

# Deer Park Home-Link

January 2010

Newspaper

## "Have fun, be safe ... and please shoot something!"

By Ashley Hanson

I wasn't looking forward to going hunting with Dad that night, but I went anyway. We jumped onto the four-wheeler and headed up the hill; all the while, I was grumbling to myself. We trudged to our "silent spot," where we would soak our butts in the wet grass and look around at beautiful "nothing" for the next two hours. A survivalist's motto is "Be prepared." So, I pulled my book out and began to read while the wetness beneath began to drench my pants thoroughly. Every now and then I would look around for any whitetail deer that were dumb enough to look at Dad and me.

About an hour into our "hunt," I look up to see a buck dart across the field and lurch to a stop. Thirty seconds isn't long enough for "slow me" to get my gun up and ready without scaring the four-point away. I did anyway and it ran away. I kept my gun up just in case it came back.

Instead, I see movement in the direction it *came* from. I look over to see another buck come out of the trees. This time, I was ready. I set my scope on the deer and before I touched the trigger, the three-point stopped and looked right at me! I held as still as possible. The only thing I moved was my finger to the trigger and **BANG!** I thought to myself, "I didn't hit it. I aimed too high. I knew it! Darn the luck!"

Dad squeezed my arm to the point it might fall off. The deer began to run and I sighed. Then, it started to lean forward and somer-

saulted once, twice, DEAD!

Yes! I ran off to get the four-wheeler while I reflected on the idea of having to gut it out. YUCK! Maybe Dad would do it for me. I also thought about the fact that I had just shot my first deer, a buck! That pushed the other morbid thought right out of my mind. I sped up the hill toward Dad and put the four-wheeler in park.

When I jumped off, I didn't know what to do. I hadn't missed! I hit it right on target! "Text-book shot, Ashley! That was really good, kid!" Dad said to me as he patted me on the back. My grin was ear to ear. I was so excited! We slapped it onto the four-wheeler and Dad drove it home while I followed on foot.

At the house, my little brothers and my sister came out to see what we shot. When my brother Garrett saw what I had shot, he started firing off questions and saying, "I wish I had my hunting license. That way I could shoot

the four-point!" Dad then asked me if I wanted to gut it out. I shook my head and said, "No, thank you!" He said that I at least had to hold the bag with the heart and liver in it. *Oh, GROSS!* I ran to the house to get rubber gloves and plugged my nose as he plopped the unidentified objects in there. They were unidentified because I closed my eyes. Everybody who was watching moaned and mumbled something like, "Eeeewwww!" I agreed fully with their exclamations.

I went in the house and to the fire. I took off my sweats to the shorts underneath. My sweats were still soaked in water from sitting on the wet ground. So next time, I *will* insist on a chair. Hunting is an interesting experience that I would do a million times again, as long as I take a book.



My dad skins the deer

## Our Artist Corner: Matthew Moeller, future artiste'!

By Jill Hanson

Eleventh grader Matthew Moeller was given the assignment to create his own iTunes card. He chose to create a blue Lego man next to a reddish brick wall.

Matthew is currently taking Art Contempo with Mrs. Brickner and has taken ten

classes during his art career. Some of the art that he enjoys is sketching, acrylics and watercolor.

Matthew plans to continue taking art classes in the future. In his spare time he enjoys playing around on computers, listening to music and jogging.

Matthew chose to take art simply because he has always had a desire to be an artist.



## Loewen Tours will provide a great opportunity to see the world

By Brittney Wilson

How would you like to travel to the top of the Eiffel Tower? Or ride a cablecar to the highest mountain top in Germany? All this and many more exciting trips are possible through "Loewen Tours," a group tour of Europe specially designed for homeschoolers.

I recently visited their website and was impressed by the unique and wonderful experiences provided by this group. Loewen Tours is centered on giving homeschoolers a hands-on opportunity to see the culture and beauty of Europe, but they are also conscious of the cost and try to keep your expenses to a minimum.

They are also unique in the fact that they prefer to travel as the locals do, by high-speed train systems, trams,



Travel to Europe with other homeschoolers via Loewen Tours.

cable cars, water taxis, etc.

The tours generally run from 10-14 days. Although this may seem somewhat short, the trips are packed with

hands-on experiences such as exploring an ancient medieval town, strolling through the palace of Versailles and riding an elevator to the top of Italy's 277 foot Campanile Bell Tower for a breathtaking view of Florence.

Each tour includes the following:

- 15+ excursions and sights
- Two meals daily
- All group transportation
- All costs for sightseeing
- All accommodations
- Airport pick-up and drop-off
- No tips, extra charges or hidden fees

hidden fees

For more information, photos, etc., I would strongly suggest that you visit their website at [www.loewentours.com](http://www.loewentours.com).

## Carrie Underwood definitely has the look, and you can as well

By Kelsey Elston

Lights, camera, glamour! Who doesn't like Carrie Underwood? She's sweet, beautiful, and let's not forget that amazing voice she used to win the fourth season of *American Idol*. Her look revolves around smoky, dramatic eyes, barely there lips, bronze skin, and of course that awesome blonde hair. To achieve this look you don't have to spend hundreds of dollars on top quality makeup

products. You just have to get what works for you and what you can afford.

I'll start with the hair. First of all if you have short hair you will have to let it grow out. It should reach the small of your back at least. If you already have long hair then get a picture of Carrie Underwood and take it to your stylist, let them know that you want your hair to be cut like hers. If you really want your hair to look like Carrie Underwood's then you might consider dying it her shade of blonde. This hairstyle works on virtually any face shape and does not have to be blonde. Choose what color looks best to you.

This hairstyle is not a quick and easy one so allow yourself at least a half hour to work with it when you get ready to go somewhere. Once you get the cut, make sure you have a 1-inch diameter barrel iron. Use it to curl your hair one layer at a time, hold each curl for about 30 to 50 seconds depending on how stubborn your hair is. It is best to take the top layers, pin them up and work with the bottom layer first. Once you have completely curled your hair, squirt about a dime-sized drop of leave-in conditioner onto the palm of your hand. Rub your hands together to evenly distribute it between both hands (try to get the majority of it on your fingers). Run your fingers gently through your hair until all of the condi-

tioner is evenly distributed throughout all of your hair. When finished applying the conditioner, you should have nice waves going through the layers, then you can either leave it down or finish styling it however you want!

Now, onto the makeup. Start by applying a yellow-based concealer, a few shades lighter than the skin to conceal dark circles which will worsen if you don't get enough sleep or drink enough water. Apply a foundation that is as close to your skin color as possible. It is best to use a loose or packed powder mineral based product. Liquid foundation will work but if you really want a youthful sun kissed glow, I would go with the powder. If your skin is really pale, you might want to consider getting a foundation just a little bit darker than your actual skin and apply to your face and neck. Next, use a light pink blush and apply it to the apples of the cheeks, then use a tiny bit of bronzer swept over the forehead, temples and bridge of the nose to achieve Carrie's radiant glow. Using an eye shadow applicator (never use your fingers), sweep a beige shadow over your whole eyelid and up to the brow bone. Then take a smoky brown color and apply it from the lash line to the crease (almost in the middle of your eye lid). Remember, the

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### Home-Link Newspaper Journalists

Rachel DesAutel  
Tabitha DesAutel  
Kelsey Elston  
Ashley Hanson  
Jill Hanson  
Paige Kavanaugh  
Maddison Knudtson  
Jackie Lyman  
Julia Lyman  
Gabrielle MacDonald  
Sarah Miller  
Paula Phinney  
Bayley Steinmark  
Brittney Wilson  
Jenna Wilson  
Mariah Zbikowski

### Advisor

Debbie Trepanier

# Reading and writing let you decide what to do and how to think

## When you turn on the T.V., you turn off your brain

By Rachael Desautel

I hit the ground, rolled to my side, and gasped for air. No time for panic, I needed to save myself. Obviously no one else could. Everyone I knew was dead.

