

# Why are vaccines worth it?

By Maura Felter

Every day in developing countries, mothers walk up to 10 kilometers (almost 6 and a half miles) with their children on their backs so they can be vaccinated for measles and other illnesses. These mothers have seen what death from these illnesses looks like and will do anything to protect their kids. But here in the United States, we seem to take vaccinations for granted. It's surprising that people wouldn't get their kids vaccinated for deadly viruses like measles or mumps, but the anti-vaccination movement has recently grown.

It has gained popularity after semi-celebrities like Jenny McCarthy, Hugh Hefner, and

Donald Trump have become spokespeople for the movement. Aided by several former doctors, they target the Measles/Mumps/Rubella vaccine, and claim that the compound, Thimerosal, found in the vaccine is responsible for the increase in Autism cases.

Even though there is no single Autism diagnosis linked to vaccinations, anti-vaccine parents still hold their opinions, and as a result their children are being diagnosed with some of the most easily preventable illnesses. In 2014, 644 cases of measles were reported in the U.S., more than all the cases of the past four years combined. It is the highest number recorded number of cases since 2000.

Most recently in California, a measles outbreak erupted in Orange County, which started at the Disneyland Resort Park. The CDC reports that there are about 100 cases in the U.S. California contains the majority of the unvaccinated public, which is why so many children there are becoming infected.

The epidemic has spread to 11 states- including, more recently, Michigan. So it's traveling east, which should concern us here in New York State.

There's no denying the safety of a vaccinated community. There is nothing scientifically connecting vaccines to autism, so there is no reason whatsoever to not vaccinate a child.



**“There is a 90% chance that an unvaccinated or partially vaccinated child exposed to the illness will contract it.”**

*First:* Thousands of years of medical science has gone into making vaccines. Prior to the invention of vaccines, children would die- frequently. The infant mortality rate in the U.S. is at an all time low because of vaccines. There is a 90% chance that an unvaccinated or partially vaccinated child exposed to the illness will contract it. Denying a child the measles vaccine is denying them the safety and security of good health.

*Second:* Secondly, there is only one study that “shows” that the measles vaccine, and its compound Thimerosal might have something to do with mental development. It took place in 1998 and was conducted by Dr. Andrew Wakefield. The small study observed 12 children, and has been found to be an “elaborate fraud” according to the British Medical Journal, BMJ. The BMJ concluded that Wakefield had altered and misrepresented the medical histories of his 12 patients. His study was found to be “a deliberate attempt to create an impression that there was a link by falsifying the data.” As of 2011, the study has been retracted and Wakefield has been stripped of his Doctor title. As this is the only study “proving” the link between the measles vaccine and autism, and is proven to be falsified-it shows that there is no reliable scientific evidence in-favor of the anti-vaccination movement.

Photos by Flickr

# Legal Linguistics: Prostitution-----or Sex Trafficking???

Prostitution, an activity illegal throughout the United States except for Nevada, has traditionally involved the arrest of the person performing sexual actions for money. Due to recent public activist campaigns regarding human sex trafficking, law enforcement has been required to analyze whether arresting the prostitutes is justifiable and worth taxpayer dollars.

The realization that prostitution is a human rights issue when women are forced into sexual servitude has taken the nation by storm. This is a result of the startling statistics which reveal that one in seven endangered runaway children between the ages of 12 and 14 were likely sex trafficking victims in 2013.

Those most at risk for becoming victims of sex trafficking are girls with self-esteem problems and an unstable home life. With recruiters, or pimps, lingering around bus depots marking potential vic-

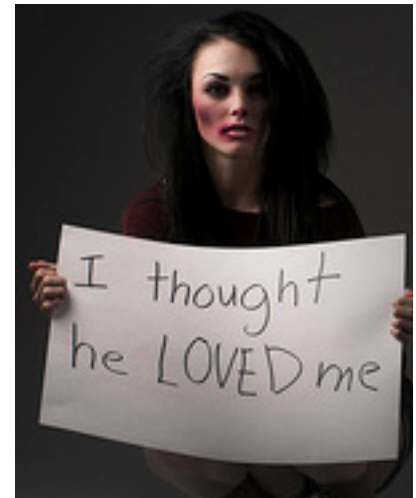
tims and luring girls by offering affection, a place to sleep, and attention, the victims are not aware that their lives are about to take a disastrous turn.

Luckily, this heinous pattern has become apparent to citizens in the United States, causing law

enforcement agencies across the nation to require officers to attend seminars, which introduce alternative methods for conducting sting operations. The idea of these meetings is to teach police officers to target and arrest the customers, called johns, and pimps rather than the prostitutes themselves who may be victims.

Effectively carrying out said missions is much easier said than done. Oftentimes, the young, potential victims of sex trafficking are either completely enraptured in the lies their pimps feed them or are too afraid to admit to police officers that they are victims, out of fear of retaliation.

Unfortunately, punishing the johns and predators requires the victims to speak and actually admit that they have been mistreated, which can become quite problematic. For those women who have been in the custody of pimps since



their early, impressionable, childhood years, life as a prostitute is all they know. It's what they are accustomed to, so admitting that their caretaker forced them into sexual servitude is not a fact that they are willing to acknowledge let alone accept.

Furthermore, it is increasingly complicated for those victims that are considered adults, because the current bureaucracy requires that the girls must be performing sexual acts under "force, fraud, and coercion."

America has taken an impressive step towards tackling the human rights issue that sex trafficking has become. The mere linguistic switch from prostitution to sex trafficking proves that citizens and law officials alike are ready to reform the justice system.

By Alissa Peluso

## Class Corridors Journalists:

**Nicole Awad**  
**Cody Badman**  
**Meghan Burke**  
**Maura Felter**  
**Arlana Henneberry**  
**Ciara Hoyne**

**Makayla Kanavy**  
**Noelani McAfee**  
**Mae O'Neill**  
**Nina Onoff**  
**Alissa Peluso**

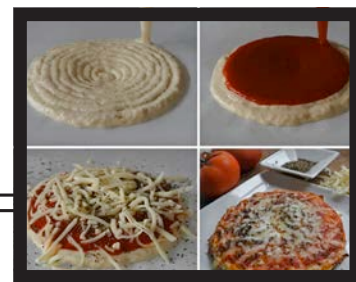
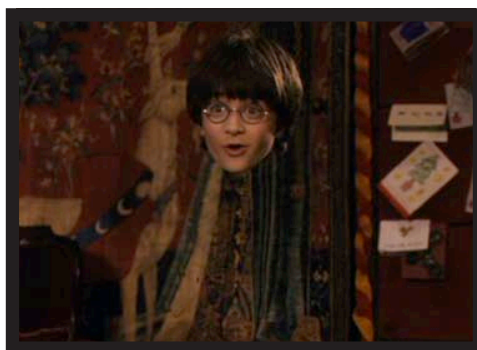
**Daniel Phelan**  
**Cristin Rathbun**  
**Corey Smith**  
**Madelyn Smith**  
**Mary Washburn**

**Advisor:**  
**Ms. Brown**

## THE FUTURE IS HERE

By Nina Onoff

Technology is constantly evolving, offering a world of possibilities at our fingertips. Through these developments, what was once deemed impossible has become our reality. The development doesn't stop at your iPhone, however- scientists are tirelessly turning out devices you may not even be aware of. Below are some of the most intriguing new technologies that are currently in the works.



