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## DR. MATNEY: THE MAN, THE MYTH, THE EAGLE

**Brittany Niemeyer**  
*Co-Editor-In-Chief*

Prior to Landstown, Dr. Matney served as the principal of Frank W. Cox High School for nine years, until 2011 when we welcomed him to Concert Drive with open arms. Imagining where he will be five years from now, Dr. Matney very easily sees himself still at the job he loves: being the principal of Landstown High School for the 9th consecutive year.

When asked what makes Landstown the best school in Virginia Beach, without hesitation he answered, "It's the best group of students I have ever worked with, anywhere. I love the spirit, the enthusiasm, and the diversity of our campus."

Throughout his career, he has certainly won many accolades! Did you know he was named the 2006 VASSP State High School Principal of the Year and the 2014 VSCA Administrator of the Year? Did you know he was valedictorian of Kempsville High School? Did you know he won scholarships to both UVA and UNC Chapel Hill? So how about the man behind the awards? Dr. Matney is a family man with one undeniable trait: passion. Even with his impressive list of accomplishments, Dr. Matney stated that his biggest one was marrying the woman of his dreams 22 years ago. Mrs. Matney is an AP chemistry



teacher at Tallwood High School, and together they have two sons. Will is a junior at Kempsville High School, and JT is an 8th grader at Kempsville Middle School.

Always smiling and always walking fast, Dr. Matney has an incredible vocabulary and a stellar memory for details. He has a gift for remembering names of other people's family members, favorite sports teams, and alma maters.

While it may be hard to believe, Dr. Matney has a normal life away from school like anyone else. His favorite time of the year is the fall, and nothing can beat a game here at Landstown or catching an NFL game

with his sons. When asked about chores, he admitted, "I actually love cutting the grass, but I hate taking out the trash."

If he could change his first name, Dr. Matney said he would choose Augustus. For those of you who do not know, Augustus is the middle name of our Student Activities Coordinator, Mr. Siock. Dr. Matney was both eager and excited to share that interesting fact.

Whether it's being an administrator, a husband, a father, or a teacher, it is crystal clear that he is in love with what he does, especially being an Eagle.

## STUDENTS LEARN THE "WRITE" WAY TO CRAFT

### FICTION

*Chief Photographer*

**Sabrina Harvill**

Landstown High School had the pleasure of hosting author Vanessa Barger, a young adult genre novelist native to Virginia Beach, to host a fiction-writing workshop. Talented creative writers were nominated by LHS English teachers, so it was a fantastic opportunity for the next generation of YA writers. During the workshop, Vanessa Barger presented the 25 students with a wonderfully crafted PowerPoint which explained how to construct a fiction novel, how to keep oneself motivated, and how to publish a work of writing.

When asked if the presentation was informative, Senior Regina Ferranti responded, "She gave us a lot of aspects of literature and the ways to write it, and some methods of keeping track of plot." On the other hand, some students did not find the workshop as helpful. This was most likely due to the workshop's specific genre: fiction novels. Senior Erin



Barger's latest novel  
Readersoffictions.com

Provo added, "I'm into screenplay writing. So I'd like to be writing for films instead of a book." If a future workshop were to occur, a different genre should possibly be considered, though many students did find these genres to their liking.

While Vanessa Barger aimed to educate the students about how to write a fiction novel, it was clear that she also aimed to inspire and motivate them as well. Senior Regina

Ferranti felt inspired to write after the presentation. She commented, "It gave me confidence to maybe try a few ideas that I've been thinking of, but haven't gotten to do anything with." With this positive feedback, an important question remains; would students be interested in a second workshop?

When asked this question, Senior Jaycie Bowlen replied eagerly, "Yeah, definitely!" Most students appeared to be excited with the thought of a second workshop, though the topic of changing the genre still buzzes. Senior Erin Provo thought a second workshop should be held, but perhaps with a different author or genre, but definitely not non-fiction. For her, that would be too boring.

Overall, students seemed to enjoy the in-school workshop and are looking forward to what the English Department and the Library Media Center will think of next.

## LANDSTOWN WRESTLING DEFEATS #1 RANKED PRINCESS ANNE ON SENIOR NIGHT

Kylon Callaway

Sports Editor

The Landstown Eagles Wrestling team began the season 2-0 with their first two matches on December 3, 2014 against Green Run and Princess Anne. The team also celebrated its Senior Night as well, honoring their 5 seniors: Shaun Paraguay, Maurice Walters, Devin Seran, and Captains Ethan Klotz and Justin Rifenberick.

Landstown, who came into the night not even ranked in the top 10 in the region even after winning Conference 9 last year, came out and dominated Green Run with a 66-10 victory. The Eagles continued to show confidence and would then defeat 1st ranked Princess Anne in the second match 45-35, propelling Landstown to a strong 2-0 start.

"These 2 wins are huge for us," said Senior Captain Ethan Klotz, who went 2-0 personally on the night,

including a pin against Green Run. "They give us the confidence and the momentum we need next week when we go against two tough teams in Salem and Kellam."

It was hard to deny that the emotion the Eagles had from senior night was a clear factor. "We felt good and motivated to make it a night to remember," said Klotz. "Beating PA definitely made it memorable."

The Eagles will surely rise in the regional rankings after their big win. Landstown will travel to Kellam the week after to face 8th ranked Salem and 3rd ranked Kellam.

This year's team has already shown potential to compete against and defeat tough teams, and they will surely continue to win with their strong senior class.



Landstown's Ethan Klotz goes for the pin.

## HOOP, THERE IT IS!

Jaelan Leonard

Sports Editor

A new high school basketball season tips off at Landstown High School on November 21, 2014, and the Eagles are hoping to use strong playoff finishes a year ago as a jump-start to more success this year. Will that be enough to push the Eagles all the way to the championships?

The Eagles, who went 12-0 last winter and secured their spots for playoffs, bring veteran starters back from the team who were playing their best ball last February. The team captains of the varsity team this year are RJ Nicholson, Darius Bolstad, and Tyruiq Nady.

"I feel like we're going to get to the same place we got to last year. Overall we're pretty good, but we still need work at the moment, but we will progress to get better," said Tyruiq Nady (junior/team captain). When Dwight Robinson, coach of the varsity boy's basketball team, was asked about his expectations for the team this year, he responded, "The same as always, we just want to take one game at a time, but our ultimate goal is to get back to the state championship. But you have to win your conferences first and hopefully, you know, the next step after that is to go into regionals. We have to concentrate on our conferences and just get better as the year goes on."

Like they did last year, the Eagles will try to improve as the season goes on. They enter the year with plenty of strong experience. On December 1, 2014, in a battle between the Eagles and the Kellam

Knights, the Knights narrowly defeated the Eagles, 64-61. Missed free throws on top of too many foul calls led to a disappointing Eagle loss. But the loss against the Knights would not unnerve the Eagles any further. On Friday night, the Eagles played their finest against the Salem Sundevils. A big key for the Eagles was building a big lead going into the second half. With only 1.5 seconds left on the clock in the 1st quarter, the Eagles led the way with a score of 22-13. The 22-13 run in the 1st quarter secured a 66-31 third quarter lead, which forced the Sundevils to play from behind and expend a bit too much energy down the stretch. Buoyed by a spirited home crowd and outstanding ball handling, the Eagles won over the Sundevils with a final score of 63-39.

What made the difference? "The fans. They are always at a basketball game whether it's home or away. Just seeing our fans will make us do our best," said RJ Nicholson (senior/team captain). With the fan support to back them up, they ended the game on a positive note and can definitely use that to their advantage. Winning this game will motivate the Eagles to play harder on their next games.

Coach Rob has a vision for the season: "Teamwork. Being Unselfish. You know that team camaraderie and chemistry goes a long way so that's the most important thing. Once we can play all together, unselfishly, I think we will be in good shape."



## LIGHTS! CAMERA! ACTION! BASKETBALL SEASON HAS ARRIVED AND SO HAVE YOUR EAGLE CHEERLEADERS!

Dayana Lee

Fundraising Manager

Kicking off a slamming year with your very own sideline basketball cheerleaders! The team carries four seniors and heavy load of juniors, sophomores, and freshmen. The team is quite identical to the one for the football team but with a few new components. Coached by Point of View Elementary teacher Mrs. Schmidt, these ladies and gentlemen are bound for a successful year. For this season for basketball sideline cheer, the team has a load of 17 females and 1 male.

The Lady Eagles have a variety of stomping, shaking, and high step cheers, and they were just acclaimed with a first place cheer off held between Bayside High and a couple more VB schools with a whopping 48,000 votes on Facebook. This cheer off was hosted by the WVEC news station.

The Landstown cheerleaders represent a diverse group of individuals and are indeed a spontane-

ous one. One of the team's captains, senior Ashley Gooden stated, "We're the best in the beach! We've been the best and will remain the best!" Always motivated and energized throughout the games, the group wants to excite and ignite the crowd. Shya Johnson, another senior captain added, "Cheerleading has really made me understand the game of basketball. I know every call the referee makes now."

The cheerleaders as a whole just love the adrenaline rush and the excitement of it all. In the conference level games, they are not able to travel with their team. During the playoffs and games outside of Virginia Beach, you will definitely hear your Eagle Cheerleaders. With their voices, rhythm, and dance moves, these are definitely cheerleaders you don't want to miss. Their season has only just begun, and this should be a victorious one for the Landstown basketball varsity girls and guys squads!



The Eagle's varsity team playing against Salem's varsity team: Daryus Evans (junior, #3), RJ Nicholson (senior/team captain, #24), Eric Watson (senior, #23), and Maurice Jones (junior, #10)

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# THE LADY EAGLES ARE IN IT TO WIN IT!

**Jasmine Phillips**  
Staff Reporter

As the girl's basketball season begins to kick off, the halls are roaring about how successful they will be this year. With a record of 15 wins and 11 losses for the 2013-2014 season, they are working to improve on that this season.

The season opener game against Kellam took place December 1, 2014. This game set the tone for



The Lady Eagles gather for a team photo! (Photo Credit: Jasmine Phillips)

what is to come for the future games. The final score was 49-18, and the girls played well as a team. Alyssa Thornton, team captain, says that she is expecting a conference champion title. "We have a good team! One of the best teams I have played on since I've been in high school!"

Chemistry is the most important thing a basketball team can have. Without that, talent is simply talent. And talent alone cannot win basketball games. Although a lot of the girls on the basketball team are young and don't have as much experience as others, their teamwork skills are "A1" says Briana Jackson, former

Landstown basketball player and now assistant coach.

The girls have some pretty tough competition this year. This includes their rivals, Princess Anne High School and Lake Taylor High School. When asked how the team will handle the challenging games against the Lady Cavaliers and the Lady Titans, Alyssa responded, "Our team work! We work well together, and we also have the skills."

Landstown High School has the best student body at the beach! There is no doubt that the support from the students and staff will push these girls all the way to conference champs and possibly states.

The Landstown High School Girl's Basketball team has heart, dedication, and the drive to be the best. This journey will be long. It will be tiring, but they have what it takes to push through the competition and bring home district, conference and state titles!



(Photo Credit: Jasmine Phillips)

# LANDSTOWN SWIM TEAM LOOKS TO MAKE WAVES IN 2015

**Kylon Callaway**  
Sports Editor

Coming off an undefeated season last year, the Landstown boys swim team looks to stay atop the standings this year and have even more competitors this year for regionals and hopefully state competitions. "I expect the guys to go out there and give all they have to offer," said senior Alec Vetro, who went to regionals last year and hopes to repeat that again this year. "Hopefully at the end, we get the result that we're looking for."

As much as swimming is a

like it's my last."

The girl's team also has high expectations, despite a less than stellar season last year with a 3-3 record. The girl's team didn't get the numbers they hoped for, but Senior Elizabeth Lott still remains positive "We didn't get a very large turnout for girls, but I know that the group of girls we do have will put in a lot of hard work and are all dedicated to doing their best."

Last year 8 Landstown High School girls went to regionals, the most the Eagles have ever had in history. They hope to bring even more this year to try to bring some hardware home. "I'll make sure my teammates do their best," Lott commented, "We all win or lose together as a family."



Senior Elizabeth gets ready to dive in.

(Photo Credit: Veronica Lott)

team sport, the Eagles are always trying to improve their personal bests and help their team. "My goals personally as a Senior are different from years past," describes Alec Vetro, "I'm always trying to push myself harder at the meets and always give my best



Senior Jacob Gaither prepares for his race. (Photo Credit: Veronica Lott)



# PASSING THE BATON OFF TO LANDSTOWN INDOOR TRACK!

**Dayana Lee**  
Staff Reporter

"I'm leading my team to states! That's my goal for the team," announced senior Quincy Watts, who joined the track team last year during the outdoor season. The indoor track season is here, and your Eagle men and women are ready! The boys are coming back from being two-time conference winners and indeed plan to keep that title! Your Lady Eagles are determined and ready to take back that conference title and as a whole are all determined to load up the yellow bus and fight for a state title. The team is led by coaches Tom Anderson, Minnie George, and David Coulter.

The track team is held to very high standard and is expected to do major things in the track meets and events they compete in. They have a strenuous weekly practice schedule that consists of Monday being an endurance day where they may run to Ferrell Parkway, to the Honeybee Golf

Course, or sometimes even to the VB Sportsplex. Fridays are typically a day where they work on relays, personal events, and field events. Also, after a series of training and conditioning, Coach Anderson tacks on an extra day of practice on Saturdays to better prepare his athletes.

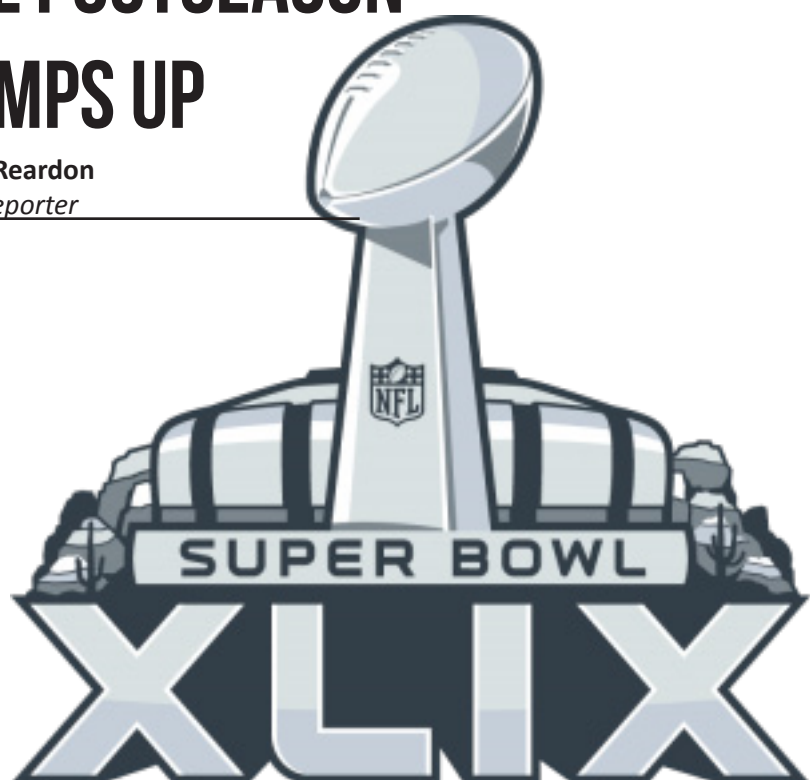
This season looks as if it will be a positive one since the boys are ranked 4th in the conference, and the girls who last year previously had most of their full time runners participate in regionals and states.

