

LINNE

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Homecoming 2018 crowns King and Queen

Right: Ellie Von Lehmden and Drew Strottman were named 2018 Linn-Mar Homecoming Queen and King. **Below:** Homecoming Court included **Front row:** Ellie Von Lehmden, Jensen O'Shea, Alexa AbouAssaly, Taylor Turner, Emma Geneser, and Megan Renner. **Back row:** Tyler Oberbroeckling, Drew Strottman, Kevin Drahos, Will Sherwood, Ian Crumley and Eli Havlik.



Linn-Mar capitalizes on “big school” advantages

By Sudeep Gadde

There are over 20,000 public high schools in the United States and they vary in size and income, usually in correlation to their community size and wealth. As the community grows, the schools become larger in order to accommodate more students. Linn-Mar is one such example of a growing community that has become larger to reflect the flood of jobs that have been coming to this area. By becoming larger, Linn-Mar has been able to offer a larger variety of classes and activities and a more comprehensive form of education. On top of the education offered, the extra activities Linn-Mar offers is immense. With this variety, Linn-Mar has been able to create a good name for itself as one of the best schools in Iowa.

There are several advantages to attending a bigger school like Linn-Mar. A school of this size is able to host large competitions such as Supernova and the Metro Marching Band Classic. These competitions allow Linn-Mar to showcase the amazing musical talent in our school and our top notch facilities. Because of our size and talent pool, the school was able to build larger facilities such as the Colton Center. However, with such large and successful program comes some disadvantages as well. For example, the level of talented students adds competition and not everybody is allowed to be the cream of the crop. It is easy for those with average skills to get

overshadowed by even more talented students. It is much harder to earn a spot on the drumline at Linn-Mar, for example, than it would be at a smaller, less competitive school. This reality applies to other activities as well. More talent means more competition for lead roles in plays, for solos in show choir and for first chair in band.

This same success seen in the music program at Linn-Mar is also apparent in many of the sports programs. Linn-Mar has a strong history of success in athletics, and our school is recognized as being a powerhouse force in conference and district competitions. Our growth and success has led to the need for larger sports facilities. In just the last 10 years, Linn-Mar has funded new large projects including the massive Linn-Mar Stadium, the modern Linn-Mar Aquatic Center, and the improved training rooms. With these facilities, Linn-Mar athletes are able to train to become better every day. This growth and the popularity of the athletic programs at Linn-Mar can clearly be seen as a success but there also remains a downside. It is much harder to secure a starting position on an athletic team at Linn-Mar than it would be at a smaller school simply due to the competition.

Linn-Mar High School has over 2,000 students enrolled, and 85 percent of students are enrolled in at least one out of the almost 60 clubs available at Linn-Mar. These clubs receive

funding from the Linn-Mar Booster Club and are actively promoted throughout the school. These clubs help represent Linn-Mar in hundreds of high-school competitions across Iowa. The prevalence of clubs at Linn-Mar offer both diversity and opportunity to all students. It's hard to see a downside to a bigger school when it comes to clubs that are offered.

In addition to the extracurricular activities offered at Linn-Mar, offerings are also plentiful in the academic arena. Linn-Mar offers dual-enrollment classes where students can get credit in both high school and college. When classes are not offered at Linn-Mar, students are also able to take online classes to satisfy requirements.

New to Linn-Mar last year are blended classes, which offer students release time and an opportunity to work more independently. One disadvantage to such a large school when it comes to class offerings is that classes often fill up quickly and students are not always guaranteed to get the class they desire. Because of block scheduling, AP classes are also not as prevalent as they might be at a large Cedar Rapids high school but they are probably more prevalent than what is offered at a smaller school.

Overall, attending a large school has numerous benefits and very few disadvantages. Students at Linn-Mar have shown that they are taking advantage of those benefits and using them to better themselves for the future.



A larger school such as Linn-Mar provides many advantages for students but can come with some drawbacks as well.

Many words could describe Kanz but two stand out: “Nice guy”

By Tess Dorman

If you’ve ever met Calvin Kanz, you probably see him as a nicely dressed, well put-together, liberal, coffee-drinking, high-achieving teacher’s pet; and you’d be right, for the most part. But there’s more to Calvin that meets the eye, he’s not as perfect as he seems.

Calvin Kanz enjoys spending time with his family and being outside in his free time. He also spends quite a bit of time on his phone.

“I say I like to be outside, but actually I’m usually inside on twitter.”

I have never met anyone that is more anxious than Calvin Kanz, but he doesn’t appear to be on the outside. He really wants people to know that he is just as clueless and worried as everyone else.

“I went to a Halloween party one time and some guy told me that I looked like I had my life together. I don’t. I’m a lot more anxious than people think I am. I worry about things a lot.”

Stanley Liu, junior, is one of Calvin’s good friends, and knows him pretty well. Liu described why he likes being friends with Calvin.

“Everybody loves Calvin. I can’t think of anyone who doesn’t like Calvin. Calvin is a genuinely nice and funny person. He has surprised me with how outgoing and witty he can be. You would think that he’s reserved and uptight but he’s really not.”

Calvin describes himself as a “work in progress,” telling me that he always tries to learn from his mistakes.

“I’m definitely not perfect, but I’m always trying to be a better person.”

One of Calvin Kanz’s most iconic traits is his love for coffee. Calvin NEVER comes to school without a thermos of coffee. In fact, Calvin was called a “coffee dad” by Linn-Mar’s yearbook (not his words).

“My dad has always drank coffee and so has my grandpa, so it’s in my family. I tried some one time and decided it was good. I started with white chocolate mochas with two pumps of raspberry. Then I tried espresso and LOVED it so now I drink black coffee.”

Calvin estimates that he drinks about 400 12 oz. coffees a year.

It’s safe to say that Calvin does not dress like your average sweats-wearing teen boy. You rarely see Calvin wearing anything other than a nice pair of jeans and a buttoned up shirt.

“I used to wear gross athletic stuff in middle school. One day, my mom sat me down and told me that I was getting older and should probably start wearing jeans. One of my friends told me the same thing. So I did, and then I found out in high school that everyone still wears athletic clothes.”

And yet, Calvin still continues to be one of the best-dressed males at Linn-Mar.

“I just think that jeans look fine and I try to look decent. I feel better when I look good.”

Calvin is known to excel in school. He receives excellent grades and his teachers love him. Calvin is involved in Orchestra, Chamber Orchestra, Student Advisory, and Student Ambassadors. His favorite subjects in school are

science and English, and he likes speechwriting and public speaking. Calvin is a procrastinator, though, often procrastinating on twitter.

Academic excellence, however, comes with some downsides. Calvin faces a good deal of pressure when it comes to his grades.

“Yes absolutely, there’s a lot of pressure. It comes mostly from myself, I think. I get really nervous about that kind of stuff. I don’t think my family means to but I think they have some high expectations. And of course there’s rivalries between my friends and me.”

Calvin has thought about his future, but he still has no idea what he wants to be when he grows up.

“I don’t really know yet. I used to think that I wanted to be an engineer, but I don’t want to be boring.”

Photography is one of Calvin’s hobbies.

“I’ve always liked being outside. I started by taking pictures on my mom’s camera of frogs. I love frogs.”

Calvin enjoys taking pictures of anything autumn, stars in the night sky and animals, specifically turtles and yes, frogs. His favorite thing about photography is making the viewer feel something when they look at a picture.

“I love pictures that make you feel something. There was this picture at the Smithsonian of a teepee in the snow and I don’t know, it just made me feel something. With the right composition and control you can make someone feel something.”

Every time I go to Calvin’s house, I can’t help but think that his family is perfect. The Kanz family seems so put together and happy, they all seem to have good and healthy relationships with each other. Calvin lives with his mom, dad, and younger sister, who is an eighth grader at Oak Ridge Middle School. His mother is an elementary school music teacher at Westfield, and his father is a marketing director at Shive-Hattery and is also a part-time musician. Calvin’s parents are some of the kindest parents I’ve ever encountered, and both Calvin and his sister perform well in school. The Kanz family seems so perfect, it’s almost impossible to imagine them fighting, and they don’t, according to Calvin.

“I’m really lucky to have the family that I do.”

However, nothing is ever perfect. Calvin mentioned that he isn’t incredibly open with family when it comes to tougher topics. Calvin grew up a Presbyterian and his mother is very religious but Calvin is an atheist.

“I don’t believe in God, it’s not really something I’m open about to my family.”

Calvin said that his mom would “freak out” if she found out about his religious beliefs, or lack thereof. Calvin doesn’t believe in an afterlife, he believes nothing happens after death. Calvin eventually became an atheist in middle school after talking to a friend that didn’t believe in God. He was confirmed in the Presbyterian church. During his confirmation process, his pastor told Calvin that it was his choice

to choose whether or not he believed in the teachings in the Church. So, Calvin decided that he didn’t believe in God.

Other than not being open with his religious views, Calvin has an excellent relationship with his family. One strong bond that helps hold the Kanz family together is music. The entire family is musical. Calvin plays the violin in Linn-Mar’s Symphony Orchestra and has grown up around music, so music obviously plays a pretty big role in his life.

“My parents are very musical so I’ve always had something musical that was presented to me and I enjoy listening to it.”

For the most part, Calvin enjoys being involved in the orchestra.

“I love when we do pieces that are cinematic or non-classical. That’s the reason I’m still playing the violin-movie music. I don’t like classical music.”

There are some things that Calvin isn’t too crazy about when it comes to orchestra.

“Sometimes the time commitment and expectations are hard on me. Auditions and honor orchestras are stressful, too.”

Calvin admits that he often slacks on practicing. He tries to practice at least four times a week for 30 to 40 minutes. Lack of practicing is something Calvin wants to improve on. Luckily, Calvin’s music experience has been pressure-free. Calvin says he never felt like he faced any pressure from his musical parents.

“My parents just want me to play something.”

Calvin says he enjoys listening to all genres of music except country. His favorite band is Bon Iver, an Indie folk band. Calvin also enjoys listening to Ed Sheeran and Ariana Grande. Calvin had quite a bit to say about the recent split between Ariana Grande and ex Pete Davidson.

“Ariana deserves better than Pete. I never liked him, but he does a good job on SNL.”

He may not know exactly what he wants to do with the rest of his life, but one thing’s for sure; Calvin Kanz is passionate about politics. Calvin is currently spending a good deal of his time volunteering for the Abby Finkenauer Campaign for Congress. He told me that the age of Trump was what really defined his political identity; he has also grown up around Democratic views.

“I’ve developed stronger opinions now that I’m in high school. I feel like I understand politics. It makes me angry that people are okay with what Trump is doing.”

Calvin supports common sense gun reform and he is pro-choice. He believes that everyone should have the right to affordable healthcare, that the path to citizenship should be made easier and that the death penalty should be abolished.

Because Calvin enjoys the outdoors so much, climate change is one of his top issues.

“Trump cares about the economy, he doesn’t care about climate change, and



neither does his cabinet because they’ll all be dead.”

Calvin believes that it is extremely important for the people of the United States to be educated on political topics.

“Absolutely. Lots of people vote for who makes them feel good. They’re selfish and don’t have good critical thinking skills.”

That being said, Calvin tries really hard to understand opposing views.

“I do my best to keep an open mind and do some critical thinking. I think that people have a really hard time admitting that they’re wrong.”

Although it’s tiring and a lot of hard work, Calvin enjoys working on the Abby Finkenauer Campaign for the most part. His favorite part about working on the campaign is being able to say that he did something instead of sitting around and complaining. He wishes others would do the same. Calvin has met a handful of interesting people while knocking on doors for the campaign as well.

“One guy came out and asked me if I was his lawyer. I also talked to a conspiracy theorist for like 40 minutes one time. She didn’t believe in the Parkland shooting, but she believed that Trump was saving us from the deep state.”

Calvin believes that a Democratic takeover of Congress would put a check on Trump and “make sure he can’t do anything stupid.” However, he believes that the “Resist” movement is a terrible idea because Democrats and Republicans need to work together to get things done.

And so, yes, Calvin is a nicely dressed, well put-together, liberal, coffee-drinking, high-achieving teacher’s pet, but he’s so much more. On the inside, Calvin has one of the greatest senses of humor I’ve ever come across. His witty and random remarks made me laugh out loud. Although he seems like he’s well put-together (and he is, for the most part), he’s a big worrier and gets very anxious. But most importantly, to top it all off, Calvin Kanz has one of the kindest hearts a person could have.

Looking for an answer for all your woes? Chick Flick!

By **Lainey Ford**

Chick flick is a term for the movie genre dealing mainly with love and romance and targeted toward a female audience. These are the best kind of movies because they are perfect for any occasion. Cute date night? Chick flick. Boyfriend just broke up with you? Chick flick. Just feel like you need to cry? Chick flick. There are many good movies out there, but the best ones come from Netflix. Here are my top five recommended chick flicks available on the streaming service.

How to Lose a Guy in 10 Days:

Starring Kate Hudson and Matthew McConaughey, this chick flick is hilarious, yet heartwarming. Benjamin Berry is an advertising executive and a known ladies' man. He is trying to work his way up in the advertising business, while Andie Anderson works for the magazine *Composure*, and covers the "How To" column. Benjamin wants to win a big advertising campaign and bets that he can make a woman fall in love with him. Andie is assigned a "How to Lose a Guy in 10 Days" column. Somehow, by luck, they become each other's victims, but what happens when they really fall in love? I recommend this movie because it is something that you can watch again and again, and love just as much as the first time.

To All the Boys I've Loved Before:

High school junior Lara Jean Song Covey is a secret romantic that keeps love letters to the five boys she has loved in the past. She writes these to provide emotional closure for herself. She addressed these letters, and seals them before she puts them into a box. When her little sister gets upset with her, she sends the letters out to all five of the boys. This causes massive chaos in Lara Jean's life. Peter Kavinsky, the most popular boy at her high school, is one of the letter recipients and is trying to get over Genevieve, his ex-girlfriend. Lara Jean is trying to stay away from her sister's ex, Josh. Peter and Lara Jean start "dating" to distract themselves, but when they fall for each other, no one knows what will come of it. I recommend this movie because it is a perfect high school romance and tear jerker.

Just Friends:

Chris Brander, played by Ryan Reynolds, is an overweight high school senior who is madly in love with his best friend Jamie Palamino, played by Amy Smart. It never works out in high school, but they meet again later in life when Chris is no longer an embarrassment, and instead a handsome record producer in Los Angeles. Chris is headed home for the holidays, where he is surprised to meet Jamie again. While striving to get out the friend zone, he becomes too close to Jamie. He messes up many times, but true love may come out of it. I loved this romantic comedy, because it was exactly that. It was funny, yet sweet and subtle. I was on my toes, wondering when he would finally lean in and kiss her.

Sydney White:

Sydney White (Amanda Bynes) is a

freshman arriving at Southern Atlantic University, hoping to pledge the same sorority as her mom, who died a while back. Her mom left her a note that told her how excited she was in the sorority and that she knew that Sydney would love the sorority as much as she did. When Sydney is accepted into Kappa, she realizes that the sorority has changed since her mom had been there. Sydney, later banned from the house, joins an all boy sorority that is looked down on. Here, she finds her best friends who are all outcasts, and together they run for student government and strive to win equal rights. While finding herself, she finds a boy who is popular, and who used to

Is Halloween just for little kids?

By **Lainey Ford**

It's around 7:30, the sun just set and kids dressed in costumes scatter through the streets, excitement rushing through their veins. You hear kids yelling, "Run faster, Mom, we've got to make it to the next house." You see character costumes, football players, clowns, and witches, and you can only imagine the overflowing bags of candy. For kids of younger ages, Halloween is a night where you can stay up past bedtime, tell spooky stories, and eat as much candy as you want. But where is that excitement for kids in high school? Is it gone?

