

# Waddell breaks 48 year-old record

By Willie Lutz  
*Editor-in-chief*

Step aside, Jack McCoy, a sophomore has broken your record. **Luke Waddell** (10), on a 14-yard rush with 5:52 left in the second quarter of the Loveland Tigers’ final football game of the 2014 season, broke Jack McCoy’s 48-year-old singular season school rushing record, finishing with a total of 1484 rushing yards.

Coming into the pairing against the Milford Eagles, Waddell had 1312 rushing yards on the season, which was already enough for the most in the ECC. Waddell only needed 46 yards to break the record; he broke that mark before the first half was over

Waddell broke the record with the help of the offensive line, who are a significant part of every team’s rushing game. Even with only one returning starter from last year’s state champion offensive

line, **Ian Leever** (12), the unit was still able to help push the running back to the record.

“I couldn’t have asked for a better group of guys both years,” Waddell said of his offensive line. “I can’t wait to see what happens next year.”

“Being part of the offensive line that led Luke Waddell to the school rushing record was really a great experience,” starting center, **Alex Papa** (12) said. “It feels like he did most of the work. We just did what we were told to do.”

Last season, **Nate Slagel** (12), was on pace to break Jack McCoy’s record of 1358 rushing yards. He was just 18 yards short when he tore his ACL in week eight of the regular season against Glen Este. When Slagel tore his other ACL in week six of this season, it gave Waddell the chance to receive a majority of the carries.

Nate Slagel and Luke Waddell split carries until week six. Wad-

dell had 615 yards through the first five weeks of the season, which would have put him on a pace for 1230 yards, or 128 short of Jack McCoy’s record. Waddell finished third in the ECC with 180 rushing attempts, but still managed to lead the ECC in rushing, 114 ahead of Kings’ DeAndre Barnes (who finished with 1310 yards rushing on 209 attempts).

As a sophomore, Luke Waddell still has two years of eligibility left. In his first two years of high school football, he has been a crucial part of a state championship football team and broken a 48-year-old school rushing record.

As for next year, Waddell said, “I know it’s there but I think it’s more important for me to just go out there every week and do the best I can to try to win the game. No one is ever playing just to beat a record. Guys at Loveland just want and love to win.”



Photo courtesy of Sam Faingold  
**Luke Waddell** runs a route against Lakota West. He had 162 rushing yards in that game.

# Students receive national, regional awards



Photo courtesy of Madison Bishop  
**Madison Bishop** is representing the school with ten pieces of artwork, including the one pictured above. She entered the visual arts category.

By Rachel Froberg  
*Photo editor*

Over the past month several students have earned awards for their art, literature, and environmental work.

**Matti Poole** (12) was one of this year’s winners to the VSA’s *Yo Soy...Je Suis...I Am...My Neighborhood* for her acrylic pieces titled, “*Myself*”. Her painting was exhibited throughout the month of November at the U.S. Department of Education in Washington D.C.

**Casey Smith** (12) received an

award for his work in the schools’ recycling program. He was named the Hamilton County Recycling and Solid Waste District’s Student Recycler of the Year.

“I was really excited to receive it, but I also understand there are a lot of other students here at the school that deserve recognition as well, including Ellie Landis, Willie Lutz, Sean Cruzniak, Ally Westly, Conner Schrader, Alyssa Heal, Madison Bennett and Mike Fackler,” Smith said.

Several students are also included in the Xavier Regional Junior and Senior Juried Art Exhibition.

Art from **Lucas Bashardoust** (12), **Tiana Hough** (12), **Mado-lyn Kelsey** (12), **Tara Norton** (12), **Meg Policastro** (12), **Erica Padgett** (11), and **Franny Gear** (11) will be featured.

Finally, **Madison Bishop** (12) was chosen to represent the school in the Overture Awards Visual Arts Category. Bishop sent in ten pieces, including watercolor and acrylic paintings, and some clay sculptures.

“I hope to go far in this competition, and I am proud to represent Loveland in this city-wide exhibition,” Bishop said.

# Classmates aboard Carnival Dream cruise

By Drew Paschal  
*Business and Ad Manager*

Last year, **Mrs. Jil Lowry** (History and Psychology) took students from Loveland High School on a trip throughout Europe. This year, from July 23rd to August 2nd, she is taking students on a cruise that sails throughout the Western Caribbean. The trip will last 11 days and will make stops in Honduras, Belize, and Mexico. The ship leaves from the Port of New Orleans, where students will stay three nights to dis-

cover new sights and experience the difference in culture.

**Cali Walker** (12) said, “Everyone is very excited to go on the cruise. I cannot wait to explore the Caribbean with my friends at an affordable price.”

The first day in New Orleans, Louisiana will serve as an experience day as students walk among the architecture, and splendor of important historical sites. Day two involves the exploration of the swamps and Cajuns with a sightseeing tour, followed by a visit to the French Market. Stu-

dents will uncover the history of plantations on the banks of the Mississippi River on the third and final day in New Orleans.

**Ibby Boyle** (12) said, “I cannot wait to visit New Orleans because that is where my mother grew up. I have always wanted to explore the new things and different cultures down there.”

The beginning of the cruise occurs on the fourth day as it departs out of New Orleans. The next two days are described as “fun days at sea” by Mrs. Lowry, which gives the participants time to relax and

hang out with friends. On day seven, the ship stops in Roatan, Honduras for a service project. Once they reach Belize on day eight, the students will perform another service project. Beach and relaxation time occur on day nine in Cozumel, Mexico. Day ten gives the students more time to relax as it is another “fun day at sea”.

The last day includes the arrival in New Orleans and the flight back to Ohio. The set price for the total trip is \$2000.00 per each person. This does not include

tips for the sailing crew, meals in New Orleans, excursions at port, or travel insurance. There will be approximately 30 students boarding the cruise ship as of now.

Mrs. Lowry said, “Europe was more of a historical trip, while the Caribbean tour serves as chance for students to learn and have fun at an affordable price. Although students will have tons of beach and relaxation time, we will also conduct community service projects, which should be fun as well. This trip could not come any faster.”



Staff Policy

The Roar is the official student newspaper of Loveland High School. The Roar is produced by students in Journalism. Editorials reflect the staff’s opinion but do not reflect the opinions of LHS administration or Loveland City Schools. The Roar is published monthly. For information regarding advertising in The Roar, call 697-3749. As a forum for students, letters to the editor are welcome, but are subject editing for length, libel, and clarity. Letters to the editor may be dropped off in room 108 uploaded to our website blog (thelovelandroar.wix.com/the-roar.

Contact Information

The Roar  
Loveland High School  
1 Tiger Trail  
Loveland, Ohio 45140  
513-697-3749  
theroar@lovelandschools.org

Staff

Editors-in-Chief  
Halle Russo  
Willie Lutz  
Business Manager  
Drew Paschal  
Section Editors  
Paige Smith, news  
Kevin O’Hara, entertainment  
Emily Dougherty, features  
Rachel Froberg, photos  
Bronson Lakes, sports  
Staff Writers  
Tara Brulport  
Megan Phelan  
Claire Ruben  
Kaylee Harter  
Kevin Sieg  
Riley Boucher  
Jared Frees  
Colton Lakes  
Jazmyn Browning  
Andrea Gomez  
Hannah Fischer  
Catie Shipp  
Ryan Mangan

Adviser: R. Overbeeke

Awards

- \* International Second Place Award, 2014. Awards for School News Media (Quill & Scroll Honorary Society)
- \* International First Place Award, 2013. Awards for School News Media (Quill & Scroll Honorary Society)
- \* George H. Gallup Award (top prize), 2011 Awards for School News Media (Quill & Scroll International Honorary Society)
- \* Second Place (Overall Publications), 2011 and 2012 Ohio Scholastic Media Awards
- \* 17 more individual awards, 2012 Ohio Scholastic Media Awards

Drop-off lane would reduce traffic issues

By Jared Frees  
Staff Writer  
The school traffic in the afternoon is awful, but it’s even worse in the morning. A seemingly endless number of parents drop off students and in the process create a traffic jam from the traffic light to the front door. The other entrance to the school without the traffic light typically has fewer parents, but it is still slow since cars turning left into the school have to cross traffic. Some days these cars are even backed up to the traffic light waiting to turn. Solutions to these problems are clearly needed so here are a few suggestions. One possibility that could alleviate the problem is to create a designated drop-off/pick-up zone. The perfect place for the zone would be what is now the visitor’s parking area directly next to the sidewalk. Very few cars are ever parked in that area anyway. Parents could pull over to the right creating a free lane for students who are attempting to park and get into the building on time. This would make

what is now the second row of student parking the new first row of student parking. This first row of student parking could also include a few visitor parking spaces and handicap spaces. Yes, that would cost a few student parking spots, however; the parking next to the playground could be utilized or more parking spaces could be added on the left side of the grass practice football field. Besides, the school needs more student parking spots; there is always a waiting list for parking passes that become available. Another solution to the traffic is to place a 3-way traffic light at the point where the stop sign exit meets Rich Road. In the morning, set the traffic light to green for longer periods of time to allow those turning into the school ample time. In the afternoon, set the light to green for longer periods of time for those drivers turning left or right out of the school. All other times, with the exception of 6:45-7:25 A.M. and 2:22-2:45 P.M., turn the new traffic light completely off on Rich Road and set the light facing the high school blinking red so

it changes into a stop sign. This traffic light would significantly speed up the commute to and from school and it will keep the traffic the same as it always is while students aren’t trying to get in or out of school. Also, this new traffic light could be turned on for events at the high school where there are numerous cars trying to enter or leave at the same time. It doesn’t make sense to have a stop sign for such a high volume of cars coming in and out of one place. Charlie Spieser (11) came up with a different solution for the afternoon traffic. He said, “We should let the seniors out 5 minutes early everyday so the parking lot is cleared for everyone else.” He also had a more radical solution and said, “We should just make the freshman and sophomores go to a different school.” Most students do not want to get a tardy and everyone wants to get out of school quickly and safely. One or all of these solutions could be used to speed up the slow traffic and alleviate the morning and afternoon stress.

Obesity more than willpower issue

By Paige Smith  
News and editorial editor  
In America, it is easy to make a snap judgment when we see that one third of Americans are obese. However, there are often other factors than just overeating that cause obesity. Obesity is a complex disease with many components and factors. Often, there are genetic components to weight. Someone with overweight parents is more likely to grow up to be obese than someone with parents who fall in the category of what is considered a healthy weight. Metabolic rate, which controls how much energy one burns at rest, is inherited. Body signals are also controlled by genes. For example, the sensation of hunger is regulated in the hypothalamus region of the brain along with hormone levels. The feeling

of fullness or satisfaction is known as satiety, and relies on receptors in the stomach to send messages to the brain when one is full. If any of these signals are malfunctioning it can cause a person to overeat. Obesity can also be caused by medical conditions. Hypothyroidism is a condition where the thyroid gland in the neck produces too little of the thyroid hormone. This hormone regulates the metabolism, so when too little is produced, the metabolism works at a much slower rate, causing weight gain. One of the side effects of this disease is that it causes fatigue, which only exacerbates the problem because a person is less likely to even have the energy to work out. A lesser known disease is Cushing’s syndrome. This condition occurs when the adrenal glands, located in the kidney, produces excessive amounts of the steroid cortisol. This can

lead to the build up of fat in areas such as the face, back and abdomen. There are also certain prescription medications that list weight gain as a potential side effect. These medications can include ones used to treat diabetes, high blood pressure, mood disorders or seizures. Some of these stimulate your appetite, and as a result, people tend to eat more. They can also affect how the body stores glucose, which can lead to fat deposits. These medications don’t always cause weight gain in the same way. It is easy for people who are not struggling with obesity to say that it is simply an issue of willpower. However, this is not true for all people, and the ridicule that stems from this misconception makes it even harder for those struggling with obesity to accept themselves and their condition.

