

Soda Machines of the O'School

By Matt N.

Whenever you enter the lounge area, it is impossible not to notice the glowing, rumbling giants that are the O' School soda machines. These machines have provided the O' School with frosty beverages for as long as anyone can remember. By simply inserting a dollar and twenty five cents, you buy yourself a one-way ticket to fizz-filled paradise. Although, sometimes your enjoyment can be interrupted by some of the flaws these machines hold. Some flaws can range from coin stealing to coin rejection, even getting two sodas at once.

In the lounge area, there are two soda machines resting against the staircase wall. One machine is visible as you enter the lounge area via the staircase. Students use this machine if they want grape or strawberry Fanta, Nestea or mixed berry juice. The other machine, lo-



Orthogenic School Soda Machines in the Lounge

cated closest to the lounge windows, is known for its orange Fanta, sprite, diet coke and vitamin water.

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Leonid Meteor Shower in November

By Kyle

On the early morning hours of Novenmgbler 17, 2009, there was a Leonid meteor shower caused by a stream of dust that was loosed from the nucleus of comet Tempel-Tuttle in the year 1567, passing to within 188,000 miles of the stream's centre.

If you saw it, there was a chance you could see fireballs in the sky. The best view was in Asia where there would have been 200-300 meteors per hour, but North Amer-



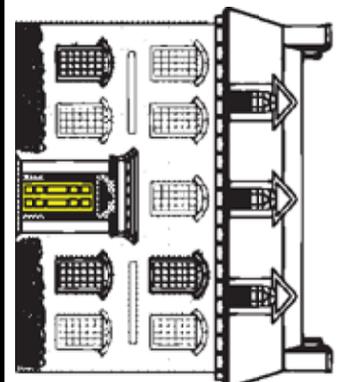
Original Meteor Art by Isaiah

ica would get a fair view- per hour. This was because ing with 20-30 meteors the meteor display favors

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Volume 5
Issue 3
DECEMBER 18, 2009

Year 11
door chronicles
The student newspaper of the
Sonia Shankman Orthogenic School



yellow door chronicles

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The student newspaper
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If you are interested
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Your work will be
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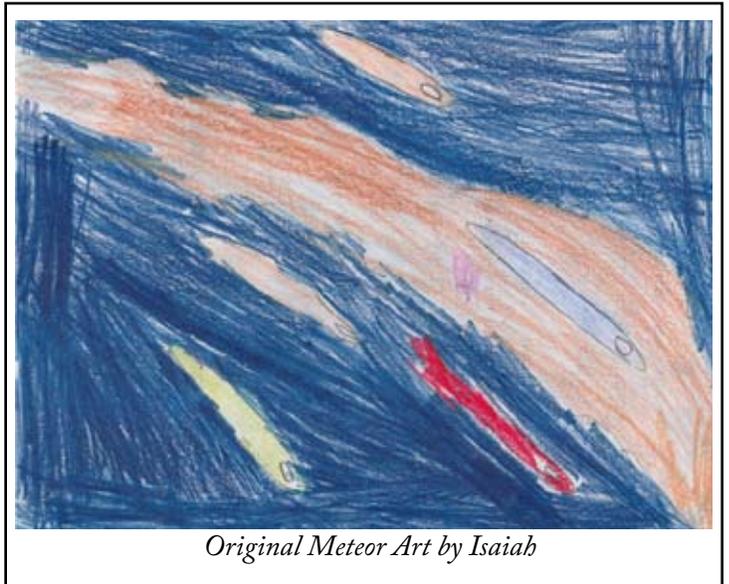
Leonid Meteor Shower in November

By Kyle

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those living across most of central and eastern Asia. Europeans could have been able to see 10-15 meteors per hour. Africans would have not have been able to see many meteors at all, unless they were lucky.