The work ethic on this team is a committed one, with all of them being bonded together for the two or three years they have been training together. The girl's team is young being led by juniors and the guy's team is being led by a tight group of juniors and seniors. Landstown can definitely look forward to great things from their indoor track team!



# NFL POSTSEASON RAMPS UP

Logan Reardon  
Staff Reporter



The 2014 NFL season has been anything but ordinary. There are many teams that people wouldn't have expected to succeed this season that currently are. With the playoffs approaching, it's time to go over who's in and who's out this season.

The AFC is hosting the New England Patriots, the Cincinnati Bengals, the Indianapolis Colts, and the Denver Broncos as its division leaders as of week 13. The AFC North currently has the closest division with the Bengals, Ravens, Steelers, and Browns separated by just one win/loss.

The NFC on the other hand is hosting the Philadelphia Eagles, the Green Bay Packers, the Atlanta Falcons, and the Arizona Cardinals as its divisional leaders as of week 13. The NFC West currently has the closest division with the Cardinals and Seahawks separated by one win/loss, and the Seahawks and 49ers separated by one win/loss as well.

The Wild Card race is also a very close battle in both conferences. The current week 13 AFC Wild Card teams include the Miami Dolphins and the San Diego Chargers. The current NFC Wild Card teams include the Seattle Seahawks and the Dallas Cowboys.

A student poll that was taken to see what Landstown students thought about this season's playoff race, many students say that the Dallas Cowboys, New England Patriots, Green Bay Packers, and Philadelphia Eagles have the best chance of making it to this year's Super Bowl held in Arizona. There are also students who believe the Miami Dolphins, Pittsburgh Steelers, Kansas City Chiefs, and the Seattle Seahawks are all Wild Card teams that have a good chance of advancing deep into this year's playoffs. Senior Ryan Michaels also feels that his Buffalo Bills, who have had a decent season, still have a good chance of advancing into the playoffs saying, "Let's go Bills! We can still do this!"

The most logical choice of who will play in Super Bowl XLIX are the New England Patriots of the AFC and the Green Bay Packers of the NFC. In week 13, the Green Bay Packers beat the New England Patriots 26 to 21 in a tightly-contested game. If these two teams meet to decide this season's champion, will the Packers conquer this victory again, or will the Patriots have their revenge in the biggest game of the season?



## SEASON'S SCREECHING HALT!

Anthoine Nichols  
Staff Reporter

The college football season is coming to an end, and this time is always bittersweet for big college football fans. With the four team playoff format determined and the Heisman trophy winner decided, fans hope the season will end with bang.

The quarterback position in college football has come a long way from what it used to be. The dual-threat quarterbacks are a defensive coordinator's worst nightmare. These are quarterbacks who are able to throw as well as run the ball. Junior Quarterback Marcus Mariota, who won the Heisman Trophy this year, is talked about to be the best dual-threat this year for passing over 3,000 yards and rushing over 600, tallying up 53 total touchdowns and only 2 interceptions.

One of the best running backs in the country was Heisman finalist Wisconsin Junior running back, Mel-

vin Gordon, who is one of two players to rush for over 2,000 yards (2336). He had his best rushing game vs. Nebraska when he ran for 25 attempts for 408 and 4 touchdowns, while only playing 3 quarters.

One of the few great wide receivers in college football this year is Alabama's Amari Cooper, who is a big play threat and often defenses have to double team him. Alabama Crimson Tide was able to hold off and finish the season as the top team in the country. They finished the regular season 12-1, winning the SEC conference and earning a spot in the CFB playoff.

Ohio State, Oregon, Florida State, and Alabama made the first ever college football playoff. #2 Oregon will play #3 Florida State in the Rose Bowl for a national championship birth, and #1 Alabama will play #4 Ohio State in the Sugar Bowl.



"He's (Mariota) always in control. The moment is never too big for him. He's a great decision maker."  
– Tim Tebow

# THREE CHEERS FOR ONCE UPON A MATTRESS!

**Danielle Luokkanen**  
Staff Reporter

We had an opening for a princess! Landstown's production of Rodger and Hammerstein's unique take on the classic tale of the Princess and the Pea was a smash hit on its show nights: November 13-15. The fun retelling includes an over-bearing queen (Manon Cook, 12), a mute king (James Alberse, 12), a down-in-the-dumps prince, and a princess who is most well-known for swimming the moat. It takes place in the Kingdom of Neverwed, named by Sarah Heare (10), where any princess who wishes to marry Prince Dauntless the Drab (Koby Lomax, 10) is subjected to a test cleverly put together by the queen and wizard (Jason Meyers, 11) that thwarts every princess that comes through. The kingdom is distraught, because the law states that no one can get married until Dauntless does, so the search for any and all princesses is on.

Enter Princess Winnifred the Woebegone (Devin Glasier, 11), who comes from the swamps and calls herself Fred. Hilarity ensues as she sets out to pass the latest test set by the queen, one that concerns sensitivity, which Winnifred seems to lack. Other loveable characters include the Jester (Donnell Davenport, 12), the Minstrel (Eric Busam, 11), who narrates the play, and Sir Harry (Sadiq Barlow, 11), the dashing knight who sets out to find Winnifred so that he can marry the soon-to-be mother of his child (Susan Rivera, 12).

Nandi Murray (12), who attended the second show, gave the show and its actors numerous compli-

*"We had an Opening for a Princess!"*



Cast Members of Once Upon a Mattress pose for a picture!  
Photo credit to Donnell Davenport

ments. When asked about the show and how it related to the original fairy tale, she stated, "It was a funnier version of the original." She also went on to compliment the choreography and the King's performance, saying, "I thought his hand movements were hilarious!" Donnell Davenport commented on the process, as he said, "I learned time management, responsibility, and better memorization skills." His enthusiastic performance during the show carried over to his response

to whether he would recommend that other students try out next year for the school musical "Yes! People have a lot of fun, and I'm expecting to come back to next year's musical and be jealous that I'm not in it!"

## DECA COMPETES IN DLC

**Corbin Conover**  
News Editor

As the 2014 calendar year is winding down, things in DECA are just heating up. At the District Leadership Conference (or DLC) competition began on December 17. This year the conference took place on campus at Virginia Wesleyan College which was a substantial step up from last year's venue, Ocean Lakes High School.

At the District Leadership Conference, districts 29 and 30 will be competing through roleplaying events and a 50 question test spread across a multitude of categories for the opportunity to go to the State Leadership Conference or SLC. Landstown High School is in District 29, and will be competing against First Colonial High School, Ocean Lakes High School, Princess Anne High School, Tallwood High School, Hotel Management at the Advanced Technology Academy, and the Marketing Management School at Town Center. The First Place winner and the first runner up in every category will be moving on to the State Leadership Conference.

"I'm very excited to be participating this year! I cannot wait to compete in front of the judges and win that medal!" said first year marketing student Joe Fritz. When asked how he thought he was going to do against the competition, Joe said that he is confident that he will destroy the competition and clear his path to SLC in the process. Although he does not know exactly what category he will be participating in, he is confident either way.

The District Leadership Conference is just a step, however, to the main goal for any participant in DECA competition. This end goal would be the 2015 International Career Development Conference held in Orlando, Florida. This road starts in Virginia Wesleyan and here at the Talon we will be covering our DECA chapter the entire way.

## LANDSTOWN VS. CAPE HENRY: KICKOFF THE SEASON

**Marquise Cook**  
Features Editor

Basketball is one of the sports that Landstown High School is known to do well in every year, so you can say that our team has high standards to meet. They also have to prepare themselves to compete with some of the top teams in the state of Virginia. The team conditions for the season from middle of the fall to the beginning of the season in an attempt to have the best season outcome they possibly can.

Even before the season started, spirits were already high, and many students make plans to attend the regular season games. To ramp up excitement and pump adrenaline into the team players, Landstown hosted a highly-anticipated scrimmage against Cape Henry Collegiate school, a team known for their talent in this sport. This scrimmage was not simply to see who was the better team, but it was

to prepare both teams for the arduous seasons they have ahead of them.

Before the scrimmage the team warmed up in two groups of layup lines and ball handling, and they were pretty focused. Tyriq Nady was asked how he thought the scrimmage results were going to pan out. He said, "It depends on how we perform." Tensions were really high before the game. You could also say the bar was set quite high, due to last year's excellent results.

The game started at a very fast pace. Major crossovers were made by our talented ball-handling Eagles, and solid shots were also made by both teams. Fiercely leading the team as point guard was Tyriq Nady. When he received the ball, he always attempted to do the best of his ability. He always took the ball to the rim.

Rodrick Nicholson also played a great game, hustling up and down the court, setting a good example and pace for other players. Rodrick stated, "It's really great being a team captain, having the younger players look up to you for advice. It's kind of like being an older brother. You let your past experiences guide the others, and try to keep them ahead of the game on and off the court, and that's a huge role that I'm happy to accept."

In the end, Landstown did not defeat Cape Henry; however, Rodrick Nicholson said it wasn't just about the win. "We played a really great game against the #15 team in the country. The game also showed our strengths and weaknesses, and I'm excited for the upcoming season." Fans can look forward to a season full of shooting, defending, and hustling.

## CRIMEA & UKRAINE: RUSSIA'S PLAY TOYS

Jordaine Givens

Associate Editor

Living in the battle-torn grounds of Crimea where multiple protesters have been killed, around 2000 detained from both sides, and roughly 3000 lives lost so far make the country borderline unlivable and "temporarily occupied" by Russia.

Many battles and events have led to the unrest in both countries of Russia and Ukraine; most of this comes from the supposed annexation of Crimea from Ukraine, while other smaller events slowly tore liberty and loyalty from the citizens of Ukraine, specifically Crimea.

**Refusal of European Union Agreement** - On November 21, 2013, former Ukrainian President Viktor Yanukovich refused to sign a European Union Agreement which sparked a movement called "Euromaidan." Euromaidan called for the acceptance into the agreement and the removal of President Yanukovich. This result ultimately came into action when President Yanukovich was removed in February of 2013.

**Ukraine separatists** - On the other side of the spectrum, citizens of Crimea were mainly in support of gaining ties with Russia and allowing Russia to annex them into the Russian Federation. These opposing views and unrest led to the 2014 Crimean Crisis.

**Russia Involvement**- Russia, including leader Vladimir Putin, initially declined all involvement in the conflict despite their willingness to

annex the Crimean Peninsula into the Russian Federation. However, after rebel battles with Ukrainian troops intensified, many eyewitnesses have identified unmarked Russian military weapons, vehicles, and other militant supplies.

**Rebel battles** - Pro-Russian rebels of locality and of Russian roots are both battling for "...the liberation of all Russian lands" and are ready to "...march all the way to the Danube" as one rebel field commander Alexander Matyushin was quoted saying.

**School Population Views:**

**Q:** Are you aware of the unrest in Russia and Ukraine?

**A:** "Yeah, they're fighting a war" – Senior, Andy Bui

**Q:** What would you do if you were in Ukraine during this conflict?

**A:** "Hide" - Government Teacher, Mrs. Downing

**A:** "Depending on the security, I would express my own opinion within the country." - Senior, Greydon Jones

Despite the unrest and visual troubles in foreign countries, many Americans, students and adults alike, are unaware of the entire situation, which is not unwarranted. The war and rebellions go much deeper than a few protestors wanting to be Russian.



Peter Kassig with a truck filled with supplies for Syrian refugees in an undated photograph provided by the Kassig family. (Photo Credit: Kassig Family, via European Pressphoto Agency)

## ISIS: A NEW MASSACRE IN IRAQ AND SYRIA

Guohui Li

Staff Reporter

After the English hostage named Alan Henning was beheaded on film on October 10, another hostage named Peter Kassig has been beheaded and became the new victim of the ISIS massacre. Already, five western humanitarian beneficiaries have been beheaded by ISIS.

On November 16, the terrorist organization, ISIS, issued a new video on the internet to claim that they beheaded Peter Kassig, an American humanitarian beneficiary. In the video, an executioner had been called Jihadi John, pointed at Peter's head on the ground.

Peter Kassig was a 26-year old from Indiana who started a non-profit organization called Special Emergency Response and Assistance (SERA). He was also a veteran of the Iraq war who was living in Beirut working to provide relief for refugees. On October, 1, 2013, he was kidnapped by ISIS. Unfortunately, even though his family tried to rescue him, he was killed by ISIS.

In the video, there were also at least 18 Syrian soldiers that had been beheaded. The militants forced those captives to kneel on the ground before beheading them. Those people who were killed by ISIS were not the only victims. The United Nations claimed, ISIS militants killed and wounded more than 24,000 Iraqi and Syrian civilians. They beheaded, buried, shot, or hanged those innocent civilians. They also raped and murdered a number of women. Then, they kidnapped the women

and forced them to be slaves or sold. Especially, they focused on Yazidis and other "giaours." Giaours is an offensive religious and sometimes ethnic slur used by Muslims in Turkey and the Balkans to describe all who are non-Muslim. The term is considered highly offensive by Christians in the Balkans. ISIS has tried to kill anyone who holds a different thought than them.

Meanwhile, ISIS called for the Islamic militants in the world to join with them. Since they released the videos on September 21, several national governments in the world discovered and arrested hundreds of "volunteers" who planned to join into ISIS. And they also trained the children to prepare the war against any position.

Even though there's a current massacre in Iraq and Syria, most LHS students still think that ISIS is just a terrorist organization like al-Qaeda. In response to a question about the popularity of ISIS, Mr. Young, a government teacher at Landstown High School, replied, "I would say some students do know, and some students don't. They would know from the media but miss some information." So, could an ISIS massacre eventually become a new "Rwanda Massacre"? Would people then become totally familiar with ISIS?

John Kerry, the US Secretary of State, expressed that global anti-ISIS actions have already made some positive results, and the allied nations will continue to strike ISIS.

**"Still, we continue to face a terrorist threat. We cannot erase every trace of evil from the world, and small groups of killers have the capacity to do great harm. That was the case before 9/11, and that remains true today. That's why we must remain vigilant as threats emerge."**

**-President Obama**



In this issue of Upfront magazine, Landstown English students read and analyzed non-fiction selections about the longer-reaching effects of Czar Putin. Will the Cold War return?



## SHEDDING SOME LIGHT ON BLACK FRIDAY

Octavia Marshall

Features Editor

Not even 24 hours after sitting around with the family, saying grace and being thankful for all you have, people line up outside of retail stores to run, trample, and shove their way to super discounts. Black Friday is the day after Thanksgiving and the official start of holiday shopping season when retail stores such as Target, Walmart, and Best Buy have major sales. Some stores such as Toys R Us and Best Buy start Black Friday sales as early as the day of Thanksgiving, giving shoppers the opportunity to try and beat the rush.

Such great deals included \$97 Beats headphones from Target, \$329 Xbox One consoles from Walmart, and HP wireless printers for only \$26 at Best Buy.

Senior Nandi Murray went Black Friday shopping with fellow seniors Salendra Hunter, Madison Rogers, and Jazzmine Hess. "I was looking for Christmas gifts and winter clothes for my friends." Murray went to several places in Lynnhaven Mall including Tilly's, Wet Seal, Bath and Body Works and more. "I bought flo-

ral leggings, a dress, shoes and some make up."

Because of the legendary sales associated with Black Friday, the day is also known for its violence. People forget manners and morality just to catch a bargain. "It gets crazy!" said Murray. Is it really worth risking your safety to save a few dollars?