Guys Students need bathroom etiquette lessons big time Girls

By Ryan Mangan  
Staff Writer  
There’s no ignoring the terrible condition of the men’s bathrooms as they go from their squeaky clean state in the morning to disastrous in the afternoon. The stall walls filled with mindless thoughts written in sharpie, the toilets clogged with unnamable objects, and the overflowing sinks filled with brown paper towels create an extremely unsanitary experience. It’s a sad sight for one just trying to accomplish their simple goal of going to the restroom. Here are five simple guides for men’s bathroom etiquette. 1. Get in, get out. The restroom is not a hangout spot for students to plan what they are going to do over the weekend. Men have been known for their efficiency in restrooms, and never having a line (unlike their female counterparts); this is a reputation we need to continue. 2. No noise. Most males at school have experienced going to the bathroom while someone sits in a stall listening to music at an extreme volume. “I’ve heard people have rap battles in the bathroom; it’s disturbing and strange.” Brighton Hummer (11) said. As great as the restrooms acoustics can be, it’s not the place to be “dropping” your next mix tape. 3. Buy some paper and pens. It’s apparent we have some artists at our school when you look at the stall doors of the men’s restroom. As good as some of these “drawings” are, I’d like to personally remind you that we do offer art classes where you can draw. 4. Remember to respect. The mess you make by clogging sinks, toilets, or drawing on stalls may seem funny, but at the end of the day, someone has to clean up these messes. It is extremely disrespectful to do this to the janitorial staff who works to make our school as sanitary as possible. 5. The unspoken rule. Last, but definitely not least, make sure to keep one urinal in between you and the next guy at all times, as one is available.

By Claire Ruben  
Staff Writer  
If there is one thing that can make anyone’s day “cruddy,” it is surely a trip to a dirty restroom. Women are historically regarded as prim and proper, yet one look at the ladies’ school bathroom could send this stereotype down the drain. From toilet paper covered floors to unflushed aftermaths of Taco Tuesday, it is evident that the laws of bathroom etiquette are being flushed away. According to Women’s Health Magazine, the largest violation of bathroom etiquette is the overuse of the “yellow be mellow” rule. Perhaps flushing every two or three times is an appropriate water conservation method at home. However, this practice is inappropriate and unsanitary for use in a public restroom. If germophobia is preventing ladies from touching a toilet, there are alternative ways to getting a “handle” on the situation. “I just use my foot to flush,” Lauren Hole (11) said. “It’s not that difficult.” Folks, the toilet flusher was created for a reason. Do not hesitate to use it. Hole also provides some advice as what to do in those silent “to pee or not to pee?” moments that occur when two strangers sit afraid to urinate in a silent bathroom. “Just pee,” Hole said. “We all do it. There’s nothing to be embarrassed about.” “It’s more awkward to just sit there,” Sammi Johnson (11) said. When bringing friends into the restroom, because we ladies can never go alone, ensure that they remain outside of the flow of traffic. There is nothing worse than a clogged bathroom, so do not stand in front of the sinks or stall doors. “I hate it when I can’t tell if someone is in line for the restroom or just hanging around,” Franny Gear (11) said. In addition, if you notice a stall that is out of toilet paper, it is polite to warn fellow bathroom goers of this deficiency. It is truly “tearable” to be stuck without any. “I feel kind of intruded and invaded when people talk to me in the bathroom,” Haleigh Goedde (12) said. Another issue appearing in the women’s restroom is the absence of hand washing as a common practice. Please, make hand washing a priority before leaving the restroom. Not washing your hands is selfish and disgusting, not to mention that it may motivate others to grace you with a swirly. Ladies, follow these simple lavatory laws to keep your health and hygienic reputation afloat.



## Halle's Helpful Hints Holiday Fashion

By Halle Russo

*Editor-in-chief*

Scenes of thanksgiving and winter decorations are replacing scenes of pumpkin patches and corn mazes. Relatives are also coming to visit for the holiday season, which makes for many family outings where fancier attire is necessary. Finding the perfect outfit can be quite challenging as winter conditions bring cooler temperatures, which make wearing layers of clothing imperative. However, there are a few holiday necessities that should find their way into your closet this season. These items will ensure that you are ready for anything, from thanksgiving dinner, to ice-skating on Fountain Square.

### 1. Delightful Dresses

The perfect holiday dress is a necessary item for any event. A simple, long-sleeve dress in grey, cranberry red, navy, black, or champagne is both comfortable and classy. It can be dressed up with a fancy scarf or a statement necklace for a formal dinner, or dressed down with a patterned scarf for a more casual event. Francesca's has a plethora of dresses at a relatively affordable cost. However, if you are willing to splurge for the holidays, try shopping at Anthropologie or Lilly Pulitzer. A few items in particular that stand out to me at each of these places are Lilly Pulitzer's Hera Lace Shift Dress in navy or Anthropologie's Gideon Embroidered Dress.

### 2. Arm Candy

An outfit is never complete without accessories. Statement necklaces are the perfect way to dress up any outfit, but bracelets are a necessity as well. With multiple colors and styles, these provide innumerable outlets to express your individuality as bracelets can even be monogrammed. In addition, the holiday season is fast approaching and bracelets can make the perfect gift, so take notes boys. Some personal favorite brands worth exploring are Kiel James Patrick, Marley Lilly, Bourbon and Bowties, and Alex and Ani. Many of these bracelets look best when they are worn together. Thus, a good combination could be the Alex and Ani Nautical Charm Bangle and Kiel James Patrick's Mr. Hinckley Bracelet in navy.

### 3. Splendid Sweaters

Since colder weather is upon us, piling on layers and layers of clothing becomes a must. This is difficult when layers can often cause an outfit to go from cute to a catastrophe in a matter of seconds. However, an easy remedy for this can be found with a sweater. From Forever 21 to J. Crew, unique sweaters that are both functional and fashionable can be found. An ideal outfit is a sweater worn over a button up or a chambray shirt with a statement necklace. A few sweaters that should find themselves in your closet this year should be J. Crew's Merino Wool Mixed Media Sweater and Ralph Lauren's Suede Elbow-patch Cardigan or Birdseye Boatneck Sweater.

That said, do not let cold temperatures get the best of you and your wardrobe this holiday season. Instead, heed these helpful hints and stay fashionable despite the constraints of the cold.

## Staff Editorials

# De-stressing solutions for senior year

By Halle Russo

*Editor-in-chief*

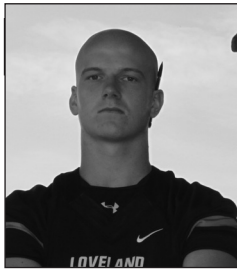
Senior year: the year that is inevitably filled with "lasts." Senior year includes the last Friday night football game, the last Homecoming dance, and the last year in the small-town that students have come to know as they have grown up. While this is typically known as a year spent enjoying all of these experiences, it has somehow become filled with much more stress that necessary. Therefore, students should have the opportunity of having a block during their school day to relieve some of this stress and fill out college applications.

Between AP classes that are becoming increasingly popular among the student body and all of the extracurricular and work activities that students are involved in, busy is an understatement for senior year. In fact, a study done by USA Today reveals that on average, students spend 17 hours each week completing homework, which breaks down to about three and a half hours each night. According to the National Education Association, students should only be assigned ten minutes of homework per grade level per night. For a twelfth grade student, this equates to 120 minutes of homework. If that two-hour time commitment was the case, the other hour and a half typically spent on homework could be designated to filling out college applications. However, that is often hard to achieve with the rigor of AP and Honors level courses.

On top of those commitments, many students must also be committed to filling out college applications. One's work is not done after filling out the general application either. He or she must then begin the process of filling out scholarship applications, honors college applications, and applications to get into a specific program at the school of one's choice. Thus, late nights become a common occurrence for senior students. Speaking from experience, the time that many students often sit down to fill out these applications is around nine or ten at night. By that point, one's focus has most likely diminished significantly.

Therefore, the addition of a "college preparation class" for senior students during their first semester could be extremely beneficial. While college study skills is typically taken during junior year, and prepares one for the future in terms of study habits, this "college prep" class could be offered during the first semester of senior year for students applying to college. This block would be dedicated to filling out all of the applications that colleges require. The addition of this class would also be a beneficial alternate to replace the late-arrival that students once had. A teacher who has experience with essay writing or the admissions process in general would be critical to this class as he or she could help students with the many questions that arise with applications. This individual could also help students to edit their essays so that they could have the best possible chance at getting accepted into their dream school.

The addition of a block dedicated to completing college applications could ultimately take a lot of stress off of student's shoulders, improve their amount of sleep each night, and provide an answer to many of the questions that arise for students that are planning on attending college the following year.



Colton Lakes

## CONTRA

# What's better: books or tablets?

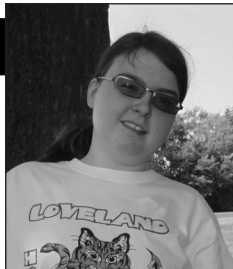
Some schools in Ohio are switching from providing individual textbooks for each class to providing a tablet. Others are considering the switch. Giving students tablets instead of printed books is a huge mistake. Books are better than electronics for several of reasons.

The cost of a textbook compared to an electronic device is huge. Compare a high school literature book and a tablet for example. Lee Wilson, a prominent education marketing expert, estimated the annual cost per student per class with tablets to be \$71.55 vs. \$14.26 for printed textbooks. Also, textbooks are more difficult to destroy while tablets and other electronics are very easily broken. A simple drop of an electronic device can break it or crack it. Textbooks may be heavy, but they are also sturdy.

In addition, handheld electronic devices contribute to diseases. One of these diseases is Computer Vision Syndrome. Computer Vision Syndrome is a vision problem caused by prolonged computer use, according to the American Optometric Association. Viewing a screen rather than a textbook makes the eyes work harder causing individuals looking at electronic screens all day to be more susceptible to problems with their eyes.

Many education experts choose textbooks over electronics because of the distraction factor. With a tablet, there is the possibility that students will secretly switch from the on-line textbook to other apps, games, emails or websites. In fact, according to Lesley Lanir, author of "Digital Information Overload Overwhelms and Distracts Students", 87% of K-12 teachers believe that "today's digital technologies are creating an easily distracted generation with short attention spans."

Finally, learning experts state that the brain understands digital texts differently than it does printed texts. Nicholas Carr, a Pulitzer Prize winning technology writer, reported that peer review studies show "reading hyper-linked text may increase the brain's cognitive load," lowering the ability to process, store, and retain information, or "translate the new material into conceptual knowledge." Therefore, continuing to use textbooks, even in this day of electronic conveniences, is the best practice for students and the school's financial budget. For those Ohio schools who have not yet switched to tablets, don't do it!