What else could I do? The "thing" walked towards my wounded body and poked at my side. I leaped off my feet and fought him off with the closest thing I could find, a wooden stool.

He was stronger, much stronger. He knocked both my stool and me to the hard stone floor with a single blow.

I knew what I had to do. Placing a hand on my open wound, I gathered up my strength.

But before I could do anything he-

"Rachael! Dinner!" My sisters yelled.

"Just a sec!" Was Ramah going to die? She couldn't!

"Rachael! Now!" And they complained I was bossy?

"Give me a minute!"

This time Mom joined in. "Rachael! Come down! And no books at the table!"

I groaned. What a stupid rule.

Grudgingly, I memorized my page number and raced down the stairs.

Books are an amazing way to escape from reality. They bring old, familiar worlds and new, exciting worlds to you without you having to go anywhere. You can discover a family that never dies (*Tuck Everlasting* by Natalie Cole), unravel a mystery in the mountains of young America based on an old Welsh tradition (*The Last Sin Eater* by Francine Rivers), experience life in an Amish community (*Abram's Daughters* or *Annie's People* by Beverly Lewis) or have the power to read characters out of books (*The Inkheart* series).

The 21<sup>st</sup> Century does not lack available entertainment. It's easy to turn on the television and not have to think about anything. But many popular movies are based on books.



*The single factor most strongly associated with reading achievement is independent reading.*

Many of you have either seen or heard about *Harry Potter*, *Eragon*, *Charlie and the Chocolate Factory*, *The Chronicles of Narnia*, and *Twilight* to name a few. All of these started off as books. And they couldn't have become movies if nobody read them, could they?

Of course, it's a no-brainer that teens who read for fun score better on tests than people who spend their time in front of the TV. And it's no surprise that those teens have a better vocabulary and learn more easily.

But did you know that . . .

1. Watching TV is the #2 activity (the first is sleep) that occupies a person's day.
2. According to studies by the Kaiser Foundation, the average American child or adolescent spends 22-28 hours per week watching television. If they live to be seventy years old, they will have spent seven to ten years of their lives watching television.
3. The single factor most strongly associated

with reading achievement is independent reading (Reading to Learn Institute).

If getting lost in the world of someone else doesn't interest you, consider writing. When writing, you can create a world of characters and plots that is all your own. You can control what your protagonist (good-guy) does or does not do. You decide who the antagonist (villain) is and how he interferes. With nothing but a pen and paper, you can imagine a world into existence.

When you turn on the TV, you turn off your brain. Rather than escaping in television, which controls how your brain thinks, reading and writing let you decide for yourself what to do and how to think. It's not that hard to put your remote down. Try it as an experiment. Pick up a pencil and write for at least ten minutes on anything you want to write about. It doesn't matter what you write; the main accomplishment is getting words on the paper!

Or you can pick up a book. The genre (type) of book you pick up is up to you. There are Science Fiction, Romance, Historical Fiction, and Mystery novels for example to choose from. Open up a book. Let your imagination run wild. Your grades will thank you!

## Carrie Underwood's tips for make-up and staying fit

*Continued from page 2*

key here is to apply just enough but not too much. Next, with a steady hand, apply black or black/brown eye liner to the upper lash line. Do the same with the lower lash line, making sure that the upper is darker than the lower. Prep your eyelashes with an eye lash curler (optional) and generously layer with black or black/brown mascara.

Well now that we have the head part out of the way, you might be asking, "This is all good, but how do you get Carrie's body?" Here are the "secrets."

1. Carrie writes down everything she eats, including the amount of calories in the food, so she knows exactly how

hard to hit the gym.

2. Carrie doesn't keep junk food in her house or on her tour bus because she knows that if she has it, she will eat it.
3. She has a treadmill, and I realize not all of us have the money or space for that kind of equipment, so just start walking or jogging in the mornings.
4. Carrie also has an exercise ball that she uses to do crunches to work her abs.
5. She uses light weights to work her arms. This will slim your arms but not make them big and bulky.

So that's that. Follow these steps and you will be looking amazing in no time!

# The battles, facts, and world of children with autism

By Rachael DesAutel

You open your eyes. Everything suddenly seems to be a blur. You try to focus on one object, but everything seems to keep moving. Somebody make everything stop! Please! You scream. The tears are warm and slippery against your cheek. Is this normal? Are you supposed to be leaking? No! You cry again, louder this time. But nothing stops.



*The movie i am sam is about an autistic man trying to regain custody of his daughter.*

As you grow older, you realize you prefer routine to anything. Every activity, every meal has to start at the same exact time. You aren't comfortable with it otherwise. Since everything is still a blur to you, you like everything to be in order. You line up your toys, your story books, your stuffed animals, etc. If anything is out of place, it makes your head spin.

People often say rude things to you, trying to see if you're paying attention. You can hardly focus on small objects like their eyes, so you pay no mind to their glares. You don't know how to talk to them, and a lot of them will do anything to avoid you. You don't know why. Could it be that you're different? Maybe, but then

again, how are any of them the same? Frustration is common. People don't know what you're saying; you don't know how to express what you're feeling.

Autism is a mental disability that can occur in an individual between infancy to three years of age. The dictionary definition is "pervasive developmental disorder characterized with impaired communication, extreme self-

## With increase in cell phone usage, callers should exercise care

By Tabitha DesAutel

While you are driving, say you have a phone call from your best friend. You answer it and start talking to that person. You're carpooling your friends, driving home from school. As you come around a corner which you've known for years, you hit the car coming from the other way. Your car is going to need a lot of repairs and one of the four people you were carpooling has a bad injury and you don't know about the rest. You come out of the crash with what you think is whiplash. What would you think the reason for the crash was? Did you know they can prove that you were on the phone during the car incident?

As we all know, having a cell phone instead of a landline is much easier than it was when we didn't have cell phones. Also, they have now found an easier way, they say, by making the Bluetooth. A Bluetooth is a small, wireless device that allows you to talk on your cell phone hands-free. I know that the benefits in using a cell phone include talking whenever you want, and in emergencies you can call for help. Some of my friends even have them so that they can text with it. Craig McCaw is the one who invented this useful machine. But there are things about it that can also harm you. Research has shown that the risk of getting in a car

absorption, and detachment from reality."

A child with autism may act compulsively, unresponsive, and have abnormal ways relating to people. In children, symptoms of autism are easy to spot. They may have poor eye contact, lack of ability to communicate in ways that are normal such as pointing or trying to speak, and they may make unusual gestures that are not directed at an object or for their caregiver.

Nobody knows what causes autism. There are several theories on the topic, but it's likely that autism is a result of many different factors combined. The factors include immune problems, vaccines, environment and a family history of autism.

People with autism may not mentally develop at a normal pace, if at all, but they tend to have very special abilities such as memorization, mathematic skills, mechanics, etc. Their lives will not be completely different. They will still have friends, their immediate family, and their interests to name a few.

