

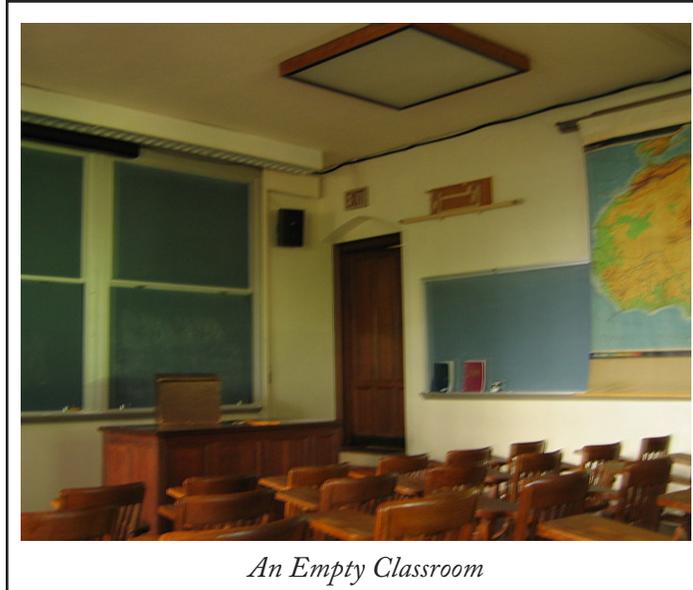
Summer School Begins

By Alan

This summer, the Orthogenic School curriculum is going to be quite extensive. It will include classes like Vocational Horticulture, Literary Magazine Art and Writing, Journalism, Cycling, Civil Rights Study, Drivers' Ed, Psychology, Basic Computer Skills, Digital Photography, and a class studying and enacting the play *Much Ado About Nothing*.

Summer school starts on June 22nd and lasts for eight weeks. It begins each weekday at 9:00am and ends at 1:00pm. There are two classes per day, lasting one and a half hours each. This allows for longer discussions in class, and for other material to be explained that would not normally be able to be covered in the typical forty-five minute sessions. The extended class time also enables the school to meet minute requirements for full semester credits, which would otherwise be impossible due to the short duration of the classes.

In addition to having extra class time, students also have



An Empty Classroom

the option of choosing what classes to enroll in, which is taken for granted by most high school students, but is only given to Orthogenic School students during the summer. This is mainly due to the small student body of around fifty students. With fewer students and teachers come fewer classes avail-

able to them, especially since many students come credit-deficient and need to focus on core classes rather than electives that might be offered at other schools. However, the lack of selection is more than made up for by the quality of the courses available, especially during the summer, when there are more

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Volume 4
Issue 6
JUNE 8, 2009

Year 11
door
Chronicles

The student newspaper of the
Sonia Shankman Orthogenic School

Pink is the New Orange

By Brooklyn

Imagine having to wear a pink jumpsuit in prison. In Norman, Oklahoma there has recently been a change in uniform color for the inmates in local prisons. Sheriff Joe Lester decided to make the uniforms be pink versus the typical orange for inmates. According to an article by Gan Matthews for *News 9*, the switch from orange to pink uniforms started in Arizona with Maricopa



Inmates in some correctional facilities now wear pink.

County Sheriff Joe Arpaio and spread to a handful of other states that now includes Oklahoma. Accord-

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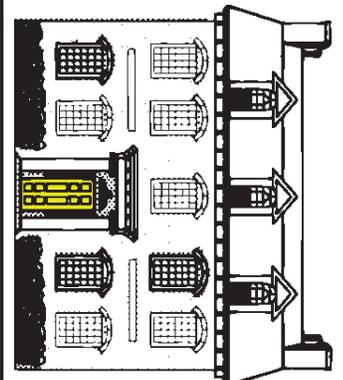


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Inmate in Pink

Google Images, 2009

Summer School

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10 Years Since Columbine

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Obama's Big 100

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How the Economy Affects Pets

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Chicago Police Badge

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Photo taken by Alan

Staff Profile: Omid

Photo taken by Michelle Z

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The O'School's Lost Prom

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Photo taken by Alan

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Trash Talking in Sports

Photo taken by Alan

Boy Watching TV

US.Gov, 2009

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Jim Thome

Google Images, 2009

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Obama Fires GM CEO

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Feathered Dinosaur Found

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Disney XD, Boys Included

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Disney XD Logo

Disney.com

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Cup of Coffee

Google Images, 2009

Chemical Formula for Caffeine
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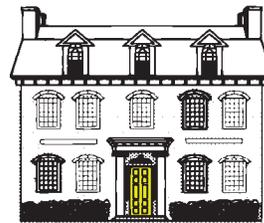
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The student newspaper
of the Sonia Shankman
Orthogenic School



If you are interested in contributing to our paper, please submit your articles, poems or artwork to Michelle Pegram or Michelle Zarilli. Your work will be reviewed by the YDC team for future issues.

10 Years Since Columbine

By Kayla V

It was April 20, 1999 when the terrible tragedy happened at Columbine High School in Littleton, Colorado. Two teenage boys went to school carrying guns and started shooting. They left thirteen dead, and twenty-four injured.

According to the Chicago Tribune, records show that Eric and Dylan boasted in their diaries that the boys picked on the freshmen and called other students who were different from them derogatory names. There is still a debate as to whether or not the gunmen targeted certain people or just anyone in general.

Since Columbine High School is in a suburban area called Littleton, this



School continues on as usual for Columbine, despite tragic past events

was pretty shocking to a lot of people for a couple reasons. One being that Littleton was a nice suburban town, and the other reason being it isn't an area with a high crime rate.

It has now been ten years since the incident; Columbine high school closed on

the anniversary of that day in memory of those who died. Those who were injured or witnessed the whole thing are still haunted by that day, especially on the Columbine anniversaries; it brings flashbacks about that day. One teacher remembers having to try to

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Yellow national & world

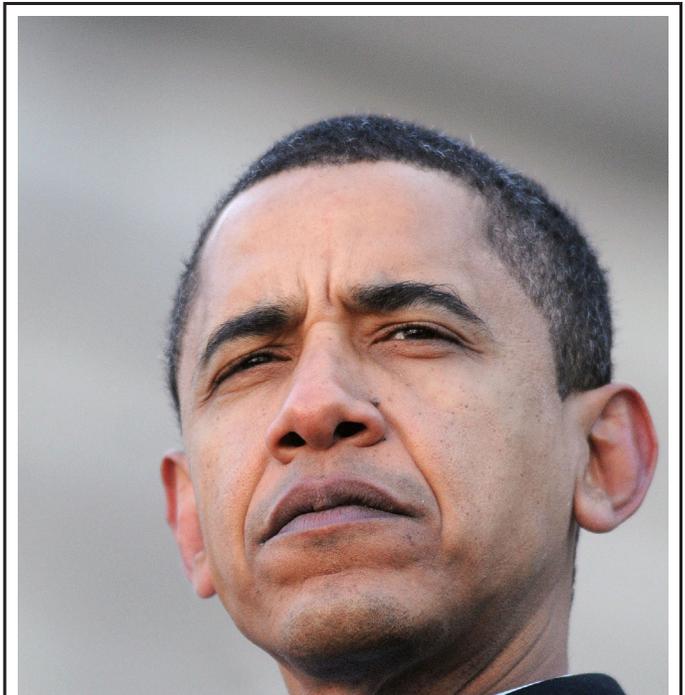
Obama's Big 100

By A. James N.

President Barack Obama has completed his first one hundred days in the Oval Office. There is almost no doubt that our president's first hundred days will be remembered alongside another historical hundred. The reference here is to President Franklin Delano Roosevelt who, in his first hundred days as president, not only declared a four-day bank holiday in order to help rebuild our economy during the Great Depression, but also created the New Deal and started the historical "fireside chat." People today can see President Obama's version of Roosevelt's chats on YouTube.com.

Creating the "YouTube-side chat" isn't all that President Obama has done during his first hundred days. According to a January 29, 2009 New York Times article, the new president passed his very first law. Said law is known as the Lilly Ledbetter Fair Pay Act. The bill's namesake is an Alabama woman who had been a supervisor in a tire factory for nineteen years, yet had made less money than the men working with her. Ledbetter had brought the case to the Supreme Court, but America's highest court ruled against her. After this ruling, Congress relaxed the statute of limitations by approving a legislation expanding workers' rights to sue

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Our 44th President, Barack Obama

Obama's Big 100

By A. James N.