Emily Dougherty

The idea of using electronic tablets in place of real books has erupted into a long-running debate. Tablets are without a doubt the more convenient option. They are lighter and can hold hundreds of textbooks. Not to mention, they are cheaper than textbooks too. Sure books make people feel connected to the past in this world of fast advancing technology, but carrying a bunch of heavy books around all day can prove to be really taxing for students. Many teachers favor tablet usage as well.

Tablets are said to only weigh about 1-2 pounds. The U.S. Consumer Product Safety Commission reported that over 13,700 kids aged 5 to 18 were treated for backpack-related injuries during the 2011-2012 school year. Pediatricians and Chiropractors alike agree that children shouldn't carry more than 15% of their weight, and the combined weight of textbooks is said to exceed this, according to the California Department of Education's website.

Another plus to using tablets is that on average, E-textbooks cost about 50-60% less than regular textbooks. In 2012, the FCC reported that school districts spend over \$8,000 a year on textbooks. According to the 'Electronista' website, E-textbooks can save schools between \$250-1,000 per year. They are becoming increasingly affordable as prices continue to drop.

A survey done by PBS concludes that 81% of teachers agree that tablet usage enriches classroom education and that 77% of teachers believe they increase students' motivation to learn. Some people argue that tablets are more expensive than textbooks because of the hardware and software, Wi-Fi, and teacher training that is required, but it is worth it in the long run due to the amount of textbooks that can be held on a single device. There are also arguments that tablets can be a distraction to students if they are using them for the apps and games, but if students can have their cell phones in class, what's the real difference? Serious students will use them for the correct purposes no matter the circumstances.

That said, tablets are lighter, cheaper, and better than big old textbooks in the eyes of many educators. Hardcover and paperback books can be nice for a bit of pleasure reading, but tablets are definitely the way to go from an academic perspective.



Willie Talks Sports: Reds' off-season targets

By Willie Lutz  
Editor-in-Chief

Last year, I wrote an article about what I thought the Reds should do in the off-season. My ideas included acquiring guys like Matt Kemp and Jacoby Ellsbury. Instead, they signed Skip Shumaker, so don't expect much. The Reds are in a position to reload this offseason following a fourth place finish in the NL Central with a 76-86 record. They finished only three games ahead of the Chicago Cubs. Yes, only three games ahead of the Chicago Cubs, the team known as "The Loveable

Losers" around the MLB. The Reds are in one of the most competitive divisions in baseball coming into 2015, and they're hosting the All-Star Game in Great American Ballpark this year. It would be a shame to see the squad be a non-factor with the media attention that comes with the game, so here are some moves that general manager, Walt Jocketty, should consider this offseason. **Sign Michael Morse to a Two-Year contract** Last season, the Reds offense was a joke. Although the Reds line-up was clouded by injuries to key players including Joey

Votto, Brandon Phillips, and Jay Bruce, left field was constantly an easy-out for opposing pitchers. The power-hitting Michael Morse could be a perfect remedy for the Reds in 2015. Morse is coming off a 2014 season where he was part of a World Series Champion San Francisco Giants team. Morse hit 16 homeruns with a .279 batting average in 131 games for the Giants last season. With an incredible prospect, Jesse Winker, due up to the majors in two years, the short deal for Morse could be a great plug for the Reds. **Sign Sergio Romo to a Four-Year Contract.**

The Reds bullpen imploded last year. A squad of pitchers who shut down opposing offenses in the previous three seasons was shelled in 2014. It's hard to see something like that coming. The squad seemed to find its second wind late in the season, but it still looked like it was missing something. Another former member of the San Francisco Giants' World Series team, Sergio Romo (who also won championships with the team in 2010 and 2012) would be a fantastic addition to the Reds' bullpen. The Reds, who seem to lack likeable characters, would benefit from Romo's goofy personality if

nothing else. **Sign Jed Lowrie to a Three-Year Contract** Zack Cozart is not getting the job done at shortstop position. Although he has played top-of-the-line defense, a .221 batting average for a team that already struggles getting on base is unacceptable. The Reds would be doing themselves a tremendous favor by signing Jed Lowrie, who has a .261 career batting average and an even more impressive .330 on-base percentage. Lowrie would provide a huge upgrade offensively without giving the Reds a huge defensive drop-off.

Math team looks forward to 2014-15 season

By Kevin Sieg  
Staff Writer

Competing at both the local and national level, the Math Team prepares for its season during the winter months. Sponsored by Ms. Katie Byrnett (Math), the team will compete in three competitions throughout the year. According to Ms. Byrnett, the competitions are set up so that the students are competing against other students that are the same age. This way, students will hopefully compete against students with similar math knowledge. The questions presented are more

problem-solving-based questions that challenge the students. Ms. Brykett explained how the completions are advantageous for students. "You have a chance to talk about math with others and be exposed to problem-solving math. You also have the opportunity to represent Loveland at local and national competitions," she said. The Math Medallion award is given to one student in each grade and is based off of competition scores and attending practices. **Doug Foster** (12) is a returning member of the Math Team, and has won the math medallion award all three years in his grade. **David**

**Hansen** (11) is another returning member on the Math Team that is looking forward to competitions. "The Math Team is great because of the opportunity to learn and have fun with friends at the same time," Hansen said. The next competition for the Math Team, the American Mathematics Competitions, or AMC, will be held on the morning of February 3rd. The Ohio Council of Teachers of Mathematics or OCTM competition occurs on Saturday, February 28th at Lakota West from 8:45-10:15 am.



The math team is preparing for competition this year. The next competition is on February 3rd.

Ski Club makes anticipated comeback

By Riley Boucher  
Staff writer

**Jonathan Geist** (10) knew that the school previously had a ski club. Therefore, is sought to bring it back since he loves winter sports. "We go to Perfect North on Thursdays and it's not really a team, just a club," Geist said. Perfect North Slopes is an outdoor snow facility made for skiing, snowboarding, and tubing. It is located in Lawrenceburg, Indiana

about one hour from the school. As long as there is snow in time, the club hopes to have their first trip on December 4. Trips will occur each week, if possible. According to the club's sponsor, **Mrs. Lynn Niemeyer** (Art), there are currently about 61 students that have signed up. The high school has 21 and the middle school has 40 members. **David Hansen** (11) is an avid snowboarder who was one of the first students to apply for the club. "I have skied since I was four.

I started snowboarding when I was eight. So, I have been doing snow sports for 13 years now. I don't really like skiing that much anymore though, so I mainly just snowboard," he said. For more information on the new club, visit the Twitter account for the Loveland Ski Club at @LovelandSkiClub or see the Mrs. Niemeyer with any questions. The last time this club was available was in the winter of 2004-2005. The details of why the club was discontinued are unclear.

Sports briefs with Bron

By Bronson Lakes  
Sports Editors

**Boys Basketball December schedule**  
Sat. 6 Harrison 7:30 PM  
Fri. 12 Withrow 7:30 PM  
Tue. 16 at Turpin 7:30 PM  
Fri. 19 at Milford 7:30 PM  
Tue. 23 at Mason 7:30 PM  
**Girls Basketball December schedule**  
Sat. 6 Anderson 7:30 PM  
Mon. 8 at McNicholas 7:30 PM  
Wed. 10 Turpin 7:30 PM  
Sat. 13 Glen Este 2:00 PM  
Wed. 17 at Withrow 7:30 PM  
Sat. 20 Milford 7:30 PM  
**Boys Bowling December schedule**  
Mon. 8 Withrow 4:00 PM Stone Lanes  
Thu. 11 Withrow 4:00 PM Crossgate Lanes  
**Girls Bowling January schedule**

Tue. 13 at Glen Este 4:00 PM Cherry Grove Lanes  
Wed. 14 Glen Este 4:00 PM Crossgate Lanes  
Mon. 26 at Turpin 4:00 PM Cherry Grove Lanes  
Wed. 28 Turpin 4:00 PM Crossgate Lanes  
**Wrestling Team December schedule**  
Sat. 6 at Centerville  
Fri. 12 IN-SCHOOL vs. Anderson  
Sat.-Sun. 20-21 at Harrison  
Mon.-Tue. 29-30 at Brecksville  
**Academic Team December schedule**  
Wed. 3 at Turpin TBD  
Wed. 10 Kings TBD  
**Girls/Boys Swimming December schedule**  
Sat. 6 at Mason Time TBD  
Tue. 9 at Milford Time TBD  
Sat. 13 at Mason 1:30 PM  
Thu. 18 at Princeton 5:00 PM

**Lynn Mangan**  
Senior Vice Preseident, Client Service

Direct 513-338-5861  
Fax 513-338-5961

*Imangan@paycor.com*  
*www.paycor.com*  
*4811 Montgomery Rd. cincinnati, OH 45212*

901 Loveland Madeira Road  
513-347-1111







“Corn” wins player of the year

By Andrea Gomez

Staff Writer

Winning a Player of the Year award can often be seen as a prestigious and outstanding achievement that not many can say they have accomplished. Out of 159 female soccer players in the ECC this year, **Corynne Swift** (12) was one of two Player of the Year recipients. Swift received her award from the ECC on awards night on November 13<sup>th</sup>.

“I honestly had no idea how successful I would be and how we as a team would be; I was thrilled after our success and my personal success,” Swift said.

Swift, a four-year varsity soccer player, also picked to be first team All-ECC, first team All-Southwest, and first team All-State, was selected to play in the All-Star soccer game on November 9<sup>th</sup> but had to miss it since she was on a school trip to Washington, D.C.

Throughout her high school career she has scored 14 goals and has had 33 assists. This year alone she scored eight goals and had ten assists leaving her ranked fourth in offensive leaders in the ECC. Two of those goals were against Turpin High School, which eventually led to a 2-1 victory and an ECC championship.

“Towards the end of the year I began to believe that I had a possibility of winning Player of the Year, especially after scoring both goals against Turpin and being a leader in scoring this year,” Swift said.

“My sister is a very talented soccer player and a very hard worker, so Corynne winning player of the year did not come as a surprise to me,” **Jelly Swift** (9) said.

Swift’s parents were very proud of her accomplishments. “Without a doubt, the final league game against Turpin was Cor’s best game; Everything came together at the perfect time so that the Tigers were able

to win their second ECC title; She looked fast and strong and when Turpin scored, making it a 2-1 game, we could see her gather the team and encourage them to keep playing hard and believe they could finish with the championship in hand,” Mrs. Swift said.

Apart from being a great teammate, Corynne is also a great sister according to her younger sister, Jelly.

“Being on the same field as Corynne provided me comfort; Being a freshman on varsity I think it is very easy to feel out of place but having my sister on my team really made me feel welcome. She is a great teammate and is very patient with the incoming players who are just getting adjusted. She is a positive reinforcement but also provides constructive criticism in order to help everyone around her improve, and having her as a teammate really gave me the experience of playing with people that I have a variety of relationships with,” Jelly Swift said.

Coach Todd M. Kelly has coached her for her four years of high school soccer and he is the head coach of the Loveland Women’s Soccer program. “Corynne is an outstanding player. Her ability to adapt on the field makes her an extension of the coaching staff and one of the best ‘in game’ players I have coached at Loveland. She steps up big in the biggest games, which makes her one of the best leaders I have coached; she simply is a winner.” Coach Kelly said.