### Facts about Autism

- One out of every 150 kids either has or will have autism
- Boys are four times more likely to have autism than girls
- Autism is the fastest growing developmental disability in the world
- There are several effective treatments for autism but, as of now, there is no cure
- According to an article by Harvard School of Public Health, the total cost for caring for an autistic person is as high \$3.5 million

Autism is a developmental disorder that can't be cured but can be treated. The sooner an autistic child is treated, the less severe the symptoms will be. If you know someone who is autistic, try to be patient. Try to be friendly. It's not their fault they were born with it. Isn't it easier to smile than glare?

accident increases when talking on a cell phone.

Also, did you know that many scientists consider cell phones a major health and brain cancer hazard? Thousands of people using cell phones are worrying about the radiation caused by using cell phones giving people cancer. Because of this, some people are blaming their cancer on cell phones. Researchers say that kids under 14 or so have a larger risk of brain cancer because their brains are still developing, and their heads are smaller, and their skull bone is thinner. And that makes it easier for radiation to penetrate their brains.

I asked a few people for their thoughts on using cell phones or Bluetooths while driving and here is what they said . . .

"I think it is much better and easier having Bluetooth instead of a phone to drive because you can have both hands on the wheel while driving." —Paula Baca, mother of Daniel Baca

"It is just as dangerous as talking on a cell phone while driving." —Crystal Miller, mother of Makayla Miller

"I think Bluetooths are the same as a regular cell phone. People should pull over to talk if it's a Bluetooth or just a normal cell phone anyway." —Mae Graybeal

# Tips and suggestions for living a healthy and happy life!

By Julia Lyman

Most everyone enjoys being at school, hanging out with friends, and having fun together! But the flu season started early this winter, which means you have to be more careful being with large groups of people to avoid getting sick.

There are many things you can do at home, at school, or when traveling to keep yourself healthy during this time of year.

First of all, there are many things you can do at home to reduce the number of germs living there.

Washing towels more frequently, especially before and after guests, can help to prevent the spreading of germs to those at your house and other places in your household.

Also, disinfecting doorknobs, phones, computers, remote controls, and washing floors and countertops, etc. can really keep your living spaces cleaner. And be sure to wash your hands as often as possible!

Secondly, and most importantly, school is the most important place to practice good hygiene. With so many



people being in one place all at the same time, there is a greater chance of contracting an illness. Remembering to cough and sneeze to your elbows, wash hands after each class, stay away from other people who are sick or getting sick, and lots of hand sanitizer are great ways to stay healthy.

Thirdly, you might not think this was a germ hazard, but being in a car and then shopping in multiple stores, handling carts, food and so on ... you can pick up thousands of germs. Then, getting back into your car without washing or sanitizing your hands can lead the germs to other stores or just bring them back to your house. Yuck! Along with sanitizing your hands, be sure to wipe down car handles and steering wheels too.

Lastly, healthy living means taking care of yourself and everything you do in your daily life. What you eat is very important. Stay away from all the sugar and white flour substances in your diet which can weaken your immune system that helps your body to fight off colds. Also, sleep is your friend. Be sure to get enough of it to keep up your strength to stay healthy through this horrible season of sickness.

Stay healthy, be happy!

## Tips for Preventing Illness at School

By Jenna Wilson

With the swine flu scare splattered all over the headlines and cold and flu season closing in, more than a few of us have our health and that of those around us weighing on our minds. No one likes to be sick, so here are a few common-sense tips that can be used on a daily basis to lessen the chance of getting whatever might be going around.

1. As cliché as it sounds, wash your hands as often as it comes to mind. Use hot water and antibacterial soap; wash for 20 seconds.
2. Always cover your coughs and sneezes with your crook of your arm.
3. Don't come to school sick if you can possibly help it.
4. There are lots of good supplements you can take



to boost your immune system. Sambucol (elderberry syrup) and Airborne are two very helpful supplements if taken regularly.

5. Try to avoid sugary food and drink. Sugar suppresses your immune system for several hours after consumption, making it harder for your body to fight off germs.

6. Bundle up when you go outside.

7. Carry a bottle of hand sanitizer in your purse or backpack, or even in your pocket, and use it often.

Having a general awareness about germs and how they spread will help you to avoid them. Colds and flu spread fast furiously. They cling to surfaces such as light switches and doorknobs, so wiping down such surfaces in your own home with a sanitary wipe will help to keep the germs at bay.

**Be a germ fighter! Be a germ fighter! Be a germ fighter! Be a germ fighter! Be a germ fighter!**

## Many horse enthusiasts enjoy Clayton Fun Fair Day events

By Bayley Steinmark

Keep balanced. Try not to fall off. Drive your horse. Relax. Breathe. Time to loosen the reins. Only two more paces until the jump! Stand up in the stirrups and keep those legs bent. Lean forward, close to the neck. Grab hold of the mane to help maintain balance. Up and up! Now for the landing. It was clean! Only nine more jumps to go in the pattern. But I can do it!

I've only been jumping for a few months, and I LOVE IT! It is thrilling. I feel like I'm flying with my horse. It is also challenging in so many respects. To do well, I have to know what to do and my horse also needs to know as

well. Then we have to work together. So there are so many elements. Yet it is so FUN!

Last fall, I participated in a fantastically fall fun affair at the Clayton Fairgrounds. Horse people and those who support them were in their element. The assorted events included jumping, barrels, pole bending, keyhole and egg and spoon. Ever heard of these events?

Here's a quick glimpse at them. With jumping, you and your horse funnel through a series of jumps. Barrels is a timed event that includes

three barrels where the rider guides her horse through a clover leaf pattern. Pole bending has six poles in a line that the horse and rider weave through twice. Key hole is four poles lined up in the shape of a square with barriers that you can't go through. Egg and spoon is when you have an egg and spoon and ride around the arena at a walk, trot and canter.

Although my favorite is the jumping, I really enjoy the barrels and keyhole because it is a time to feel the wind in your face and see how fast your horse can really go.



## Performing a free walk on a horse isn't as simple as it sounds

By Jill Hanson

Do you know what free walking is? In dressage, "free walk" is important. Free walk is a movement that appears on just about every dressage test in the world and is a must master for you and your horse.

Free walk is a very calm and relaxed walk in which you give your horse the opportunity to lower his head and stretch his neck out. His head should be just a few inches below his withers during free walk. But a relaxed walk doesn't mean a slow lazy walk! For free walking, your horse must stride across the arena with purpose, with his back hooves following in the footsteps of his front hooves, from six to eight inches apart.

Performing free walk isn't as simple as it sounds. Many riders think that doing free walk means letting your reins loose and hoping that your horse will lower his head. But doing so won't impress a dressage judge at a horse show! Judges will be expecting to see a little bit of contact during free walk. Most judges want you to ride with long reins, allowing your horse to lower and stretch his neck out, while still keeping a slight connection with the bit. Before beginning the free walk, you must learn how to establish a good medium walk. A medium walk is when your horse has lots of energy but is still keeping a normal rhythm. In a medium walk, your horse's back hoof prints should land slightly in the front

of his front hoof prints. When asking your horse to medium walk, keep a steady contact with your reins, holding your hands about a fist apart and just a little in front of his withers. Be sure to keep your elbows in and close to your sides. Place your thumbs firmly on the reins, being careful not to let the reins slip through your hands. Sit up straight and keep your weight even on both sides of the saddle. Keep your head up, looking between your horse's ears, squeezing his sides gently with your calves. Your horse should respond to a light touch of your legs and go into a medium walk. If your horse does not respond to a light touch of your legs, then gently tap his sides with your legs, and he should go into a medium walk. Another thing before teaching your horse to free walk is contact at a trot and canter. It is essential that your horse has contact with the bit during the medium walk, trot and canter. If you are riding with a loose sagging rein all of the time, your horse will not be learning to stretch down, and he will ask you to loosen your grip on the reins. Make sure that you're working on getting your horse's trot to be bouncy, alive, and energetic while still having a feel of his mouth, and keeping your hands soft. When he provides a satisfying trot, let him stretch his neck out. It may take some time before your horse figures out what you are asking of him.

