress that we rest on each night, we are surrounded by nothing but parallel boundaries, containing life’s necessities and luxuries, challenges and joys. And it is for this reason a conclusion has been made that America’s future has been overtaken by parallelograms, rhombuses, squares, and rectangles alike, all encouraging a frenzied feeling of claustrophobia.

The solution, you ask? Are we to start over? Is it time to tear down the cities, and civilizations we have toiled to create in the past two centuries? This is hardly the answer. Instead we are challenged to focus on the sphere. Not just the natural cycles integral to the continuance of life, but the sphere on which you thrive. The earth, once believed to be flat, is indeed the most important circle in your life, in my life. It must be protected so that we too may be secure. We are challenged to shift our thought process from that of the boundaries of which we are confined to the idea of circular motion, the idea that things continue with no point to be an obstacle too great to overcome. We are challenged to bend those lines and think globally, spherically, circular, and remember that life is a cycle of thought and action, "The Circle of Life."

America the Beautiful

by Shelby Thomas

"O beautiful for patriot dream, that sees beyond the years, thine alabaster cities gleam, undimmed by human tears.” “We sing the words in schools, churches, athletic events, and concerts alike. We pronounce the lyrics with a satisfaction that could not be matched by any other world power. The citizens sing with inspiration from freedom in each note. They sing with pride; pride in our heart for a country so great, pride in our efforts for a government so prevailing; pride in our soul for the sanctity of freedom that we have become so famous for.

For what reason do we sing these words today? “O beautiful for spacious skies, for amber waves of grain, for purple mountain majesties, above the fruited plain.” It is a land full of beauty and a promise to provide home to its inhabitants, both human and animals alike, that we honor. But do we partake solely in words and choruses regarding its aesthetic nature? America has been ranked seventh for the greatest loss of primary forestry, depleting an average of 831 miles of old growth forestry which contains top priority animal and plant species for environmentalist and government agencies. Between the years of 1990-2005 the United States Virgin Islands have lost 16.7% of its forestry. Ocean pollution has been on the rise in recent years. Rolling waves are no longer adorned by pure white foam, but plastic cans, oil waste, scrap metals, coal, and ash. On average one seagull has 30 pieces of different plastics in its system upon its death. Pollution debris kill an average 100,000 mammals and sea turtles every year. We must take action to preserve our environment or lyrical adjustments may need to be made. “O mercy for polluted skies, for oceans full of oil’s stain, for barren mountains weary pleas, and past heroes work in vain.”

Let’s take a moment and reflect on our past, our country’s finest. Focus on Thomas Jefferson, proclaiming all the hopes and dreams of America in one document. Remember Abraham Lincoln and his

Continued on next page
tireless efforts to free slaves from a life of unfair persecution because of their skin tone. Learn from the courageous dedication of Clara Barton, creating new ways to provide care for those who were in distress. Relive the words of Martin Luther King, Jr., and feel the passion in his dream for a quality of future generations. And so we sing, “O beautiful for heroes proved in liberating strife, who more than self their country loved, and mercy more than life.”

Yet we are spending our time worrying about tax cuts, health care, and homosexual rights. As we debate over these issues ethically, socially, and politically, 25,000 children around the world die each day due to poverty. While we point fingers and find faults with our fellow American, 20,000 individuals are brought into the United States each year due to the human trafficking market. During our rants on the future of health care the southern region of Africa, containing less than 2% of the world’s population, is becoming home to 30% of the people in the world living with and dying from AIDS/HIV. Our forefathers, who spent their lives working against such social atrocities, are now praised by people who are blinded by their own greed and selfishness. So do we add in another line to make the song appropriate for today? “O mercy for citizens proved in greed for a material life, that riches and worldly things should be far more greatly priced.”

“America, America God shed his grace on thee, and crown thy good with brotherhood, from sea to shining sea.” So before you belt these words to the famous melodious tune remember the men and women’s dreams who came before you. Think about the lyrics and why they were written. Analyze yourself and see if those hopes still ring true for your life, and if they do, are you committed to continuing their efforts in inspiration and action? Can you sing with pride in a country so great? Or will you say this song as a prayer that mercy is shed for your home? Will you one day instead mutter the words, “America, America, God shed His grace on thee, have mercy on our egocentric souls, and save myself from me.”