“She has a knack for bringing out the best in others and making her teammates better players. Not only being recognized as one of the best players in the ECC with her selection as Co-Player of the Year in the league, but she was also one of the best players in the state as recognized by her being named First-Team All-State in 2014,” Coach Kelly also said.

The team’s assistant coach, Andy Farrell has also been impacted immensely by Corynne. “She’s the reason I am coaching at Loveland right now as I had an opportunity to leave 3 years ago but couldn’t for the life of me, after seeing her as a freshman, pass up the chance to see her develop as a player and young woman. She’s a fantastic challenge to coach in that she doesn’t just take feedback for what it is...she questions it, but never to challenge the idea so much as to want to learn and be a better teammate, player, and captain. For that reason, if she ever decides to pursue it, I believe she will make a great coach one day. I’ve greatly enjoyed getting to know her as a person and have loved seeing her develop as a player. She is a large part of the reason Loveland has experience such high levels of success in recent years and I wish her only the best moving forward,” Farrell said.

After high school, Corynne Swift plans to attend Walsh University where she will major in occupational therapy and play soccer at the Division II level. Swift’s ultimate goal is to succeed and start a game in college.

“We cannot wait to watch her play at the next level; Walsh appears to be the perfect match for her academically and athletically; Her soon-to-be college soccer coach has said that she will have an opportunity to contribute quality minutes as a freshman, so we are excited to see how that plays out and to see her live her dream,” Mr. Swift said.



Photo taken by Andrea Gomez  
**Corynne Swift** recieves the Player of the Year Award. She was a four year vasily athlete.

Young Westerners’ attraction to ISIS attributed to social media

By Jazmyn Browning

News Editor

Three American teen girls between the ages of 15 and 17 from Denver, Colorado were detained in an airport in Frankfurt, Germany. The girls were allegedly on their way to join the Islamic State of Iraq and Syria (ISIS) on October 21, 2014. This is one of several recent incidents concerning young Westerners involved with the extremist organization. With nearly 3,000 foreign fighters for ISIS coming from Western nations, questions and concern for the reason behind a youth’s attraction to the radical militant group have escalated.

“I think it’s really scary that people from places like America are joining ISIS. I don’t really get it either because ISIS is so anti-Western,” **Olivia Anderson** (9) said.

Bill Briggs of NBC News states that the psychological path of turning to the radical principles may be due to anti-government and anti-capitalism beliefs. However, these reasons may be too broad to explain the deeper and more significant psychological reasons that may influence younger individuals to join the radical organization.

According to Richard Barrett of the Soufan Group, an organization that provides strategic security intelligence services to governments, a large portion of the radicalized Westerners are young and often teenagers. The extreme beliefs of ISIS create an appeal to these young individuals on two levels according to University of Maryland psychologist and terrorism expert Arie Kruglanski.

“First of all, they are very coherent, black and white, right or wrong. Secondly, they afford the possibility of becoming very unique and part of a larger whole,” Kruglanski said.

Kruglanski claims that this type of ideological system is tempting to young people because they lack a strong sense of identity and they desire a sense of increased importance. According to Barrett, the lives of ISIS members are portrayed

to suggest “camaraderie, good morale and purposeful activity, all mixed in with a sense of understated heroism,” all of which are engaging to a younger individual.

“As a teenager, I know it feels hard to find yourself and fit in so it kind of makes sense to me that these desires would be driving some other teens to look for well-known groups, even though they may have bad intentions,” **Madison Johnson** (11) said.

Many psychologists including Kruglanski have observed that the young people who have joined ISIS have a strong “need for cognitive closure,” a temperament that ultimately leads to an overpowering longing for certainty and structure in one’s life. Therefore, fundamentalist religions that require strict adherence provide the order and closure that adolescents often seek.

Militant Islam has specific rules for every action which is attractive to these individuals. According to Kruglanski, Westerners joining ISIS are often converts to militant Islam. As outsiders to the religion, they are more likely to feel the need to prove their devotion, which may explain why so many of these younger people are joining.

ISIS has been targeting young Western recruits mainly through the use of social media. As opposed to past Jihadist groups that have operated on secret online forums, ISIS has been openly spreading its message on Twitter and Facebook. The militant group has been posting propaganda videos depicting bombings, executions, and kidnappings. Maajid Nawaz, a former Jihadi, contributes ISIS’s success of luring young Westerners in through their advanced and effective skills in media technologies, social media, and video production.

“I think ISIS is good at luring in younger people because they use platforms like Twitter to spread propaganda, knowing that social media is an important part of young people’s lives,” **Alyssa Heal** (11) said.

December 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Deadline to submit college apps to be sent before winter	4	5 Yearbook prices go up \$5	6
7	8	9	10	11	12	13 Show choir Holiday Event Christmas in Loveland Christmas Sk fun run
14	15	16	17	18 Semester exams block 1&2	19 Semester exams block 3&4 Loveland Initiative Toy Store	20
21	22 Winter Break	23	24	25	26	27
28	29	30	31			



### Frizzy Melon Salon

Hair - Nails - Massage - Waxing

**513-697-0307**

6417 Branch Hill Guinea Rd., Loveland, OH 45140  
www.frizzymelonsalon.com email:frizzymelon@yahoo.com



Thoughtful gifts mean more than trinkets

By Kevin O’Hara  
Entertainment Editor

Whether it is your entire family coming together, the endless aromas of sweet treats and savory dishes, or maybe even the crackling of a warm fire on a crisp night, everyone can find something they absolutely adore about the holidays. Built around the strong foundations of love, tradition, peace, and unity, holidays such as Thanksgiving, Hanukkah, Kwanza and Christmas have always had a special place in all our hearts. Yet, over the years, it seems that these very things that fill our souls with joy end up breaking our bank and emptying our wallets of any and every form of cash. Wrapping your arms around someone special turns into wrapping the best, most expensive gift. Kisses no longer have to do with the mistletoe, but instead on the carats in those sparkling rocks; After all, doesn’t “every kiss begin with Kay?”

It’s about time this magical season becomes more about giving the things money can’t buy rather than the newest iPod, Taylor Swift CD, or even those dreadful socks you

get every year from that one aunt who you barely even know. Here are some tips on how to make this wonderful time of the year even more special and memorable.

1) **C.R.A.P. (Creativity Rises Above Prosperity)**

Sure, we all love the idea of getting that shiny new trinket under the tree or being handed an early, oh-so-expensive present as family rushes through the door on Turkey Day, but do you know what is even better? Of course you don’t. That’s why you are still reading this. No worries, though, I’ve got the answer. What’s even better is when you create the gift (you guessed it!) yourself. Not only does it show how much you care about someone by making such a personal item, but it also shows how much time and thought you put into putting a smile on his or her face. By heading over to Michaels Arts and Crafts store, you could be on your way to creating a scrapbook filled with precious memories, a framed picture board of epic proportions, or maybe even a drawing or painting of something that is near and dear to your heart.

“Nothing beats getting a gift that someone

made,” **Carly Nunn** (12) said. “I just like how you can personalize things more and truly show people what they mean to you through what you create.”

2) **F.A.C.E. (Food Always Conquers Everything)**

For those of you who don’t consider yourselves to be very artsy, what is the one thing almost everyone looks forward to around the holidays? Food, of course! Due to various reunions and countless celebrations, cooking practically becomes an Olympic sport this time of the year, so why not turn it into a fun date night? When you have a free night, check out [www.foodnetwork.com](http://www.foodnetwork.com), pick out a recipe, invite some friends over, and get cookin’. You may have to make a quick stop by Kroger, but the bond that dishes create can never be broken. Making food together can be messy, challenging, and a whole lot of fun, but the payoff is totally worth every second of the work.

“Baking, cooking, and eating with my friends have always been some of my favorite things to do,” **Riley Clarey** (12) said. “Turning on some music, jamming out in

the kitchen, and getting in mini food fights is the best. Eating the food is a plus, too.”

3) **W.H.I.P. (Words Have Infinite Possibilities)**

Last, but especially not least, I find myself wondering what ever happened to writing letters. People still write little notes here and there, and scramble to finish cliché cards on their way to parties, but what about those letters that ink touched paper and rarely left until at least three pages in? To me, this gift is undoubtedly the greatest you could ever give.

People say that pictures are worth a thousand words, but why not use those words to revisit a picture in time? Pictures can catch what is skin deep, yet the true value of feeling is what lies beneath the flesh. This holiday season, if worse comes to worse and all ideas seem to fail, don’t be afraid to pick up a pen and paper and just write. You would be amazed at how such small words on a plain piece of paper can make a person’s day. Through words, you can convey love, tradition, peace, and even unity, which is exactly what the holidays are all about.

Pro, amateur athletes share pressure

By Willie Lutz  
Editor-in-Chief

Athletes are seemingly everywhere in America. They’re seen on billboards, commercials, and stores all around the country. It would be almost impossible to watch an entire episode of one’s favorite show and not see LeBron James dunking a basketball or Peyton Manning driving around a city in a Buick. Although paid athletes, like the aforementioned Manning and James, have more attention globally, athletes, even at the high school level, still have high expectations locally.

On February 3<sup>rd</sup>, 2013, the Baltimore Ravens defeated the San Francisco 49ers 34-31 in Super Bowl XLVII, which made Ravens’ starting quarterback, Joe Flacco a household name. On December 6<sup>th</sup>, 2013, the Loveland Tigers’ varsity football team defeated the Glenville Tarblooders 41-23 in the Ohio Division II State Championship game. Both took home rings, both took home an immense amount of pressure.

Following the Super Bowl victory, Joe Flacco signed a \$120.6 million contract, which made him the highest paid quarterback in the history of football at the time (he was later surpassed by Matt Ryan and Aaron Rodgers). “(Our team’s) expectation is that he’s going to be a solid, top-10 quarterback and keep us where we want to be, and that’s with a chance to get hot,” Ravens’ owner Steve Bisciotti said.

In 2014, the Loveland Tigers were scheduled to open the season at Miami (OH)’s Yager Stadium for a neutral-site matchup against the Lakota West Firebirds in the SkyLine Chili Crosstown Showdown, which drew a significant crowd. Fans were expecting the Tigers to repeat the success of the previous season.

Joe Flacco was not the Joe Flacco the Baltimore Ravens organization were hoping for following the Super Bowl victory in 2013. “It’s obviously frustrating,” Flacco said to *Sports Illustrated*. “We just haven’t been good enough. It’s not easy on Sundays when you’re going out there and its tough sledding and you’re not getting the job done.”

Flacco would only lead the Ravens to an 8-8 record, which was “frustrating” to the team, as Flacco described. “When your

team is winning and is successful, there is a different social impact on a community,” Terry Hasseltine, director of the Maryland Office of Sports Marketing said.

In 2014, the Tigers couldn’t match the previous season’s success, and just as Joe Flacco’s Ravens did (or rather failed to do), the Loveland Tigers did not qualify for the Ohio football playoffs, the playoffs which they capped with a championship the year prior.

Similarly to the city of Baltimore, Loveland fans had a hard time getting into the game. “It’s hard to keep a student section in the game when the team is struggling. After last year, expectations were set so high and the crowd just didn’t have the same energy because the team didn’t have the same results,” said **Mitchell Wagner** (12).

