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FRANCIS HOWELL CENTRAL HS

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ROOTED IN REALITY

Solutions to environmental issues are rooted in our ability to make change



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FROM THE EDITOR



Kayla Reyes
Editor-in-Chief

Now more than ever, environmental issues are at the forefront of the minds of this young generations. This Earth, the place everyone calls home, is in crisis. And onto the shoulders of each resident of this planet is where the responsibility falls. So rather than lay dormant, this generation must be the ones to take action - like the members of the newly-formed Environmental Club - into their own hands. This issue explores the many ways to make change, and why it's so important to do so. This topic is one that sparks controversy, panic and hopefully, change. But, before results can be seen, mindsets must evolve. Without action, there is no change. And without change, there is no hope.

Sincerely,

Kayla Reyes

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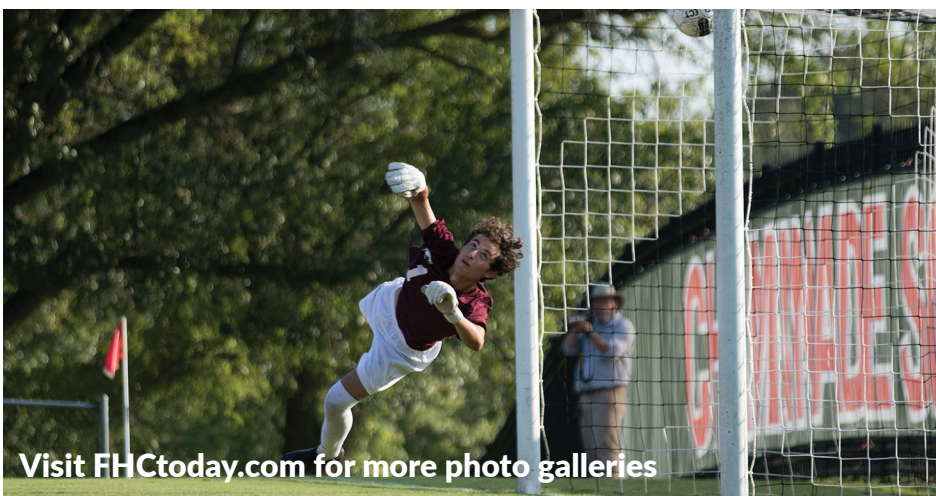
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GIVING STUDENTS A VOICE

Principal's Council allows all students to impact their school

By Rachel Vrazel
Staff reporter

It's a Tuesday in August, and a handful of students are slowly making their way into conference room C at the beginning of fourth hour. They walk in, laughing and joking with each other while grabbing water and some snacks from a nearby table before sitting down. After a few minutes, **Dr. Sonny Arnel** walks in. The room gradually slows to a hush and conversation starts. 14 Students. One principal. One class period. Infinite possibilities.

Consisting of 14 students in all four grades, Principal's Council meets monthly with Dr. Arnel to provide a student's perspective on important school issues and shed a light on topics the student body is passionate about. As representatives of the student body, members of the council are always on the lookout for important topics to bring to the meetings. From pep assembly issues, bell schedules and bus complications, to more serious topics such as equity in race, sexuality and gender, Dr. Arnel utilizes the Principal's Council to help start discussions and use that to implement real change in our school and broaden perspectives. This requires a lot of time, focus, commitment and, most importantly, honesty.

"I have a very focused lens," Dr. Arnel said, speaking of his perspective of student issues in the school. "I need students that are willing to bring their perspective and share their lens... It's not about making Dr. Arnel feel good about how great the school is, it's about what really are the pressing issues in the school so we can really get into it... [because] we want to be an effective school for all our kids."

This foundation of honesty in discussing topics of real importance has allowed many students both on and off the council to see their wants addressed and their needs met. The quarterly Town Hall meetings are a great example of what students on Principal's Council help achieve. After reflecting on the data of a recent student survey, they realized how many students felt there was no easy way to voice their concerns and opinions in the school.

While this idea has greatly impacted the school and allowed for more students to be heard, it's far from the only way council members help their peers have a say in their school. Anyone, at any time, can approach a member of the council with a comment, question or concern and rest assured that whatever was weighing on them will be brought to Dr. Arnel's attention.

"Many students may not feel like they can approach me," Dr. Arnel said. "They may feel



TALKING IT OUT: Principal Sonny Arnel speaks with a student about a concern on Friday, Sept. 13 outside his office. Dr. Arnel's Principal's Council is a group of students from all grades he uses to learn about the concerns and opinions of the student body. **PHOTO BY GRACIE KRUEP**

comfortable talking to a student who is going to represent them... It's just another avenue for kids to be able to get their issues to me."

Because student representation is the key focus of the group, the council includes a diverse array of students. Students from all different backgrounds involved in a wide variety of school activities allows for student minorities to be represented. This includes diversity in student activities and involvement.

Senior **Sydney Aleksick**, president of the Principal's Council, notices how this allows for concerns and insight from students interested and involved in many different things.

"There's people from tech, there's band, there's the arts and... the sports aspect and there's student voice everywhere," Aleksick said.

Being a member of the council is no easy

task, especially for students who are involved in multiple extracurriculars already. It requires a lot of organization to ensure that they remember meeting dates, fundraiser sale dates and all of the students' topics they need to address.

"In my planner and a separate notebook, if a student comes up to me and... says there is a problem... I'll write it down so that I remember

[at the] next meeting to talk about it," junior Vice President **Sophie Delaney** said.

However, that does not mean it is any less rewarding. For Delaney, the knowledge that she is making a difference makes every moment spent on the council worth it.

"I personally love the fact that I do get to represent my student body in my junior class. And I feel like my favorite part of Principal's Council in general is just having the ability to help other students at the school," Delaney said.

With the start of the new school year, Principal's Council is already hard at work making sure that our school is the best it can be. With a total of 7 new members in all four grades, their first meeting as a whole council will be Sept. 17. Just over a month into the school year, there are already pressing topics to discuss. If students feel there is anything that needs to be addressed by the administration or Principal's Council, they shouldn't hesitate to find a member of the council to pass on your questions and concerns. Students can also contact a principal through the school website, care and concern boxes, or even by using the QR codes posted around the school to get an appointment to speak with a principal in person.

"The worst thing you can do, I think, is to have a change in your heart that you want to see take place, but then never do anything about it to make it happen," Dr. Arnel said. "And one of the best ways to make it happen is to make me aware of it... This is [the student's] school, and who we are is up to them."

*"My favorite thing about
Principal's Council is ... having
the ability to help other students
in the school."*

**- Junior Sophie Delaney,
Vice President of Principal's Council**



District looking at a DELAYED START

LEANING IN: This summer Gov. Mike Parson signed into law House Bill 604 which pushed back the start of the school year throughout the state. For the 2020-21 school year, the school year will be able to start no earlier than Aug. 24, which will be a big change for the Francis Howell School District, which usually begins school in the first week of August. In the photo above, senior Riley Howard and junior Reed Easterling during a lab early in the school year in Mr. John Kozlowski's AP Chemistry II class. **PHOTO BY CORINNE VORDERSTRASSE**

Decision to start year later will have ripple effects across district

By Kayla Reyes
Print Editor-in-chief

Missouri students will soon have to gear up for a big change coming next school year. House Bill 604, which was signed by Gov. Mike Parson on July 11, will modify the start date of Missouri public schools by allowing districts to set an opening date no earlier than 14 days prior to the first Monday in September.

Next year, Aug. 24 will be the earliest start date for schools across the state. FHSD's first day typically falls in early August, so with the new legislation, many aspects of FHSD's schedule will be affected.

Current law requires only a 10-day period between the first day of school and the first Monday of September. At present, schools are also permitted to start earlier given the school board holds a public meeting and votes in favor of doing so. This will not be an option for public school districts starting next year.

The bill was driven primarily by the state's tourism industry, which hopes to bring in more money in late August with children returning to school at a later date. Missouri school districts already have the 2020-2021 calendar planned out, which will have to be altered to be in accordance with the new legislation. This may seem easy enough, but the changes made to next year's schedule may be drastic.

According to **Mrs. Lisa Simpkins**, FHSD Chief Human Resource Officer and calendar committee chairperson, next year's calendar is still in the works.

"We just have a survey out and we're asking for

*"This new policy by
the state has really
dramatically put a crimp
in our system. So now,
we're trying to figure out
how to make that work."*

-Dr. Sonny Arnel,
Principal

volunteers to participate in the committee. That's as far as we've gotten," Mrs. Simpkins said.

Several meetings will be held during September to discuss the changes that need to be made next year. The committee will decide what aspects absolutely need to stay and what the district can do without. Once the committee creates a draft of next year's calendar, it will be approved or disapproved by the school board.

According to **Principal Sonny Arnel**, the district is still working on creating a solution that will combat the many issues that may be faced with the new regulations.

"This new policy by the state has really dramatically put a crimp in our system. So now we're trying to figure out how to make that work,"

Dr. Arnel said.

Dr. Arnel explained many aspects of both semesters may be affected, from fall break and finals schedules to EOCs and AP exams.

Next year, it is possible that finals will be taken after winter break, which puts students at a disadvantage. After two weeks away from school and only a few days to refresh students' memories, performance may be impacted.

"I really regret the state has done that because I think that puts our kids in not the optimal setting academically, which is the priority for schools," Dr. Arnel added.

In addition to first semester finals, spring exams, including EOCs and AP exams, could be affected. Less material will be covered by the time exams are administered, which could cause students to perform poorly on these exams.

"Right now, we have aligned our AP tests to really act as the final for those classes. Academically, this [bill] is really not great. I believe that with all my heart," Dr. Arnel said.

Mrs. Simpkins assures that the committee will take all these issues into account when forming next year's calendar.

"Some people want to continue with the two-week Christmas break. Some people want finals before Christmas break. So all of these things will have to be considered moving forward," Mrs. Simpkins said.

Though there will be many hurdles to jump over next year, Dr. Arnel ensures that everything possible is being done to combat these changes.

"We will make it work and make sure we take care of our kids," Dr. Arnel said.



HARD AT WORK: Senior Kyle Bryan focuses and works on homework in AP Human Geography, a college level course similar to the Calculus 3 class he is enrolled in at SCC. **PHOTO BY ISAIAH SALIN**

STARTING COLLEGE AND CAREER

Seniors getting a head start by enrolling in classes at SCC

By Ty Nedungadi
Staff reporter

While other students are starting their day at Central at a desk, senior **Kyle Bryan** starts off his weekdays by driving to Saint Charles Community College and begins his first hour with the dual enrollment program. Bryan finishes his class and drive back to Central to continue his enrollment there. Going from SCC to Central, Bryan's experience in class changes from self guided to a more collective class learning experience.

College is the next step for most students who complete high school, although there are some who decide to enroll in college classes earlier for a head start. The SCC program, one of the variety of options students can partake in, is a popular choice for those wanting to earn that head start because it offers many courses.