Why they were named Leonids is because of the fact that whenever they are seen, they pass through the constellation Leo, hence the name Leonids. They first appeared to humans on November 12, 1833. People along the eastern seaboard were walking along doing their business when, right after sunset people began to notice an unnatural amount of meteors streaking across the skies. No one was left who did not notice the brilliant meteor shower. Estimates of the time range from a thousand to a over a two hundred thousand per minute. The storm was rivaled by that of the years 1799 and 1965. This year's shower did not equal those as it is not the 33 years when comet Tempel-Tuttle returns, but it was still a fair viewing of a shower.



Original Meteor Art by Isaiah

Cliques at the O'School

By Casey

The subject of Cliques is a tough thing to discuss and slap a real answer on. On one hand, there are many who would say that they are beneficial, that they encourage students and enhance their performance. On the other hand there are those who would say that they are often detrimental to many kids socialization and well-being. However, the true answer seems to be neither of these, but actually, both of these.

Something that may seem obvious to most, but actually goes deeper than you think, is bullying. One thing that often goes along with cliques is the bullying of other cliques or particular individuals. According to an article stemming from the University of Michigan, those who are consistently bullied in a school setting end up generally with lower grades as a result of the motivation and self-esteem issues that arise from bullying.

This is something that one would think wouldn't affect the O'School as much as other schools, and it's true, it probably doesn't. However, it does happen, and because of some of the issues that we come here with, and the environment, it often affects us more than others. In a dorm setting, people want to be a part of the dorm and be accepted, because, well, that's where they spend most of their time. There are particular individuals in the various dorms who are outcast. These individuals are also often the brunt of many jokes and much ridicule by others in their dorm. However, with this being such a tight knit and small school, it's easy for things to spill out into the open and have people from other dorms both joining



Minstrels Dormitory, Photo by Angie

the ridiculing and vying to defend the people in question.

There is of course, the other side of the spectrum. In many cases, there are positive effects of cliques. Sometimes it's a good thing, other times it's not, but like it or not, those who spend much time with each other influence each other greatly. If you are a part of a clique that is always doing their homework and generally not breaking rules, then you will most likely follow that. If you hang around with the "bad crowd," that tends to slack and make fun of other people and generally act like buffoons, then you will most likely act the same way.

This is definitely true at the Orthogenic School. There are groups of friends who support each other, and make an effort to further their treatment together. Then there are also the kids who are sort of 'stuck' and do a lot of slacking in terms of school work and treatment, and that attitude tends to rub off on the rest of their clique. There are also groups of kids who tend to be mean to other students and attempt to defame certain individuals, which brings us back to bullying. The other thing to know is that certain cliques can overlap at the O'School.

It's probably safe to say that it comes full circle. You can't have one clique without another. They feed off of each other and often clash with each other. While cliques can often be detrimental to the O'School, they also create a space for people to be accepted and flourish and be themselves within a group. As a message to the O'School: If we can figure out our differences, and the cliques can coincide peacefully, the school will run like clockwork. That basically means it would be beneficial to accept everyone as who they are and to let them be who they are. If the O'School can 'unite' the cliques, the school could indeed be a better place.



Starz Dormitory, Photo by Angie

yellow
local
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hot topic

What paranormal experiences have you had at the school?

- I saw Superman fly through rings. – Nick A.
me on the shoulder, so I turned around and no one was there. – Danica
drowsy and I thought the seahorse was staring at me. – Kyle M.
- Sadly, none. Why do ghosts hate me? – James Ni.
When Denzel's heater exploded on Halloween morning (2008) around 7:00. Ghost of the O'School. – Matt N.
Oh my, I can't say. – Michelle W.
Cats in the building. – Aaron S.
- None. – Many
Noises!! Shadows!! Whispers!! – Katie B.
- One time I was taking alone time in the Big Gym and I felt someone tap
I was talking in the front living room with my family and I was getting

Paranormal Experiences at The O'School

By Angie

Do you ever get scared at night or hear stories from your staff members about weird things that they sometimes see or hear at night? Things that seem as though they couldn't be possible? We may sometimes laugh at those who talk about the experiences they've had, yet I can't stop myself from wondering, what if? What if there is something living in the building, roaming through our halls at night? I know that we have all heard people joke and talk about Bettelheim's daughter haunting our school, and, what if?