**Evan Burig** (12) said, “I felt that, at the very least, not necessarily success, but to be a competitive team in the ECC. I felt that I owed it to myself, my family, the student body, and my teammates.”

Similarly to Burig, **Jeff Prifti** (12) said, “The only pressure I felt was the pressure to not let my teammates down.”

“All I cared about, come Friday night, was how my brothers and I were going to try and find a way to win. We didn’t care about anything else except the game ahead of us,” **Luke Waddell** (10) said.

The Baltimore Ravens have rebounded from their 2013 struggles and have returned to a state as a legitimate playoff contender. The team is benefiting from lower expectations created by their struggles from the previous season.

The Loveland Tigers’ football team will have an outlook similar to those of the Ravens in their 2015 season. Following a loss to Kings early in the 2014 season, Loveland’s head football coach, **Fred Cranford**, issued profound choices.

“We’ve got two options; we can keep our chins held up high and fight like Tigers or we can pout and moan,” Cranford said.

The team reflected Cranford’s message, rallying together with four straight wins before a season-ending loss to Milford. It will be interesting to see which of Cranford’s two options the Tigers reflect in 2015.

Overparenting negatively influences children’s lives

By Jazmyn Browning  
Staff writer

Recently, “overparenting,” also known as “helicopter parenting,” emerged as a potentially problematic style of parenting. This is a term used to describe parents’ excessive involvement in every facet of their children’s lives. Despite the attempt to provide children with the finest future, this prevalent trend among the current generation of parents may be detrimental to the development of their child.

According to parenting expert and author of multiple parenting books Michael Grose, overparenting stems from the belief that children are incapable of overcoming difficulties by themselves. Therefore, the parent assumes complete control of the situation and solves their child’s problems to prevent inconvenience to the child. Psychologist Dr. Ann Dunnewold explains this style of parenting as “overcontrolling, overprotecting, and overperfecting, in a way that is in excess of responsible parenting.”

The overprotection and controlling behavior associated with helicopter parenting has numerous negative impacts upon children. For example, a study published in *Parenting: Science and Practice 2013* revealed that overparenting posed a threat to a child’s social adjustment to autonomy later in life. Since the parents dictated their lives during childhood, these children struggled with independence and impaired decision-making skills.

“My parents are always on my back about getting done with my homework which is really annoying now, but it makes me really nervous about college because my parents won’t be there to make me do my homework,” **Madison Johnson** (11) said.

Mental health of children may be threatened by intrusive parenting. According to a study led by Johns Hopkins University, controlling behavior in mothers resulted in children that felt less competent when

dealing with stressful experiences in their lives. This sense of inadequacy prompted an increase in anxiety levels of the children. A study published in *The Journal of Nervous and Mental Disease* revealed that no matter the amount of love and affection shown, excessive involvement in a child’s life leads to increased cases of depression.

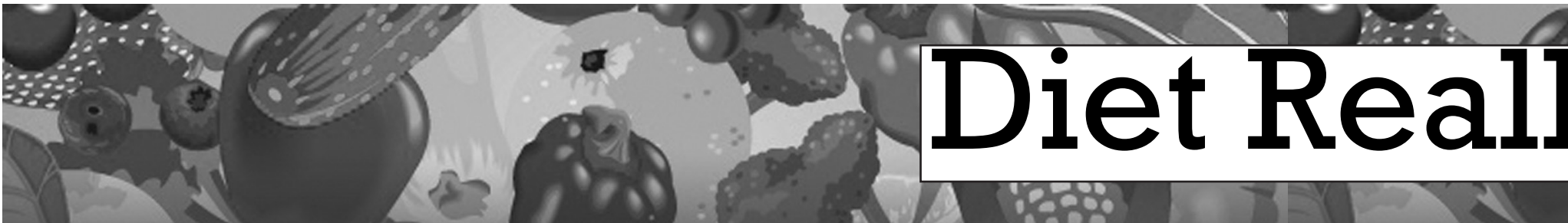
Professors Jill C. Bradely-Geist and Julie B. Olson-Buchanan surveyed over 450 undergraduates who were asked to rate their level of self-efficacy and the extent of parental involvement in their everyday lives as children. The study discovered that students with helicopter parents lacked a belief in their ability to complete tasks and attain goals. The dependence upon others and poor coping skills often found in overparented individuals are undesirable by employers who value responsibility and conscientiousness. Therefore, overparenting also has the ability to impair future job prospects.

A helicopter parent’s incessant need to regulate the lives of their children can be explained by numerous reasons. Anxiety regarding the economy, job market, or world in general can drive parents to become overly involved in their child’s activities. Guilt is also a large component of overparenting, according to director of the Center for the Treatment of Anxiety Disorders, Dr. Carolyn Daitch. Parents often see other controlling parents which may influence them to partake in the same behavior because they do not want to feel as if they have inferior parenting skills. In addition, adults who experienced the feeling of being unloved or neglected as a child can lead to overcompensation with their own children. Therefore, the inordinate attention and monitoring are efforts to rectify the lack of parenting that these adults felt during their childhood.

“I get that parents want the best for their kids, but I don’t think that controlling every part of their lives is the best way to provide it,” **Stephanie Batsch** (10) said.



Wednesday, December 3 2014



# Diet Real

## Farmers’ Market offers fresh cuisine, healthy choices

By Kaylee Harter  
*Staff writer*

Every Tuesday, the usually vacant lot in downtown Loveland is transformed as local farmers, cottage industry vendors and artisans set up for the weekly farmers market. However, during the winter, the market is held at Prince of Peace. According to the Loveland Farmer’s Market website, “The market promotes buying locally, healthy eating and education.” The market features over 40 vendors who come from the Cincinnati area and offer a wide variety of products.

“I stood in line for 30 minutes for bread once,” said **Courtney Spicer** (11), in response to the busyness of the market. “It was good bread.”

Another proclaimed benefit of farmers’ markets is the chance to get to know local farmers and other vendors as well as other shoppers. “You’ll meet a lot of characters there,” said **George Kunkel** (12).

Some vendors have been participating in the market for several years while others are brand new.

### Grailville Farms/Earth-Shares Csa



Photo by Kaylee Harter  
*Lageman poses with her produce on November 18th.*

Grailville farms, a vendor of three years at the Loveland Farmer’s market, provide certified organic produce from their farms. “Today we have about 12 things, but other times we’ll have up to 20,” said Mary Lu Lageman, farm manager at Grailville and gardener at Earth-

Shares CSA\*. When Lageman isn’t at the farmer’s market she can usually be found working in the garden or at the farm. “In the winter, we’re putting the garden to bed for the winter and working in the greenhouse, growing greens and cleaning up. We always think we’ll get a little vacation in the winter, but it never works that way. Before you know it it’s time to order seeds!” Lageman explained with a smile.

\*C.S.A. is community supported agriculture. Families take out a membership in the spring and then share the harvest that is produced.

### Aurora Herbs



Photo by Kaylee Harter  
*Complo stands with her assortment of products on November 18th.*

Aurora Herbs made its debut at the market this winter following Nena Complo’s move to Loveland with her family this summer. “Even though I’ve been here for such a short time, I love the community. It’s really non-competitive and I feel very supported,” said Complo. At the market she provides plant-based healing, beauty, and edible products such as tea and vinegar. All of Complo’s products are wild harvested and organically grown. Complo, a former teahouse worker, said “I’ve always loved plants and I’m very artsy. It’s awesome to realize, ‘I can make my own medicine, I can make my own beauty products.’”

### Blue Oven Bakery

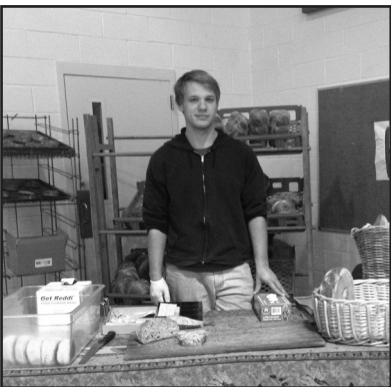


Photo by Kaylee Harter  
*Zeglin shows off the many variations of bread his stand has to offer on November 18th.*

Blue Oven Bakery is in its third year at the market. “The business was started by my ninth grade science teacher, Mark Fromeyer,” said Ian Zeglin, the grower for Blue Oven who manned the station for his second time at the Loveland Farmer’s Market on November 18, 2014. “He wanted something extra to do so he built this big wood burning stove in his basement. He started bringing 50 loaves to Findlay every weekend,” Zeglin explained that since then, the number of loaves the company produces each week has increased exponentially and that Fromeyer has expanded his basement three times in order to make room for more ovens. “He’s basically turning his house into a bakery,” Zeglin said. He attributed their “super good bread” to the woodfired ovens which allow each loaf to be “crispy on the outside and soft on the inside.”

## Unhealthy School lunches ruled out

By Riley Boucher  
*Staff writer*

Wondering why school lunches have changed recently? The changes might be attributed to The First Lady’s health campaign, “Let’s Move!”, which proposed changes in school lunch programs nationwide and led to the passage of “The Hunger Free Kids Act” in 2010.

According to the U.S. Department of Agriculture, the new school breakfast and lunch standards include more whole grains, fruits and vegetables, as well as low-fat dairy products, and less sodium and fat. In addition, portion control is a large part of the plan, which explains the smaller portions most public schools offer.

“I have noticed a change in the lunches since my sophomore year. I eat the school lunch every day. The portions seem smaller and sometimes it is too expensive for what you get. One piece of pizza can be \$3.25, which is outrageous,” **Jackson Bender** (12) said.

According to education.ohio.gov, traditional menu patterns for lunch at public schools, starting at the elementary levels, include eight ounces of milk, three-fourth of a cup of two different fruits and/or vegetables, two ounces of meat or meat alternative, and one serving of grain/bread. The amounts are increased appropriately for each grade.

The First Lady reported that the push to reduce calories is tied to the fact that one in every three children in this country is still overweight or obese, and one in three children is expected to develop diabetes in their lifetime. An estimated \$190 billion is spent treating obesity-related conditions each year.

“When we began our “Let’s Move!” initiative four years ago, we set one simple but ambitious goal: to end the epidemic of childhood obesity... so that kids born today will grow up healthy,” First Lady Michelle Obama said.

In the 2004-05 school years, although most school meals were consistent with federal meal requirements and provided most key nutrients, 93-94% of meals failed to meet all nutritional standards, primarily due to not meeting standards for fat, saturated fat, or calories.

Meghan Hellrood, a senior at D.C. Everest High School in Weston, Wisconsin is leading a protest against the federal program championed by the First Lady. Hellrood started “pack-a-bag” day in hopes of gaining national attention. The students at her school believe that the school lunches in her district are not providing enough nutrients because the portions are so small.

“It’s (the federal program) not actually giving us healthy foods. It’s giving us small portions of very processed foods. Kids aren’t happy about that,” Hellrood told Fox News.

Since 2010, nutritional standards in public schools have gone up while private schools still remain unregulated. Private schools may serve whatever they please to students.

Public schools may be adhering to the new regulations set by the federal act and offering healthier choices; however, complaints about small portions continue to be an issue.

“I do think the portions are smaller sometimes. It seems inconsistent,” said **Mitchell Toney** (12).