Rosa Loves: reinvent your style; reinvent the world
by Meghan Troup

In the Diyala province of Iraq lives Hussein, a two-year-old boy with a disease called Tetralogy of Fallot. This disease includes four significant heart defects. It causes arteries to be blocked where they should be open, and there are holes present that should not be. This causes blood to circulate incorrectly from the heart, through the body and back again without gaining oxygen. A simple surgery could fix this. This operation would be life saving, but it would also be expensive. So expensive, in fact, that Hussein’s father would have to work a year and a half to save up enough money to be able to afford it, including the discounts that would be offered. The problem is that Hussein may not have that long. With hardly any oxygen getting into his blood, Hussein may only live to reach the age of three. He may not even have six months. Without that surgery, Tetralogy of Fallot will put enormous strain on his heart, causing it to swell until it gives out and stops. This is where Rosa Loves comes in.

Mike Fretto saw a unique opportunity to give financial aid to those in need by doing things such as buying a new walker for a handicapped lady, or paying for a life-saving surgery. He told his inspiration to his friends, Chris Lewis and Jeremy Dean, and they started to plan. This vision was to sell custom-made t-shirts to raise money for the people that they symbolize. The plans turned into a business, and soon people were contributing to the dream.

These originally designed t-shirts are unique to the story that they represent. The pictures on the front as well as the print on the inside are different for every shirt. The story is printed on the inside of each t-shirt right above the heart. Because Rosa Loves is not yet a non-profit organization, along with the people that they help, some of the money that comes from the t-shirts is needed to cover operation costs. Each t-shirt design is available until the object of need is bought. After all the money that is needed is raised, Rosa Loves is finished selling the t-shirts. The men behind Rosa Loves all state that it’s a “good excuse to design limited editions.” When one t-shirt is sold out, they choose a new cause to support.

How can you help? By buying t-shirts or just telling people what Rosa Loves is doing. The main goal of Rosa Loves is to make sure people are aware of what is happening in the world, and show them what they can do about it. T-shirts range from $18 to $25 in cost. To find out more about Rosa Loves, go to www.rosaloves.com.

Culture Shock: food crisis cripples Afghanistan
by Alex Troup

In 2001, following the 9/11 terrorist attacks on the World Trade Centers, the United States invaded Afghanistan with the goal of eliminating Al Qaeda and Osama Bin Laden. However, two years later when the U.S. invaded Iraq, the war in Afghanistan was pushed to the sidelines. For years, little media attention was given to the effort to uproot the terrorist organization. As the world’s eyes slowly focused more intensely on Iraq, the situation in Afghanistan digressed exponentially.

Along with the U.S. invasion of 2001, Afghanistan has been facing a second crisis in terms of a food shortage. Intense drought has plagued the country since that year, resulting in widespread impoverishment of the families living there. Thousands of Afghan civilians fled into neighboring Pakistan and Iran, only now returning to the country. These refugees find it exceptionally difficult to re-establish a source of income, considering that the average Afghan family...
# Book Reviews

by Nikki Fry

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<th>Student Book Recommendations (1st Quarter, 2009-2010)</th>
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<tr>
<td><strong>Name:</strong> Tristen Rumbaugh</td>
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<td><strong>Grade:</strong> 7th</td>
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| **What is the book about?** | "This book is about a teenage boy and his family who have to stay in a compound because of a nuclear attack for 15 years. After eight years, he starts to understand the truth, and eventually saves his family."
| **Why do you recommend it?** | "I recommend this book because once you start reading it, you can't stop. The suspense runs until the very end and it has an ending that you would never expect."

| **Name:** Dory Brown  | **Title:** The Outsiders |
| **Grade:** 8th  | **Author:** S. E. Hinton |
| **What is the book about?** | "The Outsiders is about a gang called the Greasers. In it, Ponyboy, the main character, and the rest of the Greasers have a fight with another gang know as the Socs. When Ponyboy and Johnny, another Greaser, are walking through the park, they are attacked by the Socs and Johnny resorts to desperate measures. Ponyboy and Johnny run away only to have to come back in an ambulance."
| **Why do you recommend it?** | "I would recommend The Outsiders because it is a book that keeps you wanting to read. You never know what is going to happen. It also contains action in the form of a constant fight between gangs. Finally, I would recommend it because it has an ending that brings the story together."

| **Name:** Zoe Novota  | **Title:** Deep, Dark, and Dangerous |
| **Grade:** 9th  | **Author:** Mary Downing Hahn |
| **What is the book about?** | "This book is about a thirteen year old girl named Ali who spends the summer with her aunt and her cousin. Her cousin, Emma, becomes friends with a girl who lives near by. Ali becomes very suspicious about this girl when strange things start happening."
| **Why do you recommend it?** | "I recommend this book because it keeps you in suspense. Also, everything is unexpected. You don't know what is going to happen next."

| **Name:** Spencer Culwell  | **Title:** The Last Olympian |
| **Grade:** 10th  | **Author:** Rick Riordan |
| **What is the book about?** | "This book is about a boy named Percy Jackson, who is the son of Poseidon. Percy needs to stop the rebirth of the Titans and Kronos from destroying Mount Olympus, which is in New York."
| **Why do you recommend it?** | "It is a great read, funny, and very informational about Greek mythology."