In Bryan's case, he is currently enrolled in Calculus 3 at SCC. Traveling to the college and to FHC is one of the tasks that he goes through on a daily basis. SCC became a choice for him to continue his path in enrolling in math classes.

"I decided to take [Calculus 3] because I had finished Calc BC last year at Central and it was a really good math class, and then this expands my knowledge and also prepares me for college and my career," Bryan said.

Taking his first class at college, Bryan sees a change of atmosphere of the class compared to taking classes at Central.

"It's been a very different environment compared to high school. It's a lot more of student, by yourself and learning compared to a class learning environment. It's a lot of straight lecture, do your homework at home, come in, do the lecture and test," Bryan explained.

Senior **Dylan Stover** is also an enrolled student taking Calculus 3, along with Analytical Geometry, at SCC. Stover shares the same belief

with Bryan about how the class is a next step into college and helps to prepare them.

Stover agrees with Bryan that it is a different environment; however, he explains how close the class is. Normally in a college class, the typical class size ranges from 20 to a few hundred for a lecture, but in Stover's class there are only four.

"There are only four people in the class... the teacher is talking more personal to us than a normal class would be," Stover said.

Bryan feels the work hasn't changed and it doesn't seem very difficult. Compared to his previous year of Calculus, the amount of homework given is similar. One of Bryan's challenges and changes is moving from SCC to Central on Wednesdays. Because classes end earlier on Wednesdays, Bryan arrives late.

"My day to day life - it really only changes the fact that I have to drive from first to second hour, and there's about the same amount of homework. But the big changes whenever it comes to Wednesdays because I'll be coming in slightly late to class," Bryan said.

There are other core classes (Math, English, Science, Social Studies) that are offered in the program. **Mrs. Michelle Breuer**, who helps students with college and careers, tells about the variety of classes that students can take.

"There are many core classes to take, from English, Math, History, electives, including humanities, social studies, art, music, theatre," Mrs. Breuer said.

Some of the core classes taken at SCC can also replace high school courses. The credit benefits students because not only does it earn college credit, but earns the necessary credit needed for graduation.

"English 1 is offered to juniors, and it gets rid of English 3 here. And so that English 1 will be the same as English 3, and then senior year when

they go and take English 2, then that's going to be their fourth English," Mrs. Breuer explained.

Although the program is beneficial, students will still turn down on it because the credit shows up on their high school transcript.

"Any of these classes they take will come in our transcript and their GPA. So some kids might not want that on their transcript here," Mrs. Breuer said.

Breuer still recommends the program to students who choose to earn a head start or move away from high school.

"There are some students that really, they're done with high school, right, and they want to explore other options. That's what I recommend," Breuer added.

Bryan also recommends the program for students wanting to go further past the required electives, like himself and Stover.

"I'd recommend it to anyone that has finished the stair steps of the core classes at Central and wants to go beyond by preparing for college," Bryan said.

Bryan, along with Stover, plans to transfer the credits from SCC to his college choices and, in the future, plans to take more classes. Bryan plans to use the credit from Calculus 3 and his previous years' credits at Missouri S&T.

"I might take Differential Equations next semester because a lot of their classes are semester classes instead of full years," Bryan added. "I was hoping to transfer this credit along with maybe credits from previous years. Probably to [Missouri] S&T."

Overall, SCC is a benefiting program that helps students earn college credit and earn a head start into their careers, and is recommended above other dual enrollment programs. These classes can be for post high school or can replace classes required.

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LEAD IN: Nicholas Smith works on a robot for the international Robotics competition. RAVEN Robotics, the robotics club for the Francis Howell School District, opened its doors to those whose skills do not lie in building robots, but practical skills. **PHOTO COURTESY OF STEPHEN DERENSKI**

EXPANDING HORIZONS

RAVEN Robotics welcomes students with different talents to join their club

By Sarah Percy
Staff Reporter

Kendra Minch, senior at Francis Howell High School, has been granted the joy of leading a club she feels passionately about and working with students who share her passion.

This club is Raven Robotics. Their name has a specific and unique meaning: Robotic And Vehicular Engineering by Nerds. Raven Robotics is the competitive team for the Francis Howell School District. Minch loves robotics and all aspects associated with it.

"Robotics has been a place where I can learn more about stem fields and get an idea of what I want to do after high school," Minch stated.

She is currently the vice president of Robotics. Minch especially adores the learning and technical skills the students retain from being a member of this organization.

"Raven Robotics is trying to help give

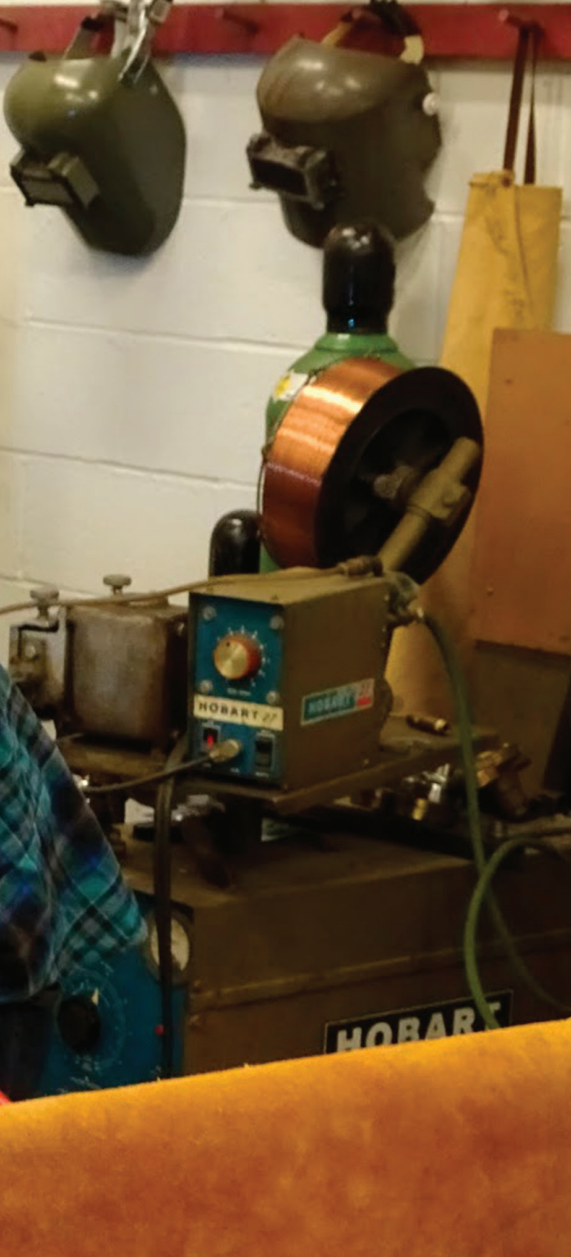
students jump start on skills like wiring, programming, welding, and building objects out of metal and wood," Minch said.

This program is beloved by its members because it delivers them a sense of purpose and responsibility, while allowing them creativity and various learning opportunities. The Robotics team has been building robots and competing since the year 2004, and continues to do so.

Each year, the Robotics team constructs a robot that will be put to the test in FIRST Robotics Competition, an event involving schools from around the globe.

Sophomore **Louis Jesse** believes the team needs to bring together many different skills to be successful at the competition.

"We're building the obstacle courses for everything right now," Jesse said. "We build a robot and it does certain things so that we go on to the next level. So, for example, throw a frisbee in like a hoop or something



"There's so many different areas like welding, electrical and frame. All that has to come together to make the prototype work."

-Louis Jesse,
Raven Robotics member

The immense amount of work is not that of a single person, or even a small group of individuals, but a team. The indicated team is composed of people with many different skills and talents.

This year, Raven Robotics is hoping to extend their list of skills on the team and create a welcoming environment for all students. The club as a whole has allowed those with other unique skills to work among them. These characteristics include business, STEM, and media aspects.

The particular gifts are not only useful in the Robotics program, but in the real world as well. The team has successfully integrated this new form of learning, and with it, the kids who excel in these fields.

The Francis Howell Robotics Club has been a place where kids are free to express their inner innovation through the form of building robots.

However, with the new programs being put into place, more students than ever are welcomed to be apart of this family. Minch, as vice president, is working to make this season one of the best.

"We encourage students who don't want to build robots to be a part of our media and business team. These teams are just as important as our STEM teams because they help to keep everything in the background running while we build the robot. They do everything from posting on our social media accounts, to keeping our finances balanced and helping to get sponsors for the team," Minch explained.

This group would not be as efficient nor as effective without the hard work and talent from members working behind the scenes.

Raven Robotics is an organization that requires a lot of outside work, including persuading sponsors to donate funds. This task is assigned to the members "behind the scenes."

Social media is the main outlet of information in today's society, a major communication network used to recruit new members and share material

about the team. The members are in charge of this operation.

The Robotics club may be centered around building a robot capable of doing great things, but these opportunities would not be available without the commitment from members of the business, STEM, and media teams.

Junior **Stephen Derenski**, lead programmer of the Raven Robotics organization, speaks of his experiences in robotics.

"[Robotics] can help you understand different things like engineering, programming, business, and media. There's all sorts of different things you can do inside of it that you can get exposed to," Derenski stated. "It has taught me so much more. I got more experienced and I learned more [about programming]."

This program has an immense impact on every member's life. Now, it can make a difference in many more students' lives, even if their skills do not lie in building or programming a robot, but instead in managing accounts or using personable skills to arrange sponsors. The members of the Robotics team urge everyone interested to join the fun.

"I would most definitely recommend it because especially if you're going into STEM fields, it can help you understand different things like engineering, programming, business, and media," Derenski added.

Jesse agrees that Robotics is beneficial for many types of students.

"For students looking for new things like in a brainy, logical sense. It's really good for those students," Jesse stated.

Minch also believes that there is a social aspect to Robotics.

"Everyone is open to being friends and they are there to have a good time," Minch said.

Despite where students' interests lie, there will always be a place for these particular talents and desires in the Robotics club.

like that. And you have to program it to do that. But there's so many different areas like welding, electrical, and frame. All that has to come together to make the prototype work."

Robotics, as described by Jesse, is no simple task. Many aspects are put into succeeding in any given competition and are required to excel at a high level of performance.



FIRST Robotics Competition

This competition is the main focus for the Raven Robotics program. Each year the competition is given a theme based on the challenge the teams will have to conquer. The club will learn more about the theme - Infinite Recharge - on Jan. 4, 2020. The idea behind the theme is to "support boundless innovation and create a society that's empowered, inspired and hopeful," according to the competition website.