For those in high school, Halloween is often very different now compared to when we were kids. For Junior Mady Severeid, however, Halloween still brings positive feelings. She still loves making festive cookies and cupcakes and although Mady does not dress up anymore, she still gets to relive all these traditions every year with her three younger sisters.

It's not that way for everyone, though.

"When I was a kid, Halloween felt like an actual holiday. I would be so excited throughout the entire day and could not wait to show off my costume while trick or treating. But now, Halloween just feels like any other day," said Ashton Kapelinski, junior.

It seems Halloween can lose that special spark as we grow older.

Remember as elementary kids, when kids are welcome to wear their Halloween costumes to school and there is even a parade? Remember how excited we would be for parents to come and take pictures of us in all our costumes? In middle school, the excitement starts to decrease and we celebrate with maybe a few decorations here and there in teacher classrooms.

Both Severeid and Kapelinski agree that the thrill of Halloween lessens as we get older. Many of the traditions that we have when we are kids are not commonly continued when we are in high school.

"I think for kids our age, we spend a lot of time with our friends on Halloween. A lot of people party but I do not do that," said Nina Taylor, junior.

Severeid said, "I miss going trick or treating with my friends, but I still love

date the head of the sorority that she was kicked out of. They fall in love, but have to overcome some obstacles first. I love this movie, because it can make you laugh at some points, but can also make you cry.

Mamma Mia:

Donna, played by Meryl Streep, is a woman filled with a life of adventure and beauty. She, along with her two best friends who are as crazy as she is, owns a hotel in the Greek Islands and is preparing the hotel for her daughter's wedding. Sophie, her daughter, (played by Amanda Seyfried), reads her mother's journal from after high school to see if she can discover who her father is. Meanwhile, Sophie

invites three men who were mentioned in the journal to her wedding, hoping to discover which one is truly her father so that he can walk her down the aisle on her wedding day. This movie is one of my favorites of all time. The soundtrack is amazing, featuring songs from the pop group ABBA, and the love in this movie is overwhelming.

Chick flicks and romantic comedies are the best movies to watch because you get the best of both worlds. You can laugh and cry at the same time, and they are perfect for any mood. Grab some comfort food, popcorn, candy, whatever you desire. Get comfy and cue up Netflix, to watch these five great movies.

watching Halloween movies, making cookies, and handing out candy." On the other side of the spectrum, Rylie Bradley, junior, said that the most popular Halloween activity for kids our age is to go to haunted houses. She says tries to go to at least one every year. Haunted houses can get pricey, but many high school students love the thrill of being spooked! Although many high school students enjoy haunted houses, I refuse to go. Instead of being scared and having nightmares, I spend my Halloween with my family of nine siblings. On Halloween, we all carve pumpkins together, decorate sugar cookies with all different colored frostings and sprinkles, dress up in all kinds of costumes and go trick or treating together. It is so cute to see all of the kids, ranging from two to ten years old running up to the doors and saying trick or treat.

Halloween is considered a holiday for little kids, as dressing up in costumes and eating a bunch of candy is beyond exciting. Many kids have favorite memories from special holidays such as Halloween.

"My favorite memory was our school's Halloween parade when we marched around the gym showing off our costumes," said Kapelinski.

Bradley and Severeid both agree that their favorite part of Halloween was trick or treating with their friends and parents and loading up on candy!

"My favorite memory was when my friend and I dressed up in matching costumes in won the costume contest when we were in fifth grade," said Nina Taylor.

Memories like these will always have a place in our heart.

I wish that I could go back and relive

memories and traditions from when I was little. Picking out your costume for Halloween seemed like the biggest decision in the world, and I always looked forward to the day where I could show it off. When I was younger, all my cousins came over because our neighborhood always handed out full size candy bars, and it was like we found treasure. We came home, separated our candy, drank hot cocoa, and watched Halloween movies. For a couple years, we were even lucky enough to stay up till ten! Those days were the best days.

"A house in my neighborhood had a haunted house type of thing in their front yard, and if you were able to get past it, you would get a full size candy bar. I was only able to make it through once so I would want to try it now and see how I would do," said Delaney Hannan, junior.

Nina Taylor says, "I wouldn't really go back to Halloween as a kid because I have so much fun with it now."

"Halloween used to be way more fun. In the past years, I never got really excited about Halloween because it feels like any other day, but this year is different! My boyfriend and I will be spending the holiday making spooky snacks like ghost chili and mummy dogs and watching horror movies," said Kapelinski.

McKenna Fishel, junior, says, "I think Halloween was more fun for me when I was younger because I liked the idea of getting a bunch of candy. I would say it still has the same excitement though, because who doesn't love to do stuff with their friends?"

Although the excitement and thrill of trick or treating may be gone for many of us, most teens can find a way to celebrate this spooky holiday!



Anusha makes perfectionism work for her

By Sudeep Gadde

A perfect person gets better and shows improvement every day. They have unique qualities that set them apart from others and that make them clearly recognizable. A perfect person knows what they are doing and who they aspire to become. In spite of all these qualities, a perfect person also acknowledges his or her weaknesses. All these qualities can be seen in Anusha Golapam. One look into Anusha's room and it reflects her organized personality: her bed is made and all her belongings are packed into little boxes. As I walk in, her homework appears neatly on her bed, written in perfect print handwriting. Just from observing her room, anyone can tell she is not a typical senior at Linn-Mar High School, but one with many unique qualities.

Every day, Anusha wakes up ready to put her utmost effort into the forthcoming school day. She arrives at school with a passion for learning her favorite subjects, biology and chemistry. This reflects in her career interests of becoming a physician. Anusha's desire to be a physician is a long-term dream and she says that ever since she was young, she has really enjoyed helping people.

"Helping almost comes like an instinct to me. For example, just the other day at the park I saw two kids who were on the swing and needed help getting down. At first I thought I knew these kids, but they were these other random kids that I did not know. But still, I helped them out of the swings, because it just felt like the right thing to do," says Anusha.

Her helping personality is very apparent in the volunteering assignments she does at St. Luke's Hospital. Anusha works four hours a week as a Patient Ambassador in the Emergency Department. On top of this, she interned at a hospital last summer for many hours, furthering her enjoyment of helping people and giving her better experience for her future job.

After high school, Anusha hopes to pursue a Bachelors of Medical Science degree in order to become a physician. With her many volunteer hours and her helping nature, she is right on track to achieve her goal.

While her education is still the number one priority, nothing can top Anusha's love for music and dance. Anusha doesn't simply participate in dance and musical activities but she performs exceptionally in all of them. One of the main extra activities she does is an Indian-styled classical dance called Kuchipudi. For Kuchipudi, Anusha practices at least one hour a day to keep improving, regardless of any other activities she has scheduled. Anusha is so committed to dance, that she is planning to perform her graduating dance performance by the time she starts college. This passion for music also extends to her involvement in Linn-Mar's orchestra and choir departments. In orchestra, which she has been doing all four years of high-

school, Anusha is a violinist and was titled "Most Improved Performer". While Anusha really enjoys orchestra, her favorite thing to do is to sing. One of the highlights of Anusha's singing career was when she made All-State Choir in 201. While one may credit her success in music to her raw talent, Anusha says it is her drive to get better that actually plays a large role in her success.

Anusha also credits music for helping her confidence. Through many competitions, she says confidence has allowed her to set higher goals.

"Confidence is a venue for everything," says Anusha.

In middle school, Anusha tried as many activities as possible, including volleyball, tennis, orchestra, and choir. This really helped her narrow down her list of interests to focus on certain activities that she was more passionate about. While her peers did partially influence her decisions concerning activities, Anusha says she was very careful to pick the activities where she knew she had potential for success.

"In middle school, I was really trying to find the things I was good at. I think once you've locked in some things you are passionate about, such as music or sports, it is important to put yourself out there and really try hard."

This philosophy clearly helped Anusha as she is among the top participants in most all her activities, whether that be extra-curricular or academic. The phrase "Jack of all trades, and master of none" may apply to many kids at Linn-Mar who try to get their foot into every activity, but it definitely does not apply to Anusha, who says she believes in quality over quantity.

"I'm a perfectionist. I've learned if you get a quality product it's better, but if you slack off it's going to hurt later."

Anusha likes being an individual and immensely values being different from other people. She knows that to be recognized, one must have an identity.

Anusha shows her desire to be different by explaining how she started liking her favorite color, periwinkle.

"Originally I liked pink because everyone liked pink. Then, as everyone in my family really liked purple, I thought purple would be my favorite color as well because it would be the family color. Later, I felt like I wanted to try something different so I was like, let's try red for some time. But one day in science class in eighth grade, when we were dissecting the cow's eye, I saw a color inside that I thought was the best color in the world. After looking it up, I realized it was periwinkle. I think this really shows my desire from wanting to fit in, to having my own favorite color and not being afraid to be different."

Although Anusha is unique and is a perfectionist, she also has her weaknesses. She admitted many times that she was prone to procrastination, due to the many activities she participates in. Anusha spends many late nights and early mornings trying to get all of her work done. Her

acknowledgment of her weakness is a quality that makes Anusha stand out.

As a senior, Anusha has big things planned for her future. Some of her short-term goals are to turn in her college applications, keep her good grades, and get better at her musical instruments. Long-term goals include being successful at college and being a better person.

"I am driven, so when I want something that's attainable, I'll shoot for it," says Anusha.

Other than her activities, Anusha has many responsibilities. She regularly does all of her chores, picks up and drops off her two younger sisters from all their activities and is temporarily babysitting two other younger children at her home every day. As the oldest sibling, Anusha finds it really important to set a good example for her sisters in order for their lives to benefit from her many successes and errors.

"I'm out there right now trying all sorts of different things while they are young and don't know what's out there. It's important that I make the right decisions and tell them what's correct."

Nutritional mistakes costly

By Ashlee Haumesser

It's October, you just got home from your school's football game, you turn on the television and relax on your couch. You glance over at the snacks you have in the kitchen. Whether you decide to splurge on something sweet, savory or salty, there is already a problem with your decision-making.

"Studies tend to show that when food is consumed late at night -- anywhere from after dinner to outside a person's typical sleep/wake cycle -- the body is more likely to store those calories as fat and gain weight rather than burn it as energy," says Kelly Allison of the University of Pennsylvania School of Medicine's Center for Weight and Eating Disorders.

This is because your metabolism peaks in the afternoon and after eating dinner and snacking even later, your body is not ready to burn energy as easily as it is in the morning, says Pamela Peeke of the University of Maryland School of Medicine. Along with your metabolism, Peeke also says that your levels of cortisol and adrenaline plummet by 3:00 pm, which causes you to get tired when you still need energy for school or work. People attempt to alter their energy levels with artificial energy sources that are high in sugar and or fat, which increases your body's level of insulin. Peeke also says that having a high insulin level makes you hungrier later, causing late night snacking and oversized dinners.

Another major mistake that high school students make is skipping breakfast because they would rather drink their calories at Starbucks or they think they will be late if they stay at home to eat. The problem with this is that without breakfast, your metabolism never gets started, which causes a lack of energy throughout the day. Studies have proven that students who skip breakfast have a harder time



If I don't make the right decisions and screw up completely, they won't know what the right thing to do is."

For many people, Anusha may seem like an innocent quiet girl, but if you really get to know her, you will learn a lot about her extroverted personality and her many amazing skills. Her desire to be unique and to try her best are qualities anybody can learn from.

focusing in school and get worse results on tests than those who eat breakfast, according to a WebMD article.

After you skip breakfast, you're more likely to eat a high sugar snack since you're not only hungry but also tired due to you have no energy, says Brunilda Nazario, MD.

Another reason that many teens skip breakfast is because they think it will help them lose weight. By skipping breakfast and halting your metabolism, you're actually slowing down the fat burning process and gaining weight, according to Nazario.

Nazario offers some tips for snacking and breakfast:

- 1) Get rid of the junk food in your house.
- 2) Eat dinner earlier.
- 3) Avoid drinking caffeine in the afternoon.
- 4) Skip out on the donuts and high sugary cereals.
- 5) Take your breakfast to go.
- 6) Eat the breakfast provided by your school.

Skipping breakfast due to lack of time should never be an excuse. Nutritionists suggest waking up earlier, making breakfast the night before, or even just grabbing a granola bar rather than omitting the meal altogether.

If you're afraid that you're the only student committing these nutritional crimes, don't feel alone. In a recent poll of 146 voters, 47 people admitted to late night snacking and skipping breakfast, 45 people confessed that they snack late at night, 37 people say that they are guilty of skipping breakfast, and only 17 people claim they don't make these nutritional mistakes at all. If you're among the 88% of those who admit to committing these mistakes, start with small changes to your diet, and you will see yourself living a happier, healthier lifestyle.

Asian Americans sue Harvard for unfair admission practices

By Arnav Bhushan

Imagine this. It is Ivy Day, and all the top schools are about to release their admissions list. You are sitting in the living room with your family and your computer. You open the portal, your heart skips a beat, and all of a sudden you become extremely nervous as you've spent your whole life preparing for this moment. A simple yes from Harvard and everything you have done has finally paid off. It is time. You open it to see the words: "Thank you for your interest in Harvard University". Instantly your face turns from one that is hopeful to one that is extremely disappointed. You try to think of every little mistake you made and wonder if that's why you didn't get in. Perfect ACT and SAT scores, you hold a leadership position in every club you're involved in, you volunteer all the time, your essays sounded good in your head. But no, none of this is the reason you didn't get in. What if you found out that the reason you didn't get into the college of your dreams isn't even something that is within your control? This is what happened to many Asian Americans who are now Harvard rejects. Now they are putting Harvard on trial for being unfair in the selection process.

Before going in depth in how top schools such as Harvard use affirmative action in their selection process, one has to understand what it is and how did it become an issue? As defined by Mark Naison, an African-American studies professor who teaches about affirmative action at Fordham University, "Affirmative Action refers to policies that give students from underrepresented racial groups an advantage in the college admissions process."

However, in today's society, it goes both ways. The underrepresented groups such as the Hispanics and African-Americans get a colossal advantage when applying simply due to their race, but Asian students face a massive disadvantage simply because of their race. In a recent *Vox* study of seven highly selective schools, a score of 1300 out of 1600 on the SAT for Asians is represented as 1160 out of 1600: a 140-point penalty. However, for Hispanics and African Americans, they get a 130 point and 310-point bonus, respectively. This score of 1300 creates a 440-point difference between an Asian-American and an African-American. Although, all of this is hypothetical and nothing can be truly proved because anything that goes on in the admissions room is highly confidential, certain Asians who applied to Harvard and got denied feel like they were held to a higher standard simply due to their race. Also, the students seem to be suing due to the fact that the university used an illegal quota system. The historical trial began just a few days ago on October 15th and has the chance to completely erase affirmative action from all college admissions processes. According to experts in the *New York Times* article, "A Lawsuit by Asian-American Students Against Harvard Could End

Affirmative Action as We Know It," a newly conservative Supreme Court serves as a backdrop to increase the chance that previous rulings upholding affirmative action could be overturned if the case makes it to the highest court. To no one's surprise, much controversy has begun due to the all-important trial. In Boston and Cambridge, groups began to march with signs saying

"I am Asian American; I have dreams too."

"As an Asian American who excels in all forms of academics and leadership, the thought of affirmative action does scare me. The thought of being held to a higher standard simply due to my race is something that I worry about and think about in every decision I make in high school," says student Sudeep Gadde, sophomore.

If this case gets overturned as many experts believe it will, due to a conservative court, many Asian-Americans will find a new light in the admissions process. No longer will they be at a disadvantage because of their race.

A *New York Times* article states, "Harvard's "race-conscious" admissions policy, which is at the center of the case, is caricatured by opponents as being "infected with racial bias." If the plaintiffs, a group called Students for Fair Admissions, win, the decision could threaten the ability of all colleges to consider an applicant's race in admissions."