## Food For Thought: What you eat determines how well you think

By Paige Smith  
*News and Editorial Editor*

Empty calories that come from sugars and solid fats make up on average 40 percent of daily calories adolescent and teens. This unhealthy diet can not only affect physical appearance such as weight gain, but also how one’s brain functions.

“Food is like a pharmaceutical compound that affects the brain,” said Fernando Gmez-Pinilla, a UCLA professor of neurosurgery and physiological science who has spent years studying the effects of food, exercise and sleep on the brain. “Diet, exercise and sleep have the potential to alter our brain health and mental function.”

Lack of proper nutrition can lead us to feeling foggy, sluggish or unable to concentrate, and even cause mental health problems such as depression or anxiety. According to studies analyzed in the *Nature Reviews Neuroscience* journal, the different levels of omega-3 fatty acids and vitamin B are particularly critical to the brain.

Omega-3 fatty acids, which have long been recognized for their heart-health benefits, are now being linked to mood disorders, such as depression, schizophrenia and bipolar disorder.

“Research suggests depression rates have risen as our intake of omega-3s has fallen over the past 50 to 100 years,” says omega-3 expert Gretchen Vannice, MS, RD, an independent nutrition research consultant based in Oregon, and the author of *The Omega-3 Handbook*. Part of the reason that there has been a decrease in the consumption of omega-3 is that Americans have been attempting to lower saturated fat and cholesterol intake by eliminating red meat and egg, two good sources of omega-3. Other foods rich in omega-3 include fish, walnuts, and green vegetables such as spinach, kale and Brussels sprouts.

The vitamin B family plays a role in molecular reactions in the brain. It keeps the communication between different parts of the brain functioning, and without proper amounts, the connection can be affected.

Dr. David Smith, the founding director of OPTIMA, explains that “B12 is also needed to keep the nerve tracts connecting different parts of the brain functioning normally. Without enough B12, the communication between different parts of the brain is less efficient — like a sluggish internet connection.”

Foods rich in vitamin B are beef, turkey, seafood, and cereal. On average, teens should consume 2.4 micrograms of vitamin B daily.

While nutrition isn’t always everyone’s first priority, the result of what one eats can affect all parts of their life. As more research is done, more information begins to show how what one eats can affect how one thinks.



# Healthy Matters

## Popular diets prove dangerous

By Jared Frees  
*Staff writer*

In today’s world, there is a lot of pressure to be thin. According to a survey conducted by “*Sugar*” magazine, 78 percent of girls worry about their weight. Losing weight and keeping it off requires time and determination. It can be very difficult to eat healthy with so many unhealthy choices. Also, exercise takes so much effort. All of this combined difficulties cause people to come up with some crazy diets that promise fast and easy ways to lose weight. People will do anything for quick results, including things that can cause bodily harm. NBC reported one girl under the username “weak skel-eton,” tweeted, “I can feel my bones, but they don’t stick out enough yet.” Here are some of the most dangerous diets that have ever been used.

1. Master Cleanse  
The Master Cleanse was developed in 1941 by Stanley Burroughs. The goal is to detoxify the body. According to themastercleanse.com, one of the most comprehensive Master Cleanse websites, for at least 10 days, people who attempt this diet are supposed to drink four cups of salt water each morning, a cup of herbal laxative tea at night, and six to twelve glasses of a “lemonade” concoction throughout the day. This “lemonade” is made from fresh lemon juice, maple syrup, cayenne pepper, and water. However, the Master Cleanse lacks most of the important vitamins and nutrients that the body needs and only supplies about 650 calories a day; this is about one-third of the calories most adults are advised to get. The reason people lose weight is often because of the lack of food and calories entering the body, and dieters are likely to gain the weight right back after the ten days. Dieters will mostly be losing water weight and lean muscle mass instead of fat.

“That’s stupid, as long as you have a well-balanced diet you don’t need to do crazy diets,” **Lily Huelsman** (11) said.

2. Sleeping Beauty Diet  
People who adhere to this diet drug themselves so that they sleep for days at a time without eating, causing them to lose weight.

“No don’t do that, just eat healthy. Why would you want to do this when food is so good?” **Grant Rudy** (9) said. Fasting produces temporary weight loss only because the digestive tract empties and all the water weight is gone. Once people resume eating the weight is gained back.

3. The Tapeworm Diet  
The object of this diet is to cause drastic weight loss. People force tapeworms inside of themselves by eating one or ingesting a pill with a worm in it. The worm lives inside of a person’s intestines and it digests anything the person eats, which is what causes severe weight loss. Once a dieter reaches their weight goal, they are supposed to take medicine to kill the worm, but occasionally a worm can be resistant to the drug and live on. If this happens, the tapeworm must be removed with surgery or it will split into more worms and infect other parts of the body such as the liver, eyes, heart, and brain. These infections can be life-threatening. Therefore, the FDA has banned this diet.

“That’s disgusting, I don’t know why anyone would do that if you could die from it,” **Zach Win-oker** (11) said.

4. Cotton Ball Diet  
According to some, eating cotton balls can suppress your appetite. For this diet, people eat up to five juice-soaked cotton balls in one sitting. Risks include choking and malnutrition, but a greater danger is the cotton balls could build up in the intestinal tract and create several blockages or even a full obstruction, which could be life-threatening.

5. Alcorexia/Drunkorexia Diet  
This diet consists of consuming very few calories through food in order to binge-drink alcohol. Some-one using this diet might consume 150 calories through very small amounts of food and then drink 1,300 calories worth of alcohol in one day.

“Barely eating anything and then drinking way too much alcohol cannot be a good idea,” **Zach Chapman** (11) said. A very low calorie diet alone is already dangerous to the body and by drinking this much alcohol daily, people will cause major damage to their kidneys, liver, and brain.

## Vegan diet attracts animal lovers, health conscious

By Megan Phelan  
*Staff writer*

By definition, a vegan is one who avoids foods that include any animal products or animal-derived byproducts. Vegans believe that by avoiding animal products, they are both adhering to a healthier diet and benefiting the environment. Anti-vegans dislike the diet for reasons that include the difficult transition to becoming a vegan, the belief that it is important to eat meat for protein, and the notation that because the diet does not do anything for them health-wise.

So, why go vegan? Vegans believe that this diet prevents the exploitation of animals. For some vegans, they choose this diet for solely the prevention of animal cruelty.

“I don’t believe we have the right to take away life when we have other alternatives such as fruits, vegetables, grains and starches,” **Devin Lally** (12) said.

Doctors, animal rights activist, and environmental-ists think that the vegan diet will improve a person’s life. Cincinnati doctor Josefa Rangal is a believer in veganism and thinks vegans benefit from a healthier lifestyle. The nutrients provided by a vegan diet lead to more energy and help to reduce problems such as obesity, cancer, heart disease, and diabetes, according to health.usnews.com. PETA believes that a large

way to contribute to a greener world is by becoming vegan because the production of meat and dairy heavily effects the environment. In addition, in 2009, two scientists calculated that 51% of the earth’s climate change is due to the production of animal meat.

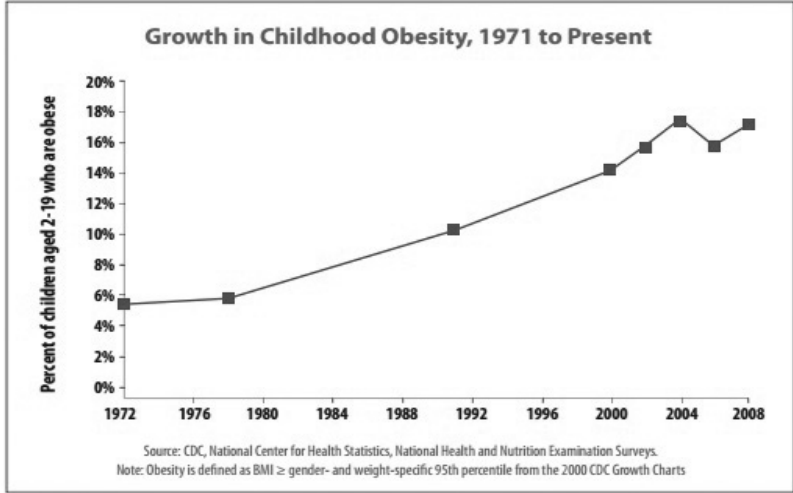
Some find the transition into veganism a very difficult process. To make this transition a bit easier, try making the vegan variations of your favorite meals. Grocery stores typically carry many vegan foods that work as substitutes for almost anything. Therefore, finding an alternative isn’t very difficult.

“I went raw for one month and you’d be surprised at how many options are out there,” **Sophie Greenberg** (12) said.

For example, burgers can be substituted by veggie burgers, bean tacos, or even vegan cheese cake. Since meat is a large source of protein, vegans are forced to find this elsewhere. Looking to lentils, chickpeas, peanut butter, soymilk, almonds, rice, whole wheat bread, potatoes or kale for protein is a very common solution amongst vegans. PETA offers many recipes that all follow the vegan diet.

According to [www.vrg.org](http://www.vrg.org), 1/3 of the world follows a vegan diet. This may be due to limited options in impoverished countries or the belief of a healthier lifestyle. Even though vegans follow this strict diet for various reasons, it is ultimately up to individual choice and opinions whether it is the right diet or not.

## Obese students more susceptible to bullying



By Jazmyn Browning  
*Staff writer*

An estimated 93 million Americans are currently facing obesity, according to the Obesity Action Coalition. The condition is becoming an increasingly widespread health issue. Numerous risks are associated with obesity such as high blood pressure, diabetes, and heart disease; however, a multitude of social consequences are also caused by the negative stigma of obesity in today’s society.

According to research neuroscientist Nicole Avena, obesity is often branded as a condition that can be controlled and is further construed as a choice. Therefore, a common societal assumption is that obese individuals are impulsive, lazy, and in a sense, less likeable. This negative attitude regarding weight is prevalent in multiple environments.

“The first thing I think about when someone brings up obese people is McDonald’s,” Donnie Wells (9) said.

In educational settings, obese students are more likely to face harassment and teasing from peers, which can potentially lead to psychological problems. For example, Eric Storch of the Departments of Pediatrics and Psychiatry at the University of South Florida studied 100 overweight and obese children between the ages of eight and 18 to discover the impact of bullying. After two weeks, a quarter of the children reported significant confrontations with bullies and were found to be more depressed, anxious, and lonely.

“I know that kids are bullied for being overweight and it makes me so upset because I know this can cause serious problems later on in life,” Dania Gutierrez (11) said.

Negative stereotyping based upon weight also exists within work environments. According to the Obesity Society, obese individuals are often categorized as less competent and willing to work by their co-workers and employers in business settings. Even if they have equal qualifications, research shows that obese applicants are less likely to be hired and are paid less for the identical job when compared with applicants of average weight.

Medical facilities also display evidence of biased behavior toward weight, according to the Obesity Action Coalition. A study found that medical professionals associate obesity with poor hygiene, hostility, dishonesty, lack of willpower, and gluttony. The attitude of health care professionals could be the reason why heavier patients are more likely to cancel and delay appointments and health care services.