Once you think that you and your

horse have mastered the stretch down at a trot, he is prepared to free walk. After warming up your horse, first at a walk then a canter, bring him to a medium walk. Walk up for a while (as if you were in an arena with a short side and a long side) then walk down a ways to the short side as if in an arena. In a beginning level of dressage, free walking is done by changing directions, so begin to turn your horse diagonal.

Once you are finished bending and are prepared to straighten out, give your reins a bit of slack. Your horse then should stretch forward with his face and pull the reins gently and slightly out of your hands. Be sure to remember to let your reins slide through your hands about an inch or two, but don't let go. Some people find if they lower their hands a bit so they are on each side of the horse's neck and not the withers, it works better for them. Slightly move your fingers to let your horse know that you are still in control. Keep your legs tight against your horse's sides to keep him going.

Once you have gone for a short distance, slowly pick your reins and ask your horse to lift his head up. Then go back into a medium walk again. You will want your horse to be alerted and ready to trot because the trot comes right after the free walk in a dressage test. Be expecting to do the free walk when at a dressage show. Then you and your horse should be ready for a dressage test.

## Roller Derby offers an outlet for fighting, punching and shoving

By Paula Phinney

Have you ever been to Pattison's north roller rink? If you have then you probably know that they offer traditional roller skates for rent. But did you know that these roller skates are used in a blood and gore sport? Well in this sport you can't stop skating and get a snack at the snack bar. You are fighting, punching, and shoving your way through a mess of people. What is this sport? This is Roller Derby.

Roller Derby has been on the scene since 1922. It is a sport that is very competitive and injuries are high. But don't let me run you off. Roller Derby is fun and you can really get into it.

Some people like the action and the excitement like Leona Thornton who began watching Roller Derby on TV when she was 12 years old. "It was fun and exciting. Never a dull moment. It was fast-paced road rage on eight wheels!"

Leona has fond memories of Roller Derby, unlike Chirre Phinney who did not enjoy it as much. "I thought it was fast-paced and that was exciting, but I did not like it when they hit each other. And I was never sure if it was real or fake." At age 15, she was intrigued by the action but repelled by the violence.

For those of you who don't know much about Roller Derby, here is what the game is about. Two teams send five players each onto the track: pivots (last line of defense), blockers (defense) and jammers (scorer). To start the game, blockers and pivots form a pack and all players face counterclockwise

and line up in this order. Pivots line up next to each other followed by a layer of four blockers followed by a layer of two blockers. Two jammers who are not considered to be part of the pack are positioned 20 feet behind the pack. The referee

signals the start of the jam formation by blowing a whistle. During jam formation, the entire pack moves counterclockwise, during which time players can change position. Jammers remain stationary during jam formation. When the last person in the pack has passed where the front of the pack was initially lined up, the referee blows the take off whistle twice, signaling the jammers to take off, and the play begins with a jam. A jam is a two-minute countdown period and both teams attempt to score points.

Points can only be scored by jammers, who by moving counterclockwise attempt to

pass the pack and lap around as many times as possible. After passing the pack the first time, jammers earn one point each time they legally pass an opposing blocker/pivot. During a jam, all blockers/pivots must remain in the pack. Blockers/pivots attempt to assist their jammers through and out of the pack while simultaneously stopping the other team's jammer from entering or exiting the pack. If a blocker/pivot falls out of the pack, she is out of the play until she catches up to the pack.

Roller Derby is a game that not all people like. So watch some and you might just find out that you really like it!



Roller Derby players

## Why you should make the switch from potato chips and candy

By Maddison Knudtson

Have you ever thought how good crunching into an apple or going on a peaceful walk is for your body? Well I've been thinking a lot about it. It's important to keep your body healthy and fit. Just by doing a few simple things every day, whether it's switching from potato chips for your after school snack to a piece of fruit, or replacing videogame or TV time with a bike ride or a walk. Staying healthy doesn't have to be hard or time consuming; in fact you can even make it easy and fun!

Like any other kid, I like candy and junk food. But have you ever stood back and thought about what that kind of food does to you? It definitely isn't doing your body any good; in fact if you eat too much it can harm your body. Remember how it feels how after you pig out on a ton of candy and pop and you feel sick to your stomach. That's because your body wasn't made to digest that much junk. There aren't enough enzymes in your stomach to break it all down.

I know what you're thinking – any normal person would rather eat candy than carrot sticks. Well there are some

ways to make healthier foods taste better too. Like taking a carrot stick and dipping it in ranch dressing or peanut butter. Or take a plain old piece of celery and put peanut butter and raisins or chocolate chips on it (ants on a log.) Here are some more fun food ideas: take a piece of turkey lunch meat and put a couple of slices of cheddar cheese in it. Then pour a little bit of ranch dressing and roll it up and you have a meat and cheese burrito. Even tortilla chips and salsa are better for you than most chips. Also if you're tired of eating the same old apples and oranges, go for some different fruit like kiwi, pomegranate, star fruit, or pomello. And it's okay to eat some of your other favorite foods, just not a lot.

Exercise is another way to staying healthy and fit. It not only helps with that but it helps your bones to stay, strong and fresh air is always great. There are millions of ways to get exercise but, I will spare you and only give you a few. There are bike rides, walks or jogs, baseball, basketball, dodge ball, swimming, volleyball (my personal favorite), and there are always games like leap frog, tag, and sardines.



## Learn more about the grapes of Washington in Sunnyside

By Ashley Hanson

I grow in clusters, I make wine and Welch's, and I can be sweet and sour. What am I? Grapes of course!

Within one day I ate white, niagara, and concord grapes in Sunnyside, Washington. I guess that I should let you in on a little secret. They make white wine out of purple grapes! Weird, huh? Do you know how they harvest grapes? I'd be happy to tell you this. Let's read on then. Shall we?

When I jumped out of the suburban, along with the rest of our large crowd, I inhaled deeply through my nose and detected the delicious scent of concord grapes. A wave of interest flooded through me. I ran to the nearest row of grapes and started picking like there is no living on without them. Our tour guide came closer and an extremely noisy sound started to tremble in our ears. I looked around as I picked another cluster of grapes. The guide noticed my curiosity and pointed in the direction of a *Giant*, yellow, grape-picking machine.

I saw two conveyer belts on each side of the machine coming up from the middle. It enveloped a section of the row right in front of us. The ground beneath my feet started to tremble a bit. The bars on the machine started to shake the ripe grapes off the tree and onto the conveyer belt. These grapes went onto the ladder-like belt and shot out into a bucket on a tractor.

We all ran into the car and chased after the giant to see



what it might do next. We jumped out in the nick of time to see the small bucket of grapes being poured into an even bigger bucket. All of us climbed back into the car and headed to Welch's Grape Juice Factory.