IT'S TRICKY

Kaleb Foster
challenges himself in
the sport of tricking

HEELS OVER HEAD: Foster jumps high into the air perfecting a recently learned maneuver. Tricking combines elements of martial arts and gymnastics, but is focused more on the participant's willingness to try new things, not score points for a routine. **PHOTO BY GRACIE KRUEP**

By Aidan Allen
Staff reporter

Kaleb Foster takes the floor. All of his friends around him, phones out ready to record. He takes a deep breath, gets in his stance and runs forward. He throws his hands to the ground pushing off as if this would be his last trick ever. He jumps into the air and spins faster than he ever has, touches down with one foot just to swing the other into another flip. He lands perfectly solid on the ground, a huge rush of adrenaline hits him as his face lights up in joy. He's just landed the trick that he had been working on for months on end.

The entire gym erupts in applause and support, everybody running to Foster just to drown him in a mosh pit of hugs as if he had just won the lottery; to him he might as well have.

Foster partakes in the relatively unknown sport of "tricking." Tricking is a type of gymnastics that incorporates martial arts and sometimes break dancing, generally labeled as a much more difficult sport. From an outside perspective, tricking and gymnastics could seem very similar but on the contrary, they couldn't be more different.

"Gymnastics is a very strict, very technical based sport," Foster said. "[Gymnastics is like] that model perfect brother or sister you have [while tricking is like] that one weird step-cousin you have that you're not really related to."

Foster also goes into detail about how specifically the two sports are different.

"Tricking is a lot of off-axis stuff, which makes it hard to learn because you're not straight up or down," Foster said.

Foster has been tricking since he was eight, but has been participating in Taekwondo for 11 to 12 years and still actively participates in championships. He grew up in Atlanta, where the tricking scene is much bigger, which is where he met some other martial artists who took part in tricking. When Foster moved to St. Charles, he pursued tricking, often practicing at gymnastic centers that hold open gym times. Tricking is a self-focused sport in which the athlete doesn't necessarily need other people to get better.

"For a long time after I moved here, I tricked by myself," Foster explained.

Though Foster began his tricking experience alone, mostly practicing by himself, he hasn't always been alone.

"Now I found a pretty good group of friends that constantly come to open gyms in the area."

The more people that Foster tricked with, the deeper he got into the tricking community.

For as unknown as the sport can be, the community of tricking is immensely large and disperse, coming from every end of the earth. Foster recently attended a huge tricking gathering in Kansas City over the Labor Day weekend in which people from all around the world participated.

"A bunch of people from all across the world, people from Ukraine, people from Russia, people from Israel were there," Foster said. "It was crazy to see how tricking really transcends culture."

In most sports, it's all about competing, training, and practicing so the player can be better than someone else and win more points for their team, but tricking is all about competing with yourself and constantly pushing yourself to be better than you already are. Tricking isn't about getting points or competing for the best time. There is no reward for landing a new trick, no trophy. People do it to see how far they can push their limits and how far they can take it.

"I have such a passion for it that I'll push things aside so I can go and I can spend a couple of hours throwing my body around and falling on the floor," Foster said.

Tricking is a sport about passion and so many athletes who trick have that same level of passion so naturally people come together to share that passion and help push each other which is why the tricking community is so large and disperse.

"It's crazy how a gymnastics spin off can bring so many people together," Foster said. "I think tricking and this community really accentuates what it's all about."

Junior **Ethan Fuller** is relatively new to the sport



OFF AXIS: Kaleb Foster twists through the air as he throws one of his longest and most challenging combos. Foster began tricking when he lived in Atlanta. Most of his practice takes place at gymnastic centers during their open gym time. **PHOTO BY GRACIE KRUEP**



KICK COMBO: Foster throws kicks he learned in Taekwondo to build momentum in his combo. Fusing martial arts and gymnastics is what makes tricking so unique. **PHOTO BY GRACIE KRUEP**

of tricking, but has been doing other forms of gymnastics for a long time.

"I started out with tumbling, but it was more fun to trick. Putting a trick into the more traditional moves" Fuller said.

While Foster began tricking with a martial arts background, it certainly isn't necessary to have one to get into tricking. Some start with other gymnastics and move over to tricking, while some start without even having a single flip.

"It doesn't matter what skill level you are, there are people who can barely do a backflip to people

who can do quad fulls which is like a backflip with four spins" Foster said.

Like most sports, tricking does not come instantly and takes an immense amount of effort to get good at. While Foster puts as much time as possible into this sport he still has to balance all of his other activities along with tricking.

"Currently, I'm an instructor and I teach Taekwondo classes," Foster said.

Foster manages to incorporate most of his activities closely to one another so he can still practice everything he does and continues to constantly get better without getting overwhelmed.

When participating in a sport, everybody has to start somewhere and some don't progress as fast as others.

"Everyone has gone through that struggle of having that one move that they just can't get," Foster said, "You just have to stick with it, I promise, I've been there."

Foster has spent years perfecting the skills he has today and all of that has been done over time and work. A complicated sport like tricking takes time to get the hang of and there's so many aspects it's easy to get frustrated as many do. Especially when coming from gymnastics, that transition can be difficult because of how strict gymnastics is about form.

"It forces you to do things that are very unnatural in the air. It really pushes you to understand your aerial awareness," Foster said.

For most people tricking and most forms of gymnastics take time to get used to because when starting its difficult to understand where the athlete could be in the air and when to open or stop a trick. Taking the time to learn how tricking works and put effort into the sport really pays off for most athletes as they can throw their bodies into the air effortlessly and know exactly what they are doing.

For Foster and many other athletes, they have spent a good portion of their lives training this sport for personal gain and experience, and many do this just because they have fallen in love with the sport.

"Those life lessons of being able to overcome adversity is what I think means the most about tricking," Foster said.

MY FAVORITE: PODCASTS

By Craig Eddy

Podcast editor

Nowadays, there's so many different outlets to listen to. Podcasts, for example, come in many forms. They can be informative, entertaining, storytelling, or just something to pass the time.

But many of these are not necessarily relatable, so plucked from the internet are three interesting podcasts from all different genres for the average student to listen to.

"Welcome to Nightvale:" In a small desert town, a radio broadcaster recounts strange happenings and occurrences of the month.



Welcome to Nightvale is updated twice-monthly and takes different experiences and supernatural wonders and places them in a fictional town and lets the listeners' minds wander. It's a nice

change of pace to the monotonous school day, and from odd surveillance helicopters to hooded figures in dog parks, this spooky trip has many surprises in store.

"My Brother, My Brother, and Me:"

For something hilarious and genuinely helpful, turn to the McElroy brothers, Justin, Travis, and Griffin. These close-knit siblings created a weekly advice podcast where they comedically answer questions submitted to them or found on various forums. Along with actually helping answer real common questions, the McElroys will make it enjoyable to listen to with funny quips and games.

"No Such Thing as a Fish:" Along the themes of factual and funny, No Such Thing as a Fish is a weekly podcast about four friends who come together and share the latest interesting facts they've found throughout the week. While on paper it may seem like MBMBaM in its concept, NSTaaF is more fact based, with an added comedic effect. Each cast member brings in their own special charm to the show, which adds for a unique hilarious experience.



FISHY BUSINESS: The members of the "No Such Thing as a Fish" podcast bring humor to interesting information they've learned since the previous episode. **PHOTO COURTESY OF WIKIMEDIA COMMONS**

PLAYING AROUND: The playground at Legacy Park offers slides, swings, and other fun obstacles. The playground is accessible for all ages. **PHOTO BY ISAIAH SALIN**



MAKING MEMORIES ON MAIN STREET

Cottleville has plenty of places to find great fun, food

By Zoe Michals
Staff reporter

From the delicious desserts at Cottleville Cookies and Cream to having fun with friends in Legacy Park, Cottleville has a lot to offer. If you're looking for good places to eat and create memories with friends around school, check out these places recommended for a good time by students.

Legacy Park

There are a lot of fun things to do in Legacy Park. The playground equipped with slides, swings, and many fun climbing obstacles is enjoyable for everyone. There is also a wheelchair friendly swing, sand volleyball courts, basketball courts, and trails behind the park that our cross country runners are known to utilize. The pavillion towards the back of the park is great for hosting events.

Senior **Emily Mundle** participates in sand volleyball at Legacy Park alongside the rest of her high school volleyball team.

"[She really enjoys playing alongside them] because they're all goofy, but [they] also like to play," Mundle recalled.

This park is a great place to spend time with friends, family and to get outside. Great memories can be made here, take the time Mundle and her team made a mud-slide after a game for example. The park is in walking distance of FHC and is a great place to decompress after a long, stressful day of learning and activities.



YUMMY: Cookies and Cream has a historic, homey vibe inside and out. All of the windows create a bright environment inside. **PHOTO BY GRACIE KRUEP**

Cottleville Cookies and Cream

When you walk in, you're met with the sweet smell of desserts and fresh made waffle cones. Cottleville Cookies and Cream is a calm, spacious environment where they serve cookies and ice cream! All types of people go there as it has a lot to offer. It's a perfect place to do homework with friends, go as a family on the weekend, or for a cute after school date. Cookies and Cream manager, senior **Bryan Rootz**, loves the atmosphere.

"It's super chill, but it's like you feel at home. It's like your grandma's house kinda ... [it's] a happy, cheery place to go," Rootz said.

One of the stand out qualities is how bright and spacious it is. It looks small from the outside but inside there's a perfect amount of space and natural light complemented by the pastel tones of the decor. Additionally, the staff are very personable and will make your experience great.

*"[The atmosphere] is really fun
and vibrant"*

-Jordan Outlaw
freshman



LEAD IN: Bemo's Grill is a big entertainment hub in Cottleville, with full houses and live entertainment every weekend. The dark exterior juxtaposes the happy atmosphere inside.
PHOTO BY ISAIAH SALIN

Bemo's Grill

Bemo's Grill is a wonderful dinner location in Cottleville. With soups, salads, sandwiches, appetizers, burgers, and entrees from shrimp pasta to ribeye steak Bemo's has food for picky and adventurous eaters! Amongst the adult demographic the bar is very popular and in turn it's a full house on most weekend nights.

Freshman **Jordan Outlaw** has been working at Bemo's for a few months and he loves it. He enjoys watching all of the customers enjoy themselves in the presence of great friends, great food, and great live entertainment.

"It's really fun and vibrant," Outlaw said.

The music, dancing customers, excited conversations and smiling faces are what makes working there so enjoyable for Outlaw.

Bemo's has live entertainment on the weekends and many TV's making it a great place to view the upcoming game. If you're looking for a good time and meal this weekend, Bemo's is the place to be!

Plank Road Pizza

Plank Road is a cute pizza place right down the street from FHC and across the street from Cookies and Cream. The personality of the restaurant is very relaxed and pleasant. The food is amazing! Senior **Joshlyn Enochs** who has worked there for around one year really likes the food too.

"We get a lot of people who come back saying that they loved [the food]," said Enochs.

Because of its location, people are prone to skip over Plank Road as a pizza option; however the handmade pizzas and salads are incredible. All of their pizzas are named after local roads and boast an exotic and tasty range of topping combinations. They also have an outdoor patio which is great in the summertime or for roasting marshmallows with friends and family.