### THE INVISIBILITY CLOAK

Scientists at the University of Rochester have created a device that effectively hides objects from sight. The device, which is not actually a cloak but a lens, works by utilizing four lenses of varying focal lengths, which are set a specific distance apart. The lenses bend light around an object, sending it through the center of the lense, making the object behind the lens invisible. So far, the device has been used on a hand, face, and ruler, and was able to successfully cloak the three from all angles. As development continues, more and more possibilities for this invisibility device open up. The device can be made larger through different lens sizes, which would allow even large objects to be made invisible. Because the device operates using the entire visible spectrum of light, there are almost no limitations to what it can cloak. With this type of technology in development, the dream of a Harry Potter-esque invisibility cloak may not be too far off.

### 3D PRINTING

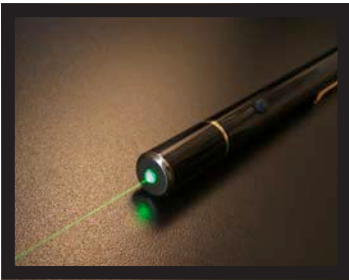
3D printing has gained footholds in a variety of industries, offering new forms of innovation in every field. For example, a biotech firm in California called Organovo is working on finding a way to print live liver tissue, which could be used to replace organ parts and encourage the regeneration of organ cells. To do so, scientists first grow human cells from sources such as stem cells or biopsies. Then, the cells are put into printers that can three-dimensionally arrange them by cell type into the same structure that would appear in the human body. Once the cells are in the right arrangement, they begin to send signals to one another, prompting them to fuse and reorganize themselves into a functional system. Although there is still much research and work to be done on the project, researchers are hopeful about the future implications of 3D printing in the medical field. Once fully developed, such technology could be used to print fully-functioning organs and tissues, saving

lives in the process.

3D printers have found another unlikely use in the culinary field. Companies have found ways to print a variety of foods, from sweet to savory. Among some of the food items available for printing are chocolate, sugar candies, pizza, corn chips, and hamburgers complete with ketchup and mustard. At the forefront of this artificial food movement is a company called Natural Machines, with The Foodini, a device capable of printing a variety of foods. It works by squeezing out pre-packaged, preservative-free ingredients through stainless steel capsules. Currently, the device only prints the food, which must then be cooked by the user, but future models that would turn out fully prepared food are in the works. The device also features a touch screen that connects to a recipe site, allowing users to find and share recipes. Users would even be able to control the device through a smartphone. With an estimated retail price of \$1,000, Natural Machines plans to begin mass manufacturing the device in late 2015.



# THE FUTURE IS NOW



**SURGICAL LASERS** Lasers are becoming increasingly useful to doctors, particularly when it comes to healing wounds. Scientists at Tel Aviv University have been studying the advantages of laser-bonded healing, which include faster healing time, less scarring, and a lower risk of infection. However, the process is delicate, and must be carefully monitored. Too little heat will not close the wound, while too much will cause a bond that will eventually break down as the tissue dies. To solve this, scientists developed a feedback loop that prevents the laser from overheating, which they then implemented into a pen-sized device that uses optic fibers. One of these fibers channels an infrared laser powered by carbon dioxide, guiding it to the wound with careful precision, while the other fiber connects the pen to an infrared sensor that helps maintain an ideal heat (about 149 degrees Fahrenheit). The pen then seals the cut with a solder of water-soluble protein.

**NEW DEVELOPMENTS IN PROSTHETIC LIMBS** Thanks to the Applied Physics Laboratory at John Hopkin's University and DARPA, a Colorado man has found new hope in regaining his independence. Les Baugh, who lost both arms in an electrical accident, is the first to test a revolutionary set of Modular Prosthetic Limbs. Baugh is able to control the set with his mind alone—all he has to do is think of moving his arms, and the prosthetic set responds. He wears a socket that connects the prosthetics to his body. By measuring the activity and reactions of his muscles and nerves, researchers were able to develop a set of prosthetics that respond in the same way. At the moment, Baugh is only able to use the prosthetics in the lab, but one day he will have a set of his own. "Maybe I'll be able to for once- be able to put change in a pop machine and get the pop out of it," said Baugh after using the prosthetics. "Simple things like that that most people never think of."

**SENDING PEOPLE TO MARS** If the team at Mars One has their way, the possibility of life on Mars could very well become a reality. Mars One, a Netherlands-based non-profit organization, is planning to send four people to Mars in 2024 to establish the first human settlement on another planet. Thousands have already applied to the program. By 2015, the organization plans to choose 24 finalists to undergo a thorough 9 month training program to prepare them for life on the red planet, placing them in harsh environments stimulating life on Mars and going through trials to prove that they can stay calm and get along with the other trainees. Finalists will also receive medical training to prepare them for possible health hazards on Mars. Once there, settlers would live in pods, first surviving on supplies from Earth before eventually growing their own food inside through the use of LED lights and hydroponic techniques (which don't require soil). Settlers could extract water from the ground, where it exists as "water-ice". Using this water, they would be able to extract oxygen to create a breathable environment. After the first group lands, new groups would depart for Mars every two years. However, the mission leaves no room to change your mind- once a group settles on Mars, there's no coming back to Earth. "This is a permanent settlement," says Bas Lansdorp, Co-Founder and Chief Executive of Mars One. "Once you accept that, the technology exists to do it."

*All photos courtesy of Flickr*

## WESTHILL: Keeping Healthy Minds

By Mae O'Neill

Being a high school student is hard—no one can deny it. It is a social, mental and physical challenge. High school students are tasked with trying to figure out who they are, what they want to do with their lives and dealing with individual or family problems all while juggling school, sports, friendships and keeping ‘the bae’ happy. All in all, being a teenager is pretty stressful, and that stress is not without consequences. About 20 percent of teens will experience depression before they reach adulthood. Depression can affect a teen regardless of social or ethnic background, income level or gender. Whether or not you suffer from depression, or know someone who does, it’s important for Westhill students to know about the avenues available to them to get help. Keep in mind, some of these suggestions are to be used only in cases of emergency.

### **HERE AT SCHOOL:**

Although they are academic counselors, Mr. Pridmore said he would encourage any students struggling emotionally to make an appointment with their guidance counselor. While our guidance counselors are not licensed to give students any real emotional advice or any kind of diagnosis, they have a master list of various centers and doctors they use to help students and parents determine the best course of action.

The school nurse, Mrs. Sterling, says that stress levels she sees in students today are far higher than when she started working here. She says she does not know what’s different, whether it is increased workload, pressure from parents, teachers, or pressure students put on themselves, but she has definitely noticed a lot more of it. “I have a lot of kids who get headaches, which usually means they aren’t sleeping well. When they spend time [in the health office] it means they are missing class.”