In 2008 a person who was walking home with a big screen TV in Las Vegas was shot in the leg and robbed of the TV and other possessions. A woman at a Walmart on Black Friday of 2011 pepper sprayed a crowd of people to get a discounted Xbox console, resulting in ten injuries.

Personal experience in shopping at Lynnhaven Mall proved that Black Friday sales have almost seemed to calm down within the last few years, due to stores opening the night of Thanksgiving.

While Black Friday will continue to be a big day for holiday shopping, perhaps the new tradition will aid in stopping the violence associated with the commercial holiday.

## EXTRA! EXTRA! TEXT ALL ABOUT IT!

Julia-leigh Mitchell

Staff Reporter

New technology has swept the nation with state of the art products that consumers spend their money on instead of healthcare and travel. An example of this is the iPhone 6 and 6 plus, selling more than 10 million in the first week of its release date. Is it really worth the payment of one's rent or mortgage bill for a slightly bigger version of the same exact phone?

"It's bad...it's taking over us," stated Zharen Mungcal, when asked about technology. The original cost of the phone ranges from \$150 to over \$1000 dollars. Apple has even gone to the point where you can pay for store items on your phone with a security code. While some people are hesitant about the idea of having all credit card information stored on their phone, according to a national survey, forty-four percent said they

would never use it, four percent said always and nine percent said only most of the time.

Another example of these high techs are the Apple watch coming out early 2015; this watch is the most advanced in Apple products, including a built-in microphone, speakers, answers calls and reads/replies to text messages.

Many Landstown students believe these latest products are a waste of time and money; your phone can perform the same functions as the watch aside from being able to put it on your wrist.

What is your take on the new technology being released? Is it not really worth saving up hundreds of dollars for these products, or should we just embrace the technology breakthrough?



## DEATH WITH DIGNITY

Kiana Watson

Staff Reporter

Assisted suicide, otherwise known as euthanasia, has become quite a controversial topic in the past month due to Brittney Maynard. Maynard, a 29-year old woman was diagnosed with terminal brain cancer. She made the controversial decision to end her life on her own terms on November 1, 2014, just two days after her husband's birthday.

After being diagnosed in January of 2014, she was told she had approximately six months to live. She packed up her bags and moved to Oregon where she was legally allowed to medically kill herself. She decided to go to this extreme because she was suffering from, "increasingly frequent and longer seizures, severe head and neck pain, and stroke-like symptoms," stated Sean Crowley, a Compassion and Choices spokesperson. Although many people have criticized her on her drastic decision, she spoke out herself stating, "I'm not killing myself. Cancer is killing me," in order to justify what she was doing.

Euthanasia is not widely agreed upon; in fact only four states allow assisted suicide and thirty-nine have laws prohibiting it. There is also

physician-assisted suicide, in which the doctor performs the act. In euthanasia, the physician provides the necessary means and/or information, but the patient performs the act.

Request to end life to reduce suffering through both physician assisted suicide and euthanasia has taken place in the medical field since its existence began. In fact, a recent study shows 57% of physicians have been asked to participate in one way or another. At less than \$300, assisted suicide is considered to be the cheapest form of treatment when it comes to terminal illness.

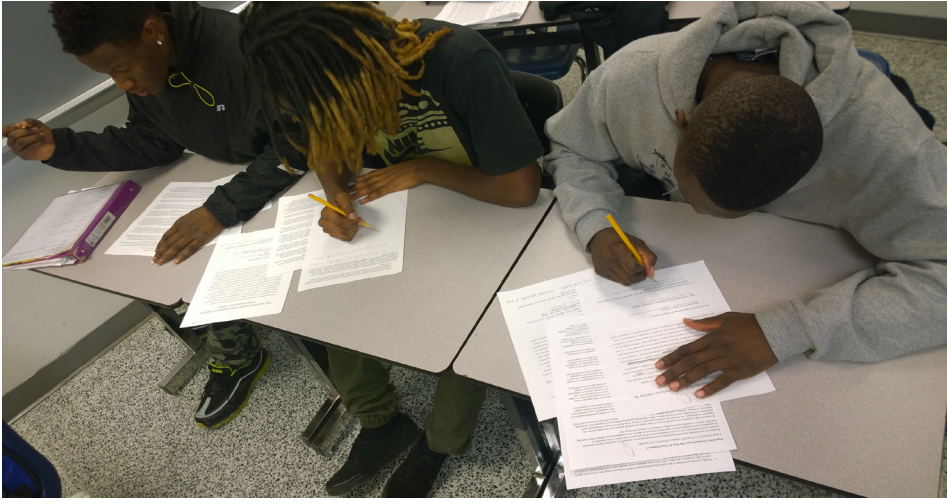
Secobarbital is the medication that most physicians prescribe for assisted suicide next to pentobarbital. For secobarbital, the dose that is prescribed is normally 9 grams in capsules or if you are prescribed pentobarbital, the dose is 10 grams of the liquid, and it is typically mixed with something else in order to taste better.

Although it may be a last resort for some and seen as they have given up the fight, it is helping people like Brittney Maynard end their lives on their own terms. in capsules or if



**"Have you thought about the others who are willing to die but are helpless without the assistance of others due to any illness, handicapped or other similar conditions?"**

**-California Assisted Suicide**



## IS HIGH SCHOOL PREPARING US FOR COLLEGE?

**Alissa Thomas**  
Staff Reporter

High school students all have to go through the long hours of studying, homework, and the stress of striving to pass an upcoming test. By doing all this hard work, it leaves some thinking - Is all this really preparing me for college?

High school is one of the most important aspects of a teen's everyday life, with spending the long eight hours each day of the week students hope to be getting something out of this. Students who choose to go to college want to be prepared and ready for what new things college has to provide for them.

Students in high school are required to take SOL (Standards of Learning Tests) and the PSAT (Preliminary Scholastic Aptitude Test) to see our overall proficiency level in certain subjects. When asked, Do you think the SOL or PSAT is preparing you for college? Alexis Chism (12) answered, "No, I don't think either prepare us for college. It just stresses us out. Not everyone's brain develops and comprehends the same when it comes to school, and we don't even go over the ones we missed anyway." Her response suggests that it's unfair

that students have to go through the stress of wanting to pass, and if they fail, they don't learn from their mistakes, which can become a problem later on for the students in their college life.

When asked what could be done better to prepare the students for college, Alexis Chism suggested that teachers and counselors "need to be honest and straightforward, and really work with us on writing letters to the schools we want to attend." Writing essays to the colleges students want to attend is one of the important parts of applying, so if teachers focus on that more, it could help many students feel more confident when applying.

When asked what would you like to do to prepare your students for college, Mr. King, a Financial Management teacher said, "Besides learning the subject material, I want my students to learn time management skills, how to be organized, how to set goals, and the importance of a good work ethic."

In addition to SOL and SAT preparation, there are more areas to cover to prepare for college.

## SCHOOL INTERNET BLOCKS

**Alexandria Williams**  
Co-Editor-In-Chief

Both students and teachers alike have had that moment where they're looking up something on the school Wi-Fi, and it's blocked. Students not only feel it's annoying and a hindrance, but it gets in the way of learning.

From a poll taken where students rated internet blocking on a scale from 1-10, 10 being the worst, 41% of students gave it a 10 and 35% gave it a 9 or 8. "We're being limited," states Nohealani Burden, sophomore. "They're controlling everything."

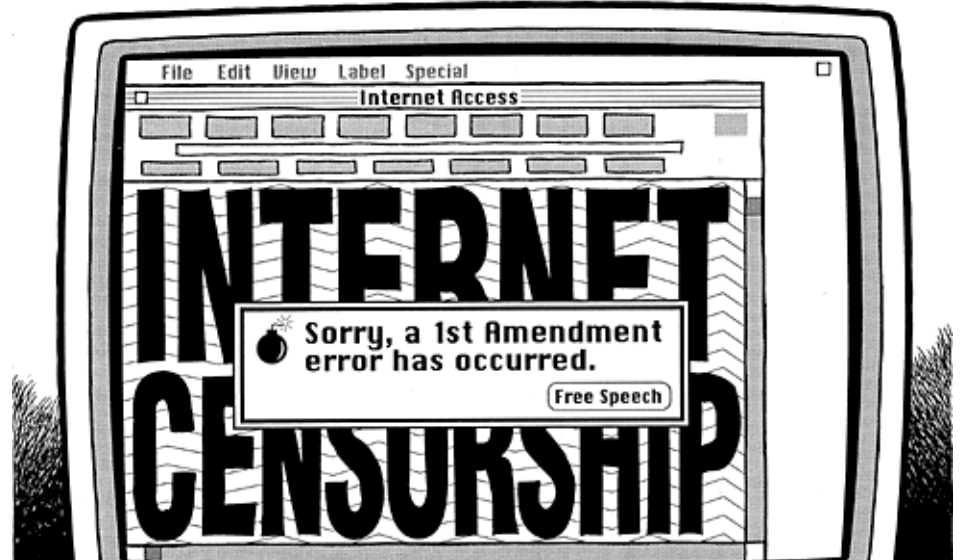
Students are constantly getting blocked, even when doing legitimate research for school. That leaves the question of whether or not the internet filter is necessary if it gets in the way of education. Senior Baylee Crowe feels that no, the block is not necessary, but she can see where the school is coming from. Students understand that the school is trying to protect us from inappropriate things and trying to stop us from

being distracted from the many things on the internet. Still, many feel that we're mature enough to handle things on our own now.

So, what is a student to do when there is a research project due and everything they're trying is blocked? Most students will turn to their own devices, disconnect from the school Wi-Fi, and use their own data. Nohealani was doing that as her interview was being conducted! But what about students like Isaiah Varella, freshmen, who don't have a device that he can use when he's constantly being blocked? "I'll just have to keep searching," is what he said when asked what he does about it.

Even if many students feel it's a nuisance, some students do appreciate the block and how it protects us. Isaiah feels a little secure when he sees that yellow screen pop up.

So love it, accept it, or hate it, vbschools internet block isn't going anywhere anytime soon.

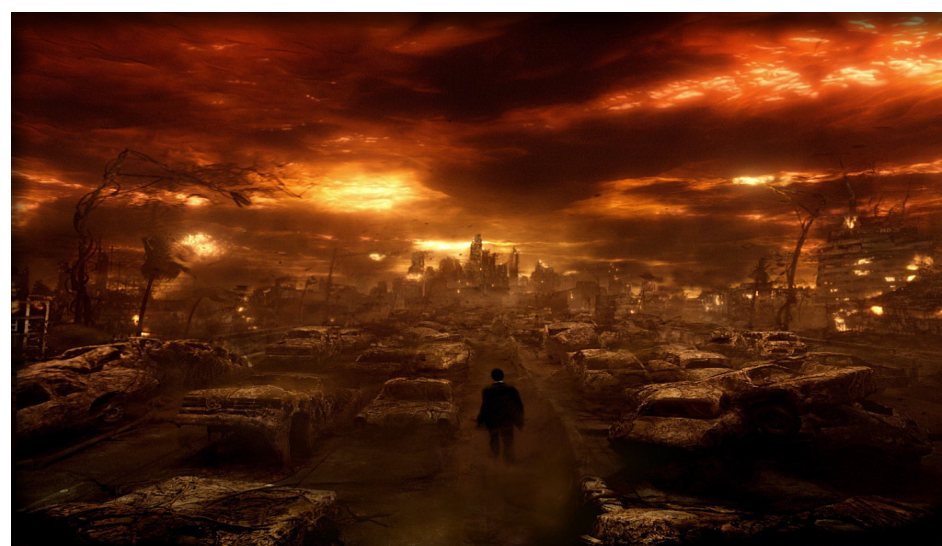


## APOCALYPTICA: THE WORLD'S CURTAIN CALL

**Erin Provo**  
Layout Editor

What would you do if the end of the world was unfolding right before your eyes? When people picture the apocalypse, a few movies come to mind: *Donnie Darko*, *2012*, *The Day After Tomorrow*, *Interstellar*, etc... All these movies depict the world on its last leg. The Earth is not something that can last forever, as we all know, and that means preparing for the worst possible outcome. There's several theories that pseudo-scientists and other skeptics have come up with in order to predict the future of our world. It's interesting to sit down and analyze the current theories to the world's demise.

Let's look at some of the ones that are most recently making their way around the apocalyptic predictions table. On a list of the top 10 apocalyptic theories, we found that the religious spectrum gave us quite a few. The anti-Christ coming and proceeding with world domination along with the theory of 3 days of dark-



ness. This is when a cross will appear in the sky to let all know that God is real. All people must stay inside for 3 days with doors and windows locked, curtains closed, not letting anyone in. As it is said, that if you open the door, you'll die instantly and your soul will descend to hell while after the 3 days those who waited will go off to heaven. The other theories are

more scientifically based. One with the galaxy aligning with the great rift which will cause Earth to be shifted and sucked into a black hole. Another includes a solar storm where a solar flare crashes into the Earth and we're all engulfed in fiery flames.

But enough with theories, onto the people who contribute to all of theories we currently look to now;

people just like you and me.

We have viewpoints from a couple of different perspectives: a science teacher, Mr. Horner and a student who loves to dive into apocalyptic theories, Glenaye Calvin, a senior. When we asked if they believed the world would end between this year and next, both responded with a simple, "No". How would you prepare for an apocalypse? Glenaye responded with, "Go to my bunker in the basement for safety" while Mr. Horner went with a lighter approach saying, "Buy a bunch of frozen pizzas." As for any last wishes, Glenaye responded with a comical sentiment, "Go shopping with Kanye, skydiving, and be in a movie of my choice." Mr. Horner stuck to his element saying, "Go scuba diving with a Great White."

So what can we get from all of this? Enjoy life now. Enjoy apocalyptic theories. The world will end, eventually. It's anybody's guess as to when or how it will happen.





# 2014 WILL LAST IN HISTORY

**Corbin Conover**  
News Editor

2014 is a year that will go down in history, no doubt about it. What stands out the most to you? Is it the Ebola pandemic, the World Cup, or Russia's seizure of the Crimean peninsula? Perhaps it is a national event like the legalization of marijuana in Colorado, the shooting of Michael Brown, the burning of Ferguson, or the *Frozen* frenzy that seemed to take over the nation for the better part of the year.

International events that gripped the entire world were not hard to find in 2014. On January 3, a militant group known as Islamic State in Iraq and Syria or ISIS emerged and took control of Fallujah, Iraq. This is the first time the militant group garnered national attention. From February 7 to February 23, the XXII Winter Olympic Games took place in Sochi, Russia and were noted for the rushed manner of the entire event. On March 8, Malaysian Airlines Flight 370 disappeared without a trace. On May 22, Thailand was taken over when several military leaders staged a coup. From June 12 to July 13, the World Cup took place with Germany as the victor, and the US failing to make it out of group play. Throughout the fall the militant group ISIS released several videos of beheadings, putting fear into the hearts of millions. On October 6, the first known case of the Ebola virus being contracted outside of the African Continent was recorded and is credited with the transition of Ebola from an African epidemic to a worldwide pandemic.

Although international events are very important, there are certain memorable events that affected the United States in particular.