The atmosphere is very positive, and the rustic, historic decor mixed with the polite and lovely staff work together to make a great environment for making memories and filling your stomach.



PIZZA PLACE: Plank Road Pizza is very rustic and quaint. The outdoor patio is great for enjoying good food with good people on summer nights. **PHOTO BY ISAIAH SALIN**



Other interesting places to visit in the 'Ville

Upshot Coffee

Urban Air

Mannino's

Mid Rivers Mall

The Flower Stop

Barnes & Noble

1898 Barbecue

Rockin' Jump

Old Town Donuts

Rec-Plex

Old Hickory Golf Club

Blooming Daisy Markets

Top Notch Axe Throwing

Mellow Mushroom

St. Charles Community
College



SAVING BEES AND TREES: Environmental Club members plan upcoming events and ways they can make an impact on the environment in and out of school. The student lead club determines new and helpful ways to limit the amount of waste the community puts into the environment. **PHOTO BY RHYEN STANDRIDGE**

BE THE CHANGE

How the Environmental Club plans to change bad habits

By Grace Bahru
Staff Reporter

Although the Environmental Club is brand new it has big ambitions to help our community. The newly founded club already has ten members so far and they hope to expand their numbers over the next few months. For anyone who is interested in joining the environmental club, showing up at any of their meetings is the first step to getting involved.

Senior **Annika Clark** is the secretary and is involved in many clubs that are meant to benefit students and teachers.

"You can just drop by any of our meetings, or if you can't make it to one of our meetings you can always stop by Mrs. Staback's room and get information there at any point," Clark said.

Meetings are held after school on Wednesday and Thursday morning at 6:45 am-7:10 a.m. in Mrs. Kellie Staback's room 221.

At Wednesday meetings, members go around the school and do a trash hike to help keep our campus clean, and on Thursday

meetings, members are informed of all upcoming events, places to volunteer at and different environmental issues that students should be more aware of.

Just like a handful of clubs, it is student lead and it gives all members a chance to voice their thoughts on different environmental issues that need to be focused on.

Even though the club has only held two meetings, they already have plans for future events that will impact our community and help change our minds on ways to help the environment. One of their ideas is having a craft night.

"We have this idea of having a craft night, and we teach you different ways to reuse items like you can do this thing called wine and you take plastic bags and you can make them into a reusable bag, and there is also this really cool thing where you can knit like a sleeping mat for the homeless," Clark said.

Some goals for the club that impact the students in our school is to start a compost and to teach students what you can and can't recycle, as well as additional

ways the school can get involved in raising awareness for the environment.

They're also trying to get students involved whether they realize it or not, and they have different activities planned that are going to help keep all the students aware of our environment. With high goals for this club, members hope to make a big impact not just within our school but within our community.

Co-President **Anne Meister** is fully committed to helping make FHC a better place and one of the ways she hopes to help the school is through the Environmental Club.

"Our biggest goal is providing information to our community about how they can help our earth ... knowing how we can help the environment the best we can, and to try and ensure that when you graduate from FHC that the Environmental Club can teach you some things you can take with you into the real world," Meister said.

One of the club's ways of knowing different activities going on in the community is through the club sponsor.

"I think it's important to do community outreach like things like stream cleans and different nature events that are throughout the community, but mainly getting us involved in what's going beyond just our school," Mrs. Staback said.

Mrs. Staback a genetics and environmental science teacher who believes that people should be more aware of their environment.

"I thought we needed this club from the minute I walked in three years ago," Mr. Staback said. "I think it's important to not only get my environmental classes involved in what's going on in the real world, but also other students who don't have the opportunity to take the class," Mrs. Staback said.

Members of the new Environmental Club are not only helping our school become more aware of our environment, but they are also getting involved in the community and joining in on something bigger than themselves. For students who are interested in helping their environment, join the Environmental Club help make FHC more environmentally friendly.

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LIVING SUSTAINABLY



It's A Great Day to Recycle!

Individual efforts help improve environmental issues

By Kayla Reyes
Print Editor-in-Chief

Plastic fills beaches, oceans, the stomachs of marine animals. Temperatures reach an all-time high, melting ice caps and sucking the moisture out of lakes and rivers. Humans and animals alike breathe polluted air, unwittingly contaminating their bodies with a single breath.

The gravity of the environmental situation has seemingly come crashing down all at once. People have made the realization that something must be done, yet it seems as though no action is being taken. People may think their actions as one person couldn't possibly make a difference, or they simply may not know where to start.

For junior **Anna West**, the story is different. As a student in Environmental Science last year, she discovered the importance of taking responsibility for treating the environment with the respect it so desperately needs. West has always had an interest in environmental issues, but Environmental Science helped her broaden her perspective and implement change in her own life.

"It gave us more background knowledge about what we can do, and we explored it in more depth than you would get from, say, the news or something," West explained.

Environmental Science teacher **Mrs. Kim Maxwell** believes that being informed is the first step people must make before making changes to their lives.

"I think it's a lack of awareness that kids have... I think just being informed of, you know, like having access to clean water is something that not a lot of people have," Mrs. Maxwell said. "Only one in six people in the world have access to clean water. And so something as simple as [walking] into the bathroom and [flipping] on the sink... that's not a luxury that everybody has."

From what she learned in Environmental Science, West realized that while one person's actions may seem inconsequential, even the smallest changes can prove impactful.

"Success and change can come about [many] ways. If a lot of individuals change, that would make a difference. For example, overgrazing from cows is a big problem and a lot of methane comes from cattle, so if everybody gave up meat one day of the week, a lot of good things would come from that," West said.

Mrs. Maxwell agrees that small changes can help contribute to a much bigger environmental movement.

"There's also a lot of resource consumption when it comes to agriculture and meat industries," Mrs. Maxwell said. "So not necessarily saying that everybody should become a vegetarian, but even if you went like meatless for a day, that would reduce the overall resources that are utilized in that industry."

West explains that while individual actions are essential in improving the environmental situation, responsibility also falls on corporations.

"Not everything is able to be done on a grand scale, but I think the key to making real

If we're not
using them
sustainably
... the world
as we know
it is going to
become much
more expensive,
much harder to
survive in.

—Mrs. Kim Maxwell,
Environmental Science
teacher

change is ... a mixture of large contributions and individual actions," West said.

An example of a way large corporations can enact environmental change is UMSL Sustainability, an organization made up of UMSL students and staff. It aims to spread awareness about how to live more eco-friendly lives and provides resources for people at UMSL to start making changes in their lives.

Ashley Breyfogle, a biology major at UMSL, aids in planning Sustainability's events and spreading the word about the program.

"We're a group of faculty and students that ... are always brainstorming different ideas on how to make things more sustainable," Breyfogle explained. "The thing I'm really focused on right now is ... working on getting recycling and [composting] over at Meadows, the apartment on campus."

Breyfogle gets the opportunity to take action on a much larger scale than just implementing change in her daily life. Because of her involvement in sustainability, her reach is larger than that of an ordinary person.

However, Breyfogle believes anyone who puts their mind to it can live a more sustainable life. From recycling to joining an organization like Sustainability, she believes anything and everything has an impact.

"Talking to people, like peer influence, is a good way to get people to start recycling or whatever else. Small scale, it doesn't seem like you make a difference, but you definitely do," Breyfogle said.

Mrs. Maxwell agreed that individual actions can make a huge difference in improving the environmental problems that are being faced today.

"Some things can be as simple as, instead of throwing your plastic bottle in, throw it in the recycling bins that are placed in every single classroom throughout the school. I take multiple plastic bottles out of my trash cans every day. That's one really small thing that could happen, but on a really large scale can make a difference," Mrs. Maxwell said.

According to Mrs. Maxwell, it's important to remember that the resources we have today must be saved for the future. In her eyes, resource consumption is one of the biggest environmental issues that must be tackled.

"Our world is just what we got, there's not a new one... The resources we have are the resources we have. Some of them are able to be renewed and some of them are not, and if we're not using them sustainably... the world as we know it is going to become much more expensive, much harder to survive in," Mrs. Maxwell said.

While it's easy to focus on the many negative aspects of the current environmental situation, it's important to remember that action is being made, both on a small and large scale.

"There are a lot of companies that are coming about that have like, reusable water bottles, reusable feminine hygiene products. There's a lot of companies who are using more organic and eco-friendly stuff and trying to spread awareness," West said.

West believes that companies with a big influence are an important factor in getting individuals to live more sustainably.

"They're important because of their impact, mostly, and because more people believe them over some small thing. They just have a much bigger range and a bigger influence," West explained.



CLIMATE IN CRISIS

Changes in Earth's climate have potential for deadly consequences for this generation

By Kana Chung
Copy Editor

A land that was once a symbol of paradise, notorious for its clear waters, coral reefs, exotic cuisine and diverse wildlife, is now in shambles. A once-cozy blue house with an easy white porch, now lays completely upside down amongst the debris. The streets which previously resonated the enthusiastic chatter between tourists and locals, are now flooded with the incessant clamor of bulldozers clearing the city's remnants. With the official death toll now reaching at least 50, and an estimated 76,000 residents left homeless, Hurricane Dorian has left the Bahamas in devastation. Dorian is only the latest of many natural disasters this year.

With recent changes in the earth's climate, natural disasters, such as Hurricane Dorian, are becoming more and more frequent. According to information gathered by NASA on global climate change, hurricanes will grow more frequent and intense, more droughts and heat waves will occur and sea levels will rise, along with many other effects as the climate's temperature increases.

Environmental Science teacher and sponsor of the Environmental Club, **Mrs. Kellie Staback**, is well-informed on some of the biggest issues with the current climate risks.

"With the rising global temperature that comes with climate change, you have to worry about the melting of the ice caps and sea level rise. Weather extremes as well: flooding that we've seen in the past few years, ocean acidification is another big one with coral bleaching and the loss of biodiversity in the ocean," Staback said.

Although the concept of climate change is a complex one, it is not an issue that can only be grasped by adult minds. Many students are also very aware of the changes the planet is experiencing. Senior and co-president of the Environmental Club, Anne Meister, has a thorough understanding of what effects climate change can have on the earth.

"The way that we live right now is going to drastically change within 10 to 15 years, because it won't just be the earth getting hotter. We'll see the coldest winters we've ever seen. We'll see the hottest summers we've ever seen. We'll see more hurricanes and more floods that devastate towns and cities and coastlines," Meister said.

Meister has even witnessed these repercussions firsthand while traveling the country with her father, who works as a plant scientist.

"We were driving all over the country this year, and [my dad was] like, 'Those crop machines shouldn't be out right now... The farmers should already be planting their crops,' and 'We're going to run out of food,'" Meister said.