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in similar cases. While this bill does not guarantee equal pay for men and women, it is one step closer to that day.

"It is fitting that with the very first bill I sign – the Lilly Ledbetter Fair Pay Act – we are upholding one of this nation's first principles: that we are all created equal and each deserve a chance to pursue our own version of happiness," President Obama said in the [New York Times](#) article.

Even Ms. Ledbetter, who had been at the historical event, had a remark or two to make to the [Times](#). "Goodyear will never have to pay me... a cent. But with the president's signature today I have an even richer reward." While the Supreme Court ruled against Ms. Ledbetter and she will therefore not receive the payment she needs, the bill will make it so that other workers with similar disputes at least get a better chance at equal pay.

Our president didn't stop there though. On March 26 of 2009, President Obama made another presidential first. He held a town hall meeting with questions asked by the public, but here's the shocker: the questions were asked to the president online! This was America's first ever online presidential town hall meeting. The president agreed to answer

questions people asked and voted on.

Over 100,000 questions were asked and voted on regarding the economy, the legalization of marijuana, and everything in between. Apparently the favored question of Americans was on marijuana's possible legalization. "I'm not sure what this says about the online audience," the president said jokingly during the meeting. He then told the viewers that legalizing marijuana would not be an effective way to stimulate the economy.

Apart from making presidential firsts, President Obama has also done quite a few other things. These include removing the CEO of General Motors from his position in order to help the economy, and passing the bill that will pull our troops out of Iraq by 2011. The president also made a plan to send around 21,000 more soldiers to Afghanistan. He even announced that his administration would "close down the detainee prison at Guantanamo Bay," according to an April 23rd 2009 report by FOX News.

President Obama hasn't stopped there though. "I'm pleased with the progress we've made, but I'm not satisfied," he said in an April 29th 2009 Yahoo! News report, and unsatisfied he appears to be.

The president wants to place more strict standards on Wall Street investors as well as banks in order to avoid financial meltdowns in the future. He also wants to encourage Americans to use renewable energy, build stronger education, create more support for immigration reform, and begin to reduce our reliance on oil. Last but not least, President Obama wants to fix the already overburdened healthcare system, which may well be his most difficult challenge of all.

How do Americans view President Obama and his actions so far? According to an April 24, 2009 [gallup.com](#) poll, 33% of Americans rate the president as "good," 23% say that he is "excellent," 24% as "just okay," 9% as "poor," and 11% rank President Obama as a "terrible" president. 88% of Democrats said that he was "excellent or good," whereas Republicans are slightly more split about their decision. 40% report him to be "poor or terrible" and another 35% rate him as "just okay." When asked about the job President Obama has done so far, 65% of Americans approve of him while 29% disapprove.

One person who disagrees with the president's actions is FOX News blogger, Ben Rosen. According to

Mr. Rosen's May 1st 2009 blog, President Obama made one big mistake in his first hundred days in office, namely the appointment of Treasury Secretary, Timothy Geithner. "Here's your assignment," Rosen says in the blog. "You've just been elected President of the United States. Your most urgent Cabinet appointment is Treasury Secretary, the person who will lead us out of the worst financial abyss since the Great Depression... Unfortunately, you've failed the assignment."

A May 6th '09 report on [Politico.com](#), says that the president is turning into his old democrat rival, Hilary Clinton. According to the report, President Obama is diverting from his campaign plan. "Rather than withdraw all combat troops on a set timeline, Obama opted for a conditions-based withdrawal that will leave as many as 50,000 troops in the war zone at the end of 2011 — exactly the sort of drawdown he maligned Clinton for proposing," says the report.

Despite all this, President Obama has continued to garner support, as the [gallup](#) poll shows. One of the big concerns during the election was Obama's lack of experience in politics. However, it appears that the greenhorn president is making a habit of proving himself to America.

10 Years Since Columbine

by Kayla V

continued from page 3 get someone to help the basketball coach,

Dave Sanders, who unfortunately died before the paramedics came in.

Tina, a teacher at the Orthogen-

ic School, was a senior at a high school in Denver at the time and remembers when it happened.

She heard about the shootings at about 10:20am but didn't think it was that big of a deal, and the news did not announce anyone dead until a few hours later. It took officers and paramedics about 2 hours after everyone was shot to finally

enter the building where the victims were. The next day, all schools in Colorado were closed and there was a makeshift memorial.

Tina remembers the memorial. A Columbine student was wearing all black and people avoided him the whole time. Also, her school now required security all over campus and they had to

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How The Economy Affects Pets

By Kayla V.

We're in a major recession, and everybody is struggling with financial issues, but unfortunately people aren't the only ones affected. People's pets are suffering worse from this economy, and the animal shelters are getting more pets than usual.

The unemployment rate is increasing, and a lot of people just can't afford to take care of their pets and therefore have to take them into a shelter where they know they'll be fed and taken care of. As the unemployment rate increases, so does the population at animal shelters. According to the Chicago Tribune, the number of pets in shelters has gone up 11 percent since last year.

The owners aren't the only ones who suffer, the pets suffer too; they go from a nice, pampered, happy environment to being put in a cage, surrounded by other animals they don't know, and not getting as much attention as they did when they were home. The animals usually show signs of distress: pacing back and forth in circles, panting, and barking. True street animals, it seems, have an easier time with adapting to shelters than ones that once had a family who cared for them.

According to Chicago Tribune and Chicago Animal Care & Control, their staff took in 11.5 percent more animals that were lost or abandoned. Last year, when pet owners handed their pets over to the local shelters the reasoning was either that they had no time, or their pet got pregnant on accident; this year the main reason is they can't keep up with the finances. A lot



Young boy with his puppy

of people are making a tough decision by giving up their pets.

Animal care workers have seen more animals who have ID chips implanted, showing that someone used to care for and love them before this terrible financial situation made owning pets more difficult. According to acting executive director of Chicago Animal Care and Control, Sandra Alfred, her staff members have been picking up lost dogs who have these microchip IDs— which are these tiny chips injected under the animal's skin that contain the owner's contact information - but they call the owners and the owners say they 'just can't take the pet back.'

A bunch of people have been

or are getting laid off their jobs and have to sell their homes, and go live elsewhere. Often, the places the owners go don't allow pets, thus making them carry the animals to their local no-kill shelter. Fortunately, some pets just get put into temporary foster care and the owners come back for them when they get everything out of the way. Sometimes though, the owners just have to say goodbye to their pet forever.

One major cause in pets being too expensive for owners with financial difficulties is the pet having medical problems. The owner cannot afford to pay off medical bills and thus may have to have their pet put down.

10 Years Since Columbine

by Kayla V.
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take clear backpacks to school and had to have with them their student I.D. at all times. Any jokes related to that were taken very seriously. Some kids cracked jokes anyway and were immediately taken care of. She also remembers hearing about it from one of her friends, whose brother was one of the victims who survived to tell the story.

Not too long after the incident, Columbine High School changed their school mascot. Before the shooting the mascot had a big 'C' and the mascot was holding a gun representing Columbine Rebels. Since the gun held too many bad memories, they changed it so the mascot wasn't carrying a gun.

Columbine shocked schools but they also helped schools. It is now a requirement to have an emergency evacuation plan, which Columbine did not have at the time. Although there is no way to completely prevent students from planning to shoot everyone, or worse, actually following through with it, there can be ways to at least reduce it.

Teachers are interacting more with the students so that if a student is scared of another student or suspects something weird the student can tell the teacher immediately and they can probably prevent that student from hurting others. Terrible events bring more awareness. This is what still remains 10 years later.

Impersonating a Cop

By Kayla B.