According to the Obesity Society, obese adults who have experienced weight stigmatization display higher rates of depression, anxiety, and social seclusion. Some individuals internalize and accept the negatives stereotypes against them as the truth, which makes them more susceptible to low self-esteem. In addition, internalizing these negative assumptions as fact may make obese adults less willing to attempt to lose weight.

Despite society’s history of labeling obesity as a personal choice, new research presented by the Obesity Society suggests that the general public and health care providers are beginning to perceive obesity as more of a “community problem of shared risks” as opposed to an issue grounded in “bad choices.” The gradual evolution of these views can partially be attributed to a movement for “fat acceptance” and the American Medical Association’s decision to identify obesity as a disease this past year.

“There are a ton of different factors that come into play like medical conditions and pressure from everyday life, so I honestly don’t think that being obese is a complete choice,” Gabby Dierling (11) said.



Latest Taylor Swift album proves disappointing to fans

By Willie Lutz  
Editor-in-Chief



Photo Courtesy of Moxy  
Taylor Swift's new album cover. Announced to be released August 2014.

(1.5 out of 5 Stars)  
This album was a huge disappointment. In August of 2014, Taylor Swift announced she would be releasing her newest album, 1989, with a new approach; pop music. Unfortunately for the country singer turned “pop star”, Swift does not have the talent to change her genre. Swift released the single, “Shake It Off” to precede the album. This song made a great first impression. Swift had all the right ideas to kick off

her pop career. The song had a groovy cymbal-based percussion part to give it a catchy rhythm. It seemed Taylor Swift would release an album that would give fans a top 40 feel, and made listeners assume they would still get some of the deep songwriting they enjoyed in her first two albums. Then, the album was released and told listeners no stories. The only thing one could tell from listening to the album was that Taylor Swift had sold out. The country-style singer-songwriter

who was lyrically very honest had seemingly disappeared. Every song was just a techno-driven pile of garbage that was predictable and basic. Swift seemingly put no effort into the creation of this album. Swift is getting away with this lazy attempt at an album because fans are being sympathetic about her transition from country to pop. One shouldn't kid themselves; Swift has nearly been in the pop genre for her entire career. If Beyoncé or Rihanna put out an album like this, listeners

would be calling for their heads. Remember the videos that told us, “Smoking cigarettes doesn't make you cool,” from the sixth grade? Well, Taylor Swift, being EXACTLY like every pop musician doesn't make *you* cool. Hopefully, the 24-year-old “pop star” can take a page from Sara Bareilles's book and learn to combine pop and songwriting. Swift's heart was not in this album and fans shouldn't waste their time on something that she didn't take the time to perfect.

“Gobble” Poetry By Colton Lakes

Gobble, Gobble, Gobble,  
Such a wonderful sound,  
Gobble, Gobble, Gobble,  
The turkey is found!

Gobble, Gobble, Gobble,  
It is time to eat,  
Gobble, Gobble, Gobble,  
Take a seat.

Gobble, Gobble, Gobble,  
Here he comes,  
Gobble, Gobble, Gobble,  
Time to eat some.

Gobble, Gobble, Gobble,  
He is almost diminished,  
Gobble, Gobble, Gob...  
The Turkey is all finished.

What is it and how did it get there?

By Colton Lakes  
Staff Writer



Photo Courtesy of Colton Lakes  
The tan boxes at the top of the ceilings.

Throughout the hallways, on the ceilings, there are small, strange, tan-looking box. These boxes spark up interest among students trying to decipher what it is and how it got there. Emily Michelfelder (11) said, “That looks like a spaceship.” If this strange box is in fact a spaceship, students better be on the lookout for suspicious acts of aliens. On the other hand, Joseph Lynch (11) said, “I think little people live in there.” Morgan Hastings (10) said, “That thing is a hat. It's a hat for

elves that live in the ceiling.” Lauren Ratterman (9) added to Hasting's theory and said, “The elves come down in the hat and look out the little windows to see who is being naughty and nice for Santa.” Liam Vogt (12) then said, “This school is infested with rats. The rats live in the ceilings of the school and come out of those boxes to feast on the students.” Many of these predictions could be right but for now it remains a mystery as to what is actually inside of those tan boxes on the ceilings.

CAbi  
CAROL ANDERSON  
by invitation

Mary Moretti-Gilliland  
Independent CAbi Consultant

Cincinnati, OH 45140  
Cell: 513-505-0474

mamg1963@fuse.net • www.marvgilliland.cabionline.com

Experience Delicious Mexican Cuisine

LOVELAND 903 LOVELAND-MADEIRA RD 677-6209  
MAINEVILLE 37 US HIGHWAY 22 583-1341  
LOVELAND 784 LOVELAND MAIMVILLE RD 683-1341

MONDAY-SATURDAY 11AM-10PM • SUNDAYS 11AM-9PM

Buy 1 Lunch At Regular Price and Save, \$4.00 OFF The Second Lunch  
Buy 1 Lunch At Regular Price and Save, \$4.00 OFF The Second Lunch  
Buy 1 Dinner At Regular Price and Save, \$5.00 OFF The Second Dinner  
Dinner For Two \$17.99  
\$10.00 OFF Any Food Purchase of \$50 or More  
Sundays Kids Eat For 99¢ Happy Hour Sunday-Thursday • 2pm-7pm Daily Lunch & Dinner Specials



## Nickelodeon Star no show at High School Nation event

By Claire Ruben  
*Staff Writer*

Students were promised an exciting Tuesday when news of some special guests hit social media over the previous weekend. Rumors circulated regarding who and what the day would bring. “I thought Kim Jong Un was coming,” **Olivia Henderson** (11) said. “People were saying Hugh Jackman was going to be here,” **Josh Carovillano** (11) said.

It was not until **Mr. Chris Kloesz** (principal) announced the arrival of childhood idol and Nickelodeon star Drake Bell that students knew the truth behind the hallway gossip. “When I heard Drake Bell was coming I was ecstatic,” **Stephanie Batsch** (10) said. “I was hoping that Drake the rapper was coming, but Drake Bell was cool too,” **Chloe Cecil** (11) said.

Drake Bell, former star of Nickelodeon’s *Drake and Josh*, was supposedly arriving with a tour known as High School Nation (HSN), which travels to schools around the country promoting young and up and coming musical artists. HSN now showcases Bell and his newly released album *Ready, Steady, Go!* HSN and Bell’s arrival was far from a long anticipated event; the idea of hosting High School Nation was only brought to Mr. Kloesz the previous Friday. “The lead promoter of High School Nation gave me a call, Friday, while I was checking weather reports for the Homecoming game that night. They had a cancellation in the area by a school who had been trying to bring in High School Nation for five years,” Mr. Kloesz said. “The director had heard of the strong, vibrant environment here at LHS and thought that our school would be the perfect stop for their tour. It really shows a lot

about the reputation of the district.”

Mr. Kloesz was uncertain that the entire event could be pulled off on such short notice. “The timing was crazy. The students were off Monday and schedules were already being altered for senior service day, PSAT and Aspire testing, and freshman activities,” he said. Inclement weather on performance day presented another potential problem. The tour was moved indoors and students crowded into the main and auxiliary gyms. After lengthy numbers by rising stars such as singers Noelle Bean and LeRoy Sanchez, students questioned if Drake was actually going to perform. “It was 2:15 and Drake Bell still hadn’t come on stage,” **Grace Marlatt** (10) said. “That’s when I knew that Drake wasn’t coming.”

As the school day ended, many students began to wonder what exactly happened to the famous Drake Bell. “He was probably chilling at Target with Alex,” Batsch said. Sources stated that Bell’s flight was delayed somewhere in the Midwest causing him to miss the performance. The Nickelodeon star’s social media, however, shows a potentially different story. On the day of the scheduled performance, Bell tweeted that he was rehearsing for an upcoming concert in Mexico. Whatever the case, students were left with unfulfilled hopes of meeting a true celebrity. “There was the expectation of Drake Bell,” Mr. Kloesz said. “We are talking with High School Nation now and plans are in the works to bring Drake to Loveland sometime in the spring.”

Despite contradicting ideas regarding Drake Bell’s whereabouts on October 14th, we all know the true cause of his absence: Megan.

Drake Bell, former star of Nickelodeon’s *Drake and Josh*, was supposedly arriving with a tour known as High School Nation (HSN), which travels to schools around the country promoting young and up and coming musical artists. HSN now showcases Bell and his newly released album *Ready, Steady, Go!* HSN and Bell’s arrival was far from a long anticipated event; the idea of hosting High School Nation was only brought to Mr. Kloesz the previous Friday.

“The lead promoter of High School Nation gave me a call, Friday, while I was checking weather reports for the Homecoming game that night. They had a cancellation in the area by a school who had been trying to bring in High School Nation for five years,” Mr. Kloesz said. “The director had heard of the strong, vibrant environment here at LHS and thought that our school would be the perfect stop for their tour. It really shows a lot

## Holiday albums soar to the top of the Billboard charts

By Bronson Lakes  
*Sports Editor*

With the holidays quickly approaching, many people start to listen to holiday music. Some recognize the artist they are listening to but sometimes they have no clue who is singing the songs they love. The earliest chants, litanies, and hymns were Latin works intended for use during the church liturgy, rather than the popular songs holiday people know today. Many recognized songs like “Jingle Bells” were released for the celebration of Thanksgiving in 1857. They were recognized as celebrations for Christmas. Elvis Presley’s album “It’s Christmas Time” is 10<sup>th</sup> place on the Billboard charts. Presley’s songs “Blue Christmas” and “Mamma Liked the Roses” are some distinguished songs on his album. “Tim Burton’s *The Nightmare before Christmas: Special Edition*” takes the 9<sup>th</sup> ranked spot on the charts. The 8<sup>th</sup> best on the Billboard charts is the album “Holiday” by Earth, Wind & Fire. “It (Christmas Music) makes me holly and jolly and fills me with Christmas spirit,” **Josh Leonard** (12) said. In addition, Michael Buble is a well-known name when it comes to Christmas music. His album named “Christmas” is ranked 7<sup>th</sup> on the Billboard charts of Top Holiday Albums. His album with songs such as “All I Want for Christmas Is You” and “It’s Beginning to Look A Lot like Christmas” continue to rise on the charts, passing other holiday favorites. Artist Anthony Hamilton was ranked 5<sup>th</sup> before moving up to the 3<sup>rd</sup> best on the Billboard charts with his album “Home for the Holidays.” “Holiday music can change your mood in a heartbeat. It makes me think of Christmas and my family. Holiday music is always positive and leaves me high on life,” **David Query** (12) said. The 2<sup>nd</sup> ranked album on the charts is “Holiday Wishes” by Idina Menzel, surpassed only by the number one album the group Pentatonix. Their album “That’s Christmas to Me” has many traditional songs such as “Hark! The Herald Angels Sing”, but with their own little twists to the songs. The group uses traditional songs along with new songs such as “Let It Go” to revamp the songs into their own style and genre. Many popular artists such as John Legend, Mariah Carey, Celine Dion and Paul McCartney released holiday albums with traditional Christmas songs.



Students sing along with singer/songwriter Dakota Bradley. Bradley performed at the concert given by High School Nation on October 14th in the auxiliary gym. In addition, High School Nation set up booths in the main gym to provide students with opportunities to create music and visual arts.