Although the issues that threaten the future of planet earth appear to be well known amongst the general public, the overall climate temperature continues to rise. But according to Staback, this is

not due to a lack of regard today's youth has for the environment.

"I would say that a lot of students truly care about what's going on in the environment," Staback explained. "I think that they really want to have an understanding of what's actually happening, and are there ways that they, as an individual, can actually make a difference."

Eric Aldrich, a meteorology instructor at the University of Missouri- Columbia, agrees that there is a positive attitude toward reducing climate pollution. However, he believes that those who are concerned are not always informed on the truth of what the issues are.

"The climate has always been changing; that's nothing new. The climate will continue to change, too. I think many people just think that it has started to change, when that's not the case at all. Now, the rate at which it is changing is happening quicker," Aldrich said. "[Attitude toward the environment is] good in that, people do genuinely care about the climate and environment. There just needs to be more education on how the natural climate changing process changes."

The first step to preventing climate change is understanding what it is. Meister provided a brief description of global warming, which is arguably the biggest contributor to climate change.

"[Greenhouse gasses are] making a blanket around the Earth, so that the sun rays- they can come in, but they can't get out," Meister said.

Additionally, in order to understand how a change in climate can be prevented, it is important to recognize what its initial causes are. Staback provided some information on the biggest contributors to air pollution, which drive global warming and climate change.

"[Greenhouse gas emissions are] really due to urbanization, industrialization, those types of things, but the greenhouse gas emissions come from a variety of things like transportation: cars, trains, airplanes, [etc.], but also stationary sources like power plants and factories. And even methane from livestock is a big issue," Staback said.

There are many things that can be done to reduce pollution, and Staback instills in her students that it only takes one person to begin a change that can have a monumental impact.

"I always tell them that it truly takes one individual. If you look at The Ocean Cleanup Project, it took one teenager to have this idea, and now this idea is being implemented out in the Great Pacific Garbage Patch," Staback said. "So, I tell them that individuals matter, and their care for the environment matters."

Even if the efforts of one individual do not spark a nationwide project, all of the minor acts that people carry out every day can have a significant impact on the air and climate quality. Aldrich provided some of the very basics that almost everyone can take part in.



ART BY ANNA CARROLL

"Car pool, bike and walk more, don't participate in open burning, recycle, upgrade to new vehicles [such as those that are battery powered]," Aldrich said.

Staback also shared some household habits that could have a drastic impact when implemented continuously.

"Eat less meat. With the greenhouse gas methane, if we're eating less meat, then we're not driving that whole industry," Staback said. "[Also,] conserving energy at home; thinking about light usage and energy efficient appliances that are in your house. If possible,

I know it's difficult with our society today, but [try] using renewable resources if you can."

Meister is passionate about the often unrecognized effects food waste can have on global warming and climate change. She suggests being conscious of what food products could still be eaten instead of thrown out.

"People should start thinking about their food waste, and being like, 'Okay, can I eat this still? I can still eat this,'" Meister said. "Food lasts a lot longer than people actually think it does."

With the joined efforts of the planet's inhabitants, earth's preservation is most certainly within reach. However, even though it only takes one person to start a movement, no one individual can make the change on their own. That is why Staback highly encourages students to raise awareness for issues they're passionate about.

"Just raising awareness: telling other people what you know. Like I said: individuals matter. If one person is sharing what they care about, then it might spark somebody else to make a change too," Staback said.



LAND OF LITTER: Trash is scattered across the grass near the courtyard outside of the cafeteria. Using trash cans and recycling bins helps prevent litter on campus.

Litter creates detrimental effects on our environment

By Megan Percy
Web Editor-in-Chief

The sun scrapes over the tree line of Legacy Park, igniting the emerald soccer fields, reaching to the black pavement of the student parking lot, and shining on the students as they emerge from cars and buses, ready for a brand new day at Francis Howell Central. However, in the grass around the school, in the parking lot, and inside the building itself, a person could see litter, tarnishing the image.

According to National Geographic, 8.63 billion tons of plastic products have been made in total. Of that shocking amount, 6.3 billion tons have become plastic garbage, 79 percent of which ends up litter. This number seems unrealistic, but real life examples are all around, according to **Mrs. Karen Flood**, all they would have to do is look on the ground in front of them.

"I find litter everywhere I go. I always pick it up as I walk through the building of [the] school, I pick it up in the parking lot," Mrs. Flood said. "I think litter is one of the biggest problems that we have with our throwaway society."

The most common item Mrs. Flood finds is plastics and personal waste, things most people use on a daily basis and throw away without a thought.

"I think the most common [item I find] is plastic, lots of food and drink [waste],

especially when I'm out at parks and stuff," Mrs. Flood said. "I think most of the stuff that I find is [what] people have left from either eating or drinking."

Mrs. Flood is part of a group called Clean Stream, which goes out and retrieves litter from bodies of water locally.

"We started doing Clean Stream because we thought it was really important for the students to have something [that they] got together and did...for our [local] community," Mrs. Flood said. "A lot of the things that we've done in the past have been for hurricane relief for storms, and we wanted to do something that the students would be directly affected [by]."

Much of the trash seen in the rivers and lakes that Clean Stream helps get rid of is caused by everyday people just leaving their trash around, even if it's nowhere near a body of water, according to Mrs. Kellie Staback, the sponsor for the Environmental Club and an Environmental Sciences teacher.

"A lot of the plastic packaging either makes it to a landfill, where it takes hundreds and hundreds of years to decompose, or it doesn't make it to a landfill," Mrs. Staback said. "It ends up littering, just like we see around our own campus community. It could get stuck in rain runoff and get into our creeks and streams and rivers, and eventually into the ocean."

It may also hurt the organisms living in

the wild where the waste used by humans ends up and could potentially hurt them in many ways.

"It definitely impacts ecosystems. A lot of times, different researchers have found that animals actually eat the plastic that's in the rivers, in the creeks, or even...on the side of the road, which makes them obviously very sick and can actually lead to their deaths," Staback said. "It's not only affecting the quality of our own environment as humans, but also [the quality of life] for other organisms too."

Other than Clean Stream, the school has provided another way to help alleviate the issue of litter; Wednesday afternoon nature walks. Junior **Sarah Skelly**, a member of the Environmental Club, plans to take part in these walks after school during PLC time.

"We're going to be walking around the campus of school and picking up trash, and then on Sundays, we might go into Legacy Park and pick up trash there too," Skelly said.

As a student here, Skelly said she believes the easiest and simplest way to help is to make sure trash is thrown away, both when it comes to personal waste and any waste seen around a person's area.

"Recycle plastic, paper and cans that can be recycled, stuff like that. [You] can also make sure that [your] trash makes it in the trash can, and if [you] see litter, pick it up," Skelly said.

How to snack HEALTHY

By Anna Carroll
Staff reporter

From Scooby-Doo to preschoolers post recess, we all need and love a good snack. While catching mischievous ghouls or painting with gobs of glitter glue may not be the next thing on your to-do list, you'll need good fuel to help you take on anything that comes your way. Getting the proper nutrients your body needs is vital to feeling and doing your best. Of course, healthy snacking, especially during those oh-so busy hours in between meals, is easier said than done. However, we have compiled a list of snacks that will make snacking simple.

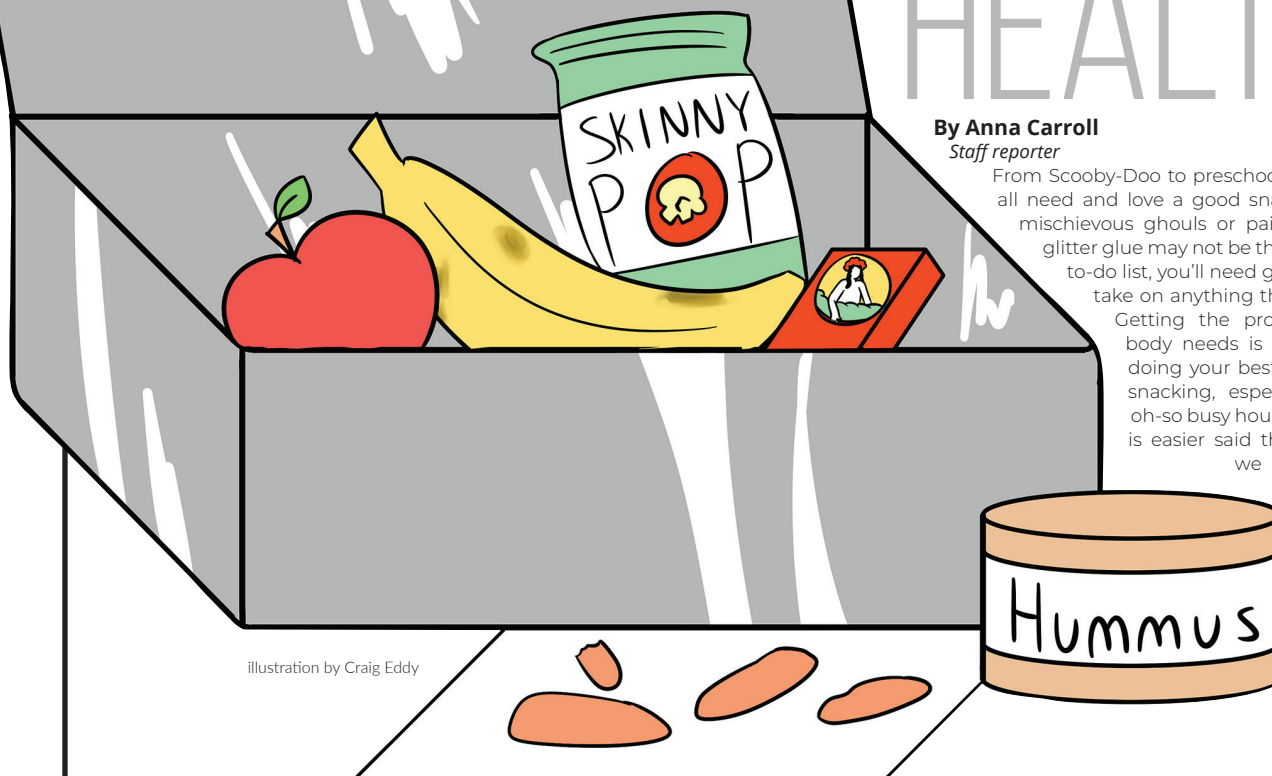


illustration by Craig Eddy

POST WORKOUT

Foods high in protein and complex carbs are ideal for muscle repair and a much-needed recharge.