All of those stories we hear from our staff about them seeing or hearing things that can't possibly be real are paranormal experiences. Paranormal experiences are sometimes pertaining to the claimed occurrences of an event or perception without a scientific explanation, for example psychokinesis, extrasensory perception, or other supernatural occurrences like seeing spirits or ghosts.

There are agencies that exist all over the world that are working hard everyday to prove that there is something that exists other than just the living. So far they haven't had any luck in trying to prove that paranormal things do exist in our world, but they are still searching for proof.

One of the people who has had a paranormal experience is the Penguins counselor Cullen Nelson. On one of the days that he was working when he was doing his rounds in the dining room he saw a figure that was just sitting on one of the dining room chairs and was just staring at him. Cullen said that the closer he got to it, the figure just disappeared right in front of his eyes.

Michelle Pegram, an English teacher at the O'school, shared her own personal paranormal experience while working here. Around three years ago Michelle and her nephew were in the Crusaders classroom one weekend so that she could catch up on some of her paperwork. While Michelle was working on her paperwork, her nephew was in the hallway bouncing a ball. He came into the class-



Some students & staff have had unusual experiences in the halls of the O'School. Photo by MZ

room and said "Titi, I don't want to be out there with those other people." Michelle says that she looked in the hall and checked out all of the other classrooms, but no one was there except for them.

That was Michelle's only paranormal experience here at the O'school. She has always believed in the possibility of ghosts or spirits and she's even open to the idea of the O'School being haunted, but she's not sure it is Bettelheim's daughter.

There are a lot of strange things that have happened here at the O'school and a lot of history here too. Paranormal experiences do exist here within the O'school and there's proof here from the experiences that Cullen and Michelle. So what do you think that could mean now? Are there ghosts floating through the O'school's halls?

Where the O'School Food Comes From

By Angie

Its 5:45 at night and its time for dinner so we walk into the dining room, sit at our table, and we look at our food. This food we eat it's unknown to me, what is it? Where does it come from?

The O'school food comes from a number of companies: Gordon Food Services, Sysco Food Services, Alpha Baking, and Calumet Baking. The O'school gets our food from them and they get theirs from all around the world.

One of the companies is GFS and it is becoming a big company that works with lots of other companies all around the United States. GFS has over 130 stores that are open seven days a week. They cater to lots of organizations including restaurants, non-profit organizations and other Businesses. For example, they serve churches, hotels/motels, schools, bakeries, and even truck stops.

In the O'school the man in charge of the ordering and making sure we consume the right amount of food a day out of each food group is John West. He's the one that orders and arranges our food schedule for each month. John says that we use 1 cup of Fluid Milk or a 4oz and 1oz of Yogurt, 1oz of Grains/Breads or 1 slice, ½ cup



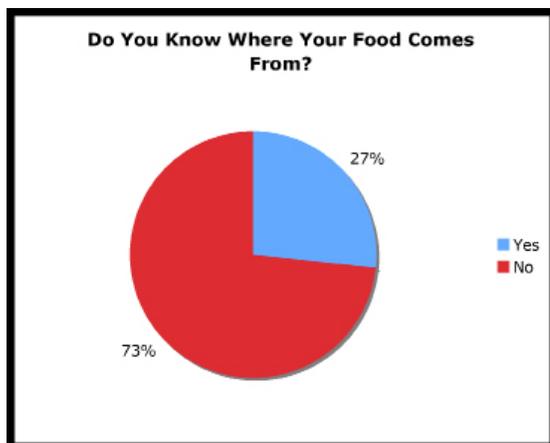
Dry Storage at the O'School, Photo by Angie

or 4oz of Juice or Fruit or Vegetable, 2oz of Meats or Poultry or fish and, ½ cup Beans or Vegetables each meal. John West decides which meals we eat for each meal by using cookbooks and then cycling the meals. The only exceptions are when there are student requests and birthday requests. John West says that the main products we use from the 4 companies are veggie burgers, chicken breasts, assorted cereal, hot dogs, Tricks yogurts, various kinds of vegetables, cheese bread sticks, assorted donuts, hummus and a variety of fruits.