When we jumped out, we saw a fountain of blood being poured out of the factory. Okay, it wasn't blood, just excess juice going back into the factory to be used differently. After

this was all explained, we ran over to the unloading dock. The semi-trucks with the big buckets pulled into an area where a cable lifts the buckets on a hinge to dump the grapes into a shallow "pool" where

other unnecessary debris is sorted out. The grapes move to an underground cleaner and then to the factory. We could not enter the factory, but we could see excess powder/grain from the grape skins. This stuff was red and not purple because of all that was drained and squeezed out from it. Trucks would pull in and out of there and take the skins to the vineyards and farms for fertilizer.

We learned three things from our little grape tour; grapes are all different types for different uses, hops and vineyards are everywhere in Sunnyside, and we are professional get-in-and-out-of-the-car-ers. We also learned a lot about grapes. So, don't worry, we did learn something. I hope that one day you can see the beautiful vineyards of Sunnyside, Washington and enjoy the smell of concord grapes. If you do go, remember to stick me in your suitcase.

## Collie training: a rewarding experience for both dog and owner

By Kelsey Elston

Not too long ago I got a dog named Lani. She is a collie. However, when I got her I knew nothing about collies. So I did some research. Unlike sporting breeds, herding breeds are sensitive and they don't require you to be as strict with your training. Collies respond very nicely to praise and positive reinforcement. Most are eager to please and ready to learn. They can even pick up what you want just by watching and paying attention to your routine. They respond well to the tone of your voice and really watch your body language.

For centuries collies have worked as herd dogs; they are bred to have a sharp eye and to know what is happening even in an extremely busy environment. Hand signals are a great way to work with your collie. It's really great if you plan to have her be a working dog or compete in show or agility. Use a hand signal with every verbal signal you give her. It is also good to encourage her to pay attention to you by rewarding her every time she looks to you for direction. This will ensure that she keeps her eye on you. Hand signals are good when your collie is a distance away; wait for her to look to you for direction or whistle to get her attention and show her a hand signal.

When training your collie, it is important to use a calm tone. She won't respond well to being screamed at and threatened. Collies need owners who are calm and consistent, firm yet not abusive. Your collie will love and respect you but first you need to respect him as well and keep your

voice calm. In the same respect, you can control your collie with just slight inflections of your voice. Even if you don't consistently use the same command, a collie will pick up on what you want by the inflection of your voice. Collies will quickly learn a large vocabulary and will even seem to understand everything you say.

Collies are intelligent and trainable, but smart dogs can be trouble. If you can't keep her following you, she will try to lead you. It is important, as with any dog, that you keep your position as leader of the pack. Please do not think this means you need to be cruel to your collie – in fact that will cause her to shut down. To keep your status with your collie, make sure she keeps working. Have her wait while you walk through a doorway first. Have her sit before releasing her to her food bowl. Have her sit to be pet. Do not let your collie have too much freedom or she will take your bed and have you sleeping on the floor.

Collies need to be mentally and physically stimulated. If she doesn't have enough stimulation, she may look for her own by herding the neighborhood children. Sometimes collies nip when they herd so it is best not to let them herd your kids. The best way to "stimulate" her is to play with her and take her for long walks, and teach her obedience, tricks and games. You can even enroll in an agility class with her, or train her to be a therapy dog and take her to visit the elderly. Collies love working with people and thrive in such an environment.

# Oregon's Tillamook Cheese Factory offers the ultimate tour

By Ashley Hanson

LOVE CHEESE! Squeaky cheese is my favorite. Where can you get these cheese curds? Tillamook Cheese Factory creates this kind of cheese and 25-plus other flavors. Recently, on a trip to Tillamook, Oregon, my family and I took the self-guided tour at the cheese factory. I will be telling you about the products that they make, the process of cheese making, why Tillamook Cheese Factory is top tourist destination in Oregon, and the history of it. Please, sit back and enjoy. Sorry, no ice cream or cheese samples. We're out.

Tillamook Cheese Factory makes ice cream and cheese. There are about 25 flavors of ice cream and about the same for cheese. We tested some of the favorites as samples. There were spicy, medium, sharp, pepper jack and other great flavors. I think that this is a very good idea, especially since I got cheese for FREE!

Have you ever wondered how that cheese next to your salami is made?

Well, I am here to tell you all about that. Milk comes from the cow's udder, then moves to the bulk tank, to truck, to factory, through a cooling unit, to the cooking/curdling area, onto the flavoring and salting area, to the sealing area, to the aging closet, to the test lab, into the packaging, and finally to you! Wow! I never knew how much it took to make one little slice of cheese!

After entering the factory, from a window we could see the packing and sealing areas below us. As the sealed, cooled and tested blocks came into view, I was amazed. They were huge! These blocks had to have been the size of all the Harry Potter books put together! The factory workers placed them on a belt where they stripped them of the seal, cut off the ends and cut them into smaller blocks. Then, the

factory workers repackaged them to be sent off to the store. This was really cool because I got to see what happened to the cheese before I ate it.

At first, Tillamook Cheese Factory was run in a barn with only a few workers from around the town. It became a cheese factory in 1909 and only sold food out to the town and its suburbs. Now they own a HUGE factory and sell products all over the United States. They even named the high school "Cheese Makers" in honor of the factory!



*Tillamook workers slice and package boxes of jalapeno cheese.*

Did you know that Tillamook Cheese Factory is the number one tourist destination in Oregon? This is one of the reasons that we went there. Floods of people were there even on a weekday. I can't help but think what it would be like on the weekend! When we were there, information boards informed us about what was going on below. Voice recordings and televisions with movies helped us understand the process of cheese testing. I thought that this segment was

really interesting because the man who was testing the cheese made faces and bit off the end of the block. He would try and compare two cheeses that were differently aged. Even though I love cheese, I would hate to do that everyday. There were sturdy-built computers with interactive games and short videos showing cow milking, the factory, hauling the milk and testing. Everyone liked these, and I did too.

So there you have it. Their products, the process of cheese making, some history of the factory, and why they are the top tourist destination in Oregon. I loved Tillamook Cheese Factory and support the idea of you going. If you do happen to go, remember to bring these three things: your appetite, your best "I'm-a-tourist outfit," and ME!

# Have you heard of Empty Nester Month? How about Blasé Day?

By Ashley Hanson

What? Haven't you heard of the Celebrate Empty Nester Month before? Yes, that is a real label for the month of November. And within this empty nester month, there are a few weird-yet-true holidays. On Nov. 3, it is National Cliché Day. I challenge you to think of as many clichés as possible. National Bunt Pan Day is on Nov. 15. Hmmmm... Can I have *that* piece? The 25th is Blasé Day. That sounds boring. doesn't it?

January is Oatmeal Month with the

sixth as Fruitcake Toss Day. February is Return Shopping Carts to the Supermarket Month and the 11th is White Shirt Day. When March comes, be happy because it's International Mirth Month. March 18 is Awkward Moments Day. April is Straw Hat Month with April 21 as World Cow Chip Day. May is National Correct Posture Month and May 2nd is No Pants Day. June is Potty Training Awareness Month and the 29th is Chicken Wings Day.

Baked Bean month is July! The 15th of July is Be a Dork Day. August is Get ready for Kindergarten Month and the eighth is National Underwear Day. September is National Coupon Month with the ninth as Wonderful Weirdos Day. October is National Pajama Month. Oct. 12 is International Moment of Frustration Scream Day. December is National Women's Volleyball Month with the 25th as A'phabet Day (it's "No 'L' Day." Get it? "noel" – it's Christmas!)