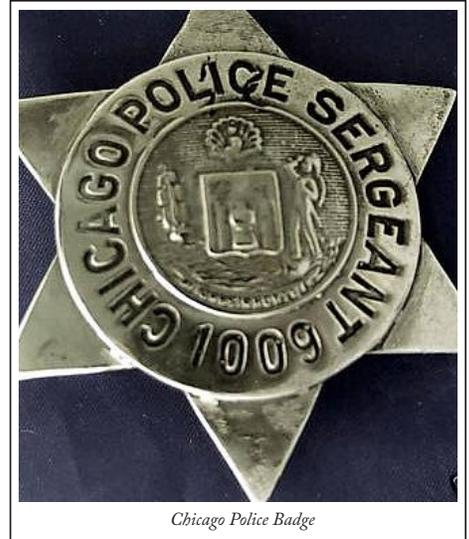
On January 24, 2009, a fourteen year old disguised himself as a Chicago police officer. This teenager had always wanted to be a police officer, and for five hours he got his chance. The real police officers did not realize what was happening. In that time he got the opportunity to pull a suspect's hands behind their back, so the real police officers could handcuff him.

According to the New York Times, the Chicago police have "arrested 8 people this year on charges of impersonating a police officer and made 24 such arrests in 2008." If someone gets caught impersonating a cop, then they can be punished with six months in jail, and they have to pay a fine of \$1,000, to \$1,500.

Some people impersonate officers because they think they can get

away with many things, including rape. The women think they are actually getting pulled over by a police officer, meaning they need to listen. This ability to get people to follow you or listen to you is a plus in committing a crime of any kind.

There are several things to know in order to be sure that a police officer is legitimate. According to ezinearticles.com if you are pulled over, don't roll your window down all the way, just open it a crack and ask immediately for identification. If it is dark outside make sure that you tell the police officer that you would like to go to a lighted area or to the nearest police station. The officer should not have a problem with that because they are supposed to make you feel safe. Also another quick way to find out is to call 911 or 311 and ask.



Chicago Police Badge

One of the reasons that the 14 year old knew so much about the police department is because he was a previous member of the Young Explorers program, which also has a police explorers program. The Program, which focuses on career exploration, at first had nine kids enrolled, and now they

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Pink is the New Orange

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ing to District Attorney Greg Mashburn, an attorney from Oklahoma, once Oklahoma inmates wear the new uniforms, they'll think twice about the consequences of their actions. "I mean, pink top and black and white striped bottoms- that wouldn't be something that I'd want to put on everyday, for sure," Mashburn said in an interview with Gan Matthews.

Texas is another state where the pink prison jumpsuits are enforced, and, according to an interview with several inmates in a Texas prison for the ABC 7-news channel, the inmates all have pretty strong opinions about the new uniforms. Texas Sheriff Clint Low purchased the uniforms and even went to the extent of painting the jail pink shortly after he was put in office in 2005. He believes that by forcing the inmates to wear pink uniforms, he can deter them from wanting to come back to prison, and he also believes that pink walls in cells can act as a calming mechanism for violent tempers in inmates. Low, who was a deputy in Mason before being elected sheriff, estimated the re-offense rate in the county is down 70 percent since he switched to pink jumpsuits for the inmates. He also said there have been no fights between inmates in the jail since it was painted. There are also employees of his that argue that the pink walls in cells are a safer approach. "It's so bright, it's easier to identify

the inmates," said Samantha Guy, a jail sergeant. "It makes my job easier."

Orange uniforms are becoming a thing of the past, and pink jumpsuits are on their way to becoming a requirement of the future, at least in terms of prisons in this country. According to nationmaster.com, America has the highest crime rate in the world. The website says that our total of American crimes equals 11,877,218 per year, but with the addition of pink jumpsuits on our side, maybe the crime rate will decrease over time. At least that is the hope behind the change.

Typically there are dress codes that differ from those in prisons when it comes to juvenile detention centers, according to prisonpolicy.org/kidsbail/report.html. However, in juvenile prisons there are always uniforms, and, in some states, they've switched over to pink uniforms as well. There are many different opinions about whether or not this is the right route to go, at least according to Adrian Raine, a psychologist at the University of Southern California who studies criminal behavior. "It's naïve to think that many of these very violent kids are going to stop, and we need to be protected from them," Raine said in an interview with Marilyn Elias for *USA Today* when questioned about whether or

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Tasers Impacting Kids

By A. James N.

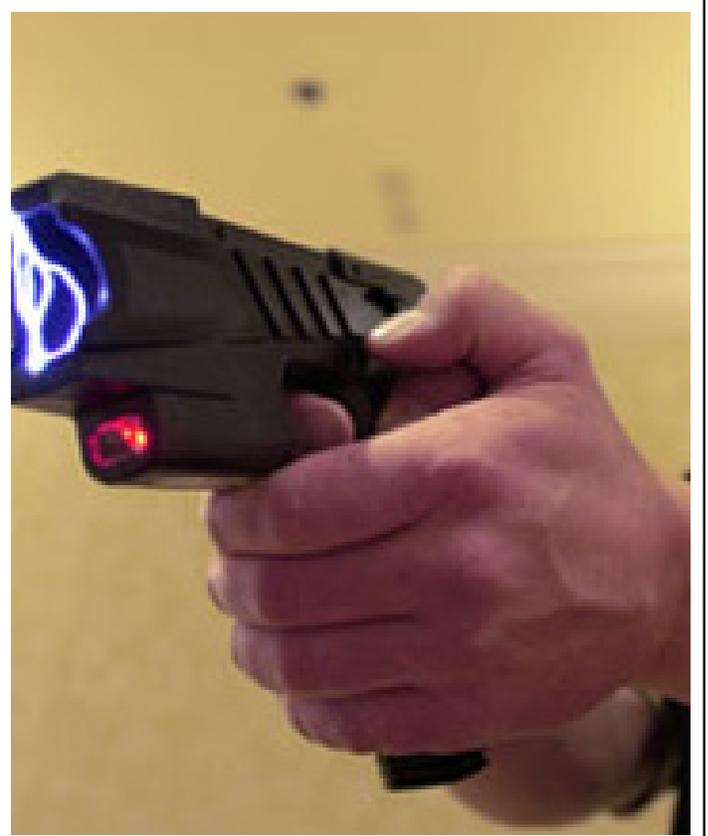
On September 23, 2008 in Hawthorne, California, a twelve year old autistic boy was shot with 50,000 volts by a taser, also known as a stun-gun, used by Officer Vincent Arias of Hawthorne PD. The boy, whose name still hasn't been released to the public, apparently grabbed a counselor, punched and kicked a security guard, and then threatened to kill other staff members.

When police intervened, the boy kicked Arias in the groin and then tried to escape the building. Arias tasered the young boy during his attempted escape. According to a report by Lt. Micheal Ishii, the Lieutenant of HPD, the boy was not hurt by the stunning. However, the parents of the child have demanded that the department investigate whether other detainment methods could have been used.

According to law enforcement training manuals, stun-guns are to be used only if there is no other alternative. This is most likely because the electricity that flows into the bodies of the detainees is extremely dangerous. Even a five-second dosage of this is enough to cause extreme pain, as experienced by Michelle Frampton during a Taser-training exercise at the Utah County Jail in 2008. Frampton, the only Utah County sheriff's deputy to volunteer to be struck with a five-second charge, learned first-hand what the people these weapons are used on have to go through.

"I've never felt pain like that before. I was trying to curl up in a ball. It hurt a lot," Frampton said in an interview by Deseret News. "It's a very good weapon, absolutely. (Now) I'll understand what (people shocked with the Taser are) going through. You don't want to hold (the trigger) longer than you have to."

The word "Taser" is an acronym for "Thomas A. Swift Electric Rifle." The Inventor named his device after one of his favorite book hero's weapons. The Taser, more commonly



Taser Gun

known as a Stun-gun, doesn't look anything like a rifle. A Taser uses compressed air to fire barb-filled cartridges instead of bullets so it is technically not classified as any type of gun. When deployed, the barbs fly out of the cartridge and stick into clothing or skin.

The most common type of Taser is an X26, which can release a maximum potential of 50,000 volts when it's not hitting a human. It sends out around 1,500 to 3,000 volts when it makes contact with anything, and while that sounds like a lot of electricity to be going through any living thing, it's actually about 2.1 milliamperes (mA) for those in

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Preventing Plane Crashes

By Natalie

On February 26th, 2009, a plane going to Amsterdam crashed only hundreds of yards short of the runway and split into three pieces while trying to land. On the plane were 127 people. Only nine people were killed, three of them crew members. Sixty ambulances came rushing to the scene along with other rescue vehicles. Six people were in critical condition, twenty five were severely wounded. Luckily the plane landed on a soft surface so no fire broke out, which lowered the fatalities.