Edward Blum, a conservative activist who opposes any type of race-based admissions policies, founded the Students for Fair Admissions group that is suing Harvard. The group has received support from the Trump Administration. Essentially, they are arguing that Harvard manipulated the admissions process to keep the racial balance the same every year, no matter how talented one race of the applicant pool is. They believe that Harvard uses and has used an unfair racial quota system.

"Race and ethnicity should not be a factor when a student applies to a university like Harvard or the University of North Carolina or the

University of Texas, or any university," Blum said in prepared remarks at a rally the day before the trial started. "In a multi-racial, multi-ethnic nation like ours, the admissions' bar cannot be raised for some races, and lowered for others."

From Harvard's point of view, they claim that they also value how much the student would benefit from being on campus in a personality score, 1 through 10. In this score, Blum maintains that Asian-Americans tend to earn lower scores, which may damage their chances of admission

This trial could cause a big change in the college admissions process. The country has changed in racial balance since Affirmative Action was first introduced in 1961. Students for Fair Admissions aren't looking to get rid of Affirmative Action completely, they just want to get rid of any racial disadvantages given to Asian-Americans in the case *Students for Fair Admissions vs Harvard Admissions 2018*.

Affirmative Action empowers society

By Sudeep Gadde

Giving a better chance to the minority population is not discrimination to all other hard workers, but an empowerment of a growing society. Colleges in America have an important job in educating the next generation with a goal to do better than the last generation and to sustain progress. One way of empowering the future is by training a culturally diverse community of individuals. More diversity offers a greater number of skills, backgrounds, and talents that can help solve problems that arise in society. This empowerment can be seen in the Affirmative Action taken by colleges, which strives to give an equal chance to developing minorities in relation to the majority population present in America.

In 1978, the Supreme Court began allowing colleges to consider race for admissions. This change mostly benefited African and Hispanic Americans, who had long been underrepresented in bigger colleges due to lower average test scores. By allowing colleges to consider race as a factor for admissions, African Americans and Hispanic Americans were thought to have a more equal playing field when competing with white students for admission.

Affirmative Action is a controversial topic in society and recently, a lawsuit has been filed in the courts brought forward by Asian Americans who argue that they are receiving unfair treatment due to Affirmative Action requirements. The lawsuit is attempting to prosecute schools such as Harvard for discriminating against Asian Americans in their admissions process. While only Harvard has been named in the case at the moment, this ruling could set a precedent for all schools across America. To support their case, the federal government has a student

admission dean who claims Harvard actively discriminates against Asians in the selection process. Since Harvard already has a high number of Asian students who are admitted due to non-race affiliated criteria, the admissions office proposes they should no longer have to meet the initial Asian quota as dictated in the original Affirmative Action law. While this case is not over yet, a ruling may come soon that could prove decisive for all schools.

Harvard has defended its affirmative action policies by stating that if they didn't take race into account, the number of African American and Hispanic American admissions would decrease by 50 percent. If these minority races don't have enough people going to more selective colleges, communities that are predominantly filled with these minorities won't have enough people overseeing high skill jobs. This can, in turn, result in a lack of community development in areas such as health, infrastructure, and law. This lack of development could lead to economic demise for these communities, increasing already high poverty rates.

Studies done by CollegeXpress show that colleges with a higher diversity index have students who are happier with their school and with the education they receive. High college diversity is good for education because it helps people realize that they are all more alike than they are different. Studying, working, and living among those who are racially diverse translates well into the real world as it can help people better fit into a workplace that is becoming consistently more diverse.

Opponents of Affirmative Action would argue that some races are being favored while other races such as Asian or White Americans are being discriminated against. In heavily selective schools such as Harvard, however, where affirmative action

is prevalent, racial diversity helps students to better assimilate into future living situations and jobs. Colleges that have a clear plan of how affirmative action will affect their students produce well-rounded individuals.

While Affirmative Action works to create diversity in the American work field by assisting people of minority races with higher education, it still clearly is not enough. Even with Harvard using a ranking system which accommodates for African Americans and Hispanic Americans, black students still only make up 15.2 percent of Harvard's student population while Hispanic Americans make up 12.3 percent of the student population. In contrast, Asian Americans make up 22.9 percent and white students make up 44 percent of the population. The lower numbers for African-Americans and Hispanic Americans indicate that if race was not taken into account, the number of minority people in selective colleges would be significantly lower.

While we have grown as a nation when it comes to stemming racial prejudice and discrimination, distrust still remains among majority communities who see minorities in leadership positions. This needs to change. By instilling Affirmative Action in colleges that are selective, new leaders can be trained that will be representative of America's diverse population. It is not enough just to be able to say that America has had a black president, therefore we are diverse. America needs many more minority leaders to create a truly equal country and Affirmative Action can help. Colleges like Harvard who strive to be the best should have the right to select the individuals which will make their college better. By creating a diverse student body, Harvard is achieving greater potential, which will make America a better place.

Will a “Blue Wave” prevail on election day?

By Tess Dorman

Three weeks out from Election Day, Democrats have one special thing that could drive them to victory- energy. This November, those who forecast elections are calling for a wave; a big, blue wave. Democrats are angry and fed up with the state of the country, and they’re calling for change. The blue wave refers to what Democrats believe will be a Democratic takeover of Congress. The blue wave seemed almost certain for a while, however, the movement might be drying up. The Kavanaugh Supreme Court nomination debate has brought about anger from the Republican party, and that anger might mean that Republicans are just as fired up about the election as the Democrats. Has the blue wave met its red match?

WHAT CAUSED THE BLUE WAVE MOVEMENT?

The specific causes of the blue wave (Democrats heading to polls in record numbers) are unclear, but it’s safe to say that one reason why the blue wave got its start is that Democrats are fed up. Their dissatisfaction with Trump and his party have brought about an anger that seems to be the driving force of this blue wave. This dissatisfaction has overwhelmingly been seen in women. According to a recent CNN poll, 63% of women say that they will vote Democratic in the upcoming election.

Katherine Perkins, Program Director of news and talk at Iowa Public Radio, offered her journalistic insight on why women are leaning blue in the midterms.

“I think it’s a combination of national and state politics, at least in Iowa. Representatives in the Iowa legislature last session passed the most restrictive abortion law in the country. I think the fact that that law got approved and also signed by our female governor upset a lot of women. I think that’s what made a lot of women look at the Democratic party as offering better options, at least on that issue.”

Perkins also mentioned that more women are running for office than ever, this being caused by the momentum of fed up women.

“The Democratic party nominated a record number of women to run for Congress this year. A lot of those candidates said they were inspired to run after President Trump got elected.”

Women can be credited for giving the blue wave a good deal of its momentum, but women’s issues are not the only thing driving the movement. Plenty of others are upset about what’s been going

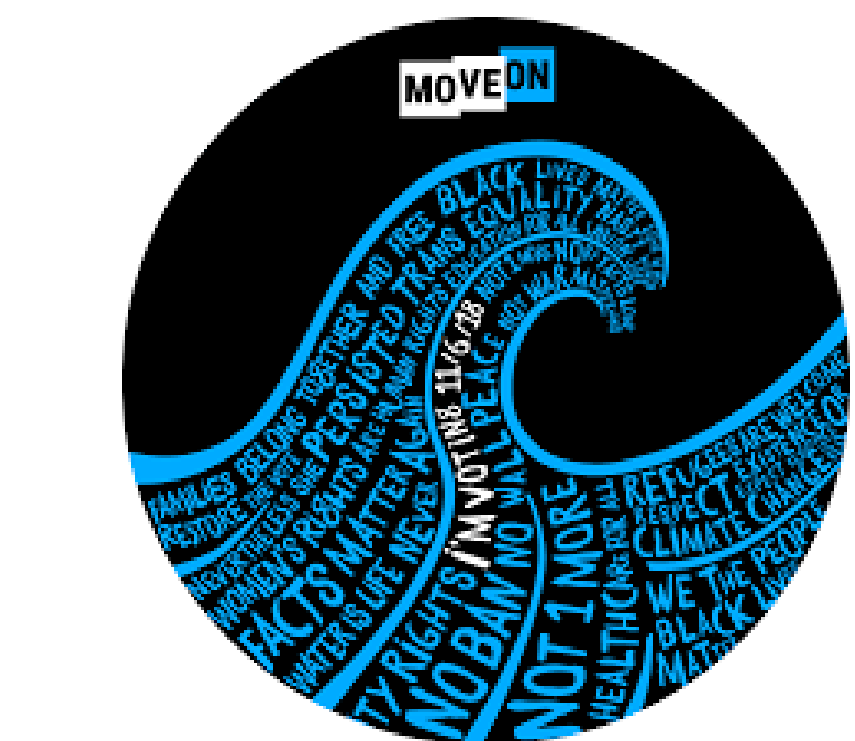
on in Washington. Calvin Kanz, junior, shared his opinion on why he’s supporting Democrats this November.

“This year is especially important in electing Democrats to Congress because I believe that the Republican majority has failed in its responsibility to represent its constituents and decent American values. Donald Trump constantly lies to the public and institutes policies which are often impulsive, uninformed, and unfair to the working and lower class citizens and are racially or sexually biased.

THROUGHOUT THE ELECTION SEASON- SUCCESSES OF DEMOCRATIC CANDIDATES

Throughout this election season, polls upon polls have shown the Democrats on top. In the House midterm elections, the Democrats need to flip 23 seats in order to take back control of House in 2018. Democrats need to win at least two Senate seats to gain control of the Senate. Back in August, a FiveThirtyEight study found that Democrats had an eight-percentage point edge on national generic ballots asking voters which political party they would prefer. That same FiveThirtyEight study found that, after taking into account fundraising, polling, voting history and analyst ratings at the House district level, that Democrats had a 68.5% chance of taking back the House. The study also projects a 31 seat-gain for Democrats in the House of Representatives.

In September, according to Business Insider, polls found that Democrats now had a 10, 12 and 14-point leads over Republicans in the Congressional elections. A NPR/Marist Poll conducted in September found that 50% of registered voters would cast their ballots for Democrats in the midterm elections, compared to the 38% of registered voters that would cast a Republican ballot. Another survey conducted in September by a *NBC News/Wall Street Journal* poll found that Democrats were leading Republicans by 52 percent to 40 percent for control of Congress. The Senate races are going to be a lot harder for Democrats to conquer. There are currently 49 Democrats and 51 Republicans in the U.S. Senate. There are 23 Democratic Senators not up for election, while there are 42 Republican Senators not up for election. According to another September study by *CNN* politics, 14 of the Senate seats up for election are solid Democratic, 5 are likely Democratic, 3 lean Democratic, 5 are solid Republican,



none are likely Republican, 2 lean Republican, and there are 6 toss up seats. Democrats need to win several of the toss up elections to gain control of the Senate, which would mean defeating several incumbent Republicans.

As we near closer to Election Day, current polls still have Democrats on top in the House elections. A current FiveThirtyEight study has determined that Democrats have an 81.3% chance of taking back the House in the upcoming election.

The same up-to-date FiveThirtyEight study has determined that Democrats have a 19.4% chance of winning control of the Senate. The House and Senate seem to be moving in opposite directions at the moment.

COULD KAVANAUGH FEVER KILL THE BLUE WAVE? WHAT WILL THE OUTCOME BE?

Many believe that the blue wave might be dying out, however, as some say that the Conservatives are just as fired up as Liberals. The Kavanaugh debate has led to Republicans feeling just as fed up with the Democrats as Democrats are with the Republicans. This GOP rage could potentially unleash its very own red wave to combat the blue wave

Alexander Burns covers national politics for *The New York Times*. He described why he thinks “Kavanaugh fever” could potentially kill the blue wave in the October 15 episode of the *New York Times*’ “The Daily” podcast.

“I think he (Kavanaugh) will matter and it’s hard to say why. You probably will have more conservative voters that are more tuned in now than they were a month ago because they got engaged and angry about the Supreme Court fight.”

Kavanaugh fever isn’t the only thing that could be a potential

problem for Democrats. Democrats might be up now, but the last few weeks of the election season could see Republican’s numbers in the polls start to rise.

Andrew Redlawsk is a Field Organizer for the Abby Finkenauer Campaign for Congress. Finkenauer is the Democratic candidate running for the House of Representatives in Iowa’s First Congressional District. Andrew has been working for Democratic campaigns for over ten years, he’s seen a lot of Democratic wins and a lot of Democratic losses. He offered some insight from his campaign experience.

“Republicans always seem to bring it home in the end. The reason Democrats have to run field campaigns is because Republicans always vote. The same cannot be said about Democrats. At the end of the day, Republicans always vote, even if they’re not a fan of the Republican candidate. Democrats always need a push. Some Democrats won’t vote if they’re happy not happy with the Democratic candidate.”

It’s been done in the past and it can be done now. Republicans can make a comeback, especially if Republicans are just as fired up as Democrats and hit the polls hard.

It’s nearly impossible to predict whether or not Democrats will gain control of the House or Senate. Anger is the driving force of the blue wave movement. Democrats are fed up with the state of the country and are ready to fight for change. Although Democrats have been up and have had a lot of success this election season, Republicans are still perfectly capable of making a comeback, especially with Kavanaugh Fever looming. If the blue wave wants to make it to shore, Democrats still have a good deal of obstacles to overcome. The risk of a red wave is one that Democrats need to address and fight off if they want the blue wave movement to be a success.

Voting is the ultimate privilege and makes democracy work

By Tess Dorman

In the 2008 Alaska House of Representatives District 7 election, Republican Rep. Mike Kelly won re-election by *one* vote, 5,018 to 5,017 over Democratic challenger Karl Kassel. One singular vote determined the outcome of the election. Voting is a fundamental human right and a privilege that belongs to every American citizen 18 or over who is not a convicted felon. This privilege allows you to choose who represents you and your community at the nation's capital, to choose who runs the nation, and to have a say in what laws pass in your community. Participating in your democracy is one of the most important responsibilities Americans have, yet so many choose not to do so. Everyone who is eligible to do so should vote. Period.

There are about 150 million Americans qualified to vote, but only 56 percent of those people voted in the 2016 presidential election. Americans need to take the responsibility of voting into their own hands. Nothing gets done if voter turnout rates remains low. Aside from that, however, there are so many other reasons for people to vote. The issues people vote on effect everyone's everyday life. You cannot go a day without encountering something that was affected by elections. For example, on the local level, the bond issue that recently passed affects everyone in the district. The children of many voters will be impacted at school when new schools are being built, and people that don't have kids are still affected because they have to pay higher taxes. Why wouldn't you want to have a say in what affects your everyday life and welfare? Healthcare, minimum wage, access to contraceptives, all of these issues are affected by elections. People that choose not to vote do not understand that they are choosing to not have a say in issues that affect their life. They are taking rights away from themselves. So many people throughout American history have fought for this right, yet so many people take it for granted. The Revolutionary War was fought because the colonists did not have a say in the British parliament. Women fought and protested for their right to vote for years and years. African Americans also overcame many obstacles for their right to participate in the nation's democracy. (Not to mention that there are plenty of people around the world that don't even have this right.) Non-voters need to understand the opportunity that they have and what it took for

them to have it.