Greek yogurt “cookie dough”

Recipe
Yield: ½ cup
Total time: 5 minutes
Ingredients:
1/2 cup plain or vanilla Greek yogurt
1 Tbsp creamy peanut butter
Chocolate chips (to taste)
Honey to taste (optional)
Vanilla extract to taste (optional)
Instructions:
1. Stir all ingredients together until peanut butter is incorporated throughout the yogurt.
2. If using plain Greek yogurt, add honey and vanilla to curb the yogurt's tang and achieve a sweet cookie-like taste.
3. Enjoy immediately
Greek yogurt with fruit and/or granola

Roasted chickpeas

Recipe
Yield: approximately 1.5 cups
Total time: 25 times
Ingredients:
1 15 oz can of chickpeas
1 tbsp. olive oil
½ tsp. salt
½ tsp. pepper
½ tsp. paprika
Instructions:
1. Preheat the oven to 450 °F and line a baking sheet with parchment paper.
2. Drain, rinse, and, with a towel, dry the chickpeas. Place them in a bowl, add olive oil, and toss the chickpeas until they are evenly coated in oil.
3. Spread chickpeas out in an even layer on the baking sheet. Bake for 25 minutes, shaking the pan every 10 minutes or so.
4. Immediately after baking, toss the chickpeas with spices.
Trail mix (any combination of unsalted nuts and dried fruit will do. You can also sparingly include pretzels, M & M's, or any other add-in that strikes your fancy)

JUST FEEL LIKE SNACKING

Craving a crunch? Is your sweet tooth aching even though you know you are not really hungry? Low-calorie, high-volume snacks are perfect for you.

Kale chips

Recipe
Yield: approximately 2 cups
Total time: 20 minutes
Ingredients:
4 cups raw, roughly chopped kale (ribs removed)
2 tbsp. olive oil
Kosher salt (to taste)
Garlic powder (to taste)
Instructions
1. Preheat oven to 350 °F and line a baking sheet with aluminum foil.
2. On the baking sheet, spread out the kale into a single, even layer.
3. Using a pastry brush (or your hands) evenly coat the pieces of kale in olive oil.
4. Season with salt and garlic powder, and bake for 10-15 minutes or until crispy.
5. Store in an airtight container for up to 3 days, and Enjoy!

Homemade popcorn

Recipe
Yield: approximately 7 cups
Total time: 10 minutes
Ingredients:
3 Tbsp popcorn kernels
1 tbsp. oil
Salt to taste (optional)
Pepper to taste (optional)
Nutritional yeast to taste (optional)
Cinnamon to taste (optional)
Instructions:
1. In a 4-quart pot, pour oil and corn.
2. Cover the pot, leaving the lid slightly (no more than ¾ of an inch) ajar, and heat it over medium heat.
3. Intermittently, lift and gently shake the pot. Once popping slows, remove from heat, sprinkle on your seasoning of choice, and store in an airtight container for up to 4 days.



EXTRA POINTS

Senior soccer player
Sam Newton doubles
as football kicker

By Kierigan McEvoy
Web assignments editor

"WE WANT SAM!!! WE WANT SAM!!! WE WANT SAM!!!" the student section roars. A second left on the clock, he lines up for the kick. He takes a deep breath through the wind and rain, beating against his face. 42 yards; that's how far he has to kick it. Tie game 6-6. There's the snap, two strides, and then contact. The ball rockets through the air. Farther, and father, and father, and father... IT'S GOOD! Spartans are up 9-6 against Fort Zumwalt East at half on Aug. 30 game because of one kick by a rookie, senior **Samuel Newton**.

When Newton is mentioned, soccer is immediately the first association. A two-year varsity player and captain, Newton eats, sleeps, and breathes soccer.

"I like [soccer] because it satisfies my hunger to keep working and striving to be the best person I can be on and off the field," Newton explained.

Assistant Coach Nicholas Beckmann states that not only is Newton a dedicated soccer player, but a valuable one for the team this year.

"For us, he is a big part of the core group. He's a captain for us. He's taken on the leadership role pretty well. He's a strong player, good left foot, good on the ball. And we say, that he kinda has a motor like he can run forever," Coach Beckmann said.

So, why all of the sudden is football in the picture this year for Newton? Newton is close with weightlifting teacher **Coach Malach Radigan**, who also happens to be an assistant coach for football.

"I train the soccer team, and so one day I was joking around and I was like, 'We need a kicker. Which one of you guys want to kick for football?' And a few went out and were kicking and practicing and there were three or four of them that could really do it, but Sam was really the one who like kind of took the initiative to be like, 'I'll do it for real,'" Coach Radigan explained.

The decision to take on two fall sports was made easy by the communication with the coaches of both teams and knowing where his priorities are.

"Sam's number one priority is soccer, so we know that. The

FOCUSED: With eyes set on the task at hand, Sam Newton jogs off the field after warming up for the first home game against Fort Zumwalt South. Coming off a 42 yard field goal last game, Newton has a big job of topping last games performance. **PHOTO BY ABBY TURNER**

when we don't have Sam, we're just going to onside it or we're just going to do something different. But like we know for him soccer's the number one priority. We don't ever want to take that away from him," Coach Radigan said.

Because of communication with the coaches, Newton is able to create separate practice times in order to prepare for games.

"The coaches do a good job of getting me in on times that I can [practice kicking] for football. I go after soccer practice and before school [to kick] for football. And they just understand that it's a busy season and they do a good job of getting me in," Newton said.

But what's more, the level of play that Newton brings to both soccer and football is incomparable to his energy.

"When Sam steps on our field the team loves him, like they go crazy for Sam," Coach Radigan said. "They all want him to be out there. And then obviously, we kicked our first field goal in like four years with Sam. And so the crowd went crazy. The team went crazy. So, he's already done more than we would have thought of."

The only concern for the soccer program is that Newton stays healthy and does not get hurt kicking for football.

"The only thing we tell Sam is don't get hurt. He's not the biggest guy, but he can handle himself fine. He's just a big part of our team, so we want to make sure that he's taken care of," Coach Beckmann stated.

It is safe to say that Newton is being well taken care of by not only his coaches but his new teammates who call him 'Kicker' when they see him in the hallways and talk about how awesome he is with classmates during school. Being the senior newbie has not hindered the relationship Newton has been able to build with his team according to junior football player **Alexander Vogel**.

"We call him kicker," Vogel chuckled. "[Having Sam] has definitely been a positive thing. I mean, for a while now we've been kicking onside kicks,



DETERMINED: Sam Newton fights off a defender against Chaminade. The highly ranked team took down the Spartans 2-1. **PHOTO BY GRACIE KRUEP**

and going on fourth downs, so being able to kick field goals that can determine a game is really big for us. Before football, we were still friends

"They're all just really pumped that I'm on the team," Newton grinned. "Once I started showing up to practice more and seeing some more friendly faces and just like making friends, it's become a lot easier."

The Spartans were able to win their season opener game with Newton on the field. Although it was a great team effort that accomplished the job, Newton's 42 yard field goal was definitely the talk of the town following the win.

"It was incredible. Just seeing how hype everyone on the football team got and like feeling the energy running back to the locker room and once we got in the locker room was incredible. [Scoring a soccer goal] does not compare, it just doesn't. I've never experienced anything like that in soccer," Newton explained.

More than the attention that Newton's unique

situation has brought him by playing two fall sports, Newton has a deeper meaning behind why he is choosing to do both and what drives him to compete.

"In football, a big part of it is my dad because that was the sport that he played, and so I just want to make [my parents] proud. And in soccer, it's kind of like a personal drive because I've played so long that I want to not just be better than the people I'm playing with at the time, but it's about being better than the people that came before me," Newton said. "Just being the best person I can be through it all."

The team rushes him. Bodies bumping into each other from every direction. Hugs, pats on the back, and grins are spread all around. This is what it's like for hard work to pay off. For the rearranging schedules, the early morning alarms for practice, the going from one to the next, the all out grind; to be worth it. This is what it means to compete.



PREPARATION: Newton warms up for the first home game by practicing his kicks and mentally checking into the game. Being a left footed kicker, the team has to have someone left handed to handle the ball. **PHOTO BY ABBY TURNER**



SWAGGER: As alert as he is exhausted, Sam Newton walks off the field at the end of the first half against Chaminade. Ending the half down 1-0, Newton is determined to pick his team up during half time and finish the game on a strong note. **PHOTO BY GRACIE KRUEP**



OOD, UN & AITH

FCA student-athletes take fellowship on to the field

By Essy Ingram
Staff reporter

The intensive agenda of a student athlete consists of drills, drills, and more drills. Sitting through hours of consecutive lectures, commuting down to the field for a session of sweat and recurring soreness; they are consistently being pushed to their mental and physical limits.

Fortunately, there is a place for them to stop, recharge, and become more intentional in their sport. FCA, Fellowship of Christian Athletes, gives an opportunity for students to rethink the way they play. **Coach Malach Radigan** helps to lead FCA every other Tuesday night with **Mrs. Kathy Maupin** and **Coach Brian Cissell**.

"Our three main focuses are food, fellowship, and fun. So you know we have food there for the kids, we hang out in fellowship and have fun with certain games or icebreakers," Coach Radigan said.

Spending downtime with friends and athletes is a perfect way to unwind after practice, but FCA's relaxed environment also helps promote conversation just as well as fun.

"We also just like dive into a meeting ... and the meeting is basically super simple. It's like how does your relationship with God relate to your relationship with your sport?" Coach Radigan explained.

In his years of teaching, Coach Radigan has built

a relationship with the students he mentors. Within a brief walk down the hall, he's swarmed by students offering crisp high-fives and enthusiastic hellos. One of his students, senior **Sydney Aleksick**, has been attending FCA for over a year now while also performing with the Varsity Sensations and studio dance classes. She appreciates the aspect of fellowship in particular:

"[FCA] is a place to be with your other friends and athletes ... you're able to find God in your game and bring it with you," Aleksick said.

Since Aleksick first started attending, she was surprised by the openness of the conversations.

"At first, I was like, I don't know why I'm here. I don't know what I'm doing. But then, when I was hearing people be so vulnerable, it made me want to be vulnerable," Aleksick said.

Being open to personal growth is when vulnerability is at its peak. At an FCA meeting, there are many opportunities for growth. For Aleksick, it included learning how to pray:

"I'm able to listen to other people. I'm like, 'Oh, that's how you do it. Oh, it's just conversation,'" Aleksick explained.

FCA's safe environment is a perfect setting to share different views. It's important to discuss how one would respond in real-life scenarios, especially during a time of students' lives where decisions are so impactful among



PIZZA PARTY: Alex Vogel and Dillon Davis eat with the other FCA members, enjoying their down time with friends after practice. **PHOTO BY RHYEN STANDRIDGE**

peers.

"It's hard being a high schooler because everyone is faced with being cool and being lame," Aleksick remarked.

Many high schoolers can agree that they feel a pressure to identify with what is deemed acceptable, even when what's accepted isn't what they believe in. It is only when these discussions are initiated that students can begin to break down the hesitancy of confidence in core values.

Having these conversations create a community at FCA and a relationship with God. This inspires athletes like Aleksick to bring their faith into their sport.

"Right now, at the beginning of our season, we have studio after practice, so we'll have 2:30 to 5:00 and then we'll have 5:30 to 9:30," Aleksick explained.