At the same airport in October 27th, 2005, a fire broke out and

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Plane Crash

Impersonating a Cop

By Kayla B.

have at least one hundred and three, with a total of four programs.

In order to qualify for the Junior Police Explorers, applicants must be doing very well in school. Since the 14 year old was in this program, he got the chance to learn more about police officers than others would. He could recognize the uniform and make his uniform look real.

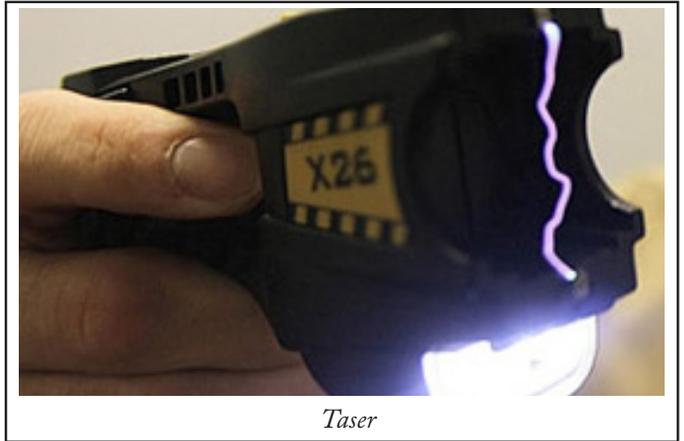
Late in the day that he was caught, one of the police officers asked for some identification. The 14 year old did not have the information about who he was. According to chiacobreakingnews.com "He had pleaded not guilty in juvenile court to impersonating an officer."



Chicago Squad Car

Tasers Impacting Kids

By A. James N.



Taser

physics). When you think about it, that's actually a lot better than sticking a fork in a wall socket. That will cause about 16 amperes to course through your body even though the socket only has 110 volts.

If used correctly in a five-second burst a Taser will "shock" its victim, causing all of their muscles to lock up and will leave them on the ground with no lingering pain and easily captured. Before police can ever use a Taser on anyone, they have to attend classes to learn about the appropriate use of force, and they have to experience what the people they use these weapons on feel when stunned, and the only way to properly learn that is to be shot with a Taser themselves. However, even given all of this information, the question remains: should law enforcement agencies use these weapons on children, no matter what the circumstance may be?

Preventing Plane Crashes

By Natalie

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killed eleven people and injured fifteen. Recently other plane crashes and other incidents involving planes have occurred. Although the Amsterdam plane crash was not due to a maintenance problem, questions have been coming up about whether the cause was natural or pilot related. Causes can differ with each crash or plane.

According to Aviation Attorneys, different reasons a plane crash may occur are: piloting errors, faulty equipment, FAA violations, structural problems, air traffic control problems, maintenance problems, negligence or a fueling error. In the 2000's, forty five crashes have been because of a pilot error. There were eight weather related and twenty eight mechanical failure crashes.

In case of an emergency, all pilots are required to do training to be better prepared. Even more training can be required depending on the size of the plane. Fed Ex pilots, for example, are required to have training that includes going to pilot school, ob-

serving a plane being flown, being a co-pilot, and then becoming a pilot. Pilots must meet strict requirements to be able to fly commercially.

People are wondering if there is something extra the airlines can do to make sure something doesn't happen due to poor maintenance. Currently, a plane is checked after each flight to be sure that there are no problems. A pilot is put through training and testing to try to handle situations like an engine blowing out. If something naturally happens, such as ice build up or inclement weather, a pilot should be trained to handle the situation the best they can.

There are ways to prevent crashes and other instances by taking more steps. Whether a plane crash is natural or pilot related, it is a tragic event and in the future there will hopefully be more ways to prevent a plane crashes.

O'School begins Basketball Team!

By: Kayla B.

In 1890, a man with the name of James Naismith invented basketball. James Naismith wanted to invent a game that could be played indoors, using a small number of players. When he wrote his rule book for the game, it had no more than 600 words, but now the rulebook has over 30,000 words. The O'School is going to have to know the rules of the game, because recently the school has started up a new basketball team with dedicated coaches and students.

The student players are Mikey, Nick T, Keenan, Lucas, Olivia, Jill, Matt N, Mick, James N, Justin, Joe, and Sean. Coach even gave each of them nick names: Magnificent Mikey, Nick the Quick, Kobe Keenan, Lucky Lucas, Double O (Omnipresent Olivia), Jill the Thrill, Too Tall Matt, Gluestick Mick, James Chuck Norris, Justin Time, Joe the Bombardier, and Prince Sean.

There are five coaches on the O'School basketball team - Coach Frank, Phillip, David,



Basketball net

Lorrie, and Tony. Coach Frank is the head coach of the team. Phillip and David are the assistant coaches responsible for teaching forwards and centers their position play such as rebounding, blocking shots, and scoring in the paint. Lorrie played basketball all throughout high school. Lorrie, with the help of Tony, works with the guards on position play and offensive ball movement. Tony also works with all

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Staff Profile: Omid

By: Alan

There are plenty of counselors at the Orthogenic School, but there is only one Omid Nolley. He is a very easy-going guy that works in both the Adventurers' and Penguins' dormitories. He primarily works with the Adventurers, but used to mainly work in the Penguins, so he is close to a large group of students on the boys' floor. He is also quite well-known among his colleagues for being a silly, fun-loving guy who is really enjoyable to work with.

Born of a Scottish father and Persian mother, Omid has been exposed to many different cultures. He grew up in and now currently lives in Chicago, but lived in China for a number of years. He commented on how different western and Chinese teaching styles differ. He said that while he

taught English in China, there was more of an emphasis on group learning, and having everyone repeat and understand the same answers, rather than having individualized education like in the US. Learning about cultural differences ultimately improved Omid as a person, as he was able to better relate to people, being able to understand things from their perspectives.

Omid has a number of intriguing hobbies and interests. For one, he likes to learn about foreign languages. He is currently fluent in English and Persian and is semi-fluent in French. He is also studying Chinese, both Mandarin and Cantonese. Some other things he likes include cooking, technology, and having pets. He cooks a lot of Italian food, but also likes a lot

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Omid

O'School's Lost Prom

by A. James N.

Perhaps one of the biggest events in any high-school students' life is about to arrive. That's right, Prom 2009 is coming to the Orthogenic School. The date of the party is June 11th, so dig out your tuxedos, dresses, and dance shoes, find some corsages and boutonnières, and brush up on your dance skills. This party is going to be great.

For many high-school students, prom, graduation, and homecoming are the three main events during high school. Most people however, aren't aware of the history behind prom. If someone wants to know the origin of the word, then there are two good places to look it up. The first is probably the easiest, yet few people actually use this source. What is this mystery resource? The answer is simple, the dictionary. Here's a possible dictionary entry on the word.

"Prom (*prom*) n abbr. BRIT (Short for Promenade or promenade concert.) A formal dance held for a high-school or college class typically at or near the end of the academic year. [Origin of word, 1890-95, *Americanism*; short for promenade, a derivation from the Latin *prominare*, which means to drive (beasts) forward. Made from *pro* (meaning for or forward) and *minare* (meaning to drive)]"

The second source is everyone's favorite online encyclopedia, Wikipedia. This entry includes some information on common activities at high school proms. According to Wikipedia, "Common prom activities include (but are not limited to) dining, dancing, the crowning of a prom King and Queen, and socializing."

Proms are usually a formal, or "black tie," gathering, held primarily for seniors who are done with high school, that follow a different theme each year. The O'School though, allows all students and their families to attend prom rather than limiting the event to juniors finishing 11th grade and graduating seniors. The O'School chooses to hold things this way so that no student feels left out for not being able to attend the prom.