People give many reasons for why they choose not to go to the polls, but all of these reasons are invalid. The *Huffington Post* found that 14.95% of people that choose not to vote choose not to because they don't think that their vote counts or would make a difference. Elections rarely come down to one vote, but that doesn't mean that their vote won't matter. If all the people that believe that their vote doesn't matter did go to the polls, that could potentially make a huge difference on the outcome of the election. Imagine if *everyone* thought that his or her vote wouldn't matter. No one would vote and democracy would not work. It is up to the population as a whole to perform their responsibility as a voter. 11.96% of people that don't vote choose not to because they have a lack of interest and simply don't care. Everyone should care about politics and the world around them. Claiming to have a lack of interest is just an excuse for the fact that they are too lazy to become informed about issues around them. Some may argue that having a greater portion of the population vote would be a bad idea, as more "uninformed" citizens would vote. These "uninformed" people have just as much a right to vote as anyone else. Instead of keeping these uninformed citizens from voting, more should be done to make sure that they are informed. Instead of preventing the problem, solve it.

There are absolutely no excuses to not go to the polls on Election Day. Voting is one of the most important duties an adult has in America. Choosing to skip out on what determines the nation's future is incredibly irresponsible. Voter turnout is far too low in the United States, and steps need to be taken to increase voter turnout. Moving Election Day to Saturday and putting a larger emphasis on voting by mail are two ways to help improve voter turnout. Voter identification laws should also be eliminated, as they are a solution in search of a problem. They are also discriminatory and decrease voter turnout. There is a lot at stake for the midterm elections this November. Learn about the candidates. Go to the polls. Let your voice be heard.

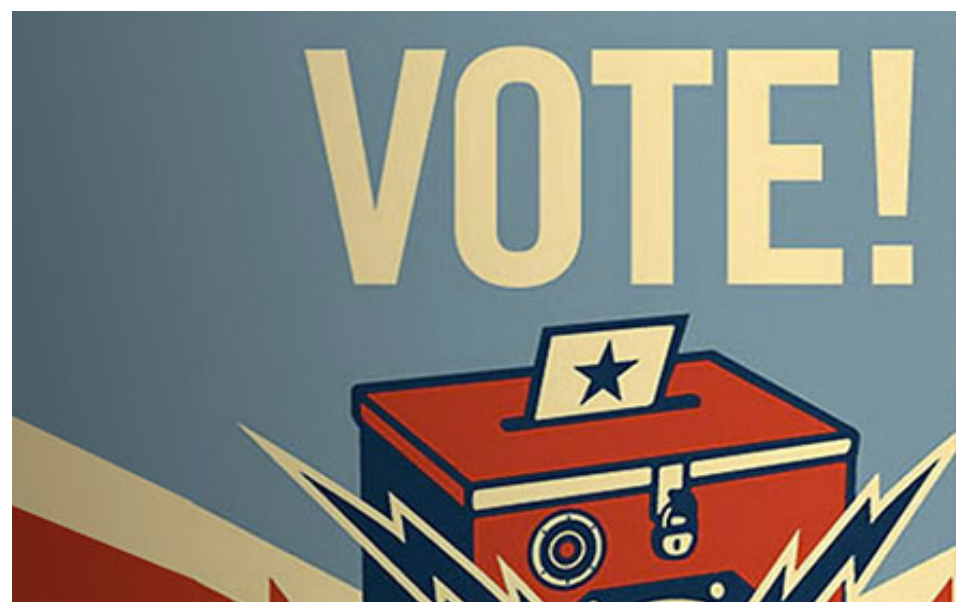
VOTER ID LAWS

Many people are prevented from voting in each election due to unfair Voter Identification laws. These laws require people to present a photo ID when they go to vote. According to American Civil Liberties Union, 11% of American citizens, 21 million Americans, do not have a government-issued photo

identification. Voter ID laws make it extremely difficult for people who do not have an ID to vote, and these are mostly lower-income citizens in urban areas. Obtaining an ID isn't cheap, which can be a real problem for low-income citizens. The ACLU found that the combined cost of document fees, travel expenses and waiting time to get a government issued ID are estimated to range from \$75 to \$175. A 2014 Government Accountability Office (GAO) study found that strict voter ID laws reduce voting turnout by 2-3 percentage points, which can equate to tens of thousands of votes in a single state. Voter ID laws are also extremely discriminatory. Minorities disproportionately lack ID's. About 25 percent of African Americans do not have a government-issued photo ID. Voter ID laws are enforced in a discriminatory manner as well. A Caltech/MIT study found that minority voters are more frequently questioned about ID than are white voters. Because of these factors, Voter Identification laws decrease voter turnout among minority voters. A 2014 GAO study found that these laws have a negative effect on voter turnout among racial minorities and other vulnerable groups, worsening the participation gap between voters of color and white people. Voter Identification laws were put in effect to help combat voter fraud, but studies show that voter fraud is not a huge problem in America. In fact, it's not really a problem at all. According to PBS, as of 2016, there have been only 44 cases of voter fraud out of a billion votes cast since 2000; translated to a rate of 0.0000044 percent. Voter ID laws are a solution in search of a problem, especially if the solution is discriminatory and denies people their right to vote. Voter identification laws must be eliminated in order to solve the problem of lower-income citizens being denied their right to vote. Voting must be made easier for *all* citizens in an attempt to raise voter turnout.

MANDATORY VOTING IN AMERICA?

Mandatory voting is used in countries around the world to help encourage people to go to the polls. Both Belgium and Turkey have mandatory voting laws, and according to the Pew Research Center, those countries saw voter turnouts as high as 87 percent and 84 percent in recent elections. One of the most well-known mandatory voting system is in Australia. Just like in the United States, Australian citizens who are 18 or older and who are not convicted felons are able to vote. However, in Australia, eligible voters are *required* to vote on Election Day. A person is fined \$20 the first time they fail to vote. After that, they receive a \$50 fine each time they fail to vote. Failure to pay these fines could result in the loss of their driver's license, according to Chris Weller of *Business Insider*. Australia's compulsory voting system is flexible for voters. Since elections are held on Saturday's, anyone can vote at any state-polling place, and voters in remote areas can vote before an election via mail. According to Matt Rosenberg from *Thought. Co*, prior to mandatory voting laws, Australia's voter turnout was as low as 47 percent. Once the law was passed in 1924, the decades that followed saw the increased voter turnout rates rise to around 94 percent. So much could change if 94 percent of Americans cast a ballot in an election. So many more people would have a say in the direction of our country. Older and wealthier Americans are more likely to vote than anyone else. This leads to politician's policies being more likely to favor the interests of older, wealthier people over everyone else, a phenomenon known as "class bias." Old rich guys' opinions should not be what's running a diverse country. Everyone's opinions deserve to be heard. If everyone in the United States was required to vote, the class-bias effect would come to an end. Think of all the possibilities for change that this could bring.



Improved Orange Leaf boasts new options

By Kyle Spaete

Someone drove through the front door of Orange Leaf this past spring of 2018 and caused quite a bit of damage to the frozen yogurt outlet. Luckily, when I went there for a treat recently, the outlet had been completely renovated. Orange Leaf (located in the Lindale Crossing complex at 4866 1st Ave NE in Cedar Rapids) reopened this summer on July 28th. Based on my experience at the remodeled Orange Leaf, I will definitely be going back for seconds soon.

When I walked inside for the first time since the renovation, the first differences I noticed was that there was new flooring, the toppings counter had been updated, and there were more light fixtures. The menu had also changed and had more options such as shakes, smoothies, sodas, and coffee/fro-yo drinks.

The coffee mixed with vanilla frozen yogurt looked very tempting since like many teens, I really like coffee, but since it was late at night I figured I would get a shake instead of something loaded with caffeine. I ordered a cookies and cream milkshake for \$5.00 and I used a \$1.00 off coupon that a friend had given me. While it is a bit on the expensive side, it was worth the money.

The shake was very thick and creamy; the perfect texture for a milkshake. It was almost too thick to drink through a straw, but too thin to eat easily with a spoon. The oreo bits and flavoring were evenly mixed throughout the shake since cookies and cream frozen yogurt was used as the base of the shake.

Most teens in Marion have been to Orange Leaf and are familiar with how the self-serve part works, but the shakes are a bit different. Instead of going through the line and filling a cup with frozen yogurt, you order your shake, drink, or smoothie right at the cashier and then one of the Orange Leaf team members will make it and bring it out to you.

The difference between a shake at Orange Leaf and a shake at other ice cream shops is that the shake does not entirely come from a separate shake machine. What happens is that an Orange Leaf team member will fill a cup of the frozen yogurt flavor you picked from the self-serve area. Then they add milk and cream to the frozen yogurt. Next they take it to a mixer to evenly distribute all the milk and frozen yogurt. The end result was a very creamy and evenly mixed shake that was brought out to me while I was able to sit down and visit with friends.

The good thing about the desserts that are made behind the counter is that you pay one set price off the menu. This is a good thing for someone like me who likes to get way too much frozen yogurt and then adds even more toppings causing my bowl to weigh a lot and cost more money (self-serve bowls are charged based on how much they weigh). I have in the past spent over \$7.00 on a single large bowl of frozen yogurt. Buying a shake was the right decision because it put a

cap on how much money I was going to spend.

Bobas are the official name of the squishy, fruit-flavored jelly balls that so many Orange Leaf customers are obsessed with (including myself). Bobas start to really weigh down your bowl after just one big scoop. Orange Leaf recently took advantage of this by adding a “Boba Tea” to their menu. Although I did not try the drink, I did manage to look at one up close. They are pretty self-explanatory coming as a typical cup of tea (the same size cup as a milkshake), but a couple scoops of bobas are added into the cup. It looked very interesting and it is something that I will definitely be taste-testing in the near future.

While teens are already familiar with how the self-serve line works with all the different flavors to choose from, what people do not realize is how often some of the flavors change. An Orange Leaf team member explained to me that the popular flavors such as brownie batter and wedding cake are pretty much always available year round. Some of the more seasonal flavors such as pina colada might only be available during the warmer months.

Another change I noticed when I got to the counter was a display of fancy looking cookies near the cash

register. Some people were buying them after they got their bowls of frozen yogurt and then crushing them up and putting them on as toppings. That seemed like a good idea at first but then I realized that the cookies are an extra couple dollars so just putting more candy on your bowl for a couple extra cents might just be a bit cheaper. Plus crushed up chocolate bars do not get as soggy as crushed cookie chunks.

Overall, Orange Leaf has added a much wider selection of choices to their

menu. I have always really enjoyed going to Orange Leaf, but before the renovation many of my friends and I had started getting bored with it. Yes, the self-serve flavors did change, but other than that it was always the same thing. After going there since the renovation, there is so much more on their menu. My experience at Orange Leaf “2.0” made the decision to go back soon an easy one. The hard decision now is deciding what new dessert I am going to try next.



Pumpkin Spice lattes are back

By Ashton Kapelanski

Many of us can't wait for fall! What's not to love? Football season is in full swing, the leaves are turning a beautiful amber and pumpkin spice lattes are everywhere!

According to Kenzie Menza, writer for *The Mic*, Starbucks knew they had a winning latte within the first weeks of introducing pumpkin spice to their menu back in 2004.

“Since 2004, the immensely successful pumpkin spice latte has brought in over \$70 million in profits for Starbucks,” says Zaw Thiha Tun, writer for Investopedia. With this fall drink bringing in so much money annually it is no surprise that the drink was released earlier than ever this year on August 28th.

“The early release date was a great way for Starbucks to gain free publicity,” says Cady Lang, writer for *Time Magazine*. Lang may be onto something because multiple popular Twitter accounts, such as Common White Girl, who has over 32.8 thousand followers, tweeted multiple times about the early release date.

With thousands of people drinking pumpkin spice lattes annually you have to wonder what makes them so good? The answer is simple, sugar and lots of it!

According to Starbucks nutritional website, one 16 oz. pumpkin spice latte contains 380 calories, 12 grams of fat, 8 grams of saturated fat, 14 grams of protein and 50 grams of sugar. That's double the recommended sugar intake for women, according to American Heart Association. Overall, the latte is not a healthy choice.

“Pumpkin itself is healthy.

Cinnamon and nutmeg are fine. But pumpkin spice lattes are about sugar,” said Katie Ferraro, R.D., M.P.H., a dietitian, nutrition consultant, and assistant clinical professor of nutrition.

Now a pumpkin spice latte every now and then won't hurt you but is it possible to become addicted?

“Research shows that sugar can be even more addicting than cocaine,” says Cassie Bjork, R.D., L.D., founder of Healthy Simple Life. According to Bjork, sugar activates the reward center of our brain and our brain craves being rewarded.

Linn-Mar Athletic Trainer, Marissa Yorgey, believes that our student body has become “addicted to sugar” and that our “growing bodies really don't need caffeine.” Yorgey says that students should watch the consumption of sugary coffees because there is no beneficial calories in “dessert coffees.” Yorgey says she believes that the majority of Starbucks coffees are filled with empty calories, referring to high caloric foods/drinks that have little to no nutritional value.

According to Natalie Butler, RD, LD, medical reviewer for HealthLine, a short-term side effect to consuming too many empty calories is always being hungry; a long-term affect is obesity.

Yogey recommends trying a pumpkin tea or plain black coffee to avoid unnecessary sugar intake. She recommends that athletes should avoid sugar and that all students could drink more water.

Even the making of pumpkin spice lattes are affecting students here at Linn Mar. Senior Nolan Starr, a Starbucks employee, says he dreads making

the popular pumpkin spice drink.

“There's just too many steps, it's glorified mocha,” says Starr, who says the drink makes up about 22% of his transactions on an average fall day. Starr says he cannot even wrap his head around how many pumpkin spice lattes he makes on Happy Hour days, when specialty drinks are discounted.

Not everybody at Linn-Mar is coffee-obsessed, however. Senior Serena Bizzard says she has “been clean from caffeine for over thirteen months now.” Serena says she can remember the days after morning swim practices when she would beg her mom to bring her a Starbucks Frappuccino or white chocolate mocha.

“I would beg for a sugary coffee at least once a day,” says Bizzard. Serena says her addiction hit an all-time high when she got her driver's license. “I was at a coffee shop at least once a day whether it was before school or after a late night practice.” Now Bizzard says she does not miss coffee too much and she feels she sleeps better than she did on her days when she was hopped up on sugar and caffeine.

Starbucks is making thousands of dollars off a sugary drink that is literally designed to make our bodies become physically addicted. There is good news for all you caffeine fanatics, however. *Time Magazine* writer Jamie Ducharme says, “The first step to breaking your coffee addiction is to convince yourself that you do not need the extra caffeine.”

When the leaves start falling and the temperatures dip, remember it might be wise to pace yourself when it comes to the pumpkin spice lattes.

Podcasts are now a “series” business

By Ashton Kapelanski

We all go through the phase of listening to the same music on replay and it's easy to get sick of the repetition. Why not switch it up and try something new, like a podcast! A podcast can be compared to talk radio but many hosts (people who are the voices of the podcast) continuously talk about a topic of interest such as books, comedy, crime or current events. What sets podcasts apart from radio is that most don't have a station, they are simply audio files that are streamed through music or audio outlets. Podcast have been around since the early 2000's but “in 2015, podcast became a series business” says Mikaela Lefrak, former associate editor and podcast producer for the *New Republic*.

According to Sarah Perez, journalist for *Techcrunch*, the podcast industry had a record year in 2017, making \$314 million in revenue. “112 million Americans have listened to podcasts” says Jayson Mers, a journalist at *Forbes*. With podcasts gaining so much popularity it can be hard to pick which podcast is right for you. Here are three suggestions to kick off your podcasting experience.