According to the original USDA's food pyramid there are six main food groups. The first food group is the fat, oils and sweets group that people should consume sparingly. The second food group is dairy, which people are supposed to only consume up to 2-3 serving in a day. The third food group is the meat group which

people should only consume up to 2-3 serving in a day. The fourth food group is the fruit group which people are supposed to consume at the most 2-4 servings a day. The fifth is the veggie group where people are only supposed to consume up to 3-5 serving a day. The last food group is the grain group with is the most important within all of the food groups because people are supposed to consume at the most 6-11 servings a day.

The kitchen staff is doing something to provide us with balanced meals. Meals are made up of foods that come from 4 different food companies GFS, Sysco, Alpha Baking and Calumet Baking. So based off of this information it seems as though we are provided with balanced meals.



Facebook: Corroding or Carreassing our Society?

By Casey

Everyone knows what Facebook is. Even if you don't have an account, which is less likely than you would think, you should know what Facebook is. Even if you do understand the concept of Facebook, it is necessary to explain it more thoroughly. Facebook is both an amazing social tool and the bane of public society, as in, society not in cyberspace.

Facebook is the most popular and one of the more comprehensive social networking sites used globally today. It may sound awesome that we all can link up with each other and read each other's status every five minutes, but in reality, how much is this truly benefiting us? Another issue has recently arisen, especially among parents whose children are just dipping their feet in the strange pool of gel that is Facebook. What is too young for Facebook? Is learning at an early age, namely early teens, to rely on the Internet to socialize a good thing? Well, that's a simple answer. No, it isn't.

There was a study done at Ohio Dominican University, about it's facebookers vs. its non-facebookers and their GPAs. The study found that the students who used Facebook were averaging between 3.0 and 3.5 GPA. While those aren't terrible GPAs, they pale in comparison to those who don't use Facebook, who usually fell in between 3.5 and 4.0. The people who did the study said that it was impossible to truly say whether or not Facebook causes lower GPAs, but that there is a relationship, whether it is direct or indirect. With this in mind, I would say it's easy for me to conclude that Facebook does in fact correlate with lower grades, as well as withdrawal from other things such as work or face-to-face socialization. These are a similar concept to homework and school, because for all three, you really have to put your self out there and make an effort to make an impression.

I see a lot of people, with my own eyes, sit for hours and hours surfing Facebook and not much else. They play the interesting little apps on Facebook and chat with their friends, and read their wall and check status updates and their feed. You wouldn't think something like Facebook could take up that much time, but believe me when I say from experience, it definitely can. The real problem comes in when people rely more on socializing through Facebook than through real life interactions.

This is a problem that also happens in online games, which is something I've also learned from in-depth personal experience, but that's a whole other story. It stems from people realizing that it's so much easier to just drop their friends a message or write it on their wall or send them a chat if they're online, as opposed to calling someone and leaving a voicemail or trying to reach them over and over. Forget, of course, meeting up with them. No, it's much easier to just sit on your computer chair and have access to all of your friends at once.

Obviously, the problem with this from a young age is that if this starts at, say ages 10-13, it is something that becomes a learned habit for the rest of ones life. Children are becoming so reliant on technology that they wouldn't know what to do without it. Many people have come to the conclusion that society as a whole is too reliant on technology, including Associated Content writer, K.F. Lynn, "It seems that nowadays, everything can be done from the comfort of one's own home," her article noted. Just think about it, can you imagine

going back to the time before cell-phones were mainstream? At the time it seemed all right, but now, it's absurd to not have a cell-phone. That's how it's starting to become with Facebook as well as the Internet as a whole for most of society. Maybe it's not a terrible thing, as all it really does is cause society to push forward technologically. However, it's important to know how to get along without these things in order to fully succeed in life. With Facebook and other technologies in the picture, the old arts of survival and socializing are extinct, or going extinct quickly.