Remember that theme I just mentioned? An inside source at the O'school said that this year's theme is "Lost." The theme is a tribute to ABC's *Lost*, which is in its final season on the air. Students and staff might dress as characters from the show, or in outfits befitting the movie *Cast Away*, in order to pull



A girl preparing for her school prom.

this theme off. So if you are able to come to prom don't be surprised if you see Jack Shephard and Ben Linus getting along with each other, which is not something that they would normally do on the island. There's even a joke going around the O'School about students hoping that a certain staff member will take the roll of Claire Littleton at the prom. The hope is that kids can then ask her, "Where's Aaron?" and have her answer, "They took my baby!"

All of this still leaves one question to be answered. What can we expect at the O'School prom? According to Michelle Z, this prom, as many others before, will have a tent in the side yard with food and beverages. Tables will be set up for people to sit at or snack at. At the same time, the big gym will be holding a dance for all who are willing to show their skills or just have fun. Student council hired a DJ as usual and gave them a song list to play. The songs have been suggested and voted on by the students, and approved

by O'School staff and student council.

As for the theme of "Lost," "every year, the student council brainstorms ideas. This year we have a lot of *Lost* fans on student council. We voted and it was done," Michelle explained with a chuckle.

At the dance, "students can socialize and dance! [The O'School has] the same expectations... for all dances around [things like] slow dancing. It's allowed but needs to remain appropriate." According to Michelle, no one is required to dress in a similar fashion to the characters from *Lost*, "but creativity is always welcome at the O'school!"

Whether or not you plan to dance at the prom, or just hang out and snack on the food, this prom is sure to be a hit for everyone. "I'm hoping it will be a fun time for everyone, a chance for all of us to take a minute to recognize our accomplishments this year, no matter how big or small!" Michelle said.

Summer School Begins

By Alan

continued from page 1

special-interest elective courses offered.

Many of the students who are admitted to the Orthogenic School come with insufficient high school credits, due to reasons such as truancy or a lack of participation in school because of emotional reasons, such as depression. That is just one of many reasons why it is important for people to be able to gain credits, so that they may graduate on time. Others come here with their normal amount of credits, but wish to graduate early, and the summer school schedule here allows for them to do just that.

Though most schools offer summer school, the Orthogenic School is year-round, meaning summer courses are mandatory. The Orthogenic School administrative staff knows that it is beneficial for students to have the opportunity to expedite the process of earning credits. This allows for them to better retain the information they study, too. The classes offered here are unique and much different from those that most other high schools offer. Specifically, Literary Magazine and Journalism give students the opportunity to submit journalistic and creative writing to periodicals that are distributed throughout the community and also uploaded onto the Internet, reaching a large audience for

people to read their material. It looks quite good on one's high school transcript and is very helpful for college application.

Along with gaining credits faster, being involved in schooling of some sort or another keeps young students' minds active. Typically, people forget things when they haven't engaged in activities that routinely bring them into their mind. So when students take a semester off or choose not to take courses during the summer, their brain is less active and they tend to forget things. It is good for the intellectual as well as social well-being of Orthogenic School students to constantly be in school, chiefly one such as this.

Students and educators have differing opinions on summer school. Felicia said, "Personally, I know summer school's a way to keep us busy, because of short staffing during the summer, but it's a little unnecessary." However, she, among many others, said she did enjoy some of the classes she took during last year's summer schedule, such as the Writing and Thinking: Critical Issues discussion and debate class. Other students feel similarly about summer schooling, such as Derrick. "I think it's a complete waste of time, although I do agree that there are

not enough staff to supervise us during summer days, so we need the school structure," Derrick stated. He also noted that summer school here is similar to other summer school experiences he has had in different places.

The Orthogenic School teaching team feels quite differently, however. For example, Megan, the teacher in the Mariners base class, said "I think summer school is a great opportunity for both teachers and students, I like that the classes are short, and I think that it's a really cool way for people to get a semester worth of credit in a short amount of time. A lot of students take advantage of that and it really helps them earn credits that they need to make up, or get extra credits towards graduation." She is very pleased to be teaching here, and will help run the Drivers' Ed and Basic Computer Skills classes this summer.

All in all, summer at the O'School is a time of learning, playing, working, having fun, and ultimately gaining essential life experiences and education which will help students here function better in the grand scheme of things. Though not all students are too happy about having to be in school year-round, no one denies its benefits.

Staff Profile: Omid

By Alan

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of other kinds, such as Indian and Persian. He used to have a pet hamster whose name meant "Miss Lady" in Persian, and currently has 2 beta fish. They are named Flotsam and Jetsam, and have tanks that are next to each other. He is also interested in computers and video games, playing games such as Fallout 3 and World of Warcraft.

Omid is very well-received at the Orthogenic School for his soft and warm demeanor, which makes it easy to interact with him. Students such as Justin, MacKenzie, and Denzel, and colleagues like Adjoa, all have a lot of good things to say about him. He is seen from all different perspectives. Some people know him here as a friend; others look up to him as a counselor and source of guidance and insight; some know him to be a good coworker.

As a counselor, Omid fits seamlessly into the very fabric that comprises the dorms he works in. Justin, a former Penguins, describes Omid as a "very chilled and relaxed person." He thinks quite highly of Omid, saying that he is a good counselor. "He contributes a good vibe to the school and he's like a kid – he plays video games and stuff and can relate to teenagers [at the Orthogenic School] very well."

MacKenzie, another student in the Penguins' dorm, who is quite close to Omid, says that "He's the man!" He thinks that he gives a lot of good advice, is good to have conversation with, and is very understanding as well.

To Adjoa, Omid is a good colleague, and in addition to that, she perceives him as a good counselor to the kids at the school. She told YDC

staff that "[Omid] is insightful, intelligent, knowledgeable, witty, personable, and relates really well to the kids." She enjoys working with him quite a lot because, in her opinion, he is a great counselor and colleague. She added that "[Omid and my] counseling styles complement each other."

Many of the students on the boys' floor have picked up on Omid's interests very easily. One example would be Denzel, who resides in the Penguins' dorm. He likes Omid a lot. "He is like a real-life [Internet Movie Database] who knows video games and other stuff, because he knows a lot of things about movies and music, and entertainment in general." Denzel's observation about Omid's pop culture knowledge proved to be quite accurate.

Omid says that he is very interested in film and film studies. He considered going to school for film study, but actually got a B.A. in English Literature and plans on getting his Master's degree in social work. He currently has no credentials or degrees in the field of psychology, but despite this, manages to be a good counselor.

Omid does a lot of things to connect with his students, such as bringing in video games for them to play or movies to watch, discussing various topics of interest for teenagers, and acting as more of a friend rather than an authority figure in the school. He has a friendly, extroverted nature that benefits all whose lives intertwine with his. Overall, he is more than just an employee at the Orthogenic School. He serves as a friend, role model, source of knowledge for all sorts of trivia, counselor, helpful coworker, and much, much more.

Staff Profile: Darlene

By Natalie

When you walk in the front office of the Orthogenic School you will probably see Darlene Pearson. She will most likely be working on managing HR or payroll. She will greet you with a smiling face and ask you what you need.

What does Darlene do for us? Darlene works in the front office as the Executive Administrative Assistant, but, she first started off as a secretary in 1987. The Executive Administrative Assistant does many things like being in charge of the office, payroll, HR, hiring, posting job positions and housekeeping. This is why Darlene is a vital part of the Orthogenic School.

She has worked at the University for 25 years, 21 of them for the Orthogenic School. She knew this place was special and she feels “the Orthogenic School has become a big part of (her) life.” The day she came here she said “if I get this position I will stay here until I retire.” That is still her goal. For Darlene it’s like having a second family.

Since Darlene has worked here for a long time she has some favorite places in the school. “The beautiful art work in the back transitional stairway and the back transitional hallway to the school,” are her favorites, but “the courtyard would be a close second.” She also has favorite memories like seeing people graduate because of how far they’ve come. She enjoys watching staff and students working towards one common goal.

Darlene grew up on the far south side of Chicago. She has lived in Chicago her whole life and now she is in walking distance of Indiana. As a child her favorite memory was her first camping trip. She loves camping with her family.

Like the students at school, Darlene needs a break too. Next fall or early spring she plans to go with her husband to Arizona to go camping with her son, daughter in law, and two granddaughters. She and her husband bought another house in Monterey, Indiana. In the late summer they go there and do a lot of gardening and canning.