My Favorite Murder, hosted by Karen Kilgariff and Georgia Hardstark:

My Favorite Murder is a weekly, true-crime podcast that mixes together crime and comedy. Every week the hosts upload two episodes. On Mondays they upload one episode where Kilgariff and Hardstark talk about two historical or fascinating murders. They present their murders to the audience as though they are telling a story to each other. An episode can last anywhere between an hour and half to two hours long. On Thursday, the duo uploads what they call a “mini-episode” where they read the stories of fans who have interesting murders or crimes that occurred in the fan's home town. Not all “hometowns” (stories fans send in from their hometowns) have crimes, some stories are just out of the ordinary events that happened in that person's life. The podcast can be simply described as amazing; it's like listening to two of your best friends have a conversation. *My Favorite Murder* has gained so much popularity that Kilgariff and Hardstark go on tours and perform live shows. At live shows, the hosts share historical murders that took place in the state where they're appearing. Since they started touring in 2016, the shows are always sold out. Kilgariff and Hardstark have brought together people who are obsessed with murder, but not in a serial killer way. The podcast has their own fan cult where exclusive members get to listen to live shows and have access to exclusive merchandise. Listeners and fans can join the fan cult for \$40. You can listen to *My Favorite Murder* on Apple Podcast and Spotify.

Dr. Death, produced by Wondery and reported by Laura Beil
Dr. Death is a six-episode podcast that tells the horrifying story of Dr. Christopher Dunsch and how our healthcare system failed to “do no

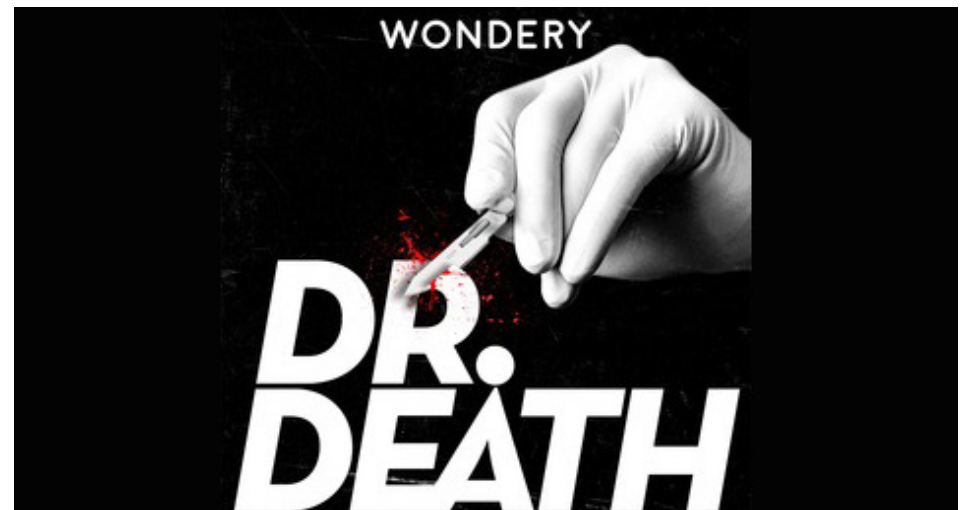
harm.” Laura Beil takes listeners on a disturbing journey as she tells the story of how Dr. Dunsch intentionally harmed people for three years without any repercussions. Dr. Dunsch's story is a nightmare; he destroyed over 30 spines and murdered two people from purposely botching his surgeries. Listen to the devastating tale of how people's lives were ruined by a healthcare system that failed to protect them and find out what happened to *Dr. Death*. There are six episodes of *Dr. Death* and each is an hour long. You can listen to *Dr. Death* on Apple Podcast, Spotify, Stitcher and Tune In.

Every Little Thing, Hosted by Flora Lichtman
Every Little Thing is a great podcast to help you disconnect from the chaotic world and find answers to questions you never knew you had. The host, Flora Lichtman a scientific journalist, and helps listeners discover topics that most of us have never considered. Many of the episode topics come from questions asked by listeners, questions like “Did pirates really have peg legs?” and “What would dinosaurs

taste like?” These random wacky questions are enough for Litchman to turn into a half an hour long episode. *Every Little Thing* has been streaming since 2017. New episodes drop every Monday. You can listen to *Every Little Thing* just about anywhere as it is streamed on 11 outlets, such as Apple Podcast, Spotify, and Stitcher.

There is a podcast for just about everything, whether you're into sports, crime, or just life itself, there is a podcast out there for you. The three shared podcasts in this article are just

the tip of the iceberg when it comes to the podcast world. Many credible sources such as *The Times* and *The Atlantic* report annually on “The Best Podcast of the Year (So Far)” and offer a wide range of interesting podcasts, such as daily news podcast and ranting podcast (yes there are podcast out there of people just complaining). Podcasts are a great way to get information and the topics can sometimes be a great conversation starter. So go find your favorite podcast and take a break from your repeating playlist.



Teen Juuling becomes a health issue

By Nina Taylor

Since the release of the first Juul in 2017, the company has gotten millions of teens hooked. According to the National Youth Tobacco Survey, 11.7 percent of high school students and 3.3 percent of middle school students owned and used a Juul as of 2017. Together, this is over 2.1 million teens. To put that number in perspective, imagine everyone in the state of New Mexico owning a Juul... that is how many teens own and use a Juul as of 2017.

Many people wonder...why is this such an issue for teenagers in the U.S? The answer: millions have bought a Juul in order to “fit in.” or to do the same thing as their friends. After buying this product, kids can get easily hooked due to the insanely high amount of nicotine in a single pod. In one Juul pod, there is the same amount of nicotine that is present in two packs of cigarettes. While some users may not care about this information now, they often don't realize how much a nicotine addiction can affect them in the future.

“I mostly bought one because I was bored and had nothing to do. Most of my friends had either a Juul or a vape, so I bought a Juul because it was cheap,” says an anonymous student at Marion High School. Being only seventeen, he is an underage user. “Once school started I definitely started using it less, but in the summer and on the weekends, I always have it with me.”

Nowadays, young teens buy Juul's out of boredom and eventually develop an addiction. This addiction can happen quickly and can have lifelong effects. Young teens using a Juul out of boredom or to fit in can become lifelong smokers, develop cancer, or even smoke their way to death.

“I think a lot of people use Juul's because other than the addictive element, they are very convenient and

easy to hide. Unlike a cigarette, you don't need a lighter to use it, you can keep it in your wallet or pocket, and it doesn't let off a lot of smoke,” says sixteen-year-old Olivia Martinson, a junior at Linn-Mar High School. “Personally, I think Juuling is stupid and people should understand the risk that they are taking before they buy a Juul.”

Although many teenagers know the prominent health risks that are associated with vaping and Juuling, many think Juuling is a safer alternative to cigarette smoking. While it may be safer in terms of the number of harmful chemicals being ingested, the addiction factor is just as high, if not higher than smoking. And manufacturers are actively promoting these devices to younger kids with skillful marketing and flavored pods.

“I don't Juul because there is no benefit, the only result is that you look like a stupid-head,” says sixteen-year-old Maddie Dejong, a Linn-Mar junior. “When I see people that I know Juuling,

it doesn't really bother me, but I still don't understand the point.”

Another prominent issue is that many users don't know when they're addicted. Juuling, for them, goes from a habit on weekends to an all-day, everyday use. This much nicotine on a growing brain and body is incredibly harmful.

“I wouldn't say that I'm addicted,” says one senior under-aged from Marion High School. “I definitely get upset when I don't have it after a long time, but it's not like I need it every second of every day. When I went to California, though, I didn't use it for a week. It was honestly terrible.”

Underage smoking is as prominent now as it ever was, but now the focus is turning toward vaping and Juuling. The scary aspect of all this is that Juul's encourage kids to become addicted without them even realizing it. Once they realize they are addicted, it is too late. Luckily, many teens are starting to realize how harmful this habit can be.



Multi-talented Yem lives life to the fullest

By Kyle Spaete

Justin Binh Yem's worst pet peeve may be something really unusually proper for a typical 16-year-old junior at Linn-Mar High School.

"I hate it when people don't hold spoons the right way, you're supposed to hold it like a pencil not with a closed fist!" Between the wrong spoon grip and any spoon that doesn't look like the ones he has at his house, Justin really doesn't like to do a lot with spoons.

Forks are his favorite silverware and carbs are his favorite genre of food.

"I like anything 'carby', but Noodles and Company is trash. I like good carbs," Justin said. His favorite food is potatoes in any form except baked. Justin was enjoying some waffles fries with fry sauce during the interview at Chick-Fil-A, one of his favorite restaurants. Justin says he enjoys eating out and going to dances with friends whenever he gets the chance.

However, food isn't the only thing Justin is picky about. He is also picky about his clothes and his shoes, and most importantly, what brand they are. Dick's Sporting Goods is his favorite store because Justin "loves me some shoes." Nike, Adidas, and American Eagle are Justin's favorite clothing brands. Knock-off brands such as Fila are another thing that irritates him. Justin says he likes to "stay in the know" when it comes to fashion. Justin summed up his shopping philosophy when he said, "I have no regrets about buying anything; I get it because I want it."

Many parents of trendy teenagers know that buying only name brands can be very pricy. Luckily, Justin plans on doing something in the medical field like maybe being a doctor, so he will be able to pay for his fashion habit.

Justin says he wants to be so successful that he won't have to introduce himself to people. This is all for a good reason; Justin wants to save peoples' lives and be known for saving peoples' lives. He got his interest in science from his parents and his older brother. Kelly, Justin's mom, is a pharmacist and his dad, John, works at Rockwell Collins. Josh, Justin's older brother (whom Justin feels he is in the shadow of) is also planning on becoming a doctor.

Although he would like to think so, Justin knows that there is not a true favorite kid in his family's household. He says both of his parents will not care what their sons do in life as long as they are successful and very happy. Having lived his entire life in Cedar Rapids, Justin doesn't think he will end up staying in the city as an adult.

"C.R. is a nice place but it's not my dream city," he said. Orlando would be Justin's first pick since it is always nice and warm there by Iowan standards.

Justin admits that Cedar Rapids would be a relatively safe place to raise a family. He thinks he'll most likely get married and maybe have two children, but he is not sure yet. Justin also isn't set on what a dream house or car would look like for him. He just wants something really nice since having a lot of money is one of his life goals.

"I have more important things to think about right now," Justin said. The one thing Justin does know for sure is that he will never have any pets because even though they are cute, pets are way too much work for him.

Justin did manage to find something in life not to be picky about: music. Justin will gladly play just about any song on the saxophone or the piano. There isn't a song, artist, band, or genre that Justin could say is his favorite. He just listens to anything catchy. Justin plans on having a major in pharmacy, but would also like to get a minor in music at the University of Iowa. Even the craziest thing Justin wants to do is music related; he would love to go to a wild music festival.

"Don't know when or where but I'm going," Justin said.

Justin does indeed have a favorite celebrity and a favorite movie series. He loves Jennifer Lawrence and all of the movies she has been a part of with *The Hunger Games* trilogy being at the top of his list. With themes surrounding what evil governments and money can do to people, *The Hunger Games* is right up Justin's alley.

The government doesn't personally scare Justin, but what they can do to hurt other less fortunate people scares him. Justin does have a fear of the unknown, specifically death. He does believe in an afterlife. Justin, a Buddhist on paper, says he really doesn't care about religion in general although he is superstitious and believes in things such as psychics, ghosts, and haunted places.

Soulmates are another thing Justin thinks might be real but he said, "I can't be for sure about those because I definitely haven't found mine yet!"

Worrying too much is something that irritates Justin about himself.

"I worry about things I can't control in general like school, friends, and yes, ghosts," Justin said. Something other people do that will make or break a friendship with Justin is when they do not own up to their mistakes and apologize for them. This being said, Justin doesn't have an official "arch-nemesis" to watch out for. Justin said "there are people I like and then there are people I don't like, but I don't have any enemies."

While politics do make Justin anxious from time to time, he cannot be associated with either political party.

"I just like to keep an open mind about the way things are going in the world," Justin said. For example, he does not care at all if people stand or kneel for the national anthem. Justin just thinks people should do whatever they want and also knows if he got too much into politics he would worry way more than he already does.

Dying unexpectedly is a scary thought for Justin, but that didn't stop him from climbing to the top of a rock wall tower at a youth community get-together. He then slipped and got nasty burns on both hands doing probably the craziest thing he's done in his life yet. His mom was not too happy about that. Being a protective mother, she does not like it when Justin gets unhealthy food at a

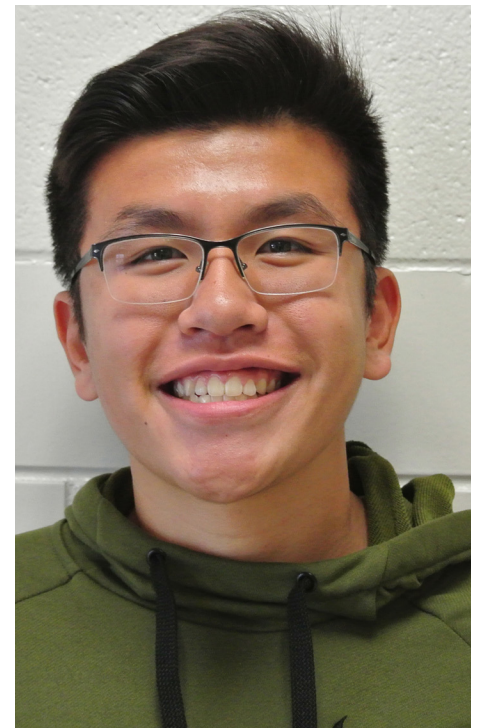
restaurant let alone coming home with half the skin on his hands that he started with that morning. Even though he always tries to live life to the fullest, Justin will most likely be taking a break from adventures for a little while.

Soccer, his only sport, is something Justin could also easily get hurt playing. Justin plays for PSC (Prairie Soccer Club) in the fall and Linn-Mar's team in the spring. His interest in soccer came from his older brother, Josh, who also played for Linn-Mar when he was in high school and from his dad, who still sometimes plays soccer in the adult league at Rockwell Collins.

The PSC soccer facility is on the south side of Cedar Rapids near Kirkwood Community College and the Prairie Community School District. This is quite the drive for Justin to do a couple days a week from the north side of Cedar Rapids. Lucky for Justin, he just got a 2014 Toyota Camry which he is in love with. This is why it's hard for him to think of a dream car for the future because his current car is really nice, especially for a teenager. Justin parks in the north lot at Linn-Mar which can be kind of unnerving for him since the high school parking lot is notorious for fender benders.

Justin has quite a few friends and cares a lot about them.

"Justin works very hard and is passionate about the stuff he does, like playing his saxophone. He is also passionate about grades and lets



people know that. He also cares about what people think about him," said Tess Dorman, a junior at Linn-Mar High School and a friend of Justin.

Justin, pushes himself to get good grades, to stay active, to have a social life, and to make his mom and dad proud on any given day. He says he didn't think that someone would want to go out of their way to learn more about him, which left him pleasantly surprised. Justin can be a little petty and very picky with things like proper spoon posture, but he means very well and will someday be known as someone who is trying to make the world a better place.

Sleep necessary for good health

By Nolan Starr

While many of us do everything in our power to maintain our health and well-being, there is one thing that many people constantly overlook: getting enough sleep. Some see sleep as a waste of time, an activity that eats up too many countless hours of their lives. Others say they are simply too busy to sleep. Still others desperately *want* to sleep but have trouble falling or staying asleep. Despite the countless physical and mental benefits from sleeping, many people still do not get the recommended amount of sleep.

Scientific evidence shows that getting the recommended amount of sleep has endless medical benefits but people continue to ignore it. Why?

"I know that sleep is important but really it just seems like a waste of time, says Michala Miller, senior. "With all of the things I have going on between dance and schoolwork, I wish that it wasn't necessary."

The constant stream of activities both inside and outside of school keeps students busy and doesn't always allow much time for needed sleep. This is one of the many ways that sleep seems to elude those that need it the most.

While many people either hate or love the idea of getting a good night's sleep, sleep is important at its core and benefits us in numerous ways.

According to the American Sleep Association (ASA) sleep is not the dormant activity that it was once believed to be; it is actually a countless

number of interactions inside the body. When sleep occurs, it is actually the body sending signals to the neurotransmitters in the brain to turn off and allow the brain to get much-needed rest.