On January 1, the Affordable Care Act also known as Obamacare went into effect with low acceptance ratings. Also, on this date marijuana became a legal substance to own in Colorado making it the only state where this is possible without a prescription. On January 17, President Obama introduced increased security measures to the National Security Agency after the NSA scandal. On April 2, Ivan Lopez killed three people before committing suicide at Fort Hood, Texas. During the summer months of May and June, same sex marriage became legal in three more states: Oregon, Pennsylvania, and Illinois. On August 2, Ebola patient Dr. Kent Brantley was transported to the US as Ebola began to spread. On August 9, unarmed teen Michael Brown was gunned down by Officer Darren Wilson. Wilson was later not indicted by a grand jury. In October, same sex marriage was declared legal in nine states including Virginia.

Sadly, however, no year comes and goes without taking a few notable celebrities with it. Those taken from us this year included Maya Angelou, Tony Gwynn, Philip Seymour Hoffman, Joan Rivers, and Robin Williams.

For better or for worse, 2014 has come and gone and will forever be part of history and our memories.

# NJROTC: NAVAL JUNIOR RESERVE OFFICERS TRAINING CORPS

**Vannessa Cruell**  
Layout Editor

At Landstown High School, we have a variety of clubs; one of them just so happens to be the Navy Junior Reserve Officers Training Corps program, also known as NJROTC.

Now NJROTC isn't a club itself, but it is in fact the primary source of all the other clubs that it is connected to. The Drill, Air Rifle, and Physical Training teams are just the beginning. Being a dedicated cadet in NJROTC comes with a lot of opportunities that could help better oneself as an individual.

"The opportunities, the people that I've met, the things I've gotten to do or have been exposed to

have truly had a heavy effect on my choices and my thoughts," said Aiden Tuck, Landstown High School junior, as well as a committed NJROTC cadet.

When Audrey Fox, junior at Landstown High School was asked how being a part of the NJROTC program has shaped her differently as an individual she said, "In a way, I guess NJROTC has helped me develop my leadership skills. I'd say NJROTC has had a very strong and positive change in me."

Landstown High School's NJROTC is much more than it seems to be. Beyond all of the uniform days lay physical training Fridays, drill Thursdays, and days where the cadets

# BE STRONG, ARMY STRONG

**Vannessa Cruell**  
Layout Editor

On October 6, 2014 United States Army recruiter, Staff Sergeant Jeremy T. Stearns came to our school to offer information about how life would be if any Landstown High School student, or students, were to actually join the Army itself, as well as the United States Army Reserve.

"Joining the United States military, no matter what branch you decide to go into, is an amazing leadership opportunity," Staff Sergeant Jeremy T. Stearns stated. Staff Sergeant Stearns stood there with pride as he spoke about the military in general, as well as the United States Army.

During our brief interview you could see how dedicated he was to the United States Army by the way he produced facts about his career choice; it was absolutely inspirational. "The United States Army was actually the first branch to start the Reserves, and we are in fact the largest branch in the military," Staff Sergeant said, booming with pride.

"If you start your military career in the reserve of the branch that you wish to join, then when you transfer over to that actual branch, you may become an officer," added the Staff Sergeant.

When you join the U.S Army reserve, or the actual U.S Army, you will have to undergo basic training. During your basic training, you can receive college credits without even entering the class room. On average

one college credit can cost hundreds of dollars, but with the United States Army, you're gaining the college credits practically free. All it takes is commitment and a lot of dedication.

Basic training for the United States Army can last up to ten whole weeks of Basic Combat Training, which is also known as BCT. During the ten weeks, you will be expected to learn the Seven Core Army Values. Many students, as well as graduates from various high schools nationwide, may be aiming to join the United States Army for one reason or another. May it be to simply receive all of the retirement benefits, to provide for their family, or to honestly become one part of a whole organization, in the end no matter your reasoning, you are serving your country. By enlisting in the United States Army you will have agreed to the leadership opportunities, and to the responsibility that it takes to eventually rank up to the next pay grade. As being part of the United States Army, you will be able to achieve a higher rank faster, which obviously means that you will be able to make more money in a shorter period of time.

Living up to the army lifestyle may not be easy; to be honest, it may prove to become difficult, but it will have become your life. You won't be alone in this because you will always have someone by your side, and that person just may turn out to be the one to save your life.

Rory Steadman, Senior Chief Vallerie Mcqeen- Vance, Anias Turner



simply educate each other on the mandatory knowledge that comes with being a cadet.

Cadets continuously prepare themselves for the team competitions that take place from time to time. While one specific team is out performing, the rest of the NJROTC cadets are performing their own type of community service by coming to the meets and helping out in any way possible. As an NJROTC cadet, Aiden Tuck, also known as 'Tuck 'n Roll', has committed himself to all of the teams that NJROTC provides. These teams consist of Drill, Academics, Orienteer-

ing, and Physical Training (PT).

The cadets and instructors of this beneficial program have not only dedicated themselves to the military lifestyle, but they have also dedicated themselves to lending a helping hand to those who need it.

NJROTC performs community services almost religiously. Whether the service requires them to walk in parades through rain or snow, or help out clubs throughout the school in a small way, NJROTC cadets always volunteer and sign up to the job.

# BE A WINTER-NET EXPLORER

Alexandra Nicole Canlas  
Staff Reporter

Welcome to the Winter-net Explorer guide to winter activities! Are you a member of the stay-at-home-for-winter club? Or you're definitely in the out-for-winter club? Either way, we'll help you make the best of your winter holidays. As they always say, winter is the best time of

Aliya Timberlake, the best activities to do are sleeping, just sitting by the fireplace in the afternoon, and watching movies at night. Now, doesn't that sound so cozy and warm? Another part of winter that's certainly anticipated is the celebrations. Student Anthony Fabrizio is really looking

places to go to." You can still be the Winter-net Explorer even if you're just getting cozy at home, as long as you're enjoying it.

Now for some real Winter-net Explorers, they ditch the home activities; instead they go out and revel in the snow! I mean, who



the year; Cheers to that! So get up, have fun, and explore!

The most-awaited winter break is coming; most of us are now looking forward for something really fun to do. Not all of us enjoy being out in the winter snow; some just find winter a very boring season and for some, they would rather stay at home, read some good ol' books and have a cup of coffee or tea. For Senior

forward to Christmas, Hanukkah, and New Year's Eve and he recommends staying at home and enjoying those celebrations with your family. Spending it with the family isn't a bad idea after all; for Anthony Fabrizio and Aliya Timberlake, they both love eating out with their families because winter is the time to eat! Best places to eat? For Anthony Fabrizio, "I think that Cracker Barrel and IHOP are great

doesn't like snow? The soft and fluffy feel that pulls you to make some snow angels or makes you "want to build a snowman". Freshman Megan McGuire seriously enjoys the snow and she recommends snowboarding, ice skating and sledding for the winter break. She recommends places like Snowshoe and some ice skating rinks. Likewise, Social Studies teacher Ms. Claudia Holt said, "Skiing is a great family sport. The best time to ski is

obviously December to March. I love early morning skiing." Just remember to wear lots and lots of layers of clothing, warm boots and gloves!

Winter is for the family, but if you are spending it alone, all agreed to just stay at home, read, sleep and get warm. Remember, the true Winter-net Explorer doesn't let the holidays end really boring, instead, just have fun with what you're doing!

# FASHION FROM HEAD TO TOE

Marquise Cook  
Features Editor

This winter is said to be one of the worst winters we in Virginia Beach have ever had, but the question is how do male students at Landstown plan to face the cold, fashion wise?

The stereotype that guys wake up, shower, and throw something on is true in some places, but at Landstown High School some students are really dressing to impress



this winter.

Trends commonly run strong around school, and most guys are still being trendy while staying warm, and expressing themselves. Staying warm this winter is one of the most impor-

tant things to students, but keeping in style twenty-four-seven is a close second.

As the cold weather is brewing, guys are preparing their hats and scarves of their choices and favorite brands to wear to school, and everyone is wearing their warm, fashionable coats. From North Face to Calvin Klein and the unforgettable very popular Polo, every brand is helping



our guys stay bundled up for this bitter winter.

GQ magazine has suggested that winter coats are in trend this year, and they have a nice selection of grey on grey and a variety of styles for

all different types of guys, while also staying school appropriate and warm.

Some of the local hotspots for winter fashion for guys are stores such as H&M, Coastal Edge, Tilly's, Zumez. Not much of the big department stores anymore. For accessories such as shoes and socks, trends are changing constantly. Colorful socks are becoming very popular with guys especially Nike socks where you can



customize the socks and add your own twist to them.

Males are also becoming more sensitive to what type of shoes they're wearing now-a-days. Most of the student body is either wearing Nike, Jordans, or Vans.

# BRRR...SWEATER WEATHER

Julia Correte  
Staff Reporter

Everyone expresses who they are in stylish, unique ways. Most girls turn to clothing, accessories, hair color, makeup, etc. throughout the year. When winter comes along, most of us start to dress in warmer colors, our hair loses its summer highlights, and our skin loses that sun-kissed look.

With this winter being the coldest in many years, the ladies at Landstown High are wearing whatever they can to stay warm.

Landstown sophomore Stephanie Chiappardi commented about the female trends for the season, "Ugg boots, with leg warmers, a scarf, and an oversized sweater is what the typical girl is wearing this time of year." Since we live on the coast of Virginia and are used to warm weather, most of us don't even own a heavy winter jacket.



"Sweaters usually, anything to stay warm," said Jade Bomar, fresh-

man at Landstown High School, when she was asked what she would wear to stay warm during this cold season. More and more fashion trends from the 1960-1980's are making their way back around: fringe, trench coats, and bright colored wind breakers are just a few that have made their way into the closets of many students at Landstown.

Vogue Magazine is saying, "Lose the Leather: this season is all about Suede." Though suede and

# SPOTLIGHT ON: ISAAC PEREGOY, 10



- Q: Three words that would describe you perfectly?
- A: Well... I'm honest, thoughtful, and very caring
- Q: Most interesting fact about yourself?
- A: My mom does my eyebrows
- Q: What hair product do you use?
- A: Suave mouse
- Q: Biggest fear?
- A: Losing my mom or dad
- Q: Biggest accomplishment?
- A: One home run away from a cycle
- Q: What's your favorite animal?
- A: A gorilla
- Q: What's your favorite movie?
- A: Divergent
- Q: What's your favorite book?
- A: James & the Giant Peach
- Q: If you could be a famous person for one day, who would you be?
- A: Derek Jeter
- Q: What celebrity was your crush when you were little?
- A: Selena Gomez
- Q: What celebrity do you like now?
- A: I still like Selena Gomez
- Q: What chore in your household is your least favorite?
- A: Cleaning up after dinner
- Q: Who do you admire the most?
- A: My mom
- Q: What's your favorite childhood movie?
- A: Finding Nemo
- Q: What school subject do you like least?
- A: Math
- Q: Which finger is your least favorite finger?
- A: My left pinky because when I swing my bat it always gets smushed
- Q: What's your favorite sport?
- A: Baseball
- Q: Who is your favorite baseball team?
- A: The Padres



leather have both been in and out of style for decades, its suede's time to shine again in boots, jackets, and gloves. Nonetheless, statement coats are definitely in as well, plaids and bright colors are making a huge fashion statement this winter.

Though the weather is quickly going downhill, that doesn't mean your style has to. Stay on top of the trends and stay warm this winter!

# SPICE UP YOUR HOLIDAY WITH STARBUCKS!

Paige Carlson  
Staff Reporter

Enjoy a nice cup of Peppermint Mocha, Chestnut Praline, Caramel Brulee', Eggnog, or Gingerbread Latte this holiday. These are Starbucks popular flavors this year. The Peppermint Mocha is Espresso, steamed milk, mocha sauce and peppermint flavored syrup. It is topped with sweetened whipped cream and dark chocolate curls. The Chestnut Praline

with steamed eggnog and milk, topped with ground nutmeg. Lastly, the Gingerbread Latte is Espresso with steamed milk and gingerbread flavored syrup. Topped with spice-infused whipped cream and real molasses drizzle.

Starbucks has 21,000 stores in over 65 counties. The first Starbucks opened in 1971 in Seattle, WA.



Latte is Espresso, steamed milk, and flavors of caramelized chestnuts and spices. Topped with whipped cream and spiced praline crumbs.

The Caramel Brulee' Latte is Espresso with steamed milk and caramel brulee' flavored sauce. It is topped with sweetened whipped cream and caramel brulee' topping. The Eggnog Latte is just Espresso

The name comes from the book *Moby Dick*, reflecting the romance of the high seas and coffee traders. The overseas stores constitute almost a third of Starbucks stores. Starbucks grew when it expanded in California in 1991, making it trendy. Now it is the world's largest coffeehouse company.

**YOU WAIT, YOU HOPE, YOU LOOK FOR THEM**



**PEPPERMINT MOCHA**  
Peppermint fans, gather around, this one's for you. Espresso, steamed milk, bitter-sweet chocolate and peppermint flavor mingle beneath a blanket of classic whipped cream and decadent chocolate curls. It's just too good to resist.



**CARAMEL BRULÉE LATTE**  
What better way to warm up? This combination of espresso, steamed milk and rich caramel sauce topped with whipped cream and shimmery pieces of caramel is perfect for sharing with a good friend and a warm fire.



**GINGERBREAD LATTE**  
Who can resist the flavor of freshly baked gingerbread combined with fresh ground espresso and steamed milk? Dressed up in holiday fashion with classic whipped cream and a dash of ground nutmeg, this latte is sure to perk up your spirit and warm your heart.

WATCH WHAT THEY INSPIRE



# WINTER WEATHER: FREEZE OR BREEZE?

Kianna Anderson  
Review Editor

It's that time of year again, and you all know what I'm talking about. We've been waking up and heading outside into gusting frigid winds and spine chilling cold that the season of winter has shared with us. Although it is winter season, we've been experiencing some unseasonably nice weather here and there as well. With temperatures sometimes up in the upper 50's, 60's and lower 70's, you don't know if you should wear a coat or just a plain winter sweater.

Ninth grader at Landstown High Tlisha Neal was asked what she thought about the wacky weather we've been having. Neal said, "I hate it. It's too cold. Usually I'm used to wearing dresses and skirts but now I have to wear sweaters and coats." This girl isn't feeling this weather at all. There are so many people who aren't used to the weather, and many

of them even believe that our seasons are just getting colder as the years go by. This may or may not be due to the increase of pollution that is and may inevitably destroy the protective layer in our atmosphere. Hopefully the chilly weather doesn't last for long.

On January 7th of our new year the temperature in Virginia Beach, VA had dropped into the low twenties. Sadly our student body wasn't used to such a drastic change in weather, and it had hit us practically unprepared. Students were seen at bus stops freezing like icicles. Sara Shubert, a senior at Landstown High School said through chattering teeth, "I can't believe it's this cold. It's like I'm doing the ALS Ice Bucket Challenge all over again!"

Hopefully this cold doesn't last for too long so we can ditch the boots and break out the sandals. If we don't freeze before then!

According to the Farmer's Almanac,

**"Winter will be colder and drier than normal, with near- to above-normal snowfall. The coldest periods will be in early to mid-December, from late December through early January, and in mid- and late January. The snowiest periods will be in early and mid-January."**



**Dr. Springstead and the LHS Madrigals delighted us on December 19, 2014 by caroling through the halls!**

# HOLIDAY SWEET TREATS

Vannessa Cruell  
Layout Editor



## OREO Truffles

### Ingredients

(Makes 3 -1/2 dozen)

☆ 1 (16 ounce) package OREO Chocolate Sandwich Cookies, divided

☆ 1 (8 ounce) package PHILADELPHIA Cream Cheese, softened

☆ 2 (8 ounce) packages BAKER'S Semi-Sweet Baking Chocolate, melted

Ready in 1 hr 30 mins

### Directions

1. Crush 9 cookies in a reusable plastic bag using a rolling pin. Save for later. Then crush remaining 36 cookies; place in medium bowl. Add cream cheese; mix until well blended. Roll cookie mixture into 42 balls, about 1-inch in diameter.
2. Dip balls in chocolate; place on wax paper-covered baking sheet. Sprinkle with reserved cookie crumbs.
3. Refrigerate until firm, about 1 hour. Store leftover truffles, covered, in refrigerator.