She says that without an outlet, stress weakens the immune system and usually manifests itself physi-

cally like a headache or a stomachache. Students become stressed; they have trouble sleeping and are tired or getting sick, so they miss school. “It’s a cycle,” she says. She added, “Each grade has their own juggling of stresses”. Just like our guidance counselors, Mrs. Sterling encourages kids to come down to her office if they are feeling stressed or if they have a problem that can be easily handled. If the problem seems to continue or escalate, she might refer them to Dr. Charette, the school psychologist. She explained that here at Westhill, teachers are called mandated reporters, meaning they are required to report signs of abuse or suicidal tendencies. If a teacher notices signs of child abuse, it must be reported to child services and those who express suicidal tendencies during school will be brought to the office, then sent with parents home or for further evaluation with a doctor. When asked how she would change Westhill’s system to improve what they offer, she said she would hire an ADAPEP counselor. The job of an ADAPEP counselor is strictly oriented towards building relationships with students. Unlike academic counselors, they do not deal with grades—they are a dedicated person for students to talk to. When asked why we don’t have one, Ms. Sterling responded that we “don’t have enough money.” At the conclusion of the interview, Ms. Sterling said, “It’s pretty sad, because you need to be kids. You shouldn’t have to worry about all this stress.”

When asked what causes stress for high school students, senior Donovan Whipple replied that “The amount of work, especially for seniors with all the college stuff you have to do” is a contributing factor. He added that “teachers don’t really coordinate, so kids might end up with a bunch of quizzes and tests that are happening on the same day that they have to prepare for.” Annibel Coolican, a junior, said that grades cause enormous stress for high schoolers, especially when people aren’t organized or put things off until the last minute. Both students agreed that there is some help available, especially support from teachers, but that no one takes advantage of it. “People try to deal with it themselves. I don’t think people want to open up,” Donovan said.

## **LOCALLY:**

**Contact Community Service** has a hotline that provides confidential, anonymous, free 24-hour telephone counseling, suicide prevention and crisis counseling. Their website also offers online emotional support in chat rooms that operate 2 P.M.-6: 30 P.M. Monday through Friday.

- Phone: 315-400-0600

**The City/County Trauma Response Network** responds to traumatic events that impact a community. Teams are on-call seven days a week to provide emotional and mental health support, debriefing, or referral to support services. Any member of the community, agency representative, police jurisdiction, fire department, hospital, school or other organization can call to request a response. CCTRN has frequently activated in case of suicide or other critical incidents, including cases such as homicide, sudden death, abduction, serious assault and in cases where someone witnesses violence.

- Phone: 315-251-2979 (for Onondaga County and Syracuse, NY)

**HOPE for Bereaved** offers support groups that encompass many different forms of grief as well as one-on-one counseling. They have a support group specifically for children and teens that have suffered a loss that meets on the third Wednesday of every month. These monthly meetings take place at Hope for Bereaved at 4500 Onondaga Blvd. in Syracuse. There are also support groups for people suffering from a death due to substance abuse and a group for people who have a relative or friend who suffers from a degenerative disease. For more accurate meeting dates and times, check the calendar on their website. In addition to group sessions, there is free one-on-one counseling. Counselors are available from 10:00 A.M. to 3:30 P.M. Tuesday through Thursday.

- Phone: To set up a one-on-one counseling session, call 315-475-9675. Their helpline number is 315-475-4673.

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**“It’s prettty sad, because you need to be kids. You shouldn’t have to worry about all this stress.”**

**~Mrs. Sterling**

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## **NATIONALLY:**

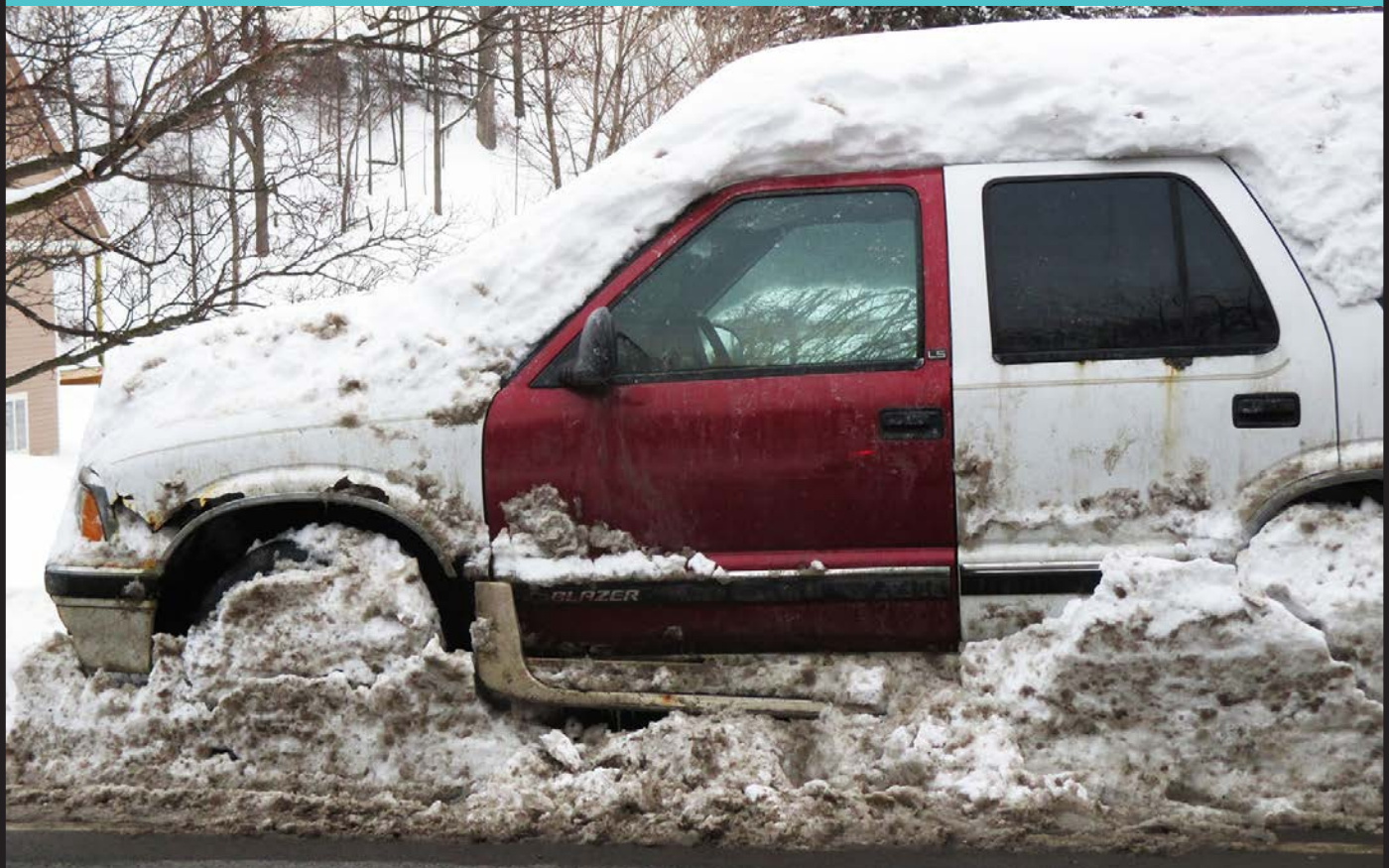
**The National Suicide Prevention Lifeline** is committed to saving lives through free 24/7 access to crisis counselors and through the spreading of awareness of suicide prevention. There are links on their website to help you find a therapist or support group, create a safety plan to help you through difficult moments and can help you locate crisis centers in your area.