Many people ignore the countless medical benefits from getting the correct amount of sleep.

"Sleep deprivation can increase the risk of heart attacks by 200% in individuals who get less than six hours of sleep a night. When we lose an hour in the spring due to daylight savings time, heart attacks increase by 24%. A lack of sleep also increases one's risk of dementia and Alzheimer's disease, as sleep is believed to help clear out the protein build-up in the brain that is associated with both diseases. Sleep deprivation also decreases anti-cancer fighting cells by 7%. Just one night of less than 4-5 hours of sleep, can increase risks for intestinal tract cancer, prostate cancer, and breast cancer.

The World Health Organization has even listed any job that interferes with an individual's circadian rhythm as a potential carcinogen. A person who is sleep-deprived cannot form new memories, and has the same mental capacity and reflexes while driving as someone who is illegally intoxicated behind the wheel. Sleeping less than 6 hours has also been shown to increase the likelihood of obesity and depression. From a medical standpoint, sleep is one of the best things that one can do for their own mental and physical health.

Streaming services plentiful, these three stand above the rest

By Sudeep Gadde

Nearly 60 percent of all Americans used streaming services in 2018. Just ten years ago, most Americans watched movies, TV shows, and news on local network stations or on satellite dish service. Now, however, dish service is becoming extinct and streaming services are taking its place. With the absence of dish, streaming services such as Netflix, Hulu, Sling TV, Prime TV, and more recently YouTube TV are thriving. The rising popularity of streaming services is due to convenience, personalization, affordability, and on-demand availability. Also, these services can now be watched on mobile phones, tablets and laptops.

While many streaming services are currently active, some are definitely better than others. I was able to use three streaming services last summer through one week free trials and found all of them to be unique in their own ways. This article will showcase the top three streaming services based on usability, content, customer service, personalization, and viewing experience. **Coming in at #3 is Sling TV**

Sling TV does an exceptional job with live streaming. The streaming service has all available American channels and international viewing packages one could hope for. Sling TV is fast, reliable and definitely available at an average price. While Sling TV does not have a list of movies that stay on the service for a period of time, Sling TV conveniently allows viewers to watch certain movies and sports events up to 24 hours after they play live. The user interface of Sling TV is very simple, allowing users to select favorite sports and TV channels. After the viewing choices have been made, Sling organizes them according to shows that are 'on now' and 'upcoming'. This gives users an easy choice of selecting a channel and quickly getting their entertainment. Sling TV's user interface theme of black, blue, and orange is somewhat appealing to the eye.

One of the best aspects of Sling TV is being able to pay for what you most want to watch as there are two different services a member can choose between. The first service, Sling Orange, provides more channels based on sports and food; Sling Blue offers a different set of channels focused more on news and lifestyle. Both packages cost \$25. The personalization option comes with the additional packages that can be tailored according to viewer needs. For example, an NBA basketball fan can buy a package of his favorite team so they can always watch

them whenever they are playing. While these packages do slightly add to the membership premium, the wide variety of packages focused towards sports teams and even different languages around the world make Sling TV a very viable option for certain audiences.

Sling TV works on all computers, smart TVs and also has very good viewing experiences on mobile phones. In my own experience with watching it on my laptop, I noticed Sling TV showed high-quality video on both my laptop and my Android Phone with only a slight buffer. The Sling-TV app is very easy to use and I was easily able to get to any channel I wanted. One of the main places Sling TV stood out was on my Samsung Smart TV. Sling TV was well integrated with the TV's voice control, which allowed me to give commands such as, "Put ESPN2 on Sling TV." Despite all of these great features, there were a couple of problems with Sling TV. A problem that regularly reoccurred with Sling is that it would stop responding on my phone whenever I processed a video that was very popular. On top of this, Sling TV would occasionally indicate that Wi-Fi was not available when the network was actually well connected. Fortunately, Sling TV's customer service was very easy to get to and based on my experiences, reps were very nice. When I accidentally went over my free trial by two days, they offered me a free refund. Sling TV is definitely a reliable streaming service. **Coming in at #2 is Hulu**

Hulu is definitely one of the most appealing streaming services in the market right now. The growing viewership can attest to the quality and reputation that Hulu has built among users in the 21st Century. Hulu offers a large library of different movies that are not offered on Netflix. While most of the content is movies, a small number of TV shows are also present. While the content of Hulu doesn't match the amount offered in Netflix, Hulu definitely has its own unique features. Hulu offers both live TV and on-demand shows. Hulu's appealing user interface shows a white bar at the top with a green to black ombre design which makes Hulu seem like a costly premium service.

Hulu offers two different plans. The Basic plan at \$7.99/month offers unlimited access to all on-demand movies and shows in the best quality. The Live Television plan, costly at \$39.99/month, offers unlimited TV shows and movies and over 50 channels. On top of that, the live television aspect allows

up to 50 hours of recorded TV to store for download or to watch later. This is one of Hulu's best features. By being able to record the shows, it is possible to watch live events that may happen only once an endless number of times.

Hulu is also organized exceptionally well. When logged in, it first allows the user to continue watching a previous show or look at more Hulu favorites. All the movies and shows are categorized according to genre in order to easily find a show that you feel like watching. My favorite feature of Hulu was in the Live TV section which I trialed last summer. The Live TV section is organized by channel type. Once the viewer picks a channel to watch, the system allows you to split screen other channels in order to watch two live shows at the same time. On top of that, Hulu has a channel guide very similar to one on a Dish TV service which allows viewers to see what shows are coming up at a certain time. This thoughtful feature is not seen in any other service.

In my one week trial using Hulu, I never ran into any problems. The customer service was also more than adequate. When I purposely went over my free-trial to watch a certain live event, Hulu still gave me a refund. Hulu is the most well-rounded service in the market in 2018. **Coming in at #1 is Netflix**

Out of all the streaming services, Netflix is definitely the most used and the most successful. This high viewership reflects the quality of the videos presented in Netflix and its user interface. Netflix offers almost endless selections of movies, TV serials, and documentaries that one cannot even fully fathom. Netflix is fast, reliable, and offers a very competitive low price. While Netflix doesn't offer any live services, most movies that are in the theaters eventually come onto Netflix. Netflix's large library of content that everyone wants to see makes it an amazing choice for a variety of users.

The streaming service's user interface is simply the best. Netflix allows every member of a family to create their own profile in order to keep track of what people are watching individually. Once logged in, the first row features a 'Continue Watching' section, so one can easily resume the movie they were watching or get back to the TV serial they were binge-watching. Right under that is the 'Trending Now' section, which shows what most other people are watching, so you can find a new movie that is liked by many other people. Another useful section close to the top row is the 'Top Picks for You'

section. Netflix's streaming service analyzes what you are and have been watching and shows similar content and movies that may spark your interest. That is one of my favorite sections as it helps me find new shows I can start to binge-watch. The rest of the columns are titled according to a category or genre including: action, dramas, romance, documentaries, comedy, sci-fi & fantasy, international, and etc. Shows being organized according to category allows viewers to scroll down until they find a genre of interest. The visual appeal of Netflix is also great, featuring a black and red logo and color scheme, with a large picture of a featured show on the top of the screen.

Netflix memberships are offered in three different plans. While the content offered is the same on all three plans, the difference comes in the number of users on the account at the same time and the quality of the content. The three plans are Basic, Standard HD, and Premium Ultra HD. The three plans cost \$7.99/month, \$10.99/month, and \$13.99/month respectively. I have the Standard HD plan, and we can have two people watching Netflix at the same time. We never ran into a problem with Netflix in the last two years with both my family and another family sharing one Netflix account.

Netflix works well on all computers and smart TVs and has very good viewing experience on mobile phones as well. It rarely buffers and has a useful way to go forward or back 30 seconds in a content with the click of a button. Netflix has a very good interface on Samsung Smart TV's, Roku, and on Apple TV's. Chromecasting from your phone onto your TV is very easy as well. The streaming service is well-integrated into the Google Assistant on my Android phone, where it allows me to easily get to my show with a simple voice command. One of my favorite features of Netflix is being able to download movies and TV shows. It is convenient to download videos for long car or plane rides, where there may not be Wi-Fi or where Wi-Fi is too costly. In the Standard HD plan, you can download about 20 different items on two different devices. This allows any viewer to binge-watch a TV serial or newer releases, even on the go. The only time I called Netflix customer service was when I was trying to change from the Basic plan to the Standard HD plan and everything went smoothly. Based on content, quality, and value for the price, Netflix is definitely the best streaming service out there.

Hamilton changes the way Americans view history

By Maddie DeJong

In 2015, *Hamilton*, a brand new musical, hit the stage with cutting-edge music and performance, which made a previously boring topic relevant and cutting-edge. In the second season of *Hamilton* on Broadway, the production made \$1.45 billion. It has won a Grammy, a Pulitzer Prize, and several Tony awards. This musical has been in production for only four years yet is already ranked 11th in top-grossing Broadway musicals. The more impressive feat of this hot contemporary musical is the new rap and hip hop that brought this old story to younger generations in new, exhilarating ways. The talented Lin-Manuel Miranda wrote this powerful story with moving lyrics and modernized how society views the potential of what a single musical can bring to the world.

The creation of *Hamilton* was not an overnight success. On vacation, Lin-Manuel Miranda was in need of a good book to keep him occupied on the plane. Little did he know it was the seed that he needed to grow into an international success that would change his life. The book he chose was Ron Chernow's incredible biography of *Alexander Hamilton; The First U.S. Secretary of the Treasury*. *Hamilton* is the man who created the economic system that we use today. After reading that book, it took him seven years to write *Hamilton*. Every line and word he wrote has been put through a considerable amount of consideration in order to create a beautiful piece of art that would turn an old revolution into a revelation.

Hamilton has gone through criticism about its use of diverse cast to star as the political figures in the 18th century. "It's the story about America then, told by America now," director Tommy Kail said as he defended his choice to cast African-Americans, Latinos and Asians as the Founding Fathers and their female contemporaries. The entire theme of the musical seems to scream the modernization of America, both through its voice as a modern hip hop musical as well as the diverse cast. The musical is more reflective of America now and is meant to display the country's diversity even if the story was originally different. It is a story through Lin-Manuel Miranda's eyes that has become relevant to every American in today's society- not just to the people who held positions of power 200 years ago. The story is about an immigrant that changed this country by setting the economic foundation upon which the United States still stands on today. The audience watches as Alexander Hamilton struggles to prove himself as he writes tirelessly for his entire life. His never-stand-down mentality through every battle can parallel the struggle every immigrant faces in today's political climate as we still struggle to address the uncomfortable issues that surround race.

This version of the story not only modernizes the country's view of race but also give credit that the woman in the 18th century deserve. As the audience watches the story unfold, they realize the influence of the Schuyler

sisters. You see how without Eliza Schuyler, Alexander Hamilton's wife, there would be no one to tell his story. She lives out her life speaking upon his beliefs and becoming a feminist icon of her own as she voices the problems stemming from a country that privileges the white man above all else.

The show itself, aside from the significance of the casting and moving story, is incredible. I had the opportunity to see *Hamilton* in Chicago last February. I went into the performance knowing only very limited bits of information. I knew the story was about the Revolutionary War and was set to hip hop music rather than traditional Broadway music. As I took my seat in the theater, I was unprepared to see such inspirational music, acting and dancing. The first act was full of meeting the main characters and understanding Alexander Hamilton as a person. Even though I had heard very little of the music, I understood everything perfectly. I didn't feel like the speed of the rap or the complexity inhibited me to be fully immersed in the acting and feelings the rest of the audience was experiencing, which is no small feat. The small cast was able to balance rapping as well as singing seemingly effortlessly. I was quickly

emotionally connected to the characters and hungry for change along with the Americans fighting for freedom and justice. I was enamored with the talent and emotions the dancers were able to show. I was inspired by how the dancing was just as up to date as the music and the theme. The movement quality and choreography was as generous as the music itself.

The second act comes with more complexity as the story blurs the lines between good and evil. The protagonists make mistakes that could be deemed unforgivable. Villains may be evidently the "bad guy" but their actions have a level of justification that

every audience member can understand. The way the story is told brings the audience to tears and evokes emotions that make this story so much better than reading about history in a textbook. The realism Lin-Manuel Miranda uses makes this story so relatable. *Hamilton* humanizes the people in history to the point that it prompts the audience to understand that the person on our \$10 bill is someone to look up to. Our Founding Fathers are not just figures, but people with emotions. By the end of the night, I had a better understanding of this country as a whole and was forever inspired by this story that was performed so beautifully and flawlessly.



New Halloween movie nothing special

by John Kubecka

Halloween is a 40-year-old franchise that has quite the cult following since it started as an indie slasher film in 1978 from the minds of John Carpenter and Debra Hill. This review will cover the first two films and the new 2018 version. One technically doesn't really need to see the other movies in the franchise because they're not very story driven and can be explained simply.

Synopsis: The main idea behind *Halloween* deals with Michael Myers, a serial killer who never speaks a word and just kills every person besides little kids for whatever reason. The story begins in 1963, in Haddonfield, Illinois when Michael kills his teenage sister when he is six and is then sent to a mental hospital for 15 years. He then escapes and goes on a murderous rampage in Haddonfield. His doctor, "Dr. Loomis," sums him up as pure evil. He constantly warns the town about Michael but they don't listen. A bunch of unsuspecting and horny teens who are babysitting are constantly stalked and are eventually all killed, except one. The lone survivor is Laurie Strode, who is just a normal girl who is stalked by Michael and eventually stabbed but not to the point of needing urgent care. Dr. Loomis eventually finds Michael and shoots him repeatedly before Michael then disappears. The newest version of *Halloween* covers the events of 40 years after the original, ignoring all the alternate timelines of previous *Halloween* movies. It opens with two journalists who visit Michael in the hospital to research what exactly is wrong with him and why he still doesn't speak a word. We meet a new doctor, Dr. Ranbir Sartain, who is just as obsessed with Michael as the previous

Dr. Loomis had been. They track down Michael's lone survivor of his rampage, Laurie Strode, and talk with her, giving her \$3,000 in exchange for information about what happened to her.

Next, the audience meets the film's main characters, family members who are related to Laurie. Laurie is suffering horrible PTSD and often practices shooting guns. As a backstory, the viewer learns that Laurie had a daughter, Karen, who was taken away from her after birth. Similar to other films in the franchise, this current film also has Michael escaping the mental institution and killing everyone he sees, including reporters, babysitters and assorted random people as he makes his way back to Haddonfield.

Michael makes his way to Allyson, who is Laurie's granddaughter, and stalks and frightens her. The doctor makes his way to Haddonfield warning people about Michael but again, no one listens except Laurie (who of course has a personal vendetta against him). Laurie, Karen and Allyson eventually make their way to Laurie's secret cellar and equip themselves with guns. Michael makes his way to the house, killing along the way, but the ladies have set a trap to lure in Michael. When Michael enters the cellar, the trap causes the entire house to burn, killing Michael.

Halloween (2018):

This film may be set 40 years later, but honestly, it's nothing special. The series at this point is so tired but the acting in this film is definitely a step up, especially with Jamie Lee Curtis's return as Laurie Strode. Her acting in this film is very strong and is definitely worth the price of admission itself. The additional characters, on the other

hand, primarily the teenagers, are very flat, one-dimensional characters. The doctor and the main characters have a bit more depth than your average horror film. The doctor in this film is a very interesting character because he has such an obsession with Michael that when he finds him after he breaks out of the mental institution, he kills a cop just to see what it feels like to kill someone. He tries to get Michael to speak but Michael smashes his head open, making for the best kill in the entire series. The story is interesting at some points, but at other points it is quite stale and boring (this being the 11th film of the franchise). It just felt like similar territory and very generic all around. The violence kind of makes up for the stale plot line with a bit of gore and somewhat cool kills.