| **Name:** Skyler Veunephachan  | **Title:** Les Miserable |
| **Grade:** 11th  | **Author:** Victor Hugo |
| **What is the book about?** | "This book is a classic that is about and escaped convict during the time period of French repression and revolution. He is turned away from all people he seeks refuge from and is taken in by a priest. His life story is long and heart-wrenching."
| **Why do you recommend it?** | "I recommend this book because the plot is well set and there is death and adventure."

| **Name:** Paul McNaughton  | **Title:** It |
| **Grade:** 12th  | **Author:** Stephen King |
| **What is the book about?** | "It is about a creature that turns into what you fear the most and uses you to do its bidding by manipulating your fear. A group of friends discover this creature and decides to drive it back to where it came from. Many years later, it returns and starts abducting kids and the group of friends must return to their hometown and defeat this creature for good."
| **Why do you recommend it?** | "All in all, it’s a very good book and it really held my interest."
The new movie, *Gamer* is about reality and video games merging in the near future. Mind control technology allows people to control the actions of others. Ken Castle (Michael C. Hall) creates a game called "Slayers", which is combat warfare for the death row prisoners being controlled and a reality video game for the paying customers. "Slayers" is controversial to the new generation but is considered legal. Simon (Logan Lerman) is a young rock star that manages to keep his character Kable (Gerard Butler) alive week after week. Kable is taken away from his family and thrown into prison. He is forced to fight in "Slayers" and soon realizes that his only hope of being freed is escape. Kable must make it known to the public that Castle's dehumanizing technology is wrong and escape before his set time runs out.

*Gamer* is a weird movie but it is not the kind of weird that makes you question life or morals. The movie is a onetime experience. I would not enjoy it a second time and would never consider buying it. The movie steals the idea of another movie called *Death Race*. It has a familiar theme: death-row inmate must participate in dangerous games to earn his freedom; the public is fascinated/bloodthirsty and will pay to watch paper view of the show; technology takes over. Even many action addicts say, "Game over for *Gamer*". The movie was overboard and relied too much on the special effects and gore. The plot was questionable and the movie dragged tremendously. Overall I would give *Gamer* a two star rating and even that is more than it deserves.

What did the critics have to say? *Gamer*’s reviews by the critics were similar to my own. One critic, Robert Levin, gave the movie a C rating. He said, "In spite of the standard confusing camerawork, filled as it is with quick cuts and aggressive swish pans while being overloaded by frenetic seizure-inducing visuals and some serious narrative holes, the film, while unsuccessful, does inspire a small measure of appreciation for its willingness to go to some strange places." Another critic, Glenn Whipp, in the Los Angeles Times concluded, "Rarely have the words ‘game over’ come as such a sweet relief."

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Culture Shock cont

spends 70% of their total income on food.

Though many human rights organizations attempt to bring relief to the area, they are faced with the ever-present roadblock of a lack of funding. The CWS (Church World Service) Asia and Pacific Regional Coordinator, Marvin Parvez, states that "In Afghanistan, the heroin trade, suicide bombings and the 'war on terror' has put the humanitarian agenda on the sidelines.

The international community has promised the Afghans so many times that we will not abandon them. Yet what we don't abandon is our own agendas and then hunger, poverty and human rights are always the last issues to be addressed." Currently, the CWS, along with the ACT (Action by Churches Together) has attempted to petition for $1.26 million dollars from the U.S. government, to no avail.

Additionally, the U.N. estimates that approximately 2.2 million tons of cereal would need to be imported into the country this year just to meet basic needs. Though corporate donations for this year should have equaled 1.5 million tons, with the current economic state, any aid to the cause is considered highly unlikely. Parvez released a statement regarding the international community’s response to the situation in Afghanistan: “The Afghans never fail...It is us who fail them.”

For more information on this issue, please visit www.reliefweb.int

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**Gamer: Another action bloop**

by Courtney Troutman

The new movie, *Gamer* is about reality and video games merging in the near future. Mind control technology allows people to control the actions of others. Ken Castle (Michael C. Hall) creates a game called "Slayers", which is combat warfare for the death row prisoners being controlled and a reality video game for the paying customers. "Slayers" is controversial to the new generation but is considered legal. Simon (Logan Lerman) is a young rock star that manages to keep his character Kable (Gerard Butler) alive week after week. Kable is taken away from his family and thrown into prison. He is forced to fight in “Slayers” and soon realizes that his only hope of being freed is escape. Kable must make it known to the public that Castle's dehumanizing technology is wrong and escape before his set time runs out.

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