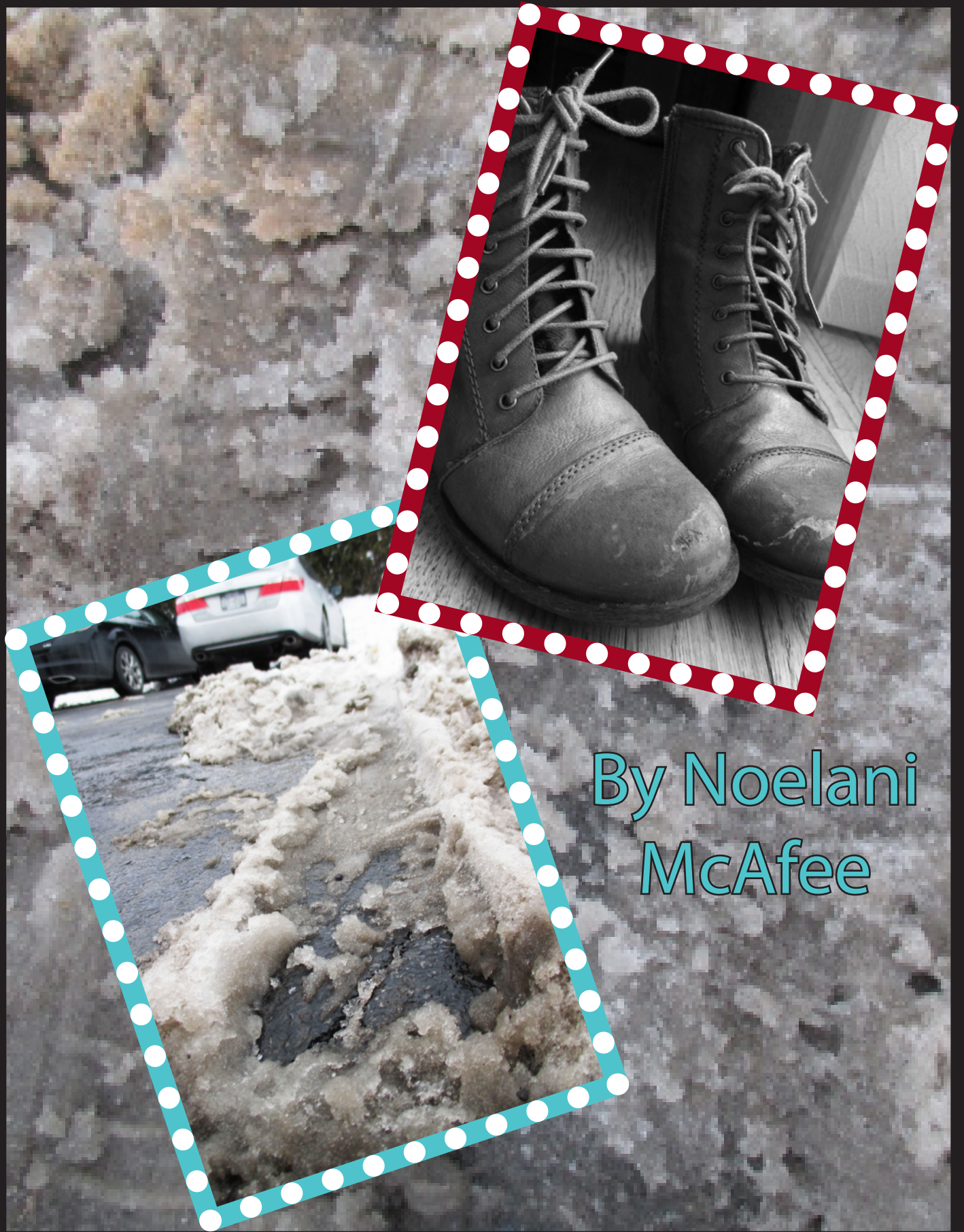
- Phone: 1(800) 273-8255





# The Worst Parts About Winter





By Noelani  
McAfee



## *The What Ifs Of Outer Space*

By Cody Badman

### **WHAT IF WE FIND LIFE ON OTHER PLANETS?**

The United Nations has an ambassador to extraterrestrials. Her name is Mazlan Othman and she is an astrophysicist from Malaysia. She would be in charge of representing our planet if and when we make contact.

### **WHAT IF YOU WERE SUCKED INTO A BLACK HOLE?**

Nothing good can come from jumping into a black hole. However, if a person were to jump inside one, that individual would be violently torn apart and stretched by tidal forces.

### **WHAT IF THE EARTH HAD NO TILT?**

Earth's tilt is the reason why we have the seasons, so without it, we can expect our normal season cycle to be gone. Instead, we could look forward to year long fall or spring. At the poles, there would be 24 hours of day with the sun always right at the horizon. Each day, everywhere (except for the poles), would be the equivalent to an equinox, meaning that there would be approximately 12 hours of daylight per day.

### **WHAT IF YOU WERE IN SPACE WITHOUT A SPACE SUIT?**

Bubbles would form in your blood due to the lack of atmospheric pressure, causing you to swell to an unbelievable twice the regular size. All of the fluids and gases would be violently expelled out of your body as a result of the vacuum that is space. You would be unconscious within seconds and dead not much after a minute has passed.

### **WHAT IF THE SUN DISAPPEARED?**

It takes eight minutes for light from the sun to reach the earth, so we wouldn't know the sun was gone until eight minutes after the fact. As light stopped coming from the sun, its gravitational effect would go away, and the Earth would fly off of its orbit tangent to where it had just been. Photosynthesis would stop immediately, as sunlight is needed for plants to carry out the process, seriously crippling the production of life-sustaining oxygen. We have enough breathable oxygen on the Earth to last hundreds of years, so this wouldn't be an immediate issue. The Earth would quickly get colder. A LOT colder. (-100 °F within the first year) So much in fact that we would need to dig down into the Earth to get warmth from its core.



## ***The Puppy Bowl***

Everyone knows the Super Bowl, but there is another major sporting event that millions of people also watch on the same day, The Puppy Bowl.

The Puppy Bowl is an annual event (this year was Puppy Bowl XI) that runs two hours and is shown on Animal Planet on Super Bowl Sunday. It is exactly what it sounds like, a bunch of puppies playing around with plush footballs in a small 10 feet by 19 feet arena. As simple as it seems, there is a considerable amount of work that goes into the production of each and every one. Filming takes place over the course of a few days at 12 hours a day. Over 45 puppies are used annually, and these puppies are required to be aged 12 to 21 weeks. During halftime, frisky kittens storm the field and play with mouse shaped toys along with tinsel in what has been deemed "The Kitty Halftime Show."

## **Kitties vs. Puppies** Let the adorableness begin!

By Cody Badman

### ***The Kitten Bowl***

For all of the cat lovers out there, Hallmark channel offers an alternate adorable experience similar to The Puppy Bowl. Airing on Super Bowl Sunday, The Kitten Bowl this year had 92 cats including adult cats participating in the action. Just like The Puppy Bowl, all of the feline players in The Kitten Bowl are quickly adopted by adoring cat lovers.

This year was the 2nd annual Kitten Bowl, and with players like: Aaron Pawdgers, Stray Matthews, Wes Whisker, Tortie Nelson, and Terrell Snuggs, It definitely was a good one.