By the time the credits ran, I was disappointed and the ending of the movie was very predictable. The new movie was also not even scary; it felt like I was watching a made for TV edited movie because I felt like there could have been some good scares in it, but there wasn't. Some of the killings were off screen and the director only shows the bodies, which was disappointing. Overall, this movie ran very stale and familiar for me and when you're at the 11th installment of the film, you want something different than just babysitters dying. The viewer doesn't even get to see Michael burn to death, which is disappointing. There were a few good aspects to the movie, especially Jamie Lee Curtis' adaptation of Laurie Strode. The interesting doctor and the aforementioned head smash were also worthwhile but other than that, nothing too special. 4.5/10

Kaepernick taking a knee misunderstood

By Nell Marie Barrios

In August of 2016, Colin Kaepernick sparked national controversy over his silent, kneeling protest during the National Anthem, which aimed to bring awareness to the discrimination and police brutality towards people of color across the US. The argument continued, and gradually, many other NFL players and athletes joined in support of Kaepernick and his message on the field. Nearly two years later, although the protest still hasn't faded away, the debate has been sparked once again, mostly due to Nike's 30th Anniversary celebration of the "Just Do It" campaign, which featured Colin Kaepernick along with the words: "Believe in something. Even if it means sacrificing everything." Many people have retaliated with harsh criticism, and some protesters even destroyed their own Nike gear. But should people be prioritizing the respect of a flag over an entire topic of the mistreatment and killings of black people? The answer to that should be fairly obvious, but too many people are overlooking the message by Kaepernick and are instead focusing too much on the *way* in which he is protesting.

On August 14 and August 20 of 2016, Colin Kaepernick began his silent protest by sitting on the bench during the playing of the National Anthem. His actions initially went unnoticed, it wasn't until the 49ers third preseason game that Kaepernick's actions made headlines and sparked controversy. Nobody knew why the quarterback was seen sitting instead of standing with the rest of his teammates. On August 26, when he was seen sitting once again, the 49ers released a statement confirming that Kaepernick did, in fact, sit for the anthem, which gained national attention. After the game, the footballer himself then informed the media of his reasoning; to bring awareness to the oppression of people of color and the issue of police brutality. He later went into further depth behind his motives, saying, "I'm going to continue to stand with the people that are being oppressed. To me, this is something that needs to change. When there's significant change and I feel that flag represents what it's supposed to represent, and this country is representing people the way that it's supposed to, I'll stand."

On September 1st, he decided to change his approach, and protested by taking a knee. Many people since the beginning of his protest accused him of being disrespectful to those who served in the military, as well as being anti-American. Although he reiterated that was not the case, saying he had the utmost respect for those who fought for our country he considered his friends and family members with military involvement and changed his form of protest to further demonstrate that. He met with former Special Forces Green Beret Nate Boyer to have a discussion on how to continue spreading his message effectively without coming across as disrespectful to the military. Originally, Nate Boyer wrote an open letter towards Kaepernick expressing

his perspective and reaction to the protest, but added that he also wanted to better understand what he was doing. "If I had noticed my teammates sitting on the bench, it would have really hurt me...I'm not judging you for standing up for what you believe in. It's your inalienable right. What you are doing takes a lot of courage, and I'd be lying if I said I knew what it was like to walk around in your shoes. I've never had to deal with prejudice because of the color of my skin, and for me to say I can relate to what you've gone through is as ignorant as someone who's never been in a combat zone telling me they understand what it's like to go to war," Boyer wrote. Boyer and Kaepernick met and talked for about 90 minutes, both explaining their sides and came to a mutual decision that kneeling instead of standing would be more respectful than sitting during the anthem. This was decided to be the more respectful gesture, because Boyer explains, "Soldiers take a knee in front of a fallen brother's grave, you know, to show respect." From there Kaepernick gained support from a former Special Forces member, as well as Carolina Panthers' Eric Reid, who joined him in kneeling during the anthem. This marked the first time Kaepernick wasn't alone during his protest. Later, his actions managed to inspire a nationwide protest, with over 200 players kneeling or sitting in unity. But even with the explanation of his message and the support and influence from an actual veteran, as well as over 200 athletes standing behind him, the protest is still called disrespectful to the military and the country as a whole by both the president and the public. These people refuse to acknowledge the actual message behind the movement and instead focus on only a flag.

To say that Kaepernick is aiming to disrespect the flag and those who served our country in the military is ignorance in itself. If you took the time to read into his message and statements to the media concerning his protest, you'd understand that is far from the case. The flag is meant to represent the freedom and unity that many veterans have fought for. Kaepernick already knows and acknowledges this, but not all citizens experience the privileges that the flag is supposed to symbolize; specifically, people of color. Just because slavery and segregation have been abolished, it does not mean that black people and other minorities no longer face oppression.

Even today, there is still large examples of institutionalized racism within our country. It is demonstrated through mass incarceration; where black people are five times more likely to be incarcerated than the rate of white people, and often face harsher sentencing for the same crimes. It is strewn through the education system; the biases, discrimination and rejection of black students, and through racial profiling done by police. So if African Americans aren't being treated with the same privileges and freedom that white Americans are, is the symbolism behind the flag applicable to our

country? The answer is no, and that's why Kaepernick isn't standing for the flag. He states, "When there's significant change and I feel that flag represents what it's supposed to represent, and this country is representing people the way that it's supposed to, I'll stand." It doesn't mean these kneeling protesters are trying to break the "unity" of the country, but if people of color are continuously being treated differently from white Americans, then there wasn't **true** unity to begin with, not when an entire group of citizens are being alienated and mistreated. That's the point that people are missing. If we were **really** worried

about disrespecting the flag, we would take a look at the official US Flag Code, which states what's truly disrespectful to the flag. In the code, there are many rules listing what should and shouldn't be done, some of which include: The flag should never be held horizontally (ex. Such as the way it is held across the field before NFL games), as it should always be up in the air waving free. The flag should never be used as apparel, bedding or drapery. No part of the flag should be used for costume or any **athletic uniform** (ex. The Bucs, the Patriots, etc.) The flag should never be used for any advertisements purposes, nor should it be printed on any packaging or other disposals.

These are only a few of the listed offenses against the flag in the official flag code, but nowhere does it list kneeling towards the flag as disrespectful. These listed offenses are just some that are the most commonly carried out, but if people really cared about disrespecting the flag, they would especially care about these rules. If those opposed to this protest decide to disregard these regularly broken regulations, it raises the suspicion of whether they truly care about the flag at all.

The argument that Kaepernick's privilege in both skin tone and economic class make him the wrong person to deliver this message, is quite frankly, irrelevant. Due to Colin Kaepernick being biracial, half black and half white, and being brought up by white parents and siblings, some people are criticizing him and saying that he is immune to police brutality and most racial injustices towards black people of a darker skin tone. While it is true that black people of a lighter skin tone have more privilege compared to darker skinned black people, it is not a reason for the football player to keep his mouth closed on the issue. In Kaepernick's exact words, "This stand wasn't for me. This is because I'm seeing things happen to people that don't have a voice, people



that don't have a platform to talk and have their voices heard, and affect change. So I'm in the position where I can do that and I'm going to do that for people who can't." He's using his platform and his privilege to speak for those who don't have the opportunity. To say that because he cannot relate, he shouldn't complain, is basically insinuating that you should not care about injustices as long as they don't apply to you. In reality, you shouldn't have to be black to care about the injustices black people face, because at the end of the day, they aren't black rights, they're human rights. To believe otherwise is essentially the epitome of white privilege. Colin Kaepernick, who is biracial and of fair tone, is using both his racial and economic class privilege to acknowledge and speak out on the injustices within his own community. That is not something for which he should be criticized.

While there are many people either completely supporting or opposed to this movement, there are a few claiming to "support his message but not his delivery." They mean that they believe his stance is true, but he shouldn't have protested in the way he did. While this is partially true, and applicable to **any** form of protest, Kaepernick used the best way to spread his message; his own platform. Not everyone in his community has the opportunity to speak out and share their voice as he does; that's why he's using his privilege to speak for them, as he has a platform that allows him to do so at a much larger scale. Protest is not supposed to make people feel comfortable. It's supposed to show clear objection towards something in order to cause change. Kaepernick is using his platform to call for change in the treatment of his own community. Instead of focusing on disrespecting a flag, we should be focusing and speaking out on the black lives being suffocated under the weight of systematic oppression and police brutality, as those enduring it don't often have the opportunity to do so.

Gender inequity apparent in athletic crowd sizes

By Arnav Bhushan

Hundreds of people storm into the gym on a Friday night, but there is a huge difference in attendance depending on whether the girls' or the boys' team is playing. Why the inequity? Why do girls playing at varsity level competition still get crowds that are more suited to a freshman game?

"Male sports are the most supported at Linn-Mar. More people go to football and boys' basketball games compared to any other sport," says Sophomore Sudeep Gadde.

So why does Gadde think gender inequality exists in sports?

"Males perform better and other males that don't play sports are interested in male sports. More males like sports compared to females." He says he doesn't necessarily think it is a product issue, he believes it is more of a viewership issue. He admits that he watches more male sports than female sports.

The overarching issue of gender inequality in high school sports is one that is not going away. David Brown, Athletic Director at Linn-Mar, expresses his disappointment with the attendance gender difference.

"I walk in and see 2,000 people at the boys' game, and the girls' game only has 300. We try to have a double-header but the crowd only comes in towards the end of the girls' game. Then we switched it and put the guys' game first, but the same issue occurs: the crowd leaves during the girls' game."

These issues are not limited to Linn-Mar but instead occur in high schools around the country. Does the inequality have to do with refereeing? Not according to ex-referee Randy Krejci.

"There is no real difference between guys and girls. From the referee's point of view, the game is being played the same regardless of the gender. The National Federation creates all the rules for the sports around the country without any sexism, and the Iowa Adaptation gives specific rules in Iowa. The rules are very clear and are not controversial at all."

As a referee, Krejci says he strives to officiate the game equally no matter who is playing or what gender is playing. Krejci says this point of view is something that the general viewer doesn't necessarily understand. Krejci says the common belief is that boys and girls games are officiated differently; however, that is wildly inaccurate and gender bias is supposed to be thrown out of the window by the referee.

Tonya Moe, Linn-Mar Athletic Director, thinks gender issues are improving somewhat.

"This issue has gotten better...20-30 years ago you wouldn't find a female in the position I am in." Moe says she has more of a growth mindset when bringing up these topics about gender inequality in sports.

"If I am doing my job well, the gender thing goes away," says Moe. With her position having a direct tie to

high school sports, she brings up how strides are being taken to eliminate this gender problem. While at a conference for athletic directors, she describes how there were only about 40-50 female athletic directors compared to 400-500 males. She realizes that males still dominate the profession, but also says that it no longer matters because they all get paid the same.

Gender inequality seems to exist in sports regardless of the level. Consider the attendance and marketing differences between the WNBA and the NBA. However, are we looking at the topic through an appropriate lens?

"The WNBA is itself a great product rather than a downgrade to the NBA. We should be grateful that there is an outlet for girls interested in furthering their career in basketball."

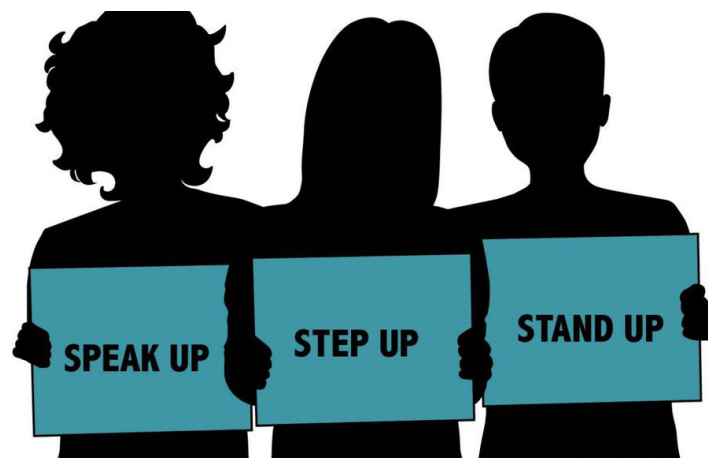
Despite the seeming inequity between boys and girls sports at the high school level, the state of Iowa does it better than most. Iowa is the only state in the country where there are separate associations for boys and girls sports. The boys play under the Iowa State High School Athletic Association (ISHSA) and the girls play under the Iowa Girls High School Athletic Union (IGHSAU). Both Brown and Moe say that it is very nice to have both of them.

"If we ever have a question about a certain sport we contact one of them directly," Moe stated. "For example, in Florida where football is huge and they only have one athletic association, a question about girls' sport may be put to the bottom of the pile." In Iowa, this issue doesn't occur due to the two athletic organizations.

Positive changes have been made to make all sports more equal. For example, for many years the girls cross country race used to be shorter than the guys race, but now they are the same length. All sports at Linn-Mar that have a gender counterpart play the exact same number of games except for soccer. The athletic directors continue to attempt to solve this issue of gender inequality but Brown summed it up, saying, "it is just a society thing." They cannot force people to sit in for the girls' game but they hope that fans can realize that the girls' game is just as good as the people's game, and the only difference is gender.

Gadde says he has seen some improvement lately, and says that he doesn't believe that male athletes at Linn-Mar get more attention from the Linn-Mar Powerhouse Twitter compared to the female athletes. This is another great stride being taken from Linn-Mar. By advertising both genders' game more people are seemingly going to the girls' game than in the past.

Now it is up to the students and spectators to show their support for both genders. So, you as the spectator, can completely eliminate the issue of gender inequality by showing up and giving your support.



Sex assault victims face blame

By Lainey Ford

Sexual assault is any type of sexual activity or contact that is not consensual. This misconduct is not easy to talk about. Reliving these moments can leave a victim feeling exposed, humiliated, and shameful. Victims of sexual assault often fail to come forward and report such acts sooner because they are afraid to face the backlash and social stigma often attached to sexual assault.

Shame is one of the many reasons that sexual assault victims fail to come forward. Opening up about sexual misconduct can make the victim feel weak and ashamed, but also very vulnerable. It becomes even harder when victims believe that the assault was their fault.

The National Sexual Violence Resource Center reported that 91 percent of rape or sexual assault victims are women, and nine percent are men. In society, women are often times blamed for their own sexual assault. It's typical to hear people say, "She should not have gone out" or "She shouldn't be wearing that." Others chime in "She was drinking way too much" or "She was basically asking for it." This leaves women feeling hopeless and like the attack was their fault. For men, sexual assault often leaves them feeling ashamed, and questioning why they weren't strong enough to prevent such an attack.

"I felt responsible for what happened to me for a very long time," said Tina Jones*, a former Linn-Mar student who now attends college. "I always wondered if there was more I could have done to prevent the situation from occurring altogether. It was very important for me to realize that it is never the victim's fault," said Jones.

As humans, we like to believe that we are in control of our lives and of what happens to us. Once someone is sexually assaulted, his or her right of control is stripped and gone. Many people do not get to a point where they feel in control of their lives again, and if they do, it takes a long time. Once an assault is reported, the victim is often no longer in control of the situation.

"When we are faced with the reality that we do not always have control over our lives, it is very shaming, but with sexual assault in particular, victims feel very invaded and defiled. The act of sexual assault is a very humiliating experience for the victim. They feel very exposed physically and emotionally," said Beverly Engel, from *USA Today*.

Shame occurs in almost every case of sexual assault. This may be one of the reasons that the three women who have

accused Brett Kavanaugh of sexual assault are just now coming forward. Debbie Ramirez, the second accuser of Kavanaugh said, "I was embarrassed and ashamed and humiliated."