Time-consuming commitments can easily become a chore with the wrong mindset. It's easy to get distracted with the monotony of activities and forget there is a larger purpose to the sport or activity itself. This is common among teammates, especially midseason, when tunnel vision kicks in and it becomes that much more vital to slow down and refocus.

For **Alex Vogel's** junior year of high school, he's decided to involve himself in football, wrestling, track, and tennis. It's a wonder how he is able to be so involved as an athlete, but anyone can see that Vogel brings his faith to the field, and that makes all the difference.

"Every down, every yard, every tennis hit, I just think of God ... I'm doing this for Him and not for myself," Vogel said.

Coach Radigan is like Vogel when it comes to FCA being a catalyst to his walk with God, especially in the earlier years of his life.

"When I was in high school, I was a punk kid who was doing drugs and partying, drinking, doing all that stuff. And because of FCA, I changed my life; it changed my life; I've developed a relationship with Jesus, and then that ultimately changed everything about my life. And so I coach differently, I live differently. I am different because of it," Coach Radigan said.

Incorporating faith into his life elevates the way he connects with students.

"I teach from a position of like 'I wanna show these kids love Christ.' I want to serve them with servant leadership, I want to be a support system, I want to be a positive light," Coach Radigan said.

Aleksick brings the same positive light to her dance



MAKING HIS POINT: Speaking to a member of FCA at their first meeting on Sept. 3, Coach Brian Cissell emphasizes a point he was trying to make to the assembled group of athletes. Hosting duties for the fellowship rotates throughout the group, with Coach Cissell hosting this initial meeting. **PHOTO BY RHYEN STANDRIDGE**

competitions, where she often leads prayer before their performance.

"When I'm [leading prayer], I know that I'm talking from my heart. And I know it's coming from a good place because God is with me," Aleksick said.

There is an obvious trend among FCA athletes; positivity always seems to sprout in their wake. However, life manages to throw curve balls their way, sometimes in the form of tragedy. In the past year, Aleksick's father passed.

"It was hard to come back to my faith because I felt like God kind of betrayed me, but I knew He needed my dad. So I was like, I'm just gonna go and we're gonna not worry about it. And it was fine ... I cried at my church service. It was so amazing. Just coming back to my faith. And the people that are [at FCA] are so genuine, and it's like, brought me back to my roots so I'm able to be with the people that I truly love and they truly love me," Aleksick explained.

The strength and unity that the FCA community provides is unmatched, according to Vogel. Its support system is grounded in faith and has something unique to offer athletes from all walks of life. FCA has taught Vogel intentionality not only in his sport, but in all other aspects of his life.

"The biggest surprise is just with all the love that everyone gives you," Vogel said.

"Every down, every yard, every hit, I just think of God... I'm doing this for Him and not myself."

—Alex Vogel,
junior football player



LEANING IN: Juniors David Milliken, Myles Estrada, and Kannon Cissell create connections over Domino's Pizza, connections that can only be made in the collaborative environment of FCA. **PHOTO BY RHYEN STANDRIDGE**



THE MUSIC DECISION

Should you really pay to listen to music?



PROS OF SPOTIFY

The Discover Weekly playlist is one of the best rated personalized playlists (Time).

The app allows you to change the streaming quality between four different quality levels (Spotify).

Offline download is very dependable (Medium).

Has very user friendly desktop application, and built in web browser (Techradar).

CONS OF SPOTIFY

Lackluster customer service and speed in question answering (Medium)

Mobile experience is limited while in offline mode (TechRadar)

Pay artists very little, at about \$0.0006 per dollar made by Spotify (Belwood Music)

By Isaiah Salin
Staff reporter

Everyone listens to music. But should you really pay to listen to it? Paid subscription services such as Apple Music (60 million users) and Spotify (100 million users) are popular, and have many advantages as opposed to listening to music for free.

There is no worse feeling than enjoying your playlist or a specific artist, then having a song being cut off by an ad. Paying for these services removes advertisements and allows you to thoroughly listen to a playlist or songs without interruption.

Another great thing about these services is the ability to download music for offline listening. On an airplane flight, while camping, or if you don't want to use cellular data, downloaded music is the only way to access music. Just about the only bad thing about premium music services is the cost. Apple Music costs \$9.99 a month, and so does Spotify. With student or veteran discounts, Spotify can be as little as \$4.99 a month, but the high monthly fee can turn away many potential customers.

Now comes the greater question, Spotify or Apple Music?

Spotify has more users, the ability to download podcasts and audiobooks along with music, excellent personalized playlists, and a proven longevity as the most widespread music platform.

Apple Music has live radio, a three month free trial, and 15 million more songs in its library than Spotify does.

In reality, there isn't much of a difference between Apple Music and Spotify. They both offer the same fundamental features, cost the same, and really are very similar to each other. Choosing between the two ends up coming down to personal preference.

Paying \$10 a month is outrageous to some, but if you listen to music daily the advantages of having premium services definitely outweighs the monthly fee.



PROS OF APPLE MUSIC

There are over 40 million songs on Apple Music (NoteBurner).

The Connect tab allows artists to leave messages and media to their fans (Time).

Apple Music has a three month free trial of their service (PCMag).

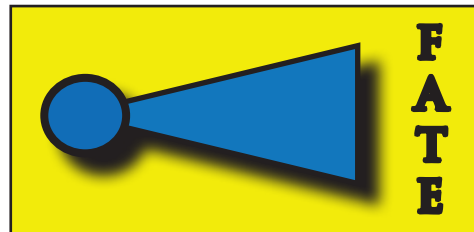
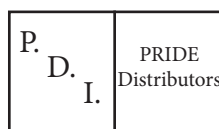
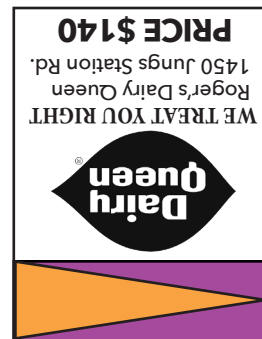
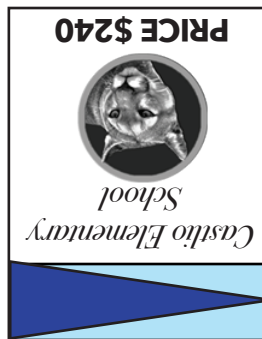
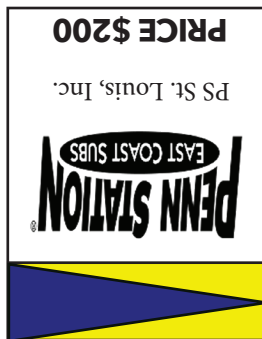
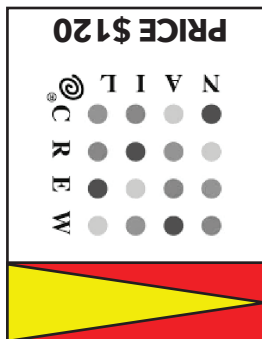
Available on non-Apple devices as well, such as Android (TechnoBezzz).

CONS OF APPLE MUSIC

User interface is not very appealing or intuitive (MacSome)

Listening to podcasts is not yet available within Apple Music (TechRadar)

Copyright issues sometimes remove songs from artist's albums. (Medium)



HOWELLOPOLY:

The board game that brought the Howell high schools together

By Natalie Walsh
Print assignments editor

While on the hunt for money, our school (like several others) searches for different fundraisers that bring in the most dough. From cookies to car washes, clubs and activities alike have exchanged goods and services for money that helps our programs. When looking for unique and intriguing fundraisers, our very own FHC Parent Club of 2006 came across an idea like no other: Howellopoly.

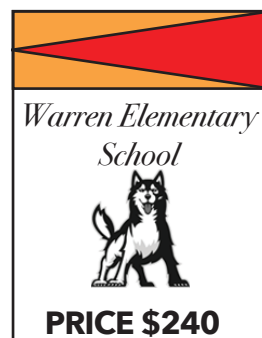
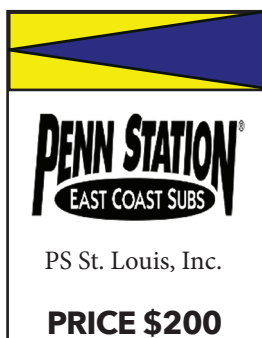
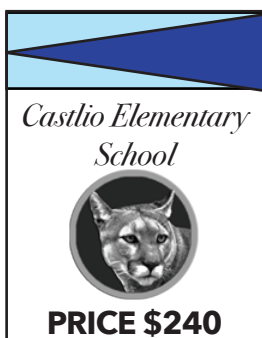
Through a company called Pride Distributors, which was established in 1989, FHC Parent Club produced Howellopoly. Based off the classic, family friendly Monopoly, Howellopoly includes local schools, businesses, and companies that paid to be put on the board.

Pride Distributors calls these games "Your Town"-opoly, where any business can make a customizable board to sell for profit. For Howellopoly, this included adding businesses

like Dairy Queen, St. John's Bank, and Penn Station. The rules and regulations are just like Monopoly and even includes an "In Court" spot in replacement of the traditional jail. It also features FATE cards, which are applied as a chance card would. Possibly the best part about this game is that you have the ability to own and place properties on your favorite places in the area.

The production of this board not only was an advertisement for local businesses, but also helped our school. Money made from this board was put towards the making of Howellopoly as well as towards betwtering our school.

These games were made in 2006 and sold locally. Today, this game is almost impossible to find. If you're lucky enough, you may just find one at your local GoodWill. Other than that, this game is purely a rare artifact from Francis Howell School District history.



SOAKED IN KINDNESS

The little things in life often make the biggest differences

We become so caught up in ourselves, in our own mind and space. We forget to appreciate others, we forget how amazing it feels to give to someone and make them feel joy. The smallest things can make someone's day, week, possibly life.

The first day of school I noticed a girl in my english class. I figured she was new because no one else knew her. I wanted to be friends with her, but I was nervous to approach her. So I wrote a short message on a sticky note and put my Snapchat and Instagram handle at the bottom. I gave it to her and we immediately became friends and started getting close.

When I asked her how that note made her feel, she told me it made her feel loved and important. She told me she felt special because I was the first person to reach out to her.



Emma Clasen
Staff reporter

A short, simple note created a bond. I am glad I wrote that note to her. Thinking back to when I gave it to her, I remember how awkward I was, but I wouldn't change anything about what happened.

There is nothing more pure than being kind and making a difference in another person's life. The feeling you get from making someone feel important and loved is amazing. You feel important while making someone else feel wanted.

You never truly know what is going on in someone's head or in their life. The smallest thing could make their whole day, and change their life. A parent may have lost their job. Someone may have passed away. A family member or friend may have become ill. As teens, we struggle with many stressful things in life. As humans, we are bound to have feelings and struggle with conflicts throughout life.