Coming from a generation that grew up on cell-phones, I sure can't think of what it would be like to be without them. It's engraved in my mind. It's something that will stick with me straight through the 21st century. Coincidentally, a neurologist from Oxford believes that similar things will happen with Facebook, Myspace, and Twitter. He believes that social networking will "infantilize" all of our minds by the mid 21st century. By extended use, he believes that we will lose much of our major social functioning because we will become so used to socializing through text on a computer screen. If this is something that is supposed to happen even to people who didn't necessarily grow up with Facebook, just think of the effects on our youth that will grow up with social networking. It makes you a little sick doesn't it?

Of course, this isn't to say that social networking doesn't have its benefits. It often can bring groups of people together and keep them in contact long after they've separated spatially. For instance, on Facebook, my brother found a bunch of his old friends from Alabama when we lived there and talks to them on Facebook. It really helps people keep in touch when they have no other way. Another positive is that these sites make money, and money is always good. The real thing is, they connect the entire world in a way that phones or television can't. They keep people connected and updated on each other, and this helps build relationships, as long as you also use direct contact as well as online contact. Who am I to say whether or not Facebook and technology is a bad thing? I really don't know for sure, though I would definitely say that sometimes too much is too much. There are plusses and minuses to them and which outweighs the other is something we may never know.

yellow
opinions editorial

NBA Season Begins

by Matt N.

Say goodbye to the bats, the hot dogs and that seventh-inning stretch. There is a crisp, cool breeze in the air; baseball is out and basketball is in. We now enter indoor stadiums, the halftime dance shows and the squeaky noises the players shoes make while running up and down the court. The NBA, or National Basketball Association, consists of 82 regular season games filled with excitement. The NBA season starts with a bang. Players get ready, not knowing who will win it all, but it becomes more and more clear as the season progresses.

There are various ways NBA players prepare for the season. Clearwater, Florida is home to the Pro Training center, where professional players go to train in various courses. Luol Deng and Tyrus Thomas are a few examples.

There are a few big changes concerning trades this year. The Cleveland Cavaliers picked up Shaquille O'Neal from the Phoenix Suns. O'Neill, although he is a veteran, will surely pack a wallop as a center. The Los Angeles Lakers picked up Ron Artest, who although is a little quick tempered, will be sure to score in the small forward position. The Chicago Bulls had a few opportunities to obtain great players including Amar'e Stoudamire, Chris Bosh and Dwayne Wade, although that didn't happen.

The Los Angeles Lakers were victorious in winning the finals last year, but that doesn't necessarily mean they'll win again. Other teams are fighting their way for their chance to shine. According to the Sports Illustrated NBA preview issue, the two teams that are most likely to win are the L.A. Lakers and the Cleveland Cavaliers. Close behind are teams such as the Boston Celtics, the San Antonio Spurs, the Portland Trailblazers and the Orlando Magic. Of course, Sports Illustrated can't predict the future. Anything is possible.

Even though Sports Illustrated has their preview set up, it doesn't have much effect when the season actually begins; and it has begun. According to the standings so far, the Atlanta Hawks have a record of 10 wins and 2 losses (10-2), currently making them the top team in the East division. This is kind of odd because they have been one of the worst teams in the past few years. High hopes have appeared for the Milwaukee Bucks as well.

People of the O' School have their own opinion on who



Lori Shooting Baskets, Photo by Angie

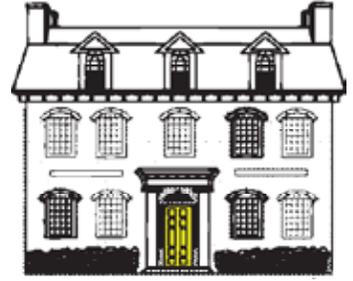
they think will win it all. Ryan Walter, a counselor in the Penguins dorm, said, "I believe the Celtics will win as long as Kevin Garnett stays healthy. If not, then probably the Lakers." Omid, a counselor in the Gryphons dorm, had many possibilities in mind, including the Lakers, Boston Celtics, Cleveland Cavaliers, San Antonio Spurs and the Orlando Magic. These were all strong teams last year. Adam, one of the float staff on the boys floors, said it would probably end with the Lakers vs. Magic, with the Lakers winning yet again. Brian, another Gryphons counselor, noted "Whoever wins, they have to get past the Lakers to do it."