### What You Will Need:

- ☆ 24 green grapes
- ☆ 1 large banana, cut into 24 slices, or as needed
- ☆ 24 hulled strawberries, tips removed
- ☆ 24 miniature marshmallows
- ☆ 24 toothpicks

Prep Time 30 mins

Ready in 30 mins

### Directions

1. Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick to resemble the Grinch's head in his red hat. Repeat with remaining grapes, banana slices, strawberries, and marshmallows.



## Grinch Kabobs

# IT'S 2015! A NEW YEAR - A NEW YOU!

Julia-leigh Mitchell  
Staff Reporter

Looking back on the year of 2014, we can reminisce and recognize the friendships we've created as well as the mistakes and the memories we've shared. Nevertheless, it is now 2015 and time to put some life adjustments into your everyday routine. Those are called **NEW YEAR'S RESOLUTIONS**. When asked why people make resolutions, Laura Miller, sophomore, responded, "It gives people a reason to change." People could change whenever they want to, but many people use a resolution to start off the new year differently. Some resolutions can be broader than others. For example, when asked what their resolutions were, Cameron Gragg stated "to be a better person" along with Laura saying "just to be a more happier, optimistic person." They can also be more goal-oriented like "to graduate high school," said by Nina Saddler, senior.

If you find it difficult to even come up with a resolution, ask yourself, How can I change myself to be happier? How can this be a good opportunity for change? Those simple questions can take you in a million different directions and will lead you on the right track to better yourself for the future. Laura Miller added, "Find something you can actually stick with. The only way you can really keep to your resolution is if you really believe in it." It's all in the mindset; the way you think will be the outcome of the goal you're setting. A little checklist may just be the thing to get you on the right foot.

1. Make a resolution that you know for sure you will keep. Don't make unrealistic goals.
2. Focusing on one main goal will make it easier for you to strategize and plan out how you will go about it.
3. Don't beat yourself up over your resolutions. Some examples could simply be to get a more regular sleep schedule, smile more often, do more things you care about, find new music to listen to, start communicating and asking questions in school, etc. It is never too late to make yourself genuinely happy.
4. Always be proud of what you have accomplished. Remember to give yourself a pat on the back for just following through, no matter how small the resolution.

Fantastic Ho	
★★★★★	1 Elf
★★★	2 The Grinch
★★★★	3 Christmas Sto
★★★★	4 Christmas Va
★★★	5 Polar Express

# DIVE IN AND GET READY TO EAT!

Celina Hughes  
Staff Reporter

Holiday season is finally here! For most of us, that means an extensive amount of eating and weight gaining. From the turkey at Thanksgiving to the cookies you may decorate for Christmas to the tasty appetizers on New Year's, for many people, the holidays are the highlight of the fall/winter season.

Want to get the scoop on what is common and not common among foods and desserts? Shani Banks, a senior at Landstown High School, expressed her anticipation saying, "I can't wait, I'm ready to eat!" So, what's on the menu this holiday? "Ham, macaroni and cheese, greens, yams, carrot cake, sweet potato pie, and stuffing!" Her excitement of talking about food rose to her face. She was most enthusiastic about her favorite dish, the macaroni and cheese. As I questioned her about who cooked most of the food during the holidays, and where it took place, she quickly responded with, "My grandma. Everything happens at her house, too."

Wanting to get a different look on the holiday foods and desserts that people with an ethnic background have, I interviewed Ashley Gooden, also a Landstown High School student. Ashley is Jamaican, and so I was intrigued to know if her holiday foods were different. When she was asked about what foods she had, she mostly stated the meats, which included "turkey, ham, goat, and ox tail." As we continued the interview, I asked who cooked what dishes, and her response was, "It's divided. Whoever is the best at it, cooks it." Then she went on to talk about her favorite dishes to eat, ranging from the cranberry sauce, to macaroni and cheese, to potatoes, and then to ham.

Everybody has a different way they enjoy their holiday and the foods they dive into, but one thing we all have in common is the satisfaction of what the holidays bring through mouthwatering foods and desserts.



## HOLIDAY HOTSPOTS

Kiana Watson  
Staff Reporter

Holiday spirit is in the air as holiday

breaks and holidays approach us. But where are some fun places to visit as the temperature drops? How about a trip to Christmastown at Busch Gardens? Lynnhaven Mann is always an option, but "Williamsburg outlets are such a great place to go for holiday shopping. Ice skating at MacArthur or the oceanfront is another fun place to go with friends this time of year," suggested Jillian Hoffman, freshman. The Williamsburg outlets tend to have great deals on gifts for family and friends.

If you're looking for something a little less traditional, Hunt Club Farm has put a country twist on your typical winter wonderland. Try visiting the Ocean for Holiday Lights on the Beach or the Norfolk Botanical Gardens to see the beautiful "Garden of Lights," that will have you getting in the Christmas mood. "I like to go to the beach to see the lights and go to Christmas parties at my friend's houses," said Senior class president La'Portia Perkins. Whether you're going out with friends or family this holiday season, there are plenty of fun places you can visit to create holiday memories.

### Holiday Films

	Nov. 7, 2003
	Nov. 8, 2000
ory	Nov. 18, 1983
ication	Dec. 1, 1989
s	Nov. 10, 2004



Traditional Thanksgiving

## TURKEY DAY TRADITIONS

**Julia Corrente**  
*Staff Reporter*

Most people just see Thanksgiving as a time to eat and then pass out from a full stomach, but it should be a time when families come together and enjoy each other's company. Though it's celebrated in many different cultures, every family has their own traditions. When I asked some of Landstown's Eagles what their families do, they gave me the basic "we eat", but of course, I had to dig deeper.

Most families will follow the tradition of the very first Thanksgiving, but some create their own. "My family has been going to my grandma's house for 34 years. It's our tradition," said Mr. Brian Phelps, English teacher at Landstown. "Different family members each cook a dish, then we all go to a different family member's house. My grandma insists that she makes the rice every year," said sophomore Stephanie Chiapardi. When I asked freshman Jade Bomar what her family does, she told

me that they go around the table after they eat and state what they are thankful for. Apart from the food, football and parades are also a huge Thanksgiving tradition in our country. Every year Macy's has a huge Thanksgiving parade filled with enormous floats of famous characters. I found a lot of students watch that with their families.

Senior Paul Wise said, "Right after Thanksgiving, my family starts decorating for Christmas." It seems like it's just one misunderstood holiday after another; Thanksgiving isn't about the turkey or the stuffing, it's about coming together with people you love and celebrate what you're thankful for. Our students here at Landstown are very diverse, but it seems like no matter what race, age, or ethnicity, they all seem to understand the real meaning of this holiday, even if their response is "we eat".

## HOLIDAYS AROUND THE WORLD

**Katlyn Jarvis**  
*Staff Reporter*

I knew very little about Hanukkah and Kwanzaa. The only thing I knew about Hanukkah was that you got eight days of presents and they lit a bunch of candles. I didn't know the deeper significance of the holiday. It wasn't until we were picking out articles that I knew Kwanzaa was a holiday. Suddenly, an immense curiosity overtook me, so I decided to embark on a journey I definitely do not regret. I was not going to only Google each holiday; I was going to celebrate them to the best of my ability.

Per my own tradition, I begin everything new with food. When I started celebrating Hanukkah, I nearly burnt down my kitchen. There was so much oil! My mom and I attempted to make little jelly filled doughnut things called Sufganiyot. They were traditional, so I figured we would give it a go and see how it turned out. They were horrible, and not because the recipe isn't the greatest. It was so challenging! The first batch was

badly burned and started a small grease fire, the second was way too undercooked (yuck), and the third was almost perfect, but we messed up the filling by putting in too much sugar. My hopes of owning my own cooking show were crushed.

However, I decided to look up why they used so much oil in almost all of the recipes (definitely



not the right time to start a diet), and found out that when the Macabees recaptured a temple from the Greeks, they lit a Menorah with one jar of oil, a jar of oil that lasted for eight days. I don't know about you,

## HO, HO, HO!

**Nicole Rinehart**  
*Staff Reporter*

When Mathew Curran, a sophomore, was asked what his favorite part about Christmas was he said, "I like the presents and decorations." A lot of our Eagles would agree with Mathew and say that the presents and decorations are the best part, but others would agree with Fave Joyner that it means time to spend with friends and family. Preferences also differ with age. Ms. Bechtel, a social studies teacher, said that the holiday reminds her of her grandmother who recently passed away and makes her think of all the happy times with her grandmother.

Then of course there are those Christmas songs that play constantly on the radio and get stuck in everyone's head. Jayden Lucas said "Santa Baby" is her all-time favorite Christmas song. But Matthew Curran and Ms. Bechtel said that their favorite song is "The Christmas Song." Now where will our fellow Eagles be during our two week break? Cassandra Javier, a senior, said, "I will be going to North Carolina with my boyfriend to visit family." Fave said he will just be staying in good old Virginia Beach with his friends.

Yes, the presents and family time during Christmas are great but a lot of people look forward to the great big dinner. Mrs. Christy said

that her family eats steak and mashed potatoes instead of what you would normally eat such as turkey, ham, and stuffing. While Ms. Bechtel's family sticks to the traditional dinner with the great big turkey, she did express that her favorite thing to eat during the feast is her nanny's homemade banana pie.

Now what is Christmas without a memory of a present that you were either shocked to get or questioned whether it was a joke or not? Jakel Bruno said that when the iPhone 4 came out, he was really excited when he opened his present to the little white box most of us hope to see. On a poll that was sent out to some students and faculty asking about fun family traditions, Corby Bohlen said that his family stays in their Christmas pj's all day even at dinner, and Mrs. Christy said that the day after Thanksgiving they drive out to Suffolk and chop down their own Christmas tree! She also added that her whole house smells like pine because of the freshly cut tree.

So whether you stick to a traditional Christmas celebration or your family spices it up and creates their own version of a celebration, remember to be thankful for everything and anything you get and have a happy holiday!



but that really impressed me. In order to celebrate the miracle of the oil, they cook all fried foods and also light one candle for each of the nights of Hanukkah. The oil was taken as a sign of god's dedication, like recapturing a temple from a superpower, God can perform miracles.

Next was Kwanzaa. Celebrators of this holiday light candles each night for a week, very much like Hanukkah, but each candle stands for a different characteristic: unity, self-determination, responsibility, cooperative economics, purpose, creativity and faith. This is a week for African Americans to celebrate their heritage and come together more as a family and community.

Honestly, I wish everyone had this holiday because it's absolutely genius. It gives you pride in where you come from and takes away the shame

you might have about the color of your skin, be it white, black, or even blue. During this week, one would wear cultural dress and sing folk songs. Pretty much just immerse yourself in your culture as much as physically possible.

Learning from past mistakes, I picked the easiest thing on the recipe list: Cajun Macaroni and Cheese. Somehow, I still managed to mess it up and ended up gulping down milk for an hour and a half trying to quench the raging inferno inhabiting my mouth. Somehow, despite all, I managed to pick the spiciest version of macaroni.

All and all, I found this experience very enlightening. I might make it a tradition of my own to learn about and celebrate a new holiday every year, and I certainly encourage you to do the same.

# DONT BE A STATISTIC, KNOW THE FACTS ABOUT DATE RAPE

Sarah Jones  
Associate Editor

Being a teenager is all about having fun and living life to the fullest. But it also comes with many responsibilities. What people don't realize is that date rape is a huge dilemma that people should be aware of.

Rohypnol, known as "roofies," is one of the most common forms of date rape drugs. But what do we really know about it? Rohypnol has many of the same qualities as Valium (another sedative drug), but is approximately ten times more potent than Valium. Even though Rohypnol is not sold in the U.S, it is sold in 64 countries around the world. When taken alone, and for the right reasons, it's like any other sleeping medication. But when taken with alcohol and for horrific reasons, it can be deadly.

Date rape can happen to anyone, anywhere, at any time. "Roofies" are colorless, tasteless, odorless, and dissolve rapidly in drinks. At first glance you wouldn't be able to tell whether the drug has been dropped into your drink. The effects begin to hit the victim within ten minutes and will actually erase most, or all,

the memories of the incident. Alysha Jackson, a 22 year old senior at Clark Atlanta University, admitted "being in a college environment is definitely a lot scarier because you're on your own a lot." According to the UScience, one in every four college women have been date raped or have experienced an attempt.

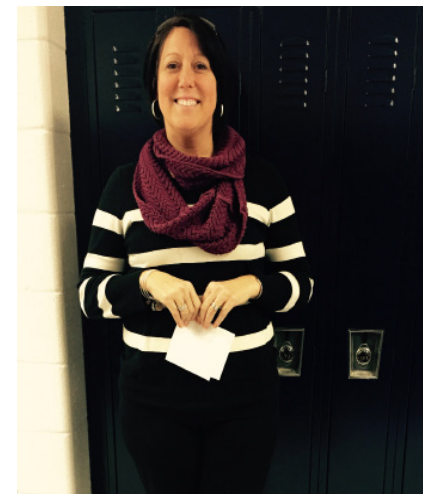
Many say that men are to blame. And it's slightly true because, according to the Narcotic Educational Foundation of America, the two most common groups are young adult males preying on victims and high school students who use it recreationally. But anyone can be a user and those are the only ones to blame. Gender does not matter at all. In fact, in the U.S, about 10% of victims are males. "I think it happens to women more but could happen to anyone. Many people are vulnerable because of how easy it is to be drugged," expressed Aiden Klaers, Landstown High School senior.

Most people don't worry about staying safe 24/7. Stay at home

mom of LHS student, Doris Hernandez, thinks, "When it comes to being safe, younger women are very careless." With something as serious as this, everyone should be extremely cautious, no matter the age or gender. Sherry Constantine, a 21 year old former Virginia Wesleyan student advises, "Know your surroundings. Don't accept drinks from anyone, even water. Have a buddy check up on you throughout the night. Know your limits. And If you know you're a victim, immediately inform police and verify with a SANE (rape specialist) nurse."

High school student, 24 year old male, or mother... It could happen to anyone, including you. It's time for a wakeup call and realization on how serious this is. The victim, in any situation, is never at fault and should never feel that way. You should always call authorities whether you're the victim or know any information about this type of incident. For any help you can always call RAINN's National Sexual Assault Hotline at **1-800-656-HOPE**.

## SPOTLIGHT ON: MRS. SINGER



**What's the #1 most played song on your iPod?**

Dirt

**If you could learn to do anything, what would it be?**

Sign Language

**If you could be any fictional character, whom would you choose?**

Jane Eyre

**When you have 30 minutes of free-time, how do you pass the time?**

TV!