The fear of not being believed is another reason why victims do not come forward sooner. People coming forward to report sexual assaults often have their motives questioned. They can be accused of lying, seeking attention, or of wanting money or revenge, but it is very rare to lie about sexual assault.

An *USA Today* article said, "People rarely lie about being raped or sexually assaulted. According to a research review reported by the National Sexual Violence Resource Center, false reports happen in as few as two percent and as high as ten percent of cases."

When rapes or sexual assaults are reported they must be taken seriously. If they are not, victims will feel like they have no worth and that their bravery in stepping forward did not matter. If victims do report their assault, it may take some time for them to be able to process it all.

"I never reported it to the police. I did not have enough evidence, and did not feel like my case was 'that bad' compared to the extreme suffering some other women go through. I sometimes wonder what would've happened if I did report. My school sent out a no-contact order and a campus restraining order of sorts to my assaulter," said Jones.

Rape and sexual assault is the most under-reported crime due to the common belief that women make these stories up for attention or to get back at a man who rejected them. Victims are sometimes portrayed as people searching for benefits. They are too often blamed for their own sexual assault and punished for coming forward.

"I was absolutely worried that I wouldn't be believed. At times, I didn't even believe myself. There wasn't enough proof to take concrete action, but it is something that I will have to live with forever," said Jones.

Being a victim of any type of sexual assault often leads to shaming and the fear of not being believed. It is not easy to talk about, and can leave victims feeling worse. The backlash and accusations that victims can face are painful, and can affect mental health. Social stigma comes along sexual assault as well, because after an attack, victims are often treated differently. Too many times, victims are afraid to face this shame and fear not being believed, which is why they may wait to come forward or not come forward at all. *name has been changed at source's request

What kind of classes should get graduation credit?

By Kyle Spaete

Students get graded and are awarded credit for music classes, which often involve participation in performances such as concerts and commencement ceremonies. This angers many non-musical students, especially athletes, who also put a lot of time and hard work into their sports, but who do not get a grade or credit for their efforts. This is not a fair comparison. Music classes are just like any other class and that is why the students are graded. Music classes require students to read and interpret music, take up spots in schedules over other electives, and require students to write essays if an event is missed. Extracurricular activities such as athletics, robotics, speech, and drama are not graded nor given credit because they don't fit this criteria.

The first thing that needs to be clarified is that students in orchestra, band, and choir are guaranteed an A, not an A+ in the class, if they attend all of the required events. If a student wants to get an A+ in their music class they have to complete what is called an A+ assessment. This assessment includes things like volunteering to teach elementary school children lessons and playing difficult scales. Students receive grades for participation in concerts, but must write an essay for credit if they miss a performance or an important event. This is not required in other extracurricular activities that do not receive credit. The essay music students write usually entails analyzing the musical literature that has been studied in class. If a student fails to turn in the essay by the end of the semester, they will receive an F (0%) for the event and that is definitely not a GPA booster.

Students who are involved in sports but not music, often do not consider music classes to be "normal" classes at school, which is why they do not like them being graded like other classes. The reality is students get grades in French and Spanish for reading, writing, and speaking in a different language. Students in music do just that; they must read music, which is a worldwide universal language that connects musicians throughout the entire world.

Consider this comparison: When writing literary analysis papers in English classes, students have to read literature, interpret what the author is trying to say, and then use their writing skills to convey their own interpretation of the literature to their audience. That paper is then graded by the teacher and the student gets a grade for their English class that affects their GPA.

Students in music go through almost the same process while studying musical literature. They have to read music, figure out how the composer is trying to make their audience feel, and then use their playing skills and emotions to present their interpretation of the musical literature to the audience. Playing music is more complicated than many people think. It still uses the same processing and thinking skills that other classes require.

Junior Ashley Haumesser, a member of the Linn-Mar High School women's soccer team, thinks the system of determining credit and grades is unequitable.

"It's not that I think students in music shouldn't receive grades, it's just that I feel if they get grades, then athletes should as well." Haumesser is also disappointed in the fact that some students in music might be taking the classes just as GPA boosters.

While Haumesser has a point regarding GPA, it must be pointed out that music classes such as orchestra take up a skinny (45 minutes) in students' schedules every day for an entire year. Students in music are not able to fit as many elective classes in their schedules as students without music classes. Electives such as culinary basics and finance classes are arguably even easier than orchestra and band. The GPAs of students with these classes will also be boosted if they take and participate in them.

It is not just athletes who are upset about not receiving credit for extracurricular involvement. Some students argue that speech, drama, robotics, poms and other activities that take up huge amounts of time should also receive credit if an activity such as music gets credit.

Robotics, for example, is an extracurricular that does not receive credit and is not graded. However, most students who participate in robotics have taken classes such as computer science, intro to engineering, and industrial tech for which they received credit and a grade. They then apply what they have learned to an activity they enjoy, such as participating on the robotic team. This scenario is similar to what happens in orchestra. While they receive credit and a grade for orchestra class, they then apply what they have learned in extracurricular choices and activities such as All-State orchestra, Metropolitan honors orchestra, and chamber ensembles before and after school.

This same principle can be used to justify why students in contest speech and theater do not get credit for those specific activities. The

students who are in contest speech or involved with theater most likely took classes such as speech and acting, both of which are graded and give credit toward graduation. These same skills are then used to further skills, such as acting in a play or participating in contest speech.

Extracurricular activities like athletics, robotics, drama, and speech are not graded classes but fine arts classes are because they require students to read and interpret literature, take up spots

for other electives in schedules, and require students to write essays if an event is missed. While there will always be discrepancies between who gets credit for what kinds of extracurricular activities at Linn-Mar, students, parents, and teachers need to realize is that this a good problem to have. Students at Linn-Mar are very lucky to attend a school in a good community that provides them with so many opportunities to learn, grow, and succeed



Animal experimentation harmful

By Megan Harkin

Approximately 100 million animals in the U.S. are tortured every year, due to animal experimentation. Animal experimentation is extremely cruel and unnecessary. Innocent animals like monkeys, hamsters, guinea pigs, rabbits, and thousands more are forced to inhale or eat harmful substances, are exposed to radiation, are burned or deprived of their organs, and in a lot of cases, killed. Even though there are several other options to replace animal experimentation, it still takes place all over the world.

There are many replacements for animal experimentation that would actually produce better results, and wouldn't harm anyone or anything. Harvesting human cells to duplicate human organs is one solution, and would work a lot better because the organs would have the exact same reaction as living human organs. This would be much more beneficial and relevant to humans. Although animals can feel pain and fear like humans, their organs don't react in the same way. Results from animal experiments hardly ever actually benefit humans. Nine out of ten drugs passed in animal experiments, actually fail in humans, and the small number of drugs that do get passed, have to be relabeled or taken from shelves after killing or seriously sickening a human.

Conducting these experiments on animals not only harms them but a lot of the time, harm humans as well. So what is the point of harming an innocent animal not

only once, but thousands of times? Experiments take more than just one try, and killing innocent animals while trying to get a result is a waste of millions of animal lives.

When animals are tested on, it causes them a lot of distress and pain and can push them to the point of death if the scientist doesn't kill them first. What most people don't know about these experiments is that many times the animal's death is not accidental, but deliberate. In past studies, scientists have forced an animal a product until the animal dies just to gauge what the reaction might be to a human. However, these results aren't always relevant to humans; animal reactions can differ drastically.

Knowing that these scientists all over the world are experimenting and killing innocent animals for no reason is extremely disturbing. Despite animal testing rarely being relevant to humans, they're still being killed at an alarming rate. The alternatives for animal experimentation produce better results, yet they aren't being used in the U.S.

Millions of animals all around the world are caged up in labs, with no connection to their family or the outside world. The only thing they have ever felt, and will most likely ever feel is pain, distress, and suffering. People must demand that this kind of senseless testing be stopped. There is no point in killing millions of innocent animals for results that may never be relevant to the human race.

Superstitions prevalent among Linn-Mar students

By Noah Gilkes

Do you cross your fingers for good luck? Are you scared of Friday the 13th? Whether you think your traditions are weird or not, everyone has a quirk in their daily routine. When the events of a situation depend on a certain belief, it becomes a superstition. While superstitions can be funny, scary, or strange, you might have more than you think.

Superstition is everywhere, and can be easily seen in sports. No matter which sport is being participated in, or where the event is taking place, superstition will be there. Former Linn-Mar student Grant Chlystun can attest to this.

“When I would run cross country races, I would crumple up my race bib, put it in my mouth, spit it out and put it on my uniform. It’s just tradition,” says Chlystun.

Chlystun is just one of many Linn-Mar athletes to weigh in on superstition in sports.

“If I don’t do the same thing every time I’m on deck, I know that I will not hit well. It’s just a fact,” says senior Danny Coughlin, who hits designated hitter for the varsity baseball team.

Linn-Mar Senior Taylor Comstock,

ex-softball player, exclaims that superstition meant everything to her in the most important softball games.

“When we played in big games, I had to wear two socks on each foot, and the inner sock on each foot had to have a hole in the heel of the foot. When I played like this, I would always play good,” says Comstock.

Not all superstitions are for athletes. Lincoln Currie is superstitious about watching his favorite professional sports teams play. “For the (Cleveland) Indians playoff games, I always give small offerings to Jobu before the game. If the team starts to lose, I turn my favorite Indians cap into a rally cap,” says Currie.

Superstition is not limited to young people. Just as students have superstitions, adults can have superstitions, too. Ken Lockard, 63, is a great example of just how strange a superstition can be.

“When I shower in the morning, I turn the water all the way hot, and stand in it for one minute. After the one minute, I turn the water to the coldest temperature. I spin in a circle exactly five times, and then shut the water off. My day will be cursed without

my shower routine,” says Lockard.

Lockard’s thoughts do not stand alone. A common theme about superstitions is the fear of failure from not doing them. This is what makes them superstitions so important; without them people would not be the same. As it turns out, superstitions are not bad things to have in your life.

Superstitions can actually improve performance. Courtney Ware, writer for WebMD, states that superstitions boost confidence and give people a sense of control over certain situations. According to Ware,

college students who were tested on the performance of small tasks with their lucky superstitions fared much better than students who did not.

“The presence of (their) lucky charm led participants to set higher goals and be more persistent to successfully complete the game,” said Ware. “They (students) reported feeling more confident that they would do well in the presence of their lucky charm,” concludes Ware.

So whether you think your quirky superstition works or not, stick with it. It might do more than you think.



Living with color blindness can present challenges

By Kyle Spaete

Most people usually think about the world that surrounds in terms of color. People with color blindness, like me, usually think about their surroundings in texture, size, and shape. A typical morning for me might entail my mom saying, “Oh Kyle, your outfit doesn’t match,” and similar frustrating corrections. Overall, having trouble differentiating colors is not a huge obstacle in my day to day life and I’m thankful this is the worst of my health problems. Being color blind does, however, provide for some interesting circumstances and situations.

The correct term for my condition is color vision deficiency (CVD). It is when an individual struggles with telling apart certain (in some cases all) colors. According to enchroma.com, CVD affects 1 in 12 males and 1 in 200 women. Doctors at the Mayo Clinic of Rochester, Minnesota found it happens when the cones in the individual eyes lack certain light sensing chemicals found in the eyes of people with normal vision. Most often CVD is caused by the person’s genetics and does not have a cure.

I found out I had color vision deficiency when I was in preschool. My teachers sent a note home to my parents saying I could not learn the colors of the rainbow properly and that sometimes my drawings used the wrong colors. My parents knew right away that I had CVD because one of my mom’s older brothers has it as well. Our optometrist said the genetic connection made sense since the condition is an x-linked recessive trait. Both my grandma and my mom are carriers of the gene and my uncle and I express it.

Each morning I have to pick out an outfit that will look good. Like most teenagers, I care about my appearance. Distinguishing between colors on shirts

and pants can be a pain. One time I almost left the house wearing green pants and a red shirt, which is why I usually wear safer, neutral colors such as grey and black. Any other colors I wear, I have to check with someone like my mom to see if it matches. Over time, I figure out what is what and memorize what outfits will match.

Matching outfits for school dances such as Homecoming can also be a hard task. Usually it results in a “shopping day” to make sure I get a tie/shirt/pants/flower that will look good with my date’s dress. Most of the time the girls I have taken do most of the coordinating. So far my high school dance experience has been great and there has not been a bad outfit catastrophe. It’s interesting that when I look at the ties, shirts, pants, and flowers I think of how the fabric looks or feels, what patterns it has, and how long the tie is rather than focusing on colors.

Being the one kid in my friend group who is not directionally challenged, I usually end up driving for occasions like dances. Color deficient people can totally drive with no problem because we have learned to work with the position of the colors on traffic lights (I’m a good driver, which friends of mine admit). Seeing traffic lights has never been a problem since the green light is always on the top, the yellow in the middle, and the red on the bottom. Green traffic lights also appear much brighter than yellow or red.

Having color deficiency has made me have to compensate by memorizing aspects of an item rather than focusing on the color of said item. A problem that I run into is that it’s very common for people to say “look at that cool red car over there,” when I cannot usually tell what color the car is. Instead of going by car color, I go by the brand, model, and

year. I look at a car and say “2018 Ford Explorer Sport,” not “that silver and black car.” Many of my friends don’t know cars very well so they usually do not know what I’m talking about.

Most of my school work is not affected by my vision except for small tasks such as learning how to say colors in Spanish and seeing different colors in chemistry. A distinct color change is a clear sign that a chemical reaction has occurred. Usually the color change is drastic enough to where I have always been able to tell if a reaction has occurred, however, I do need help usually defining what color the substances changed to. Most labs are done in groups so other classmates just help me with my “visual observations.”

Using chemistry in real life with color vision deficiency can also be difficult for tasks like cooking. My parents often argue over how our food is cooked. I cannot usually tell if a steak is not thoroughly cooked or not because I do not see the difference between brown or red. This has affected me in my part time job. I work at a fast food restaurant on the weekends. When I first started working I had to let my manager know that I would not be able to grill any food because I cannot see if a burger, for example, is fully cooked or not. Instead, I can still easily contribute to the team by making desserts, running orders out, and working the cash register. CVD in no way has prevented me from getting a good high school job.

A common misconception is that people with color vision deficiency can only see in shades of gray. While this is true in rare instances for individuals with severe cases of CVD, most diagnosed individuals (myself included) can see some color, there are just certain colors such as red/green,

blue/purple, and pink/gray that we get mixed up. I can see the colors, and narrow them down to a choice between blue or purple, but that’s where I run into trouble. Telling apart between colors like dark blue and primary yellow is easy but colors on the same color spectrum can blend together.

When I do narrow the colors down to blue and purple, I then use logic or context to think to myself, “who is wearing the color?” For example, if my dad is wearing a shirt that I see as blue/purple, it is most likely blue and not purple. I do not have a problem with men wearing pink or purple, but more often than not, I figure they are more likely wearing blue or gray instead of purple and pink.

Another common question I get asked is if I have tried the glasses made to help people see color. I have not yet tried them, but I would like to if I get the chance. In a *USA Today* article, a woman by the name of Barbara Montgomery tried on the glasses while on a vacation in Europe. She said the glasses helped her differentiate between fourteen colors instead of only five. She still had trouble with quite a few other colors, but overall, the experience was better than nothing.

Overall, having color vision deficiency has not stopped me from doing anything I want. While people like me have to think about their surroundings in a slightly different way using things like shape, texture, shade and size, we still function almost completely normally on a day to day basis. While certain aspects of color blindness can be frustrating, like my mom telling me my outfit doesn’t match (it’s not life or death for crying out loud), my eyes are the only eyes I can see the world through and I’m going to use them as best as I can.

Memories of Homecoming 2018



The Linn-Mar Life