## Heated seats, bidets... Clean yourself with the touch of a button

By Ashley Hanson

Have you ever sat on any sort of Japanese toilet? Neither have I. Although, do I want to? Heated seats, bidets (or water jets), automatic flushing, built in blow dryers, deodorizing fans, and artificial flushing sounds all at the touch of a button. This is all very flattering, to someone who has used one before.

A man was visiting Japan for a conference meeting, hosted at one of the fanciest, hi-tech hotels in Tokyo, Japan. As a natural turn of events, he had to use the restroom. He found it and finished, with one little problem. He didn't see any toilet paper. The only thing he found was a panel at the right side of the toilet. He started to push buttons and just about leaped off the toilet when he was rewarded with flushing sounds, heated seating, blow dryers, and those handy-dandy water jets, all going in unison. Being the sanitary man that he was, he cleaned everything up, including himself. The flustered man finally resurfaced by the time his meeting had finished. He left quite angrily.

Would you like to experience something like that? I think not. So there we have one of the world's most hi-tech toilets in Japan. This country not only has the extremely modern day toilet, they are also home to, probably, one of the most primitive toilets known to the world. They are oval-like, open

pits lined in porcelain that you squat over. Fun, huh? At least it drains and there is a flush handle. I think I prefer to sit than squat.

Here are some other Japanese toilet facts. At some malls in Japan, people sell toilet paper by the *square!* In houses, you must not wear your street shoes inside the restroom. You must wear special "toilet" slippers. If you forget or choose not to put these on, you will get yourself in deep trouble with the host. An earlier line of Toto toilets lit on fire



because of some wiring problems within the system. There were 180,000 toilets worth of reimbursements. Fortunately, no one was on them when this incident occurred.

Here is one little thought. If you don't like cell phones or having to squat outside, good luck surviving Japan. Alexander Chase said this, "Psychiatry's chief contribution to philosophy is the discovery that the toilet is the seat of the soul."

## Tip me over and pour out gasoline in Zillah, Washington

By Ashley Hanson

You know that "I'm a little Teapot" song that we would annoy our parents with over and over again? If you would tip over the Teapot in Zillah, Washington, you would probably get gasoline.

In 1922, Jack Ainsworth decided to build the "Teapot." The "Teapot" is a red and white, teapot-shaped building that was used for a gas station until recently. Mr. Ainsworth built the "Teapot" upon the idea of a political scandal that occurred in 1921. In 1921, Albert Fall was the Secretary of the Department of the Interior. The Naval Oil Reserves in Teapot Dome, Wyoming and Elk Hill, California, went under the control of the Department of the Interior and Fall received the responsibility of the oil fields. Fall made a decision to lease the fields to oilmen Henry Sinclair and



Edward Doheny. It appeared that Mr. Fall had not followed the company's procedures. A Senate investigation uncovered the fact of illegal financial deals between Fall, Doheny and Sinclair. Fall was arrested for accepting a bribe in the company's name and he went to jail for a year. In 1927, the oil fields went back under the control of the United States government.

The gas station is now closed, but it has three little gas pumps in front, a door, and three windows. It isn't very big, but it turns out to be a historical landmark of Washington today. It has been decided that the "Teapot" will be moved inside a museum to be renewed into an information booth for itself and other

exhibits inside the museum. Now, what could *you* create a gas station to look like?

## Sixth grader Ben Wilson explores art with Mrs. B

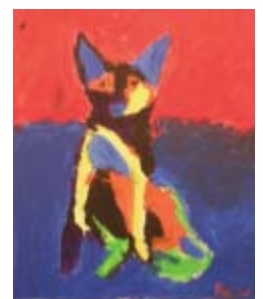
By Brittney Wilson

'Art is so much fun! I love all of the projects that we get to do!' Sixth grader Ben Wilson loves sketching and painting. So this year, when he was able to take Nancy Brickner's "Art Contempo," he was very excited.

Ben's most recent assignment was to create a large, multi-colored picture of his



dog using acrylic paints. "The best part of creating a painting is watching the colors explode onto the paper!" shares Ben. His favorite subjects to paint are cowboys and mountain landscapes. And aside from art he also enjoys cooking, writing and theatre.



## Messianic Dance is an interesting and beautiful form of dance

By Rachael DesAutel

The music begins and the butterflies inside start to make me weak. I push them aside. There's no one else. We aren't REALLY performing at our church during worship. My friends and nearly everyone I'm familiar with aren't really watching. But I don't listen to my own reasoning. I love performing.

There's always been a little voice and a small side of my personality that screams, "Look at me!" It won't go away when I tell it to.

I have to tell myself I'm not performing to get myself away from the excitement and stress. When I imagine performing, I imagine a million people watching me. I get lost in trying to dance perfectly and I forget key steps to the dance.

The steps begin. I sing the words to myself. "Hallelu-Hallelu-yah." I'm no longer performing. My hands are raised to show thanks to the Lord. I dance as if no one is watching, enjoying myself and adding a sway to the music in my steps.

But everyone IS watching and as we join hands to finish the dance, I hear clapping and cheers. I smile, bringing myself back down to earth. I can't wait to do it again.

Messianic Dance is a Jewish form of worship. Messianic is a word that comes from the word "Messiah" or "Jesus." Messianic Jews are followers of Jesus.

In Messianic Dance, the hands and feet are seen as instruments to worship and praise Yahweh. *Yahweh* is the Hebrew word for God. Some dances are in English, but most



are in Hebrew. The beginning dances are long and repetitive, but more advanced dances are fast-paced and exciting.

"He shall reign" is one of the first dances that beginners learn. Dancers start with "bracelet hands" with a large group of people in a circle. "Bracelet hands" are formed by placing an open hand behind your shoulder and in front of you.

Gently place your hand on the hand of the person in front of you. As the music starts, walk two slow steps and three fast steps. Clap twice, and turn to the audience. This repeats twice. Then perform a "tur-ka-see-ya." Cup your hands and step into the circle, and then drop hands and step back. All of this is repeated. Most dances end with the group raising their hands in praise.

"Go through the Gates" is one of my favorites. Start with hands raised and one foot turned to the heel. Then the music starts. Simultaneously with "go through the gates,"

walk on your heel; raise and drop your hands each time your heel hits the floor. With the lyrics "Prepare the way for the people," walk into the circle, raise your knee, and clap. Step away from the circle and do the same. The song's verses begin. It starts as "Build up, build up the highway. Build up the highway for the LORD," in which dancers perform a "my-um," three bows, a turn, and a balance. Then begin again.

Messianic dance is a beautiful form of dance that everyone should think about trying.

## Tips on keeping your hair healthy and letting it grow

By Sarah Miller

If you've decided to let your hair grow out, it can be frustrating during the growing out stage and you may be tempted to cut it, again. For the average person, it takes at least a year to grow out six inches of hair (about one-half inch growth per month.)

Of course, you can always get some help with wigs, hair extensions or clip-on ponytails. However, if you don't want to mess with artificial hair, then the next best plan is to learn how to cope during the growing out stage, making sure your hair is shiny and healthy. Here are a few suggestions to not give up and go back to your original short hairdo.

### Managing Bangs

Are your bangs in your face, but you don't want to cut them? Other than trim them, there are several options. For example, get some hair clips and pin them to the side, giving you a new look. Or pull bangs back with a barrette or rubber band. On the other hand, maybe you could trim only your bangs, letting the length of your hair continue to grow.