**What was the last movie or book that made you cry or tear up?**

All of Me

**Where do you most want to travel, but have never been?**

Egypt

**How would your friends describe you?**

Energetic

**What's your favorite childhood TV show?**

Mork & Mindi

**If you could possess any superpower, what would it be?**

Invisibility

**If you could own your own retail store, what would you sell?**

Shoes

### Date Rape Statistics

- 84%** of women who were date raped knew their attacker.
- 90%** of date rapes occur when either the victim or attacker was drinking.
- 33%** of men said they would date rape someone if it could go undetected.
- 44%** of women who were date raped have considered suicide.
- 16-24** the age group of women who are four times more likely to be date raped.

Sources: RAINN, U.S.F., F.B.I., U.S. Dept. of Justice

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### Eagle Morning Brew

Every morning, LHS students can purchase breakfast items in the cafeteria. During 1st and 2nd blocks, teachers often have coffee and tea delivered to their classrooms, thanks to Eagle Morning Brew student workers like these!

# SCHOOL EXPECTATIONS VS. REALITY

Alexandra Nicole Canlas  
Staff Reporter

From the first day of school to the last, our expectations versus the reality of our school never ends. All of us expect in something, right? Even small things like, what do the classrooms look like, how is the cafeteria and such. What did the students of Landstown High School think when they first got here? What did they expect?

Our expectations sometimes come from what we hear from others. They might tell us, "I heard that school is pretty nice." And then we expect from it, we could be rather disappointed or overwhelmed. The most common expectations are from the appearance of the school, the school environment – classrooms, cafeteria, classes and teachers. Sophomore student Carly Wimer stated, "I didn't expect it to be as big as it is, as a freshman I pictured it to be larger than my middle school but my expectations were exceeded." And a freshman Michael Cortez said, "I expected it to look FABULOUS, no really."

At the beginning of the school year, expectations in classes and grades start. Michael Cortez said that he expected to have good grades and more friends, which probably all of us expected on the very first day of school. Another thing is the schedules. Most of us find it very difficult in the first couple of weeks but as time goes by, we manage to deal with it. And of course, what comes after schedules? The

classes. The two major problems of the student community: Language classes and Math Classes. Freshman Renae S. said that English was the hardest subject. While Michael Cortez said that Japanese was his weakness and he expected it to be hard after watching a couple of animes. How do we deal with it? Easy. Try your best and study hard. But remember, it is not bad to seek the help of others. Carly Wimer stated, "Going to tutoring and asking for help makes the subject much easier to understand."

We all know that going to school was never easy. But once we see the reality behind our expectations, we start to cope with it. We just need to study, that's it. And also, thanks to the help of our guidance counsellors, teachers and upperclassmen.



Individually or collaboratively, students at Landstown are expected to put 100% into every assignment. Working diligently in Honors English 11, Elgin Sailes, Arina Miles, Hunter Hearne, Alexandra Blanshan, and Elena Croy are doing just that!



# BREAKUPS: MY LIFE IS OVER!

Kianna Anderson  
Review/Entertainment Editor

It's never easy when a relationship that you thought would last forever ends. While a break-up may seem minor amongst other issues, a break up can turn your life upside down and make you feel a pain you never though existed. So how do you cope after a break-up? Senior at Landstown High School, Brionna Wilson said, "I don't cope with break-ups. I hang out with friends to keep my mind off things and walk around and pretend that I'm okay. During a break-up, one of my favorite foods to eat is hot fries to warm my cold heart."

Unfortunately, we all will have to face a heartbreak at some point, but if you and your significant other aren't working out, how do you chose to part? Megan Mclean, senior at Landstown said, "I prefer to be straight forward because it's so much easier to be honest with them," while Alex Rodriguez another senior at Landstown commented, "I let girls down easily because some girls understand that the compatibility isn't there so it's easy to just talk about it and let them go. Others if it catches them off guard, it comes as a shock. So in that aspect I'd be gentle and cautious about the things I say

while breaking up with my partner." Personally, I agree with letting down someone gently. It's hard enough letting someone you cared for go, but to be harsh as well is unnecessary. Although there is no easy way to break up, some people can be very inconsiderate with your feelings. Junior Zxaveon Brady-Reynolds was asked what the worst way to break up with someone is. He said, "Over text because it's very disrespectful without any regard for their feelings." Senior Megan Mclean is in harmony with Zxaveon and advised, "It's always better to break up with someone in person because it gives a more personal feeling."

As time passes, after the heartbreak, your cold heart will eventually unfreeze and you'll finally gain the strength to move on. But just because you moved on, does that mean you have to completely be at war with your ex? I guess it all depends on the length of the relationship and the way it ended. So although we may have broken up with our significant other, know that there is a world full of people out there, and you'll find that special person that loves you for you.

## SPOTLIGHT ON: DEVIN SERAN, 12



If you could be any fictional character, who would you choose?

Superman

When you have 30 minutes of free-time, how do you pass the time?

Sleep

What was the last movie, TV show or book that made you cry or tear up?

The Green Mile

Where do you most want to travel, but have never been?

Spain

How would your friends describe you?

Funny, fun

What's your favorite childhood TV show?

Power Rangers

If you could possess any superpower, what would it be?

Teleport

If you could own your own retail store, what would you sell?

Comics

If you had an unlimited shopping spree at one store, which store would it be?

Target

What's the #1 most played song on your iPod?

No Diggity

If you could learn to do anything, what would it be?

Play piano





Do you have a favorite? It's not uncommon to see Landstown students carry these into school, much like faculty members carry coffee and sodas.

## UNLEASH THE BEAST OF THE ULTIMATE ENERGY DRINK

Alexandria Williams  
Co-Editor-in-Chief

What do most teens do when they are tired and sluggish and need a boost? They either a) suffer through it or b) drink something to get them through the day. Many teens, and adults alike, are turning to energy drinks to get them through the day.

The first thing people are concerned about when it comes to energy drinks is the health risks. Energy drinks are great for what they're made for, giving people a boost when they feel they're so tired they could fall asleep standing up, but what happens if you have too much? Sophomore Abby Delacruz remembers one of her basketball coaches who basically had an electronic heart he used wear on his hip. He had consumed too much Red Bull, and it destroyed his heart. The company that produces Monster even has a warning on the can that says it's not recommended for children, people sensitive to caffeine, pregnant women, or women who are nursing. Energy drinks can be dangerous if you don't drink responsibly, but isn't that true with everything we use in everyday life?

Even with all the horror stories and health risks, people are still drinking energy drinks. Despite the risks, some drink it every day. Seniors Lauren Fischer and Blake Fischer both drink their preferred energy drink, Red Bull and Rip It, once or twice a week, maybe even more. As Lauren

Fischer put it, "Some people legitimately need that to wake up in the morning." With something like this being true, is it possible that people are getting addicted?

The answer is yes. Blake Fischer has noticed, like many others, that many are developing a caffeine addiction. Energy drinkers are absolutely addicted to the utmost degree to energy drinks. They feel they need it just to function. Some people drink it like it's water, which can be extremely dangerous.

If energy drinks are so dangerous, then should the government regulate it or restrict it to keep the people safe? All three LHS students interviewed responded with no. As Abby Delacruz put it, "I don't think it's right to limit anyone else's decision." And I think she's right. As someone who drinks Monster, I don't think I should have to suffer simply because some people don't know how to drink responsibly. Energy drinks accelerate the heartbeat and makes everything in your body work as if it's in that "fight or flight" mode. So, naturally, if you drink too much, it could be very dangerous.

The matter of energy drinks, like almost everything else we encounter in life, falls upon personal responsibility. Know what you're putting into your body. It's as simple as that.

## TO READ OR NOT TO READ: A SHAKESPEAREAN TRAGEDY

Regina Ferranti  
Submissions Editor

Each school year students are approached with complexity and confusion with a name related to plenty of moans and groans: Shakespeare. Almost like our minds shut down, there is ignorance towards his plays. You may not understand the point of the reading or how in the world this skill will show up in your future, but believe or not there are reasons for the students disadvantage.

English class examines literature that could be based on history, adventure, mystery, drama, and many more. Responding to why we read Shakespeare, Mrs. Baker, an English teacher, says, "His work is still relevant today. He talks about issues like gossip, jealousy, and love." It may not have occurred to you while you were overdramatizing a Shakespeare play that it does relate to teens like you.

Romeo and Juliet experience a deadly love, Julius Caesar faces betrayal from close friends, Hamlet is crazy with revenge, and Macbeth kills for power. These are some elements-death, love, and friendship- you can find in most of the books read during every school year.

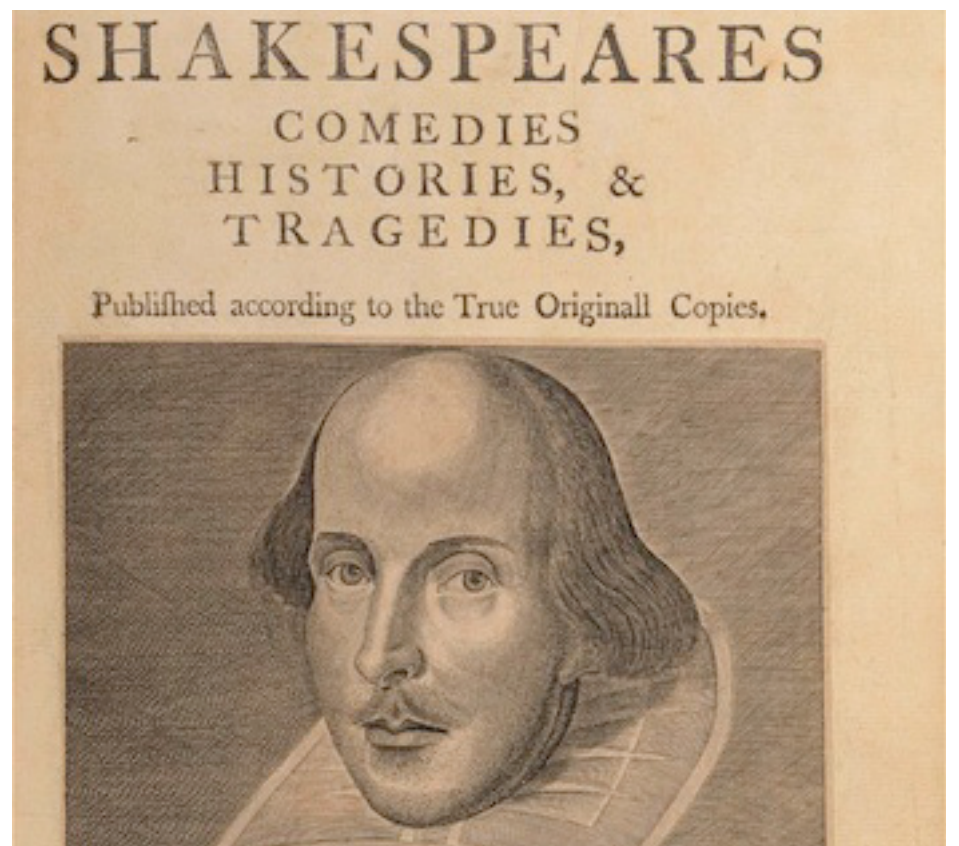
There are modern interpreta-

tions of Shakespeare all over. A very familiar childhood movie, the Lion King, tells of an uncle who kills his brother and gets away with it till the end, just like Hamlet. Exploring literature is what English class is for, yet there's no feeling of exploration with words that can make absolutely no sense. Allison Herbst sides with the dislike for Shakespeare, "I really don't like him because he's really confusing. When I type it in to Google, Google is like 'what are you talking about?'"

Mrs. Baker can relate to the negative perspective towards Shakespeare. "In your shoes," Mrs. Baker says, "I wasn't so excited." Jenna Farnham, a senior at Landstown, believes,

"Students don't take the time to understand it, but you can't expect to understand every word." Jenna also feels her grade is affected by Shakespeare only when other people don't try to participate, because it makes trying to read and learn frustrating. "I think his plays are funny. It's entertaining and it's deep."

Shakespeare may not be looked forward to but you know it could be coming every year. With a last hope to persuade students, Mrs. Baker leaves a piece of advice.: "Don't give up before you try."



A Playbill featuring the playwright William Shakespear

## SPOTLIGHT ON: MIA MISLANG, 11



**Q: What's the #1 most played song on your iPod?**

A: Say It Ain't So by Weezer

**Q. When you have 30 minutes of free-time, how do you pass the time?**

A: Check Twitter and Instagram, listen to music

**Q. What chore do you absolutely hate doing?**

A. Shampoo carpets

**Q. If you could pick any actor to be the president, whom would you choose?**

A. Liam Hemsworth

**Q. What is the one thing that should be taught in school that isn't already?**

A. Good study habits

**Q. What is the biggest challenge of being a teenager?**

A. All the responsibility

**Q. What was the last movie, TV show or book that made you cry or tear up?**

A. The Fault in our Stars

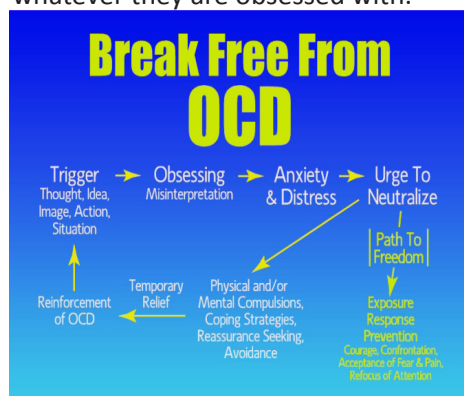
**Q. Where do you most want to travel, but have never been?**

A. Hawaii

# O.M.G I'M SO OBSESSED!

Raven Jarvis  
Staff Reporter

"An obsession is a desire to do or want something or someone." Landstown High School Sophomore, Michael George answered when asked the question, what is an obsession? Many people confuse obsession with addiction. "Obsession is a word for overly passionate and I think people become obsessed because they can relate or connect with whatever they are obsessed with.



However, there is a fine line between obsession and addiction. Addiction is unhealthy. Obsession becomes an addiction when you can no longer live your life normally. When you start changing regular things to do or make time to think about and do whatever it is you're obsessed with."

Marissa Castillo, a sophomore student at Old Dominion University, explained, "Unhealthy obsessions are addictions. An example of that would be alcohol, drugs, or even an obsession with a person. Some crazy people stalk. Stalking is not okay. I'm not talking about checking out their social media, because why else is it there? I'm talking about going out and taking non-consensual pictures of someone like a creep."

The most commonly known disorder is obsessive-compulsive disorder (OCD). Obsessions are thoughts, images, or impulses that occur over and over again in your mind that

seem uncontrollable. Compulsions are irresistible urges to do or get something in a certain way. According to recent studies of mental health in children and teenagers, one out of 200 children, four to five children in an elementary school, and about 20 teenagers in a high school suffer from this disorder. People who have OCD have obsessions with things like contamination, losing control, harming someone or themselves, unwanted sexual thoughts, religious obsessions, or superstitious ideas.

Many of those who suffer from OCD fall into one of the several categories of compulsions. Washers are people who are afraid of contamination and usually have cleaning or hand-washing compulsions. Checkers are people who check on things that normally associate with harm or danger repeatedly. Doubters and Sinners believe that if they do not do something perfectly and correctly, something terrible might happen and they will suffer consequences. Counters and Arrangers are those who are obsessed with the order of things and keeping the line of symmetry. Lastly, hoarders believe that if they throw something away, they will be punished for it. Therefore they continue to hoard things, no matter if they use them or not.

Just because you may be passionate or superstitious about something, does not mean you automatically have OCD. However, if you feel that you might have it, it is a good idea to talk to a parent/guardian or your doctor for help. They will help start you on your way to overcoming your habits and lead a better life.