She also likes to do other things like listening to country music. Darlene likes country music because it relates to life. Her favorite country music artists are Carrie Underwood, Taylor Swift and Tim McGraw. She enjoys the rides to the grocery store with her daughter,



Darlene

Leann, because they both enjoy the same music and sing a pretty good duet of Taylor Swift.

Darlene has many hobbies including gardening, canning, sewing, camping and walking her new puppy Molly. “Molly is a four month old Golden Retriever puppy who loves to walk.” Darlene walks her a mile and a half everyday. “It keeps us both in shape.”

Darlene is definitely appreciated by the Orthogenic School staff. “She is always extremely helpful and a nice face to see when you walk in the office,” according to Jillian. “She does a great job and is very helpful with any questions you may have,” said Megan. “She is absolutely delightful. She accommodates all the staff and students requests, it’s a pleasure to work with her,” stated Sara.

Some students get to know Darlene as well, especially the office workers. “She is very nice and caring,” said Danica.

Darlene is a wonderful person who holds the school together. She has been here for over twenty years. She does her job well and with great care and passion.

Talking Trash, Part of The Game?

By Natalie

Some athletes resort to violence in the heat of the action. For instance, French soccer player, Zinedine Zidane, slammed his head into Italy's soccer player, Marco Materazzi, for making a comment about his sister. That game was Zinedine Zidane's last game of his career. Some people have said that trash talking is not useful; that it distracts the player by trying to think up the comment. The solution is to try to get ahead in the game, or to be a bigger person.

Is trash talking a sign of bad sportsmanship or a loss of manners? Trash talking is when an opposing player has not made a shot or made an error, and a comment is made. When comments like these are made, the purpose is to distract the opponent or lower his confidence. According to *Psychology Today*, "trash talking is the



Coach Frank demonstrates trash talking.

practice of boasting and insulting ones foes on court or on the field."

It depends on how you see trash talking. Richard Lapchick, founder of the Center for the study of Sport in Society, says that it "actually serves a good purpose." There is the side of the argument that says it is a

part of the game. Some people see no harm in it and think that it is a part of the game, and there is no reason to change it. Even some companies like Nike or Reebok have advertised that it is just a part of the game. Some players think that it is a form of intimidation or getting inside their opponents head.

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YELLOW
sports & entertainment

Commercials, Do They Make T.V. Better?

by Kayla B

If you are watching one of your favorite TV shows, there will be many commercials that the network will show to advertise products. If you didn't have commercials, would the show still be as enjoyable? There have been several recent studies on how commercials can make a TV show more intense and exciting.

According to www.utalkmarketing.com, there are several studies by Leif Nelson, a professor at the University of California. He said "[the] punch line is that commercials make TV programs more enjoyable to watch, even bad commercials. When I tell people this, they just kind of stare at me, in disbelief. The findings are simultaneously implausible and empirically coherent."

According to www.journals.uchicago.edu, which evaluated multiple studies, commercials add to the viewing experience, "regardless of the quality of the commercial, (study 1), even when controlling for the mere presence of the ads, (study 2), and regardless of the nature of the



A boy waiting to watch the Super Bowl

Continued on page 15

Chuck Thome Replaces Soccer Mom

by James N.

Spring is here and it means the same thing for all parents: sports time. Things don't change whether your parents are driving you to Little League practice or you're driving them to high school games. You might think it would get old after a while, but for Chuck Thome, father of Jim Thome, every chance he gets, he is there to cheer on his son.

I was in Glendale, Arizona watching the White Sox take batting practice and struck up a conversation with the guy next to my dad and me. After a few minutes of discussing ticket prices and what not, a trainer for the Sox said to the guy that "Jimmy" would be taking batting practice soon. Earlier the man we were talking to had mentioned being from Peoria, Illinois, the town Jim Thome was born in. Dad was the first to put the pieces together and ask if he was Jim Thome's dad.

It turns out he was. He started discussing Jim Thome's career and one of the things he said that I thought was great was, "I'm living the dream of every parent who signs their kid up for Little League." The funny thing was that Chuck Thome thought that both of Jim's older brothers were stronger and better than Jim. "Some talent scout I'd make," is what he said.

Chuck said he can still remember his son's first home run like yesterday even though it was over fifteen years ago. "I was thinking, wow; maybe he could hit fifty in his career." Of course Jim hit many more than



Jim Thome who plays on the White Sox.

fifty. He is a part of an elite group of ball players; the 500 club. Jim Thome now sits at 541 homers and hopes to play long enough to eventually hit 600.

Jim will be the DH for the White Sox this coming year and will hopefully be batting in the number four spot. If Jim continues at his previous pace without injury he will be able to hit 600 by the All-Star break of 2010. Good-luck Jim Thome.

Talking Trash, Part of The Game?

By Natalie

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In the NBA, if a player taunts another player, a technical foul will be issued. Simultaneous taunting is a double technical foul and no free throws will be given. In the NFL "taunting of an opponent is a foul under NFL playing rules and will be called by the game officials for a 15 yard penalty. In addition, the taunting player will be fined." Even fans are not allowed to trash talk. Mariner's fans are not allowed hold up signs or wear tee shirts that say "Yankee's stink."

At Rochester University, on their basketball team, if any of their members conduct unsportsmanlike behavior or taunting, a technical foul will be used.

Recently the Orthogenic School started its own basketball team. Coach Frank has rules about trash talking. "Trash talking is a manufactured, mythical part of the game of basketball. It is not in the rules therefore it shouldn't exist in the game. Players on my basketball team are told not to trash talk." If players on his team do

trash talk, they will sit on the bench with Coach Frank.

To combat trash talking, some sports associations have implemented no taunting rules. Colin Cambell, the chief disciplinarian for the National Hockey League, reminded players to follow the no taunting rules. So, from either side of the argument, trash talking can be seen as a good thing that adds to the game or a negative thing that takes away from the game and distracts the player.

Electronica's Underground Subculture Surfaces in the US

By Alan

What is Electronica? Do you know? If not, you're not alone. It's a type of music that is slowly but surely becoming more popular in the US, though as of right now, most Americans don't know about it.

For those less familiar with Electronica and its many subgenres, it is important to know what Electronica is and what constitutes this type of music. It is an all-encompassing genre that ranges from the fast-paced, syncopated, polyrhythmic styles of Breakcore and Intelligent Dance Music (IDM), to the ethnically-inspired, slow-tempo Goa Trance. In the most basic of terms, Electronica is music that is created or mixed with computerized sounds, mainly using digital synthesizers, and is generally used as dancing music, which is why some have come to know Electronica as "electronic dance music." It has only recently come about, starting in the mid 20th century and becoming widespread in the past few decades. Even so, it has since then evolved to become much more, developing intricate subcultures and lifestyles.

Today's underground electronic music scene has been on the rise, with increased popularity and notoriety. However, many of the very talented artists have yet to be given much recognition for their efforts. With television stations such as MTV mainly covering Rock, Alternative, Metal, Hip-Hop, Rap, and other recently popular genres, and radio following suit, the only widely popular outlets for electronic music in America are nightclubs and the Internet. It's not the same for every country, though.

The Netherlands, for example, is highly influenced by Electronica's vast subculture. It's not the only country, either. Canada, Brazil, Jamaica, the UK, and Germany have large, active Electronica scenes as well.

Each of the aforementioned countries has a distinct style of music unique to its region, and whose music is not typically listened to in the States. Fortunately for American Electronica enthusiasts, the Internet allows for people to bridge the gap between cultural boundaries, enabling them to download, stream, or upload music to and from various places around the world. Domestically, they are able to spread their music via radio, such as stations like the BBC's 1Xtra Hip-Hop and DnB digital radio.

Though few in number, there are at least some outlets, other than the Internet and underground clubs, for Electronica enthusiasts in America. For example, Detroit and New York have very active electronic dance music scenes. Chicago was once an innovator in House music, and still has quite a high number of fans and contributing House artists. There are a couple of Electronica radio stations in the United States, too, including C89.5 in Seattle, and Dance Factory Radio (99.9 FM) in Illinois. These stations broadcasting electronic music brings added appreciation and acclaim for this type of music, introducing it to people who would otherwise not know of its existence.

Sites such as Pandora.com, Radiogrounds.com, Last.fm, and Junglettrain.