Diet does play a factor in hair health. Take vitamins and

minerals for healthy sheen, and vegetables, particularly green and yellow vegetables, are good for growing long, healthy hair since they're rich in beta-carotene. Eat foods rich in protein; a diet low in protein may result in hair thinning or a slowing down in hair growth. On the other hand, if you eat foods rich in protein, you'll greatly improve your hair growing cycle.

### Regular Trims

Just because you're growing out your hair doesn't mean you shouldn't get it trimmed. By regularly trimming your hair, you'll not only even out the dead ends, but also promote growth. Just get about half an inch trimmed every six weeks to two months.

On the other hand, maybe long hair isn't for you. If you start to have doubts about growing out your hair, opt for a new hairstyle instead of trying to grow out long locks. Study beauty shop magazines and books on hairdos, and ask your beautician what haircut works best for your shape of face. In other words, be encouraged, knowing there's a new hair style just right for you.

# Trick or Treat?

By Paige Kavanaugh

Most people know that Halloween is celebrated on Oct. 31. It is a time for pumpkins, ghost stories, costumes, and best of all trick or treating! But what is the real meaning behind “trick-or-treat?” Why in the world do we carve faces on our pumpkins? Why the costumes? Did you ever wonder that? Find out the answers to these puzzling questions.

Halloween, a well known holiday, is usually celebrated on Oct. 31. What we don't know is that its roots go back all the way to Celtic origins, which is based off of the Celtic Festival of Samhain. Samhain or pronounced (sow-in or sau-an) was derived from Old Irish and means mostly “summers end.” The celebration mainly took place in Ireland and Scotland.

Samhain celebrates the beginning of the “darker half” and the ending of the “lighter half” of the year. Samhain was a time to stock food supplies and slaughter livestock for winter stores.

On Samhain, Celts believed that the border between this world and the world of the dead became thin or disappeared, allowing harmless and harmful spirits alike to enter the world of the living... Uh that is just plain creepy. Who wants the dead walking around? It's like “Hey cousin Jeffery! How's the world of the dead going for ya? Have you seen Great, Great, Great Grandpa George yet? Come on in. Help yourself. Gotta be cold out there. Wait you're dead. Can't feel the cold, can ya?” Family ancestors were honored and welcomed into the home, while harmful spirits were “given the boot.”

Samhain was also a time to stock food supplies and slaughter livestock for the winter. There were often festivals included large bonfires, and bones from the slaughtered livestock were often thrown into these bonfires. Sometimes two bonfires were put close together; people and the livestock that weren't chopped up for food would walk between the fires as a cleansing ritual. It's like going through a super hot washer machine, or dryer.....whatever.

This holiday isn't bright and cheerful like Easter and such. Most often there is a really cool jack-o-lantern; the colors we mostly see are black and orange. Activities usually include wearing costumes, attending costume parties, ghost tours, trick-or-treating, bonfires, pranks, telling ghost stories, and watching horror films. Halloween was largely celebrated in England, but many had expressed strong feelings of perceived religious overtones. Popes Gregory the Third and Gregory the Fourth (wonder if they are related?) tried to supplant the holiday with a Christian holiday (All Saints Day) by moving it from May 13 to November 1. Although now All Saints Day is supposed to happen a day or two after Halloween, the two were once celebrated the same day. It's like time to fix the calendars – Gregory's... Sheesh!

The name Halloween and many present day traditions derive from the Old English era. The term Halloween was originally spelled Hallow'en which is shortened from All Hallows' Even-e'en. On All Hallows' Eve, many Scottish and Irish people put a candle on their west window sill to honor the dead. Always respect our elders. Hee hee. Other traditions include carving lanterns from turnips and sometimes putting faces on them. The name jack-o-lantern can be traced back to an old Irish Legend of Stingy Jack, who

was a greedy, drinking farmer. It was said that Jack tricked the devil into climbing a tree and trapped him there by carving a cross at the base of the tree trunk. The Devil, wanting revenge, cursed Jack to forever wander the earth at night with only a candle inside a turnip head to light his way. The poor guy should have listened to his mother. “Never play tricks on the devil, Jack, or you're in for it!” I don't think he was a good child when he was little. The Jack-o-Lantern was only used at harvest time in general and wasn't used on Halloween till the mid-to-late 1800s.

Carving pumpkins started in North America where pumpkins were available and much easier to carve than a turnip. Can you imagine even carving a turnip? Those things are puny! It is most likely that the wearing of costumes began in attempt to ward off the harmful spirits. In Scotland young men would go around with veiled or blackened faces and dress in white. It was believed that to wear a costume or mask, one would look like a harmful spirit and thus would avoid harm. Good idea... I wonder if it worked?

Trick or Treating is a common celebration for kids. Children visit house to house wearing costumes and ask for treats and sometimes money saying “trick or treat?” The word trick refers to an idle threat to cause mischief to the homeowners or their property if no treat is given. But you never know. Those bad kids might actually do something, so give'em their treat! Children in Ireland still go out on Halloween today; sometimes they sing a song or tell a ghost story to earn their treats. Costumes are mostly made to look like monsters such as ghosts, skeletons, witches, and devils.

Now every time Halloween comes to town, remember those harmless things we see all around us really meant something a long time ago. A cursed turnip, but now we use a pumpkin (for easier carving). The term Halloween – who knew it meant so much? Those super sweet costumes that scare away the spirits. And best of all Trick or Treating! Be prepared to get your treat, or they get the trick!

## Did you know?

- Druids (ancient pagan people of England) believed that they were surrounded by enchanted creatures who meant them harm. Cats were believed to be the reincarnation of people who had done evil deeds during their lives as humans and therefore were being forced to live in the bodies of cats. This is why cats, ghosts, and witches are traditional symbols of Halloween.
- During the Middle Ages, the Roman Catholic Church decided to make it easy on converts to switch from their pagan religion to Christian by letting them keep some of their pagan feasts. It was agreed, though, that these would now be called “Christian” feasts.
- Irish farmers went door-to-door, begging for food in the name of their ancient gods for their village celebration of Halloween. They made threats to those who refused and promised good luck to those who cooperated. The phrase became simply “You treat me, or I'll trick you.”

By Jenna Wilson

## Super bowl XLIV Predictions

By Jackie Lyman

Super Bowl #44! Miami, Florida on Feb 7. So who's playing? Well, no one knows yet, but there are plenty of predictions out there. On the internet, Predictem.com believes that the Philadelphia Eagles (representing the NFC) and the New England Patriots (representing the AFC) will meet in Super Bowl 44. They have played in a previous Super Bowl together, XXXIX (#39, in 2004) in which the Patriots won 24 to 21. Yahoo sports.com predictions are of another Super Bowl rematch XLII, the Patriots and the New York Giants.



A Home Link survey included these predictions. Scott Frueh, the drum teacher, thinks that the Indianapolis Colts (AFC) and the New Orleans Saints (NFC) will meet (HE WAS RIGHT!). Thaddeus Trepanier, a third grader also from Home-Link, picked the Detroit Lions and the Indianapolis Colts.

My predictions are simple and straight forward: The New Orleans Saints and the Indianapolis Colts. You may be asking me, what about the Denver Broncos? Well in my opinion, they have been running on luck. During the Sept. 13 game, the Broncos played the Bengals with 00:38 left on the play clock in the fourth quarter and the Bengals just scored. It was 7 to 6 with the Bengals leading. Kyle Orton (quarterback for the Broncos) threw the ball and it was tipped by a Bengals defender and fell into the hands of Brandon Stokley, a Denver wide receiver. He ran 87 yards for a touchdown with 00:11 left to play! That's amazing, right? Yes it is, but they are too inconsistent to go anywhere in the post season. That is why I picked the Colts to go to the Super Bowl and represent the AFC.