# SOCIAL NETWORKING AND YOU

Regina Ferranti  
Submissions Editor

There's no doubt social networking is a popular activity among teens, yet posting pics and tweeting is revealing two different sides: a positive and negative to social networking.

Seeming out of touch with the world and being unable to grow is how some would explain social networking with teens. Learning to make friends is a face-to-face occurrence, but doing it online can promote anxiety when it comes to the face-to-face. You can easily change what you want to say online or in a text, and it seems scary to some people to call a person, or actually physically talk to them.

Social networking accounts can allow people to harm others, whether in a nasty comment, a stalker, or a fake profile. In a survey published by CASA Columbia exploring the relationship between teenagers, social media use, and drug abuse, the results go as follows: 70% of teenagers age 12-17 used social media in a typical day and were 5 times likelier to use tobacco, 3 times likelier to drink alcohol, and 2 times likelier to do drugs. The Internet exposes kids and teens to pictures that can wrongly influence them.

Bella Cleary, a junior at Landstown, has at least 5 social networking accounts, and finds herself checking them when she gets bored, sometimes even during class, but after she finishes her work. "Social networking keeps me up [at night] sometimes. I'll try to rush through my homework to go on it. Kids don't say what they really want to say, so they use social networking as a barrier," Bella answers when asked how social networking affects her and how it might affect others. Bella is definitely



smart with her social networking and thinks before there was any social networking, "It was less to worry about. I think social media makes us lazy." Ashley Herbert thinks life would be boring without it, "Life would be horrible," Herbert, who has at least 8 social networking accounts, responded to the same question, "but more people would be outside doing stuff instead of sitting inside on their phones."

Social networking does have its benefits. It allows people of all ages to connect with people they may have lost touch with, or to just express who they really are through their profile, posts, and pictures. In class learning is interacting with technology more and more with sites like Kahn Academy, Edmodo, and class chat rooms. Some classes have even gone paperless, allowing students to get and turn in assignments through their computers, smartphones, or tablets. Social networking can boost confidence through "likes" and positive comments. Although filters may bring up some negative feedback, it is a way for people to feel more confident in their pictures.

In moderation, social networking can be an amazing way to interact with people, but you should never bully any one on any website and you should never give out personal information.

# IMPLICATIONS OF PSYCHOLOGICAL TRAUMA ON ADOLESCENTS

Joey Loya  
News Editor

"...If clinicians fail to look through a trauma lens and to conceptualize client problems as related possibly to current or past trauma, they may fail to see that trauma victims, young and old, organize much of their lives around repetitive patterns of reliving and warding off traumatic memories, reminders, and affects."

-Excerpt from a report prepared for the Vermont Agency of Human Services by Kathleen J. Moroz, DSW, LICSW

Trauma is defined by different circumstances, all of which are developed by the physical or psychological threat or assault to a child's physical integrity including their sense of self and the safety of another person that represents any form of significance to the victim. These circumstances may consist of three elements: lack of expectation, unpreparation, and the lack of ability to prevent the event from happening.

Furthermore, it is not specifi-

cally the event in itself that causes the trauma, but more of the victim's experience and their own specific perception of the event. Therefore, an automobile accident, the breakup of a significant



relationship, a deeply humiliating experience, life-threatening conditions, and other similar situations may all prove traumatizing.

Mr. Clark, the psychology teacher at Landstown High stated that a traumatic event changes the way you see the world and changes the way you see the people around you. He continued that trauma "depends on your environment and it depends on your genetics [...] it's kinda one of those things where each individual is going to have different reactions ulti-

mately depending on how traumatic it is and how much it changes you. For me, it changed the direction I was going in and it changed the way I think about things and view the world and view other people."

When asked about his experiences with trauma victims, Mr. Clark replied, "some people will go in a shell, some people will go the other way and they're over the top where they maybe make bad choices... Most kids who've been through em' are reaching out for help and the problem is we all don't recognize that they've been through a traumatic experience. So what happens a lot of times in schools is someone's been through something traumatic and they're acting out; sometimes they get viewed as a delinquent or just not a very good person. But really all it is is them trying to get those feelings out and sometimes they don't come out in such a nice way. Part of that is being able to recognize it in the kids."

Mr. Clark further elaborated on a particular student that he remembers, "... one girl in general who ultimately she's a writer working for the newspaper, and there was a point in her life where she couldn't see the light at the end of the tunnel, she didn't know she was gonna' make it where she thought about things like suicide and ultimately a couple people stepped up and recognized that she was asking for help and it changed her life. She got into college and was able to get some help just talking about some of these issues. Where most of her life people didn't believe what had happened."

The fact of it is, if people fail to look through and comprehend that a particular individual's feelings and actions may mean something greater than what is truly shown, they may base their entire life around the event and won't be able to conceptualize an opportunity for a greater life; possibly taking their own.

# IF WE BURN, YOU BURN WITH US

Hope Weaver  
Staff Reporter

We enter the world of Panem, known for its birds and girls on fire, with a horse pill of pure devastation. On your left, Katniss (Jennifer Lawrence) is currently collapsing in on herself from sheer terror of the unknown. And on your right, we have a district literally raised from the dead: District 13. In the middle of it all is a population of people ready for change, ready to rebel. How did we get here you might ask? With one single arrow, fired by Katniss at the arena's sky. That was all it took at the end of *Catching Fire* to destroy the arena and change everything.

This third movie in *The Hunger Games* trilogy opens with the Mockingjay, the people's only symbol of hope, slightly on the verge of a meltdown. The boy she was planning on dying to save is gone, and her world was basically flipped like a half-cooked pancake. All the while the people need hope, they need to know that the Mockingjay is alive, well, and willing to fight. Katniss is faced with a task: to become the Mockingjay and face of the rebellion, and lead her people through this war and onto the other side. But at the same time there's Peeta (Josh Hutcherson), taken hostage and being used as personal propaganda, who Katniss has had no contact with since the last few seconds in the arena, but no pressure or anything. Here are people who have been repressed for so long. Most of them probably don't even know that what President Snow and the Capitol are doing is wrong,

and despite that, they have chosen to fight for themselves and for what they deserve as human beings. This is a lesson which can translate into some current affairs today.

This movie was everything a fan could've hoped for, with intoxicating fight scenes to heart stabbing showcases of broken love. *Mockingjay* is definitely a film you'll want to own. "I'm curious about what's going to happen next," says sophomore, Donna Cruz. But now to wait until November 2015, not so patiently, for *Mockingjay Part 2*, which is sure to be filled with even more heartbreak.



LET FLAMES FLY! New Lionsgate art poster featuring Jennifer Lawrence as Katniss Everdeen. This propaganda style poster helps push some of the themes found in *Mockingjay Part 1* to the forefront of the action.

# THE DEFINING CHAPTER

Jacob Barclay  
Staff Reporter

The *Hobbit: Battle of the Five Armies* directed by Peter Jackson with a running time of about two and a half hours is well worth the time and money. The *Battle of the Five Armies* made \$21.9 million on opening weekend, with an astounding three week total of \$220.8 million.

Sean Davidson said, "After the ending of the *Desolation of Smaug*, I couldn't wait for the next *Hobbit* to come out!"

The *Battle of the Five Armies* started with Smaug, the dragon, attacking the village Esgaroth, or Lake-town where Bard the Bowman kills Smaug with the last ebony arrow. Then the people of Lake-town flee to the town under the mountain to take rest with the hope of help from the dwarves. Thorin Oakenshield, the king, refuses to lend them gold and to help them regain their strength. The elves then come and give the people of Lake-town food and water. The Elvish people came to get back a piece of jewelry that was once theirs and Thorin refuses to give it to them and they wage war on each other. Then Thorin's cousin Dain Ironfoot brings an army to help the other dwarves win the battle when the orcs start

walking up and attacking everyone trying to take over the mountain and the rest is history. It ends with the White Orc, Thorin, Fili and Kili dying.

If you are one who loves action, adventure or fantasy films, this is one that you aren't going to want to miss.



# HORRIBLE BOSSES IS NOT HORRIBLE

Corbin Conover  
News Editor

Raunchy, Shocking, and Funny. These are the words that you'll describe the highly awaited sequel to the 2011 movie *Horrible Bosses*, *Horrible Bosses 2*. The gang of Nick (Jason Bateman), Kurt (Jason Sudeikis), and Dale (Charlie Day) are all back.

But this time they are their own bosses as their new invention, The Shower Buddy, is set to be produced and sold. But, after earning some bad publicity over their company's website, they are contacted by a global conglomerate to produce the Shower Buddy in mass. After the inability to sell the Shower Buddy in mass however, the guys are forced to return to their life of crime by Rex Hanson played by Chris Pine and there after hilarity ensues.

The A list cast includes Jason Bateman, Jason Sudeikis, Jamie Foxx, Charlie Day, and Jennifer Aniston. With Aniston reprising her role as the sultry Dr. Julia Harris D.D.S. and Jamie Foxx reprising his role as MFer Jones, the movie was filled with quotable lines throughout and provided many memorable moments that you'll remember for weeks. Junior Tyler Jones said, "The movie was funny from beginning to end. It even makes me want to watch the first one again for more jokes."

In my opinion this movie was definitely hilarious. It also definitely earned its R rating with many raunchy jokes that I'd be afraid to repeat or even laugh at in the presence of certain people including but not limited to my parents, teachers, or those

that are squeamish. Even though the movie was funny, it often relied on shock value for some cheap laughs. Many points in the movie were crass. All in all the hilarity and charm of the cast broke through to make this a movie I can proudly give 2 thumbs up for and would see again... just without loved ones nearby who would judge me.



Release Date: November 26, 2014  
 Rating: R  
 Running time: 108 minutes  
 Budget: \$42 million  
 Box office: \$100.1 million  
 Directed by: Sean Anders  
 Produced by: Brett Ratner, Jay Stern, John Morris  
 Distributed by: Warner Brothers Entertainment



## REGISTRATION FOR THE 2015-2016 SCHOOL YEAR!

Students will complete online registration between January 19 and February 27 through their English classes.

Guidance will mail home to parents and guardians a copy of the Course Verification Sheet (CVS) in mid March 2015 that highlights their students' selections.

We ask that parents/guardians finalize their students' requests on the CVS and have their students return the sheets to us in the guidance office by the noted deadline.

We ask that ALL students return these signed sheets, even if they are not requesting changes.

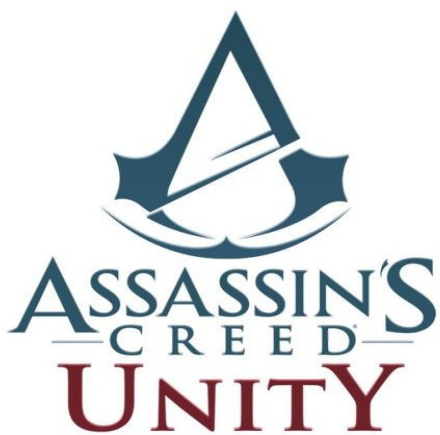
We look forward to working with you all in this registration process.

## THE BRUTALITY OF ASSASSIN'S CREED UNITY

Logan Reardon  
Staff Reporter

Welcome to the world of Assassin's Creed Unity. An open-world, exhilarating adventure that takes you deep into the brutal French Revolution and leaves you speechless the whole way through.

In Assassin's Creed Unity, you play as Arno, a man influenced by the many heartbreaking events that have occurred in his life. After Arno is wrongfully accused of murder, he must embark on a perilous journey in order to help the Assassin Order track down the Templars that are responsible for the death of Arno's father, and bring them to peace.



Assassin's Creed Unity is a major improvement of the long running video game series that has continued to improve in every iteration of the game. This installment, which is for next-generation consoles and PCs only, saw major upgrades to its graphics, combat system, and free running mechanics. Ubisoft's vision of France during the French Revolution perfectly depicts the brutality during this time period.

A few students at Landstown were asked their opinions on the game based on what they

had played so far. When sophomore Julian Weimar was asked how he felt about Assassin's Creed Unity, he said the game was very detailed, had good character development, and that he enjoyed the many twists in the game's storyline. Unfortunately, he felt that "the game had too many glitches at launch that made the game seem like it was rushed and not finished." On the other hand, senior Sam Nicklin stated that the glitches were funny and "actually made the game more enjoyable."

While it had an intriguing story, major improvements to its core

functions, and graphics that are some of the greatest from any video game released, Assassin's Creed Unity, was still plagued by many major bugs and glitches that ruin your experience.

Overall, the game is a solid 9/10 and excites players of what will come next in the Assassin's Creed series.

## YOU ONLY ENTER ONCE

Rae Singh  
Features Editor

Imagine being an archaeologist, exploring a seemingly barren desert in Egypt, only to find an incredibly unique pyramid buried in the sand. This is the starting point of *The Pyramid*, a recently released horror film. The film is from producer Alexandre Aja, director of *The Hills Have Eyes*. The trailer shows us the team of archaeologists entering the pyramid and being hunted by an unknown force. It builds a lot of suspense about what is to come.

When the film starts, we get a lot of backstory. There is a rebellion going on in Egypt very close to where the team of archaeologists are excavating, which poses its own threat to the safety of those involved. We also get some history on the pyramids discovered nearby, and why this pyramid is so unique. The film itself has many good components; a very obvious one is how much mythology is mixed into the plot. This sort of historical element adds a lot of depth to the film, and it's something that really makes this film stick out from the others.

Now the scare factors in this movie are a completely different story. Like many big horror movies nowadays, this film relies heavily on pop-ups and suspenseful moments to bring their fear factor to the table. However, there are times throughout this movie where you are legitimately scared for the characters and what their future holds. The big reveal of the film's villain is really a jaw dropping experience. Between the VGI and the backstory of our villain and why he is our villain, it's truly a shocking moment during the film that



audiences will enjoy.

The film is definitely R-Rated for a reason. With the scary moments and gore in this film, audiences should not bring little kids to this movie. They'll be losing sleep for weeks. However, this movie appeals to many audiences, including people who aren't fans of horror films. Dawson Hartje, a junior at Landstown, says that he would go see the film, "even though I don't like horror movies. I like Egyptian stuff so I'd want to see it." The fact that this movie is set in Egypt draws people in. Alexis Monroe, a senior at Landstown says, "They never make horror movies about Egypt." Which is true. The last big horror film that was set in Egypt was *The Mummy*, released in 1999, which was much more of an action thriller than horror.

So this movie is refreshing, and definitely something new to bring to the table. Horror fans will like it!

## 96X WINTER MELTDOWN ROCKS THIS CHILLY SEASON

Sabrina Harvill  
Chief Photographer

Neon Trees  
Source: Nikki Cortez



The hype about 96X's 2014 Winter Meltdown concert has yet to die down. The concert featured a mash of bands, including Banks, HAIM, Rise Against, Bleachers, and Neon Trees; a thrilling mix of Indie and Alternative Rock. Junior Danielle McAndrews was asked if she enjoyed this year's line-up. She replied, "I was really happy with this year's line-up. There were all different genres of music, but they all flowed well together." The interesting but clever mash of genres seemed to have blown away this year's fans.

With so many bands, it is assumed that each fan picked their favorite performance. When asked which band gave the best perfor-

mance, Junior Nikki Cortez said, "HAIM changed my life. I mean other people would say Neon Trees or Bleachers. The hard-cores would say Rise Against. But HAIM changed my life." This popular all-girls Indie band gave an outstanding show, with heavy drumming and intense guitar solos. Junior Danielle McAndrews was also asked which band performed the best. She replied, "Neon Trees performed the best." She also added that, "They put on a good show and they interact with the crowd." Neon Trees gave an exciting performance, and even became part of the audience when lead singer Tyler Glenn went crowd surfing.