Photos courtesy of Flickr





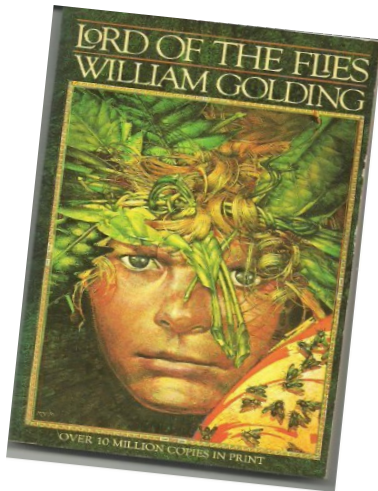
## Banned Books

By: Arlana Henneberry

In the month of September, there is a whole week dedicated to banned books. These books to some people are seen as inappropriate and they have ideas that go against the 'right way of thinking.' In the Westhill High School library there are more than 150 books that have been banned and/or challenged. A lot of the classics and young adults have been banned. Mrs. Fenner, the librarian at Westhill High School says, "I support banned book materials. That's why one week out of the year I highlight titles of banned books. It's not about the books, but the idea that books can be banned and how the freedom to read is critical to education." The real question is, how many books have you read that have been banned?

### Lord of the Flies

High School Level



The book is about a plane crashing down on a deserted tropical island and slowly the schoolboys become uncivil savages. This book is banned in many schools because of the inappropriate behavior, excessive violence and bad language. This book also shows that men are closer linked to animals than anything else. For example, Jack declares himself the leader of the new tribe and organizes a hunt and a violent, ritual slaughter of a pig. But the biggest argument is against the religion. The most religious boys, 'the choral boys,' were the ones that led the children down a path of violence using a sense of rightness as their justification for their actions.

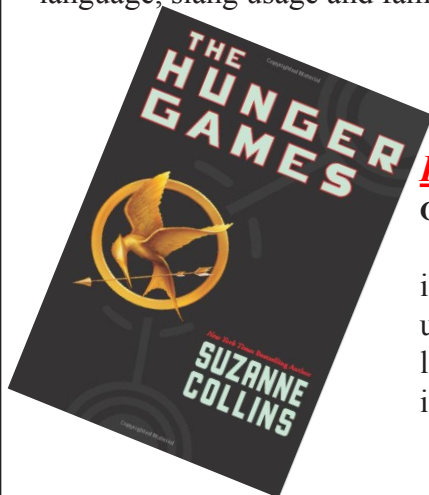
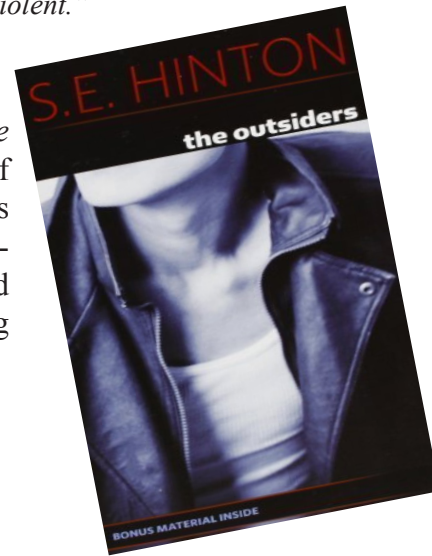
*"No, censorship is a bad thing. This book contains violence, but it's not a violent book. It's about how man can turn into these savages. The violence in this book is saying you shouldn't be violent."*

*-Molly Clarke 12th grade*

### The Outsiders

Grade Level 7-9

The setting of the books is placed in Tulsa, Oklahoma in the mid-1960s, *The Outsiders* show a clash between poor Greasers and the rich Socs. The narrator of the story, Ponyboy Curtis, struggles to mature and stay alive as violence increases in his hometown. According to the American Library Association, this book promotes "unchristian values" and lacks adult role models. It has also been challenged because of its portrayal of gang violence, underage smoking and drinking, strong language, slang usage and family dysfunction.



### Hunger Games

Grade Level 6-8

This book is set after the apocalypse where only North America remains and is split into 13 districts. Where the heroine, Katniss Everdeen volunteers to be a tribute for District 12 in the place of her little sister. This book appears on the challenge list in 2010 and the third book in the series appeared on the challenge list in 2011. It is controversial because of the violence competition and anti-religious point-of-view.

*"I don't think it should be banned. It's an interesting viewpoint on society. People today are just very cautious."*

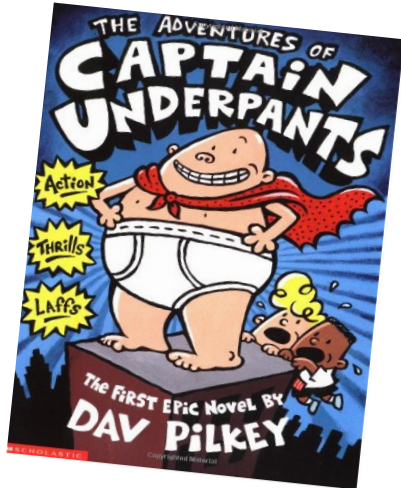
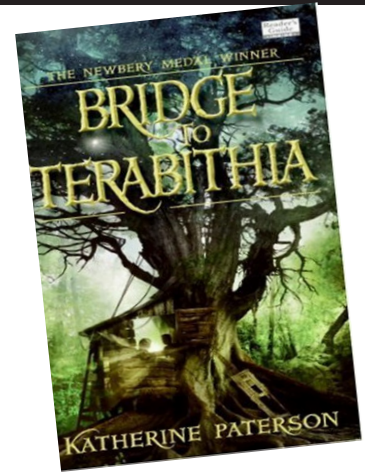
*-Theresa Hahn 11th grade*



## Bridge to Terabithia

Grade Level 3-5

Jess Aarons befriends a new girl named Leslie Burke and together they create a world in the woods from their imagination called Terabithia. Because of the creatures created in Terabithia, many schools have banned it because of the use of witchcraft. The use of profanity and disrespect for adults caused many parents to not allow their children to read this book. According to the *Hartford Courant*, the parents of Hartford petitioned to “eliminate the study of materials containing information about witchcraft, magic, evil spells and it has no place in our schools.”



## Captain Underpants

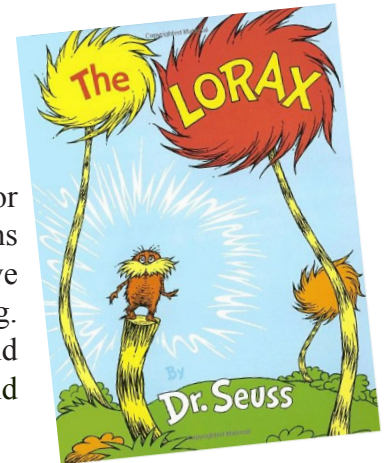
Grade Level 2-4

Fourth graders George Beard and Harold Hutchins are best friends and the troublemakers of Jerome Horowitz Elementary School. Aside from pulling numerous pranks, the two sell comic books on the school playground featuring superheroes they created. According to the ALA, this book contains offensive language that is unsuited for elementary school children. The offensive language is not the only problem with this series. Parents have a problem with the partial nudity, violence, misbehavior, blackmail and threats.