## Two Home-Link students enjoyed their first playing football season

By Debbie Trepanier

Football is a sport that boasts many fans. And many become fans when they're young. Take Thaddeus Trepanier and Robert Wolfe, two youngsters who happen to attend Home-Link and play football together on a team.

Before Thaddeus could even walk, he attended many sporting events his older sisters were involved in. He played soccer, basketball and baseball, each for three years. Thaddeus began playing football during lunch at Home-Link and absolutely loved it. The experience led to his first season as a Riverside Ram, and the young man can't see a future without football. If Thaddeus had to choose just one sport to play, it would be football.

The third grader probably enjoyed playing defense most of all. It was fun to watch him on the back line – his feet were constantly moving in place as he anticipated the opposing team's moves. He was the team's leading tackler, not a small feat since he was one of the smallest boys on the team. His offense was a great game. Nicknamed Speedy by his coach, Thaddeus made a few touchdowns.



Robert and Thaddeus

## Fantastic Fantasy Football

Online game feeds many gamer's competitive side

By Jackie Lyman

Are you a football fan who loves spending time on the computer? Then you'll love Fantasy Football. With Fantasy Football you'll get the whole nine yards! Have you ever dreamed of owning your own football team? Well, with Fantasy Football you will get one step closer to that dream. In this game you'll own your football team and you get to decide who plays for you. Sounds pretty good to me!

I started playing Fantasy Football this year and so far it has been amazing. But be warned – you can end up spending lots of time on the computer. I say it's a sacrifice a true sports fan can live with. As I said earlier, you get to choose your own team. If an NFL player is your personal favorite then feel free to have him on your team. I know every football fan has a competitive side and Fantasy Football feeds it. Each week you play a new opponent, and each week you get more competitive.

Every day Fantasy Football is becoming more and more popular and it's not hard to imagine why, with all the fun involved! Let me explain more about how this game works. After you pick your team (you pick in a draft), let the games begin. After you draft your team, the fun is not over yet. You can trade, drop, and pick up players as free agents. I think the best part about Fantasy Football is the trading block! Sounds threatening, I know, but it's just there to help make your team better, and at the end of the season you get to brag about what a good trade you made. I think this game is a lot bigger than people think. Once you start you'll be hooked for LIFE! To sign up, go to Yahoo.com/sports.

Young Robert said his mom and dad agreed to let him play in the grid kids for the YMCA. He thoroughly enjoyed his first football season. "I'm going to play next year because I thought it was really fun," shared Robert. "It'll be my second year and I might get to play in the backfield or quarterback (his favorite position).

Robert said he always plays on the line in both offense and defense, probably due to his medium size. "At the Day Mt. Spokane 2 game, one of our defensive backs was hurt so I got to move back there. It was only one play and I got one hand on the guy," said Robert. "I felt like if Coach Webb let me play in the backfield, I would have made some tackles. But he thought I must have been better on the line."

Both boys aspire to play for the pros when they grow up. "I want to play for the Dallas Cowboys when I grow up. That's why my parents decided to put me in gridkids so that I can get better each year and when I end up in pro football, I'll be really good," stated Robert.

"I'd love to play for the Seahawks!" shared Thaddeus.



## The Oregon Trail Museum offers wonderful view of history

By Paula Phinney

The sun beats down upon your face. The wind is nonexistent. You crave some water, but none is to be found. The only thing that keeps you going is knowing that in less than an hour your thirst will be quenched and that land waits for you in Oregon. You are one of the millions of people heading for free land on the Oregon Trail.

The Oregon Trail Museum is located in Baker City, Oregon and is home to many wax figures and more than a little bit of history! Looking at the building from afar, most notice that it looks like a prairie schooner (wagons that the pioneers took across the vast prairie). But it is the inside of the building that is the most intriguing!

The gift shop boasts replica Jaws harps that pioneers played to entertain themselves when stopped for the night. Plus there is a café and a room that doubles as a lecture hall/movie house for viewing historical films.

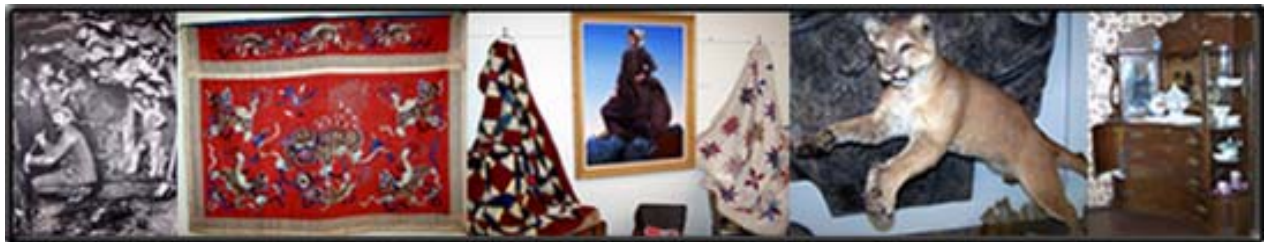
At the wax figure hall, the first wax figure is a man on his horse who looks like he had just gone hunting because

he is wearing buck skins and is holding some birds by their feet. Down the hall are two men trying to fix a broken wheel and a woman crying over a grave, a sheep herder and his sheep, and people active in everyday life on the Oregon Trail.

There is also a room filled with boxes, trunks and barrels that men and women used to pack food, clothes and household goods. Another room displays pages from journals that men and women wrote on their way to Oregon, dresses, old shoes, Indian clothes and beaded moccasins.

Also there are plaques on the walls telling about the military forts that were spread out in the West and the great battles between the Native Americans and the military. After weaving through the halls that wind in and out, you just might be surprised that two to three hours have gone by.

The Oregon Trail was a wonderful time in history when there were hardships, adventure, death, love and joy, and the Oregon Trail Museum helps you to know what it was like on the Oregon Trail.



## Thanksgiving Fun Facts . . .

By Maddison Knudtson

- Americans feast on about 535 million pounds of turkey on Thanksgiving Day
- Benjamin Franklin wanted the turkey to be our nation's bird
- The heaviest turkey ever, weighed in was 86 pounds
- Turkeys can drown if they look up while it's raining
- There wasn't any milk, cheese, bread, butter or pumpkin pie at the original Thanksgiving feast
- The cranberry got its name because the pale pink blossoms on the plant resembles a crane's head and neck
- President Abraham Lincoln established the original date of our Thanksgiving feast in 1863
- Congress did not declare thanksgiving a national holiday until 1941
- President Thomas Jefferson scoffed at the idea of Thanksgiving Day
- The average person consumes 4,500 calories on Thanksgiving Day
- A turkey under 16 weeks is called a fryer, a turkey five to seven weeks old is called a roaster
- Some of the most common foods eaten on Thanksgiving Day are stuffing, mashed potatoes and gravy, sweet potatoes, cranberry sauce, corn and pumpkin pie and of course turkey
- Seven nations of the world have officially declared Thanksgiving Day: Brazil, Canada, Japan, Korea, Switzerland, Argentina and the United states
- 91% of Americans eat turkey on Thanksgiving day
- More than 40 million green bean casseroles are served on Thanksgiving Day
- 20% of cranberries eaten are eaten on Thanksgiving Day
- The first Thanksgiving lasted three days