You don't have to make a grand gesture to show your love or to make a difference. Love and happiness is not bought, it is gained. That's why the simple things in life are the most moving. The compliment the girl from the mall gave you made you feel like you owned the world. The note from the boy in your second hour made your day. The teacher from your science class made you finally feel smart because she spent extra time helping you.

So why not return the favor? That boy who never has food at school may be going through a hard time mentally or at home. Reach out to him, offer him a snack if you can. Let him know he can come to you for anything and you will support him. The girl who's new and sits alone at lunch just wants to feel wanted. Invite her to sit with you, learn things about her. You may just become best friends. All you have to do is show love, be kind and give it all a chance.

Never be afraid to show kindness and love. There are so many ways to help and be charismatic towards others. Yet we let fear get to us, we allow what others think cloud our thoughts. The problem is there is no reason to be insecure about reaching out and being kind. Don't let other people's ideas and opinions hold you back from being compassionate.

Do something kind. Make it something you do daily, but never treat it like it's a task. Tell that girl her makeup is cute. Let that boy know his outfit is cool. Thank your teachers and custodians. Remind your best friends that you love them and you're always there for them. Tell your parents you're thankful for them. Reach out to others, and soak the world in kindness.



JOYFUL JOTS: Handwritten messages are something simple you could do to make someone's day. They have great affect on the person who is on the receiving end. **PHOTO ILLUSTRATION BY EMMA CLASEN AND KAYLA REYES**



THE RETARD

Every joke stems from truth and every laugh hides the pain. How we treat those who are less fortunate than us needs to change

"Who do you think you are?," I said to the boy, bristling with pure anger. It had only been our first time speaking, but I already knew everything I needed to know about him.

"What do you mean?" he laughed. He knew exactly what I was talking about.

"What makes you think it's okay to mess with him like that?"

"What, that retard? I didn't do anything to him," he said with a smirk. "He's the one who drank all the alcohol last night. And he's the one who chose to Juul."

"But who gave him the Juul?"

For an instant, I saw him hesitate. A flinch in his eyes and a twitch of his jaw; he knew what he did was wrong. But instead of responding to me, he laughed and shook his head as he walked away. He knows it was wrong, but it was worth the laugh. It was worth the Snapchat he got out of it, as well as all



Natalie Walsh
Print Assignments Editor

the attention that followed.

He had a status above others in our school. He had power over people and knew how to manipulate others to get what he wanted. This included "the retard" who looked up to him with nothing but admiration of just how powerful he was.

And "the retard" has a name. He, like clockwork, says hello to me every day with a grin from cheek to cheek and works incredibly hard in school to accomplish what he wants. He is a human being, yet he has been labeled as a retard.

Retard, despite its everyday usage, was crafted

for a medicinal environment. Yet it has evolved over time to become the most hateful and derogatory word in the English language.

Discrimination against the mentally handicapped happens in more ways than through the word "retard." It's seen in the looks people give them in our hallways as well as the comments uttered under people's breaths in the lunchroom. We see it when the girl who mocks the way disabled individuals holds the iPad's that they use to communicate, as well as when the group of girls laugh when a young boy falls while ice skating.

Unfortunately, this discrimination also happens at all ages. Over the summer, I worked for the St. Peters Rec-Plex summer camp program, which included working with children of all types. This inclusive camp involved children on the autism spectrum, with Fetal Alcohol Syndrome, and with learning disabilities such as ADD and ADHD. The camp was known for bringing all children together.

The kids who are fortunate enough to not suffer from any learning disabilities or disorders often approached the children with disabilities in one of two ways. The first way was accepting. The children would include children in games even if they were affected by some form of disability/disorder. The second way wasn't ideal. Some of the kids didn't know how to approach the affected children and would ignore them or even bully them.

Witnessing such bullying was one of the most heartbreaking experiences. Seeing a kid verbally attack another who is incapable of defending themselves is purely unacceptable.

Of course, discipline was put in place and was effective enough to end the bullying at our summer camp. I would walk out of work every day with a smile on my face after seeing children of all sorts working together and appreciating their differences.

But in the grown-up world where this discrimination happens on the daily, who is setting the discipline?

It is impossible to set discipline in the bathrooms of our high school, the desks of our workforce, and the lines in our fast-food chains. As we get older, the discipline evaporates into thin air and is replaced with morals. Because without morals in place, these individuals are on their own.

If you have these morals, you have only done half your job. Being kind to all people of all disabilities is only part of the pie. The other half is standing up for these individuals when our moral lacking counterparts infringe on their natural human rights. This includes sticking up for the boy being bullied for his appearance due to his disorder, as well as the girl who is mocked for the way she holds her iPad.

When was the last time you spoke up against the word retard? When was the last time our administration spoke up against the word retard? Children, teenagers and adults alike let it slide too much and every time we do, it becomes more and more powerful.

When that guy had called a sweet, innocent boy a retard, every trigger had been pulled inside of me.

All I'm saying is the people in this world who see things with only pure optimism and treat people with undeniable love should be given love in return. We can gain so much from these individuals if we just give them the attention and care they deserve.

And to the boy who gave "the retard" a juul, and the girl who mocks disabled kids' iPads, and the teacher who lets "the retard" have a place in the classroom; consider changing your outlook on life to be more like the outlook of those you're belittling.



BURNED OUT

The smart kids you were friends with in elementary school are probably all miserable now

My favorite type of mail to receive as a kid was when the school district sent out my MAP test scores every June. With my advanced scores in English language arts, math, and science, my parents hailed me as some kind of child genius. As I'd find out, that sentiment would be reflected throughout my childhood. A few times a year,



Avery Olson
Staff reporter

I'd read short stories in front of someone, and they'd smile and write nice comments about the inflection in my voice or the speed of my reading.

Afterwards, my classmates and I would compare the scores on our pages, and I'd smile at the notes that said I was several years ahead of my reading level. In the car on the way to soccer practice, my grandma would quiz me about the American

Revolution or photosynthesis. I loved hearing her telling me how smart I was, how she couldn't wait to watch me grow up and have a successful future.

The praise from my family members and teachers was nice, especially because I didn't have to work hard for the scores I'd earned. In my mind, being ahead of the curve was just a part of life for me. Reading came naturally to me, the MAP test was fun, I never had homework. Elementary school was a breeze, almost too easy.

Then came middle school, and the difference was like night and day. I'd been in school for nine years, but it had never felt so overwhelming. Nothing before this point had prepared me for an academic challenge; no concept had ever dared to be difficult for me to understand. As a sixth-grader, I had homework for the first time. Tests became challenging, due dates and deadlines piled up. But when these challenges arose, they came all at

once. I wasn't ahead of the curve anymore, I was struggling just to keep up.

When I told people about my newfound struggles, it felt like I was letting out a dirty secret.

I was supposed to be the smart kid, right? What had happened to me? School had been so easy before, but now every night I was hunched over my kitchen table in tears of frustration while doing pre-algebra problems. All of a sudden, I had real letter grades, each subject a ball to keep juggling.

By the end of the first semester, I got the hang of school again. I found out the hard way that challenge was a normal part of the human experience; just because school was suddenly very hard for me didn't mean I was any less intelligent. I grappled with the fact that I now had an hour or more of homework each night.

However, the biggest change I noticed was that I was dragging my feet through school. Being in class no longer felt like a learning opportunity, I was just there because I was required to. I went from a student in a classroom to a body in a building.

When school suddenly transformed from all play to all work, my passion for learning got burnt out in the process. Academically, things were hard, and subconsciously I just checked out. In the back of my mind, I thought that things weren't "allowed" to be difficult for me because of all these pedestals I was put up on as a kid.

Why should I have to go back and revise this research paper three times, aren't I supposed to be good at English? If it weren't for my consciousness telling me I absolutely had to perform well in school, I probably would've completely stopped putting forth effort altogether.

School felt different from middle school onward. I was still getting good grades and scoring well on tests, but my motives were different. I was staying on top of school because I knew I'd disappoint all those people that sang my praises when I was younger, everyone who saw me as the child

prodigy. I trudged through middle school as a high achieving student who, at her core, was fizzled out and used up.

Summer before freshman year was the first time I'd ever heard of gifted kid burnout. I read an Instagram post with a story that was remarkably familiar to my own: a girl that was a 99th percentile student as a child, but was now struggling through AP classes and barely making it out alive. It was such a relief to know I wasn't the only one in the world with this narrative.

Knowing that I wasn't alone in my struggle prompted conversations with my other "gifted child" friends, and I came to a conclusion: convincing kids their high test scores and impressive reading abilities will make them bulletproof from challenge and frustration will only amplify their challenge and frustration later on. Academic excellence is a gift that should be carefully nurtured, and a child's knack and passion for learning can both be instantly drained if their abilities are improperly molded.

What I realized is that just because I was a fast reader as a kid didn't mean I would never be challenged in ELA. Just because I scored within the top percentile on standardized tests didn't mean I would never struggle with a physics concept. All of those standards that said I was gifted couldn't protect me from being pushed to my limits.

The latter realization I had was that primary educators should place less of an emphasis on test scores and reading levels as a trajectory of what a student will achieve later on. The focus should shift from these benchmarks to things like teaching kids how to prepare for tests and deal with stress, challenge, and disappointment.

If high-scoring kids were told that yes, the rules of the human mind did indeed apply to them too, challenges in middle and high school would be easier to digest. Once students are properly prepared for the road ahead, the future looks a little brighter for every gifted kid.



SMALL STEPS EQUAL BIG CHANGE

Our earth is in crisis. Rapid climate change, pollution and masses of litter are plaguing each part of the world. Combating these issues is no easy task, but it's something that must be done. For the sake of our wildlife, for the sake of our future, for the sake of ourselves, change must be made. The real question is how. How can we possibly make a difference, how can we really impact the crisis that is impacting each one of us?

First, the reality of this issue must be acknowledged. We must be aware of the problems our environment is facing, and we must realize that this issue is major. Our very own lives are at stake. We must

reject the mentality that we are not enough. If we all think our actions make no difference, nothing will change. Our environment will continue to spiral into destruction, species will continue to die out, we will continue to kill the planet that sustains each of our lives.

Small changes may seem inconsequential, but all change must start with something. Movements begin with one action, one person, one voice. We can't expect others to take action if we don't do so ourselves. And if we take action, others will follow suit. Our actions carry weight, our choices affect others.

So start small. Trade your plastic

water bottle for a reusable one. Instead of throwing your garbage in a trashcan, recycle it. Spread the word to others, and make your voice heard. In this modern era, it is easier than ever to spread your message and have an impact on others.

But don't stop there. Encourage large scale change. Join organizations that aim to help the environment rather than harm it. When the time comes, make your change in the polling booths. Vote for policies that will put change in place. Vote for candidates who support environmental activism. Be an activist yourself. Take action into your own hands, and be a part of the movement to save our planet.

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