Venetian Snares, Electronica artist.

net allow for people to discover new music. They allow for people to listen to music which would otherwise be unavailable to them. This has helped aid up-and-coming Electronica musicians get heard and gain fame, which they would not be able to do by any other means.

All in all, Electronica is a very broad genre that has many different types of culture fused into a single, seamless category. It is an extremely diverse genre, in terms of ethnic origins, samples used in songs, musical styles, cultural significance, and more. Electronica has much music to offer its listeners, and one could spend a lifetime and only begin to listen to the multitude of Electronica artists currently in the music industry. Usually, people tend to have to search on the 'net and other lesser-known places, but now Electronica is gaining popularity in the US.

Commercials, Do They Make T.V. Better?

by Kayla B.

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interruption, (study 3). However, this effect was eliminated for people who are less likely to adapt (study 5) and for the programs that do not lead to adaptation (study 6)." In other words, most people enjoy a commercial.

When asked if watching TV with commercials is a bother, Olivia said, "Yeah, unless the commercials are cool like during the Super Bowl!" According to helium.com, "the Super Bowl ads have become almost as famous as the game itself." Last Super Bowl, they handed out 3D glasses at many local stores because the commercials were to be shown in 3D.

The Super Bowl is one of main reasons people actually like commercials. Still, not everybody seems to like the interruptions. "Yeah, because it will be really suspenseful and then BAM, commercial," says Natalie.

Sometimes, though, it is the content, not the interruption that is a problem. "It bothers me when it's loud people yelling at me, like the Oxyclean guy," says Danica.

Obama Lays Off GM CEO

By Justin

Recently, the Chairman and C.E.O of General Motors, Rick Wagoner, was fired by President Barack Obama for not meeting the expectations of Obama's stimulus plan. According to the *New York Times*, while Mr. Wagoner was running GM, the company lost \$68 billion within 8 years.

President Barack Obama gave General Motors a 60 day notice to increase their sales and their stock value. Mr. Wagoner should be fired because his company failed to bring up sales even though GM received a \$17 billion bail out from the government. The company even asked for an additional \$22 billion and still didn't bring up sales.

Obama was in the right to fire Mr. Wagoner because he was not doing his job and not being responsible. GM is the parent company for seven car companies including Buick, Hummer, Dodge, Cadillac, Jeep, Chrysler, and Saturn. If GM goes down, then the smaller car companies go down. If the smaller companies go down, people don't have work, thus continuing the recession that we are in.

The government had the right to fire the C.E.O. The government gave GM money to boost up their sales and they didn't. The government partially owns GM because they lent them money and the C.E.O just didn't use the money wisely. The companies stock went down by 95 % and that is just in 8 years.

If GM is taking money from the government, and if GM is not putting that money towards good use, then the government

should have the right to interfere with that company's profits. The government trusted that the company would do well if they got a bail out, and they didn't do well. They should also interfere as long as they're doing it for the benefit of the American people

GM is a major source of income for the American economy and creates many jobs for the American people. This means GM is responsible for over 6 million workers who are slowly losing their jobs. This just makes the economy worse. So If General Motors is on the verge of going under, all those workers don't have jobs and they can't pay their bills or their taxes.

This company is a perfect example of why our economy is doing so badly, but there is still hope. There is still hope for change in the economy and for the American people as long as the government continues to take a stand.

YELLOW
opinion editorial



President Obama & Rick Wagoner

The Feathered Dinosaur Has Been Found

By Justin



Feathered dinosaurs or ancient chickens?

For a while scientists have doubted that there was any connection between dinosaurs and birds. Archeologists have, however, found tons of fossils that can prove that there is some connection between dinosaurs and birds. These fossils can ex-

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Disney XD, Boys Included

By Kayla B.

Hey boys, do you think Hannah Montana is too girly and has no action? Well lucky for you, Disney has a new channel aimed at the interests of boys.

The Disney Company is known for several channels including, Play House Disney, Disney Channel, and Toon Disney. Play House Disney plays their shows in the morning until the time older children come back from school. Play House Disney has shows that are meant for much younger kids. Then Disney Channel comes in with girl-oriented shows like, the Suite Life of Zack and Cody and Hannah Montana. When Hannah Montana was released on Disney Channel, according to CNN.com, the approximate age group was between 6 to 14 years old and mostly girls. Now, Disney has released a new channel for boys ages 6 to 14: Disney XD.

“Before That’s So Raven, the shows and movies were good, and now they’re all girly,” says Justin, an O’ School student. That is one of the reasons that Disney created Disney XD, because the shows weren’t being directed to different genders. So the Walt Disney Company hired Kelly Pena, also known as “the kid whisperer,”



Disney XD Website

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The Feathered Dinosaur Has Been Found

By Justin

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plain the history of dinosaurs as we know it. It takes a lot of hard work to find these bird-like fossils, and there are many reasons why these fossils are important. They can give us a sense of what life was like before homo sapiens inhabited the earth.

Scientists thought there was only one specimen that would support this birds came from dinosaurs theory, but in 1999, Archeologists found a 124 million year old fossil that belongs to a dinosaur called *Confuciusornis*. They found this species over a hill side in Liaoning China in some farmer's yard. Funny thing is when this fossil was auctioned off for \$80,000, its profits helped the farmer pay for a new motor bike. Since then, there have been many other feathered dinosaur findings in China.

In April 25, 2001, a team of Chinese Archeologists found the first dinosaur fossil that was fully covered in downy fluff and primitive feathers. This was a major discovery in science history. In 2002, there was a similar fossil found in China that turned out to belong to the dinosaur *Sinosauropteryx*.

Some of these dinosaur specimens date back to almost 150 million, B.C. There was a dinosaur called *Caudipteryx Zou* (*tail feather*), that was found in Inner Mongolia . This carnivorous bird-like dinosaur dates all the way back to 120 million, B.C. There have been many other ground breaking discoveries in China including the *Epidexipteryx (Bizarre)*. This dinosaur strongly represented the modern day bird. This fossil that was found in the Daohugou beds of Inner Mongolia. This fossil dates back between 168-152 million B.C. These amazing discoveries could not be possible without the determination of the Archeologists.

The Archeologists first find a digging site. These digging sites might be in lakes or dried up lakes. After time, the soil dries up and becomes dust. When the wind blows the dust it starts to reveal some sort of ancient artifact, such as dinosaur fossils. Then they make a concrete plan on who is going to dig where, and who is going to dig what. It can take years for Archeologists to find a fossil and reveal it to the public.

Disney XD, Boys Included

By Kayla B.

to spend a lot of time, figuring out what they like and what they respond to.

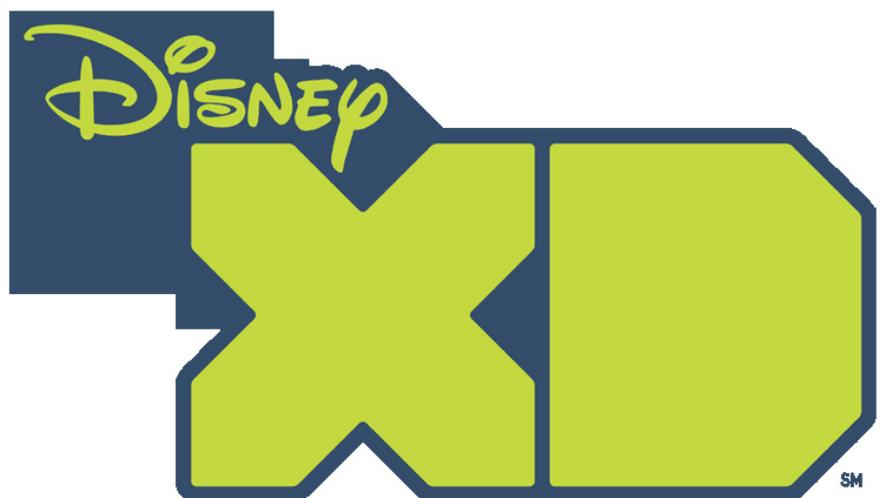
According to *The New York Times*, "Disney is relying on Ms. Pena's insights to create new entertainment for boys 6 to 14, a group that Disney used to own way back in the days of "Davy Crockett," but that has wandered in the age of more girl-friendly Disney fare like "Hannah Montana." Kelly Pena has found several interesting results. One thing she found is that actors are now being told to carry their skateboards with the bottom facing outward, because that is how boys in "real life" carry them. These details could be important in carrying the targeted group.