Though there were many

awesome things about his concert, there has said to have been a few complications. Junior Nikki Cortez was asked the worst thing about the concert. She said, "When the security guard would stand a foot away from you, making you not enjoy the show 110%." Security guards can be overbearing, which can hinder a fan's enjoyment of the show. Junior Danielle McAndrews was asked her least favorite part of the show. She replied, "The lights weren't good because they were always shining in your eyes, and it took away from the concert."

Despite a few complications overall, fans enjoyed this concert.

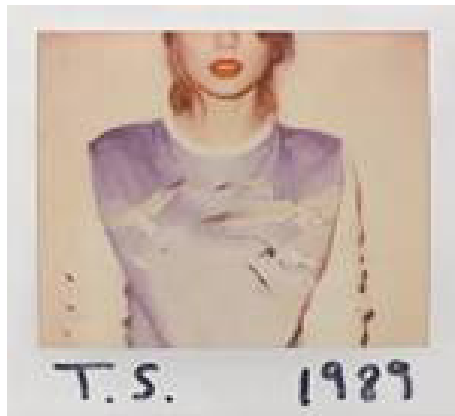
# 1989: LEGEND

**Jaycie Bowlen**  
Review Editor

Taylor Alison Swift, at 24 years old with five record breaking hits and a change in style, is still stealing the hearts of Swifties from all around the world. Although some of her fans have dropped away, many have come back for various reasons. There is no denying her fan base is still a world take over.

Taylor started her career when she was 15 years old with her first album titled "Taylor Swift." This chart topper came out showcasing her her innocent personality and love struck voice. On November 11th, 2008, just two years after her first album, Taylor released her second album, "Fearless." This album gave a pop vibe but still maintained a consistently country tone. Another two years later on October 25th, 2010, Taylor released 'Speak Now'. This album didn't blow up as fast as her her previous ones, but it definitely showed a marked change. The songs were more mature and showed a side of her most people didn't see. On October 22nd, 2012, "RED" was released, and it gave fans goosebumps with its pop sound and alternative hits. Each single released paved the way for the media to interpret and put a play on her words to make Taylor seem like some kind of boy-crazy psychopath.

Now that "1989" has been released, fans see and hear a totally transformed Taylor. She has given the media what they wanted. In each song, Taylor made sure to show her



fresh, creative side. The sound is completely pop and raw, 100 percent Taylor Alison Swift.

To an outsider, this change in Taylor may seem normal. People recognize it as something the media and management made her do to rise up the charts and to bring in more profit. But Swifties, the name for her loyal followers, see it much differently. Swifties have seen Taylor grow from 15-year-old innocence to 24-year-old fire and flame. She has changed because everyone changes. This is purely all Taylor.

Overall, her new sound is quite tasteful. Certainly, her music is a lot different, and in fact not many people would know it was Taylor Swift when listening to the songs. So, as she writes, "it's gonna be forever or it's gonna go down in flames," Swifties think Taylor is going to be forever. The flames do not seem to be taking over her. She is truly on fire.

# HOLIDAY LIGHTS AT THE BEACH

**Holly Kreiner**  
Staff Reporter

How many of us have ventured to the oceanfront to see Holiday Lights on the boardwalk? Along with eating, going to holiday parties, and participating in secret Santa, visiting the Holiday Lights at the Beach is a prominent, favorite holiday tradition for many students here at Landstown. In fact, the PTA sells discounted tickets as a very successful fundraiser.

"I go every year with my family. The best part is getting to bond with everyone while enjoying the lights," said Jordan Kidd, junior at Landstown. The event, located on the boardwalk from 2nd to 34th Street, displays a beautiful selection of holiday themed lights. Jordan Kidd added, "My favorite lights are the ones that look like Santa and all of the little Christmas trees...they're so cute!"

Senior Shay Tiggler and her family make it a point to visit the Holiday Lights at the Beach every year, "We love listening to Christmas music while we drive through the lights, and it really adds to the experience...we look forward to it all year long!"

Regular admission prices vary,

costing \$15 for cars, \$25 for limos, \$45 for motor coaches, and \$25 for mini buses. On "Military Mondays" members of the military have the privilege of receiving over a 50% discount! This is available each Monday night from December 1st to December 29th and only costs \$7 per car. Only cash is accepted and all vehicles must enter at 2nd Street.

So if you've seen it once, should you go again? If you are like many Landstown students, the answer is yes! Junior Alona Boshonek commented, "Every year my family and I go to Pizza Hut by the boardwalk, then go down to 2nd street and ride through the lights. It's a great way for my family to bond and spend quality time together."

Each year, the popular tourist and local attraction opens at 5:30pm and runs until 10:30pm from Sunday through Thursday, and 5:30pm until 11pm on Fridays and Saturdays. If you missed it this year, don't worry! The popular attraction provides many families with a fun night out and a memory they will not forget.



The exciting seaside attraction draws thousands of people to the boardwalk each year. (Photo Credits: Holly Kreiner)



## Congratulations to our 2014-2015 Distinguished Teacher Award Winners!

(Pictured Left to Right)

- Dr. Brian K. Matney, Principal
- Mr. Keith Leonard, Science teacher
- Mrs. Melissa Calaman, Science teacher
- Dr. Jim Barger, Robotics teacher
- Mrs. Monet Baker, English teacher
- Mrs. Angela Henry, Orchestra teacher

# VALENTINE'S DAY: WHICH GIFT IS THE RIGHT ONE?

Megan Reed  
Chief Photographer

For years couples everywhere have to deal with the same question every year around Valentine's Day. How do you know which gift is the right one? Valentine's Day is usually a holiday that girls favor the most, so buying them a gift seems relatively easy. "I think guys are harder to shop for because you can just buy them flowers and they would be happy" says senior Tim Stein.

While asking senior Hayley Hinton what kind of gift she would want, she said, "I would honestly love flowers, my favorite stuffed animal, and my favorite candy." But how do girls know what to buy the guys? Tim added, "I would be fine with a giant stuffed teddy bear as a gift." There is also the wandering question, does money really matter? "You can go to the Dollar Tree and get me something and I would still be just as excited. It's really the thought that counts, "

Hayley added.

Going out to dinner or to a movie could be kind of pricey depending on where you go. Some couples like to stay in versus others that like to go out for a meal. Senior Mahogany Ellis said, "I would much rather stay in because then you do not have to deal with other people and Valentine's Day is all about spending time with your partner."

"I guess it just depends on your relationship as to whether you always go out or you guys always stay in," adds Hayley. "It is nice to switch things up a bit depending on what you usually do." Valentine's Day is a holiday that is meant to give you an extra opportunity to show your partner how much you care about them. You really don't have to spend a lot of money to show them that. It's all about spending time with one another and being there for each other.



## WHIP IT UP: 5 MINUTE MUG CAKE

Carla Iovino  
Publicity Manager

If you've been on social media, you've definitely witnessed your fair share of food posts. Your cousin just posted an Instagram photo of her famous chocolate cake, moist and delicious, and before you know it, you're craving something that you can't have. So, how do you beat the cake cravings?

People have been sharing recipes since the beginning of time, but within the last two years, food bloggers have invented and evolved something that seems too good to be true: a five minute cake. A five minute mug recipe is single serving, and is supposed to be easy and quick; and of course, in a mug. I've made a few of them, and it's not all it's cracked up to be. There are some basics you need to know before embarking on a cake quest yourself.

As a clueless cook, I asked a Landstown student what they thought about 5 minute mug recipes. "It's efficient, amazing, and you can make one just for you," says Jill Bangs, senior, who's a cake-mug veteran. "But the first time, it exploded in my microwave." Not wanting to have to clean up a chocolaty mess, I asked her what I could do to avoid a cake-tastrophe. Jill essentially told me to be aware of what mug you're using, as not all mugs are created equal. Also notable advice is not to go too thin, as a skinnier mug can pretty much boil your batter, or create a dense eggy disk at the bottom. Trial and error is pretty common, and you should expect a few hiccups. When looking for an online recipe, remember that not all microwaves are the same, and voltage should be minded as well. With these

tips in mind, on to the recipe.

### Chocolate Mug Cake

Originally taken from jbeancuisine.com, but with a few tweaks.

Serving: 1 individual sized cake (your mug will be generously full)

Cook Time: 3 - 5 minutes depending upon your microwave

Ingredients:

- 4 TBSP flour
- 4 TBSP sugar
- 2 TBSP cocoa powder
- 1 large egg
- 3 TBSP milk
- 3 TBSP vegetable oil
- 1 good-sized mug
- Non-stick Cooking spray.

This is an extremely basic beginners' recipe, so to spice it up, you can add 1-2 Tablespoons of Nutella or chocolate spread, or as many chocolate chips as your heart desires. After baking, you can add ice cream, chocolate syrup, or whipped-cream.

Before you do anything, spray the inside of the mug with non-stick cooking spray. After measuring out your ingredients, put all of the dry ones in the mug first, then the wet. Mix until it looks like cake batter, of course, and make sure to scrape the bottom and the sides of the mug to get all the dry bits.

Pop the whole thing in your microwave, and cook for 2 1/2 to 3 minutes, depending on your microwave. Use an oven mitt when taking it out, it's hot, and that's not a joke; I burnt my hand. Don't be like me.

Voilà, you've got a cake. Add your whipped-cream and chocolate sauce, and enjoy.



## SPOTLIGHT ON: SIERRA TAYLOR, 12



**Q:** If you could learn to do anything, what would it be?

**A:** To

**Q:** If you could be any fictional character, who would you choose?

**A:** Nala from the Lion King because lions are sassy and fierce.

**Q:** If you could possess any superpower, what would it be?

**A:** To fly so that I could save gas and get to Taco Bell quicker

**Q:** If you could pick any actor to be the president, whom would you choose?

**A:** Ellen Degeneres, definitely

**Q:** What's the biggest challenge of being a teenager?

**A:** Money

# DEAR HUMAN RACE

Dayana Lee

Fundraising Manager

*Dear Human Race*

Why am I your waste basket?  
 You smoke me up and my pretty green  
 pastures  
 Slowly form into rotten caskets  
 Branded my body with cigarette burns  
 When will you ever learn?  
 That I am your home  
 Not your waste basket  
 Earthquakes are my moan  
 They are my cry for help  
 Because I can't help to watch you die  
 I can't understand why  
 Dear Human race  
 I was once a beautiful place  
 But Now I have become nothing but a  
 rotting space  
 You don't hear my cries  
 You see nothing past the cigarette ad  
 lies  
 Please tell me why

*Dear Mother Earth*

I only smoke to cope with the con-  
 stant battles that I'm facing  
 Heart beat steady racing  
 From the withdrawals of nicotine  
 That's constantly running through my  
 veins  
 I need it  
 Without im a victim to everything  
 that's wrong  
 My life is like a love song  
 So I smoke a cigarette or two  
 So the stress will be through  
 With  
 Puff puff pass puff puff pass

If anything it makes me stronger  
 My pain is no longer  
 There  
 It subsides  
 So what if im really dying on the  
 inside  
 I finally feel alive  
 This who im destined to be  
 I'm affecting no one but me

*Dear Mommy*

But I am your baby you made me  
 So why is it your trying to kill me?  
 I can't breathe inhaling the smoke  
 that you provoke inside of you  
 Because mom let's not forget that im  
 inside of you  
 And everything you choose to do af-  
 fects me too  
 Dear mommy I won't disappoint you  
 or stress you  
 Because I know you only smoke to be  
 stress free  
 So mommy let me help you  
 Love me enough to quit  
 Because I can't bare to sit  
 And watch you die  
 For a pack of Newport's  
 Your life costs way much more  
 Than \$4.29 cents  
 I know I am making sense  
 So mommy love me enough  
 to just quit  
 Just quit  
 Just quit

#757smokefreeteenz



## BLAZE

Sabrina Harvill

Chief Photographer

The icy breeze pushes on  
 as she lifts her head upward.  
 The dark sky stares down with its  
 twinkling eyes,  
 each shimmering fiercely.  
 As she searches the great plain of her  
 skull for answers,  
 the moon whispers.  
 "Every star burns from within.  
 It is independence that nurtures  
 light."  
 The moon settles,  
 faintly glowing as she stares in awe.  
 These words seep through her  
 like thick smoke,  
 while cleansing her brain and  
 ripening her being.  
 Her heart cries with joy and warmth  
 engulfs her body.  
 She raises her hands  
 to the great abyss of stars.  
 Her soul shoots from its earthly vessel  
 and drifts into the pool of light above,  
 passionately taking its place among  
 the blazing stars.

## DREAM

Vanessa Cruell

Layout Editor

Go ahead, Dream your sweet dreams  
 Dream about that place where no one  
 ever makes you scream.  
 That place where no one's ever mean  
 and everything is so bright and clean  
 Dream about that place,  
 That enticingly delicate place that no  
 one but your beautiful eyes has ever  
 seen.  
 Where the clouds are bright and  
 white and as soft as cotton or  
 whipped cream.  
 But dearest little girl, most of all  
 dream of me.  
 For I am living in you

## SOARING

Asaliyah Latham

Photography Editor

I'm soaring  
 Past the inner planets  
 Wherein nobody can catch me  
 I'm soaring to reach for the stars  
 To look toward my success  
 And know I came this far with the  
 help of people I'm around  
 I'm soaring to a place  
 Not known to man  
 Red, medium, and bright  
 A place called Asa's dream  
 I am still soaring  
 To know the feeling of succeeding  
 To be the best I can be  
 Soaring to my destiny

## POOL OF PROMISES

Sabrina Harvill

Chief Photographer

A penny down the well,  
 for a dream to become reality.  
 Penny after penny is dropped  
 into the pool of promises,  
 copper coins glistening  
 as hopeful faces  
 peer into emptiness.  
 Faith thrown into the dark.  
 Our lives summarized  
 by a cold, stone graveyard  
 for dreamers.

## THE WAY IT IS

Vanessa Cruell

Layout Editor

Blue skies,  
 and unseeing eyes,  
 heartbreaking betrayal from  
 unexpected lies  
 relationships and  
 scandalous conflicts,  
 enraged teens and  
 pounding fists.  
 Fearful moments,  
 and happy endings.  
 Unexplored hormones  
 and exposed feelings.  
 Experimentation and  
 long-awaited confessions.  
 ... Welcome to High School...

♪ LET IT SNOW! LET IT SNOW!



Greg really bought  
 in to the FROZEN  
 CRAZE.



**SPOTLIGHTS ON:  
LA'PORTIA PERKINS:**

**Q:** What's your favorite childhood TV show?

**A:** Invader Zim

**Q:** What's the biggest challenge of being a teenager?

**A:** Dealing with emotions

**Q:** When you have 30 minutes of free-time, how do you pass the time?

**A:** Sleep

**Q:** What celebrity looks most like you?

**A:** Jennifer Hudson



**MRS. MORRIS:**

**Q:** If you could learn to do anything, what would it be?

**A:** Scuba Dive!

**Q:** What chore do you absolutely hate doing?

**A:** I HATE doing the dishes!

**Q:** How would your friends describe you?

**A:** Introverted, caring, creative, and focused!

**Q:** If you could possess any superpower, what would it be?

**A:** Reading people's minds



**WINTER WORD SEARCH**



W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |

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