## The Lorax

Grade Level K-2

This colorful and funny children’s book tells how a young boy is looking for answers on how his town was ruined from the lack of trees. One of the many reasons this book has been banned is because it portrays the foresting industry in a negative way. Some people felt that this book was persuading children to be against logging. Other Dr. Seuss books that have been banned include *Hop on Pop*, *Yertle the Turtle*, and *Green Eggs and Ham*. Reasons for banning these books include profanity, violence and attacking social groups.



### **Top 5 Banned Books in 2013 by The American Library Association**

1. *Captain Underpants* (series), by Dav Pilkey Reasons: Offensive language, unsuited for age group, violence
2. *The Bluest Eye*, by Toni Morrison Reasons: Offensive language, sexually explicit, unsuited to age group, violence
3. *The Absolutely True Diary of a Part-Time Indian*, by Sherman Alexie Reasons: Drugs/alcohol/smoking, offensive language, racism, sexually explicit, unsuited to age group
4. *Fifty Shades of Grey*, by E.L. James Reasons: Nudity, offensive language, religious viewpoint, sexually explicit, unsuited to age group
5. *The Hunger Games*, by Suzanne Collins Reasons: Religious viewpoint, unsuited to age group

## APPS To Use **CAUTIOUSLY** *by Cristin Rathbun*

Yik Yak. Snapchat. Tinder. If you have a smartphone, chances are you have downloaded at least one of these apps. It isn't hard to understand why--they are exciting outlets used to communicate with others who may not necessarily be near you. While these can be exhilarating to use, it is important to understand that there may be significant consequences if these apps are not used cautiously.

**Yik Yak :** Yik Yak allows anyone with a smartphone to share his/her thoughts with the public. The app tracks your location to ensure that only other users within a 10 mile radius receive your "yaks." Every user remains anonymous--no one knows who is posting what. Although yik yak was originally designed for college campuses and is banned in most high schools (the app literally refuses to open if your phone tracks your location to be inside of a school), high school students around the country are downloading Yik Yak during their free time nonetheless. Most people's intentions for Yik Yak are harmless. Yik Yak is a fun way to pass time, read the candid versions of what people from your area *really* think and share your own thoughts or jokes.

Due to the anonymity factor, people are more likely to feel comfortable expressing personal viewpoints on Yik Yak than they would in reality. This makes cyberbullying and racist or homophobic comments a common occurrence. Yik Yak has even been the source of violent threats. Although this is against the app's formal set of rules, people are continuing to post threats nonetheless. For example, an 18-year-old University of Albany student was arrested after a yak threatening "blow up the school" was linked to his IP address. These incidents, in turn, cause the local population to feel unsafe.

**Snapchat:** A more commonly used app at Westhill, Snapchat, is used to share photos or videos with friends for a pre-determined amount of time. It is an easy way to capture appropriate, relevant moments and share them with others.

This past October, over 30 students at Rochester Adams High School and Van Hoosen Middle School in Detroit were investigated in a child pornography sexting scandal. More and more minors are getting in trouble for sexting via the Snapchat app. Although the app deletes all content after a certain amount of time, that does not stop potential "screenshots" from saving a photo and storing it. Anyone who decides to participate in the distribution or possession of "sexts" involving a minor could face potential child pornography charges. Even people aged 18 and older could be negatively affected by sexting--for it could harm someone's chances of getting into a respectable college or getting a desirable job.



**Tinder:** Have you ever heard the phrase, "Don't talk to strangers on the Internet"? For those rulebreakers looking to meet new people, Tinder is always an option. Tinder allows an individual to meet other users within a certain range of his/her location. The app presents one to five pictures of another person in that area. If you like the way that person looks (and their optional bio), you can "swipe right." Otherwise, you can "swipe left." If both people swipe right, you two are a match! Being a Tinder match with another person allows you to initiate a conversation with him or her.

It is important to be careful when chatting with your matches. Try to refrain from giving away too much personal information such as your phone number or address. There have been many cases in which predators create fake profiles on Tinder in order to manipulate others to meet up with them. This can create uncomfortable--and even dangerous--situations that could have been avoided.

Photos Courtesy of Cristin Rathbun  
and Sidney McKeen

# Which *Teacher* Are *You* Most Like?

By Cristin Rathbun

## **favorites**

**Your favorite television show is...**

- A.) *Jeopardy*
- B.) *Modern Family*
- C.) *Criminal Minds*
- D.) *Breaking Bad*

**What song is most likely to pop up on your iPod?**

- A.) Anything 80s
- B.) *Ants Marching* by Dave Matthews Band
- C.) *Thunder Road* by Bruce Springsteen
- D.) *Top of the World* by Imagine Dragons

**Describe yourself in one word.**

- A.) Fun
- B.) Wicked
- C.) Geek
- D.) Spontaneous

## **fun**

**Your idea of a fun night includes...**

- A.) Being on a boat fishing
- B.) Dinner and a concert.
- C.) Relaxing
- D.) Playing games (sports, arcade, etc.)

**Your favorite Westhill events are...**

- A.) Basketball games
- B.) Senior Breakfast
- C.) Prom
- D.) All sporting events

**In your spare time, you are likely to be found...**

- A.) At a Gala
- B.) I have no spare time.
- C.) Reading
- D.) In the Carrier Dome

## **other**

**The best junk food is...**

- A.) Cookies
- B.) Anything from Sonic
- C.) Chocolate
- D.) Doritos

**If you had to play one sport for a full day, what sport would it be?**

- A.) Ping pong
- B.) Golfing
- C.) Running
- D.) Football

**Which celebrity would you be most likely to follow on Twitter?**

- A.) Gwen Stefani
- B.) Will Ferrel
- C.) Carrie Underwood
- D.) Zach Galifianakis

KEY:

*Mostly A - Mrs. Murphy, Mostly B - Mr. Wells, Mostly C - Mrs. Weaver, Mostly D - Mr. Maimone*



# The Gentlemen's Guide To Dating

By Corey Smith and Daniel Phelan



# Do this!

Photos Courtesy of Daniel Phelan

# Not this!



## Before the Date:

There are boys, there are men, and then there are gentlemen. Unfortunately, gentlemen are becoming harder and harder to find in today's world. Being a gentleman is not something that you can turn off and on, it's a lifestyle. Listed in this article are tips for men who are trying to achieve the prestigious and renowned title of a gentleman.

- **Get out of car and meet her at the door.**

Don't just text your date saying that you have arrived because this will make you appear as being lazy and impatient. Meeting her at the door will show that you are courteous and that you are willing to put in the effort to see her.

- **Get the door.**

When entering a building, it is good to open the door for your date. If needed, hand off the door to the next person coming in.

- **Dress to impress.**

Dressing nicely for the date will show that you are willing to put in the effort to impress her.

**During the Date:**

- **Compliment her.**

Don't overdue it, but there has never been an individual who doesn't appreciate a nice, genuine compliment every once in a while.

- **Don't rush her.**

Rushing your date will make it appear as if you are not there for the right reasons and that you are just trying to use her for what she can give you.

- **Don't cuss too much.**

Swearing makes you appear immature and dull, which are both unattractive traits.

- **Stay off the cell phone when you are with her.**

Being on your cell phone will show that you do not really care about what she is saying and will make it appear as if you don't want to be there with her.