Disney XD aired on Tuesday, February 13th. According to Justjaredjr.buzznet.com, "content from XD will have themes of adventure, accomplishment, gaming, music and sports (developed with ESPN)." The newest show is called "Aaron Stone". According to Justjaredjr.buzznet.com "The series is about a champion video game player who, in a popular game called Hero Rising, uses a crime-fighting avatar named

Aaron Stone – At least until the game's billionaire creator asks him to become the real-life Aaron Stone." Another new show is called Viper Slap, which is about a teen with the name of Logan Miller, who is living his dream as a guitarist for his favorite rock band from the 80's (Viper Slap.)

Disney is hoping that their new

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channel XD is going to be a huge hit for boys, who will lead them to having merchandise successes like Disney has done with High School Musical and other Disney hits.



Caffeine Addiction Is A Mental Disorder

By Brooklyn

According to a study done by Roland Griffiths, a professor of behavioral biology and neuroscience at the Johns Hopkins School of Medicine in Baltimore, Maryland, caffeine addiction is a mental disorder. This conclusion was based on a review of more than 170 years worth of scientific research and published medical observations on the physiological effects of caffeine and its withdrawal symptoms. Griffiths said that the studies consistently indicated that at least half of the regular caffeine users would experience withdrawal symptoms if they quit using caffeine, and he hopes to have caffeine addiction and withdrawal included in the next edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) in 2010. In addition, he also hopes to see that caffeine withdrawal symptoms are updated in the *International Statistical Classification of Diseases and Related Health Problems*, a medical manual used by the World Health Organization.

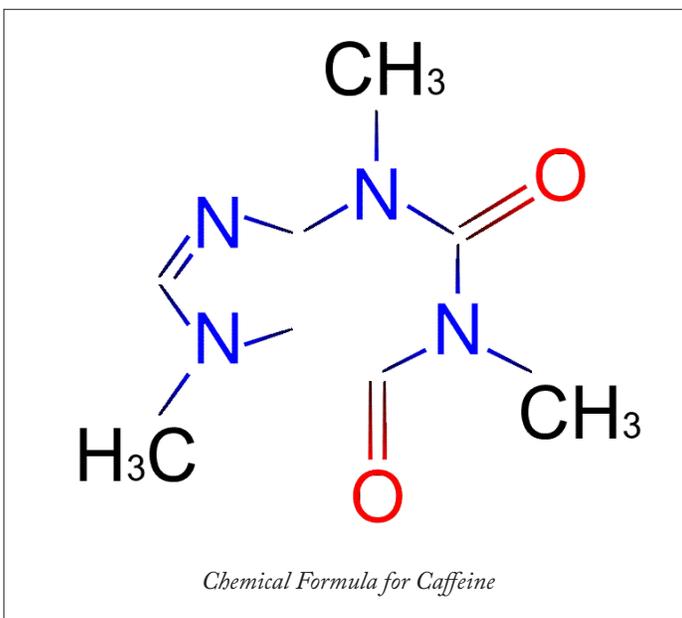
According to a study done by the National Coffee Association, 90% of American adults say that they drink at least one cup of coffee every day. In addition, 87% of adults and 76% of children use caffeine on a daily basis, according to a study done by Griffiths. According to the same study, the average amount of caffeine consumed by the average American daily is around 280 mg. "Although most regular caffeine users know that caffeine is a mild stimulant, many are not aware that abrupt cessation can sometimes produce unpleasant withdrawal symptoms," Griffiths said in an interview for *National Geographic* magazine.



Cup of Coffee

Griffiths says, aside from withdrawal, there are definitely negative effects to caffeine consumption. His study showed that not only are the withdrawal symptoms vicious on the body's immune system but also that caffeine gives people "highs" similar to other drugs that can cause fatigue when they end. Also, Griffiths found that caffeine acts as a diuretic, meaning that you urinate more frequently and have reduced water intake when you consume caffeine. Griffiths also found that caffeine consumed frequently in small doses can sometimes cause panic attacks and interfere with medications given to help calm the body down, and also he found that caffeine reduces dopamine, a chemical created by the brain that affects the brain's pleasure centers. This can create more intense depression or anxiety. People that participated in the study that had either high blood pressure or diabetes often had serious side effects when they consumed caffeine. Oftentimes, consuming caffeine would increase both their blood pressure and their blood sugar levels.

Fortunately, there are simple ways to wean yourself off of caffeine in order to break your addiction. There are several methods you could choose, and a lot of them have actually been proven to work. According to Steve Pavlina, an activist fighting against caffeine, switching from coffee to tea is sometimes the best option for your first step towards recovery. There is still some caffeine in tea, but there is not as much. The next step Pavlina recommends is to switch from regular tea to herbal tea.



O'School begins Basketball Team!

By: Kayla B.

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the players on shooting and shot production on offense.

Before anyone was on the team, they had to go to tryouts. There were three skills the coaches were looking for. The first thing was the ability of the students to show basic skills, including, dribbling, passing, shooting, running, and jumping. The second skill was the student's ability to follow directions and complete basic basketball drills. The third skill was to make sure the students listened, followed directions, and worked well on a team.

The school has wanted a basketball team for a while. "This is the first year of the basketball team because, we now have a student population with great athletic ability. This year's team needs to be good citizens," said Coach Frank. "The most exciting thing for the students is to both enjoy learning the sport of basketball, then enjoy applying what was learned in practice during the game."

The O' School's first game was played against Dr. Roth's new school JCFS.

While at JCFS they played two games, the first game the O'School lost, but still had good sportsmanship and congratulated the other players. Then came the second game. The O'School got a seven point lead, and kept it going to a five point victory.

After the game, Dr. Myers treated the team to lunch at McDonalds. "The players earned this modest reward for their commitment over the four week team membership. The O' School Pathfinders were awesome," said Coach Frank.

Basketball has been around a very long time, and according to the Organization of American Historians, "High School athletics have played an important role and have filled a significant need in American society ever since their emergence during the decades of the nineteenth century." The O'School is very excited about the basketball team, and looking forward to future games and more sports.

Pink is the New Orange

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not pink prison uniforms are the right choice for juveniles in prison.

There are many opposing viewpoints to this issue. Some argue that the pink uniforms are just being used to degrade the humanity of each individual inmate while others argue that pink actually doesn't calm down the inmates. Also, another common argument is that the pink walls wouldn't work in large cities. People have also said that there was nothing wrong with the orange uniforms and that they didn't need to be changed in the first place.

According to the news channel ABC 7, the Mason County Jail in Texas is "well-manned by staff members that

Spirit Week Schedule June 8 - June 12

Monday: Wear your Sunglasses to School!

9:30am - Softball Practice

1:00pm - Art Exhibition in the Little Gym

2:15pm - Graduation

Tuesday: Wear your Flip Flops

9:00am - Writers Brunch for Literary Magazine & Newspaper Staff

10:00am - All School Soccer Game

2:15pm - Graduation

Wednesday: Where all of your Shades of Green to School!

9:15am - Softball Team will depart for JCFS Game

10:00am - Movie in the Argonauts Classroom

1:00pm - Students Return to the Dorm

2:00pm - Graduation

Thursday: Prom Day

10:30-3:30 - Hair Appointments in the Little Gym

1:00pm - PE Activity in the Side Yard

& Board Games in the Mariners

Friday: Wear your favorite O'School Shirt today!

10:30 - Hmmmmmm..... Not sure what we have planned for this time?!

2:15 - Graduation

are prepared for the worst but expect the best outcome." The jail was built in 1894 and is a historical site, and, in an interview done by ABC 7 staff members, Low said he "doesn't want to do anything to subtract from its historical significance." The Mason County Jail is the oldest working jail in the state of Texas, but it only has a capacity to fit five inmates- four males and one female. He hopes, along with his colleagues, that painting the jail pink and forcing the inmates to wear pink jumpsuits rather than orange uniforms will be an effective method to keep inmates from coming back. "That's not the Holiday Inn they are staying in up there," Low said.