The NBA regular season starts in early November and ends around mid April, just leaving the playoffs and the finals to deal with. Even though the season starts out full of possibilities and excitement, it usually dies down after a while as each team progresses. Players on every team prepare for them to shine, and not just their shoes. It is time shoot hoops. Basketball is in the on position.

YELLOW
sports

The student newspaper of the
Sonia Shankman Orthogenic School

yellow door chronicles



Soda Machines of the O'School

By Matt N.

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The machine closest to the windows seems to have the most flaws. First of all, the coin return doesn't work, so make sure you want to purchase a drink before inserting money. Another flaw is that it is unable to tell you if a selected soda is sold out until you have inserted adequate money, so make sure you have a second choice before inserting money. Another big concern is that it doesn't always accept change. One time I had inserted four quarters, and when I inserted the fifth quarter, it kept rejecting it and I was cheated out of a dollar. The other machine doesn't seem to have many problems. There have been a couple of circumstances where two sodas came out instead of one, although that's a good flaw.

Gloria, who works in the front office, is in charge of everything dealing with the soda machines, so I asked a few questions about the soda machines. First, I asked how long it takes to issue complaints, she said, "Once I call for technical assistance, they give me a confirmation number and approximate the best time for servicing." Next, I asked how often do the shipments occur. She stated, "I would say about once a week. If needed before, I can simply call for a refill." Another question I asked is what time of day they refill the machines. She said, "In most cases, they refill early in the morning." Next, I asked her opinion on how the machines impact the school. She said, "Well, not only does it satisfy that craving, by buying soda the school receives "portion" of the sales." Lastly, I asked what role is regarding the soda machines. She said, "I am in contact for student/staff when money is lost in the machines or the "go to person" for any machine malfunctions."

There are some rules and restrictions that concern one's ability to obtain a soda. If you have alone time, you are usually able to go down and purchase a drink by yourself. If you do not have alone time, a counselor can bring you down to buy one. There are strategies that can help ignore this rule. For example, if one of your dorm mates who have alone time is about to go down and purchase one, you can kindly ask them if they can purchase a soda for you, saving a trip. Aside from that, every dorm has a restriction on how late you can purchase soda, such as no student being able to purchase a soda after 8 o'clock, or no caffeinated beverages after 8:30.

There have been a couple of changes dealing with the contents inside the soda machines over the last couple of years. For example, the soda machine closest to the stairs, at one point in time, contained Barq's root beer. It was then replaced with the mixed berry

we know today. The biggest change I've noticed was the time the soda machine closest to the lounge window had Vault. Since Vault is basically half soda half-energy drink, it brought great concern to staff members, and was removed as soon as possible.

Students and counselors also have their say in this dilemma. Aaron, a student in the Gryphons dorm stated, "On many occasions the stupid machines ate my money and didn't give me any soda! Brian Willis, a counselor in the gryphons dorm, said, "One time I put in fifty cents and it no longer accepted any change. So I had to search the school for a dollar while making sure no one took my money that was in the machine." James Norris, a member of the Penguins dorm, stated "They should change the cost of soda to one dollar to prevent the machines from eating your money. People would probably buy more soda if it was only one dollar."

The O' School vending machines have provided us with fresh, carbonated beverages for a long time. There are quite a few flaws that bestow upon these machines, but that doesn't stop the people of this school from getting the drinks they desire. So before you insert money, whether it is a dollar or a quarter, know these problems so you can get around them with ease.