- **Don't make it all about you.**

There are two people on this date and the conversation should be two-way as well.

- **Don't try to one-up her.**

This is a date, not a competition and the point is not to find out who's better than the other.

- **Don't bring others down to make you look good.**

How you judge others says more about you than them.

- **Be honest.**

You cannot build a relationship off of lies. Your lies will come back to hurt you eventually.

- **Be confident.**

Cockiness isn't the same as confidence. Walk with your head high and show your date that you are comfortable with yourself.

- **Treat her to dinner.**

Always offer to pay for dinner first. Nothing is better than a nice free meal and this will show that you are financially stable.

**After the Date:**

- **Walk on the outside of sidewalk.**

This will show that you are willing to protect her at all costs.

- **Walk her to the door.**

Walking her all the way to the door will show that you are concerned with her safety.

- **Get her home on time.**

This will show her parents that you respect their rules and that you are a responsible and trustworthy individual who is worthy of dating their child.

- **Call her after the date.**

Make sure to say thank you for the great night and to wish her a goodnight.

- **Consider whether to pursue her.**

Determine if this individual is someone that you genuinely have chemistry with and want to have a relationship with.



## Sports Injuries

By Mary Washburn

Most athletes have been injured in some way, shape or form. There are several activities and habits that can be changed in an athlete to prevent injuries. Good habits can help improve the health of an athlete. Coaches and players also have to work together before, during, and after an injury in order to get the player back as soon as possible, as healthy as possible. Most injuries are caused by overuse, or not preparing properly for practices and games.

Overuse is one of the main problems that all athletes must deal with throughout their careers. Many don't care if their body is ready to return to training after an injury until they are forced to stop by a more serious injury. Also many athletes choose to play two or more sports at the same time. They are in season for one sport, but play on a travel team for another sport as well. This is one way that athletes become prone to injuries because they go from one practice to the next and overwork themselves.

The opposite scenario is when there are people that play just one sport all year. Playing one sport means that the same muscles are either being used constantly, while others are not being used at all. Many times, what happens with knee injuries is one side of the knee becomes stronger than the other, which makes it easier to get an injury like a torn MCL or ACL. It is important to strengthen all the way around the knee. This does not just happen with knees; it can happen with many other parts of the body such as shoulders. These are injuries mainly due to the overworking of the body in general. Make sure that athletes get a variety of activities and stay active.

Many athletes also cross-train or lift while they are in season. This can be helpful if it is done at the appropriate time and the appropriate amount. When Tracy the trainer was asked if extra training like weight lifting was helpful she said, "Yes, but it has to be in the year-specific like preseason, during season, or post season." The amount of lifting must be done in moderation. If it is not done correctly, this could add to any risk of injury. Talk to your coach to help decide when you should be doing workouts or lifting. When training, remember what injuries your gender is prone to. Males tend to get more season-ending injuries because they hit harder than females. There are many shoulder dislocations and ankle injuries common for both men and women. Females tend to have more knee injuries such as ACL tears because of their hormones and how their body is shaped. Females also have more problems with nutrition and eating disorders which affects their health.

Athletes can prevent injuries by doing cool downs, warm ups and stretching. Wearing the appropriate shoes is very important as well. If your coach does not give your team enough time to warm up, then it would be in everyone's best interest to come early to practice so that practice time is not wasted. There should also be time set aside to stay later and have a proper cool down. This is so your muscles don't tense up right after playing and increase the tightness and increases the opportunity for you to pull a muscle or in a worse case tear something.

All Images By Flickr



# Super Bowl Dynasties

By Mary Washburn

## Teams with the most wins

(Top Dog)

- 1) Pittsburgh Steelers-6
- 2) Dallas Cowboys-5
- 3) San Francisco 49ers- 5
- 4) Green Bay Packers- 4
- 5) New York Giants- 4
- 6) New England Patriots- 4

## Pittsburgh Steelers

Four of the six wins that the Steelers won came in the 1970s. All of the four wins came in pairs. They won back-to-back years in 1975-1976 and 1979-1980. They are the only teams to win back-to-back years twice. The 1970s were dominated by the Steelers with one of the franchise's better know players, Jack Lambert. He was known for being extremely aggressive and having almost no teeth. In the 70s the Steelers were also lead by quarterback Terry Bradshaw who would go into the Hall of Fame. He is only one of the 10 quarterbacks that went to the Hall of Fame from the 70s.

All Images By Flickr

## Consecutive wins

(The Bachelors)

- 1) Green Bay Packers 1967-1968
- 2) Miami Dolphins 1973-1974
- 3) Pittsburgh Steelers 1975-1976
- 4) Pittsburgh Steelers 1979-1980
- 5) San Francisco 1989-1990
- 6) Dallas Cowboys 1993-1994
- 7) Denver Broncos 1998-1999
- 8) New England Patriots 2004-2005

## Green Bay

Green Bay was the first team to win the Super Bowl and they happened to win it back-to-back years. This is one fact that Green Bay fans tend to be proud of and it is the one statistic that most football fans know. Of the five times that the Packers have been to Super Bowl, they have won four of those times. Along with that, Green Bay's former quarterback, Brett Favre, did hold the record for most touchdowns-until this past year when Peyton Manning passed him.

## Teams that have been to the Super Bowl, but never won

(Bridesmaids)

- |                       |                        |
|-----------------------|------------------------|
| 1) Arizona Cardinals  | 6) Cincinnati Bengals  |
| 2) Atlanta Falcons    | 7) Philadelphia Eagles |
| 3) Carolina Panthers  | 8) Minnesota Vikings   |
| 4) San Diego Chargers | 9) Buffalo Bills       |
| 5) Tennessee Titans   |                        |

## Buffalo Bills

The Bills are the ever-ending bridesmaids of the Super Bowl. Many of your parents probably remember that in the 90s, the Buffalo Bills made four trips to the Super Bowl and came up empty all four times. And if that was not bad enough, the four losses were consecutive years. Those years were 1991-1994, but they were not beaten by the same teams. They lost to the Giants, the Redskins and the Cowboys, which beat the Bills twice in a row in 1993 and 1994. The Bills are the ultimate bridesmaid.

## Teams that have never been to the Super Bowl

(The Biggest Losers)

- 1) Cleveland Browns
- 2) Jacksonville Jaguars
- 3) Detroit Lions
- 4) Houston Texans

## Houston Texans

The only team that has been unable to ever make it to the Conference Championship is the Houston Texans. For anyone who doesn't know, the conference championship is like the semi-finals to the Super Bowl. The Texans have also only been in the playoff twice in franchise history in 2011 and 2012. They are statistically, the worst team in the NFL right now.



## Before They Were Known: 6 stars and their “big breaks”

By Maura Felter

### 1 Britney Spears

Born in McComb, Alabama in 1977, Spears started dancing and singing at an extremely young age. She actively participated in gymnastics, winning several competitions. At age eight, she auditioned to join the cast of *The All New Mickey Mouse Club* in the 80s but was turned down because of her young age. For two years following her audition, she worked on the Off-Broadway play “Ruthless” as an understudy, and did several TV advertisements. When she was 11 she once again auditioned for *The All New Mickey Mouse Club*, this time making it as a “mouseketeer” alongside superstars like Ryan Gosling, Justin Timberlake and Cristina Aguilera. Her “big break” came in the late 1990s when she was signed as a recording artist at Jive Records. After that, the “pop princess” reigned the top 10 charts of the 90s and early 2000s with her catchy hits like “Oops I Did It Again”, “Crazy”, and “Hit Me.”

### 2 Emma Stone

Originally from Scottsdale, Arizona, Stone knew she wanted to be an actress at a very young age. She was a member of a youth theatre troupe and starred in over 16 musical productions. In addition, she performed in an improv comedy group. She began taking acting lessons in her early teens with a local acting coach who had several Hollywood connections. In 2004, at the age of 15, she gave her parents a PowerPoint presentation titled “Project Hollywood” set to Madonna’s hit “Hollywood” to convince them to let her move to the city to start an acting career. Her pitch was successful and she and her mother moved to an LA apartment where she was homeschooled while auditioning. She had her TV breakthrough in 2004 when she won the part of Laurie Partridge in VH1’s *In Search of the Partridge Family* which led to several small TV roles. In 2007, she had her movie debut when she was cast as Jules in Greg Mottola’s *Superbad*.

## 3 Ashton Kutcher

Kutcher, most notable for playing Michael Kelso on *That '70s Show*, was born in Cedar Rapids, Iowa in 1978. His home life was very difficult as his fraternal twin brother, Michael, had severe cerebral palsy, which required several heart transplants growing up. In high school, he developed a love for acting, and appeared in school plays to cope with his home life. During his senior year, as an attempt to steal money, he snuck into his high school and was arrested. He was convicted of third-degree burglary and sentenced to three years probation and 180 hours of community service. While Kutcher claims the event "straightened him out," he lost his girlfriend, several college scholarships and was ostracized at school and in his community. Kutcher enrolled at the University of Iowa in 1996 where he planned to major in biochemical engineering. He was repeatedly kicked out of his housing on campus because he was too loud and would often host wild parties. After running into a local talent scout, he was encouraged to enter the Fresh Faces of Iowa modeling competition. After winning, he dropped out of college and moved to New York City. There he attended the International Modeling and Talent Association Convention where he was scouted by LA producers and eventually landed his first audition for the role of Michael Kelso.

## 4 Leonardo DiCaprio

DiCaprio was born into an Italian/German immigrant family in Los Angeles during the fall of 1974. DiCaprio began exhibiting his talents at an early age. His parents signed him with a talent agent and began performing on TV commercials and educational programs, under the stage name "Lenny Williams." From there, DiCaprio piqued the interest of producers of several television series like *Roseanne* and *The New Lassie*. In 1991, DiCaprio made his film debut in *Critters 3*, a low budget horror film, at the age of 17. He made a short stint on the hit TV sitcom *Growing Pains*, which helped bring him to the public's attention. In 1993 he was cast in *What's Eating Gilbert Grape* where he played the mentally challenged brother of the main character Gilbert Grape (a young Johnny Depp). His portrayal of the youth was so compelling and believable, people were shocked when he appeared at red carpet events and learned he did not have any mental illness.

## 5 Matthew McConaughey

Born in Uvalde, Texas in 1969 to a middle class family, McConaughey originally set out to become a lawyer. After graduating high school, he sought out for a change of scenery so, for a year, he lived abroad in Australia. Upon his return to the states, he enrolled in the University of Texas in Austin, and registered for classes to prepare him for law. Right before his first semester final exams he discovered the inspirational Og Mandino book "The Greatest Salesman in The World" and he suddenly realized that he had to change his major from law to film. He began his acting career in 1991, and starred in student-made commercials and short films. At a bar in Austin in 1993, he met casting director and producer Don Phillips, who introduced him to director Richard Linklater. Linklater was looking for actors to star in his coming-of-age film about high school youth *Dazed and Confused*. At first he believed McConaughey was too old to join the cast, but ultimately he hired him. McConaughey's character, David Wooderson, a guy set on chasing high school girls was originally intended to be in three scenes. Eventually the role grew to more than 300 lines after Linklater encouraged him to improvise (an improvisation being McConaughey's signature "All right, all right, all right.") The film was a box-office success, giving him his big break.

## 6 Jennifer Lawrence

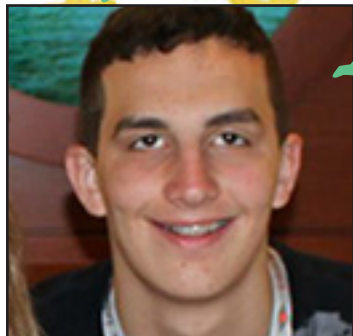
Lawrence was born in Louisville, Kentucky in 1990. She participated in cheerleading, field hockey, softball, and modeling at an early age. Though her modeling career was very successful, she dreamed of becoming an actress. Lawrence was 14 when she went to Manhattan with her mother and conducted her first cold run with two teams of talent agents. Both teams strongly encouraged Lawrence to spend the summer in the city, which she ultimately did, earning her commercial debut on MTV and a small role in the movie *The Devil You Know*. Shortly after she was cast in the successful TV sitcom *The Bill Engvall Show*. Her big break came in 2010 when she was landed the lead role in the Academy Award and Golden Globe nominated movie, *Winter's Bone*. She was nominated for an Academy Award for her compelling portrayal. She later secured the roles of Mystique in *X-Men: First Class*, and Katniss Everdeen in *The Hunger Games* franchise.



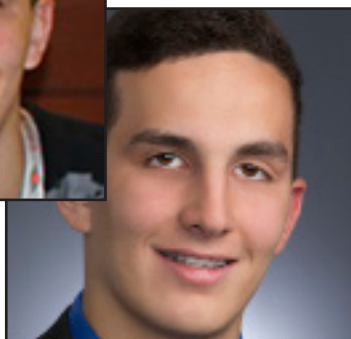
# Senior Spotlight

By Cristin Rathbun

*Gabe*



*LaChance*



*Hannah*



*Lesselroth*



“Go to OCC and get a degree in biology to get a good-paying job.”

**What are your post-high school plans?**

“Go to college and major in electrical engineering with a minor in business.”

“Half-full.”

**Glass half-full or half-empty?**

“The glass is twice the size it needs to be.”

“Will Ferrell.”

**Would you want to play you in a movie about your life?**

“Lea Michele.”

“Food, water, life raft.”

**What three items would you take with you if you had to live on a deserted island?**

“Matches, canteen with a water filter in it, fishing pole.”

“Control over time.”

**If you could have any super-power, what would it be?**

“To retain everything I see and hear.”

“10 or lower. There are a lot less things to worry about.”

**If you could choose to stay a certain age forever, what age would you choose and why?**

“Thirty, because I’ll hopefully have a job that I love and a relationship to build a family with.”

“Black cherry.”

**Best ice cream flavor?**

“Mint chocolate chip.”

“*The Walking Dead*.”

**Best television show?**

“*The Big Bang Theory*.”

“Enjoy high school while you still can because it flies by in the blink of an eye.”

**Any high school advice for freshmen, sophomores, and juniors?**

“Have fun! Study, stay I.A. and listen to your teachers.”

Photos Courtesy of Westhill Yearbook, Hannah Lesselroth, and Sarah LaChance