Photo by R. Overbeeke

## Stuffed with history: Macy’s Thanksgiving Day Parade

By Emily Dougherty  
*Features Editor*

The Macy’s Thanksgiving Day Parade in New York City has been a famous Thanksgiving tradition for many years; Ninety to be exact. It started on November 27<sup>th</sup> of 1924 as the Macy’s Christmas Parade. According to the ‘*NYC Tourist*’ website, the three hour parade attracts over 3.5 million people to the city’s streets and around 50 million television viewers nationwide per year. Over 8,000 volunteers will partake in the notable 2.5 mile march through the streets of Manhattan. The parade’s scale continues to attract viewers from around the country. “My family and I like to watch the parade and our favorite part is seeing all of the different floats,” **Ally Thompson** (11) said.

**Emily McGill** (12) said, “My family and I do watch the Macy’s Parade. My favorite part of the Macy’s Parade is all of the decorated floats and such.” **Danielle Lippi** (12) said, “My family and I make it a tradition to watch it every year. Our favorite float is the Charlie

Brown float.” NYC Tourist also reports that for the first parade, Macy’s employees were dressed up in fun costumes and went six miles from Herald Square to Harlem in Manhattan, accompanied by creative floats and animals from the Central Park Zoo. The original purpose of the parade was to attract attention to the NYC Macy’s store; then 250,000 people showed up to watch. As a result, it was made an annual event in Manhattan. In 1927, the first giant balloon was included in the parade: Felix the Cat. However, in 1928, Felix was let go into the sky and popped shortly after. In years following, the parade continued to let go of balloons. These balloons had a return address on them, however, and whoever found one could return it for a cash reward from Macy’s. This gesture did not produce successful results and was abandoned in the early 1930s. Despite early challenges, the balloons are a favorite of parade watchers. **Blake Schlesner** (11) said, “My favorite part of the Macy’s Day

Parade is all of the really cool inflatables in the parade like the Charlie Brown one. I like how they are all really big too.” Every year, the parade gets bigger and flashier with added balloons, floats and entertainment to outdo the previous year’s parade.

For anyone who is interested, ‘*The Macy’s Thanksgiving Day Parade*’ website as well as the ‘*Business Insider*’ website provide many historical, fun facts about the parade. Here’s a few: The first Mickey Mouse balloon’s debut took place in 1934, CBS was the first network to air the parade but has been replaced by NBC since 1952, the Radio City Rockettes have appeared in the lineup since 1957, the original parade logo has been updated every year since 2005, and Snoopy is the character with the most balloons throughout the parade’s history-since 2013, there have already been seven different Snoopy balloons.

The complete lineup for the 2014 parade can be found on the parade’s website at <http://social.macys.com/parade>

## O’Riddles

By Kevin O’Hara

Open the door and enter my world,  
I like my hair crimped, straightened, and curled.  
I’ve had hundreds of careers,  
Wearing every shade of pink,  
I promise I’m no dumb blonde, at least I think.  
I am here in this box; I’m a whole lot of fun.  
Your daughter will love me, but probably not your son.  
Guess who I am and I’m all yours,  
Find me anywhere; I am in a wide variety of stores.

Answer: Barbie



Wood Herron & Evans L.L.P

Protecting Innovation and Creativity

Phone (513) 241-2324  
Phone (800) 788-0262  
2700 Carew Tower  
411 Vine Street  
Cincinnati, Ohio 45202-2917



Fall play brings holiday spirit

By Ryan Mangan  
Staff Writer

On November 20<sup>th</sup>, “It’s a Wonderful Life the play” had its opening night. The classic story based off of the movie made in 1946, hit the stage just in time to get everyone in the Christmas spirit.

The play is based around the character George Bailey played by student Cole Hankins, who after wishing he had never been born, realizes he has so much to live for.

“It’s always fun to explore the dark side of a dynamic character like George Bailey” **Cole Hankins** (11) said.

In the play George falls in love with the character Mary Hatch played by student Erin Wilmanns. The two end up getting married

and are known as the nicest and most generous couple in the little town of Bedford Falls.

“I can relate to Mary’s sense of importance of family, which is very important in my life as well. She truly cares for George, and solves a lot of his problems while keeping her head, and I really admire that.” **Erin Wilmanns** (11) said.

When life is finally starting to seem perfect for George his Uncle loses \$8,000 from George’s family lending company, George knows this will put him into extreme debt, and maybe even jail.

On Christmas Eve George decides the world is better off without him; he goes to the bridge in Bedford Falls to jump off when he’s stopped by his guardian an-

gel Clarence played by student Aaron Marshall. Clarence shows him how important he really is to the small town of Bedford Falls, and that in the scheme of things \$8,000 is not as big a deal as it seems.

“I think the show went really great. Ask any of the cast members, they’ll tell you it was so much fun and the show ran very smoothly.” **Aaron Marshall** (12) said.

“The whole cast got a lot of support from peers, and it was really nice seeing friends in the audience.” **Erin Wilmanns** (11) said.

The show overall was a heartwarming story that left the audience feeling grateful and happy, just in time for the holiday season.



Photos by R. Overbeeke  
**Top Left:** Eriin Wilmanns (11) and Cole Hankins (11) play the roles of George and Mary Bailey. **Top Right:** Peter Hoffman plays the role of Mr. Potter. **Bottom:** The cast of *It’s a Wonderful Life* hold a dress rehearsal one week before the opening of their fall show. Opening night was November 20th.

Best songs appear on Phelan’s playlist

●○○○○ AT&T 10:45 AM 72%

Playlists Megan's Playlist Now Playing

Edit Clear Delete



**Australia**  
The Shins Wincing the Night Away



**Cathedral**  
Crosby, Stills & Nash Crosby, Stills & N...



**Hunger and Thirst**  
Typhoon White Lighter




**Rattlesnake**  
St. Vincent St. Vincent



**Send Me On My Way**  
Rusted Root When I Woke



**The Shrine / An Argument**  
Fleet Foxes Helplessness Blues




**Pensacola**  
Manchester Orchestra Simple Math

Songs

Artists

Albums

Playlists

More

Foo Fighters album impressive: Creation in eight studios, eight cities brings diversity

By Willie Lutz  
Editor-in-chief

Foo Fighters, a modern icon of rock music, put together the one-season series, *Sonic Highways*, on HBO, to go along with their newest album, which shared the same name. The Foo Fighters once again put out a fantastic piece of work, even with a new approach to the album.

Dave Grohl and company set to work on the album with a stop in major music cities (Chicago, Washington D.C., etc.) for each of the eight songs on the album. The idea was to get a flavor of each city’s musical offering on each song.

For example, the first track, “Something from Nothing”, was recorded in Chicago, featured heavy blues influences from Muddy Waters and Buddy Guy. The band also tracked the album in renowned studios from each major city.

Dave Grohl (the Foo Fighters’ front man) was very adamant about making the album happen. In an interview with *Rolling Stone*, Grohl said, “I was on the phone conferencing with agencies

and corporations, trying to round up money to do this. Part of me felt sick inside, but I justified it. ‘I’m doing something good. I’m doing something people will appreciate.’

The band’s best song on the album is from the band’s trip to Austin, Texas, where they recorded “What Did I Do? / God as my Witness”. The song is amazing in that it has roots of country, rock, blues, and jazz, which is a very rare and beautiful tone.

Overall, the album contains the same, classic Foo Fighters sound fans have become accustomed to while adding a great story line in each song by visiting different cities. With the unique approach, each song seems to really tell a story. The stories have true vibes of a big city, which makes for the audible ride of a life time.

Although Grohl told *Rolling Stone* he would never do something like this again, his listeners should be glad the band even did it this time.



Casseroles good choice for holiday festivities

By Rachel Froberg  
Photo Editor

During the winter months of November and December comfort foods come out of hiding. Especially during Christmas, people get to enjoy honey baked ham, gingerbread, and cookies. One more popular dish during the holidays? Casseroles. From green bean casserole to chicken casserole, your grandma might bring one this season. Christmas is a great time to enjoy a nice and

warm casserole.

**Sophie Greenberg** (12) said, “I love it when my mom makes her famous green bean casserole.”

According to *Cooking Lite* magazine, in the Midwest, the favorite casserole of citizens is the spaghetti casserole. This simple casserole can be made with traditional spaghetti noodles, marinara sauce, Bolognese, cream of mushroom, and a dash of cheese on top.

Some families get creative with their casserole making. “I call

this casserole the dumpster, it has waffles, chicken, collard greens, and corn bread in it,” said **DK Dews** (12).

When asked to create his own casserole, **George Kunkel** (12) stated, “I would use various bushmeats such as bats, raccoons, and other furry critters”.

Whether you’re into the traditional green bean casserole, or into creating a family recipe of your own, there is surely a casserole out there for everyone.



# Beards competing for best of No Shave November

By Jared Frees

*Staff Writer*

What was once a cultural practice to mark the coming of winter has become associated with health awareness since 2004. The concept of growing hair to raise awareness of men’s health issues began in Australia with the Mo-  
vember Foundation. In the United States, the Hill family organized No-Shave November to increase cancer awareness and raise money

for cancer research. According to no-shave.org, “The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Donate the money you usually spend on shaving and grooming for a month to educate about cancer prevention, save lives, and aid those fighting the battle.” To donate to their cause visit no-shave.org.

For every picture posted in November to Facebook, Twitter, Instagram, or Tumblr with #ChickenStache, Dairy Queen and Dr. Pepper donated \$1 to No-Shave November. For every photo shared in November with both #5MileShadow and #NewtonRunning, Newton Running Company donated \$1 to No-Shave November. No-Shave November isn’t just for people who can grow beards;

anyone male or female is encouraged to join in the event. The real beauty of November is the sheer laziness of being unkempt and rough together for an entire month. However, the most fun part of No-Shave November is the beard competition. Since November is over, the beards can finally be judged. “I think Jake Saunders has the best beard in the school,” Ashlyn Taylor (11) said.

“Jake Saunders, best beard, no question,” Chris Dombroski (11) said. “I think Draven Giambra has the best beard,” Todd Payne (11) said. “I have fantasies about Jack Garry’s beard everyday. I just want to stroke it until it’s raw,” Keval Sheth (12). Honorable mentions: Keegan Redslob (12), Brian Mayer (12), Jordan Davis (12), Conner Flanagan (12) and a shout out to everyone else in the school with a great beard.



Photo courtesy of Jared Frees

**Jack Garry** has one of the best beards in Loveland High School. He hasn't shaved since the start of November.



Photo courtesy of Jared Frees

**Jake Saunders** shows off his beard as he believes he has one of the finest beards at Loveland High School. He grooms his beard everyday.



Photo courtesy of Jared Frees

**Draven Giambra** proudly displays his beard for all of Loveland High School. He enjoys people touching his beard.

## November’s random student of the month

By Terra Brulport

*Staff Writer*

This month, our random student was found studying in the library. Her name is **Katie Wright** and she is a senior. Katie shares some of her Thanksgiving plans and other random information to *The Roar* readers. Are you doing anything exciting for Thanksgiving this year? A: “Getting my wisdom teeth out and spending time with my family,” What is your favorite Thanksgiving food? A: “Not that I will be able to eat

much this year, but it is usually mashed potatoes and rolls” Who are you most excited to see? A: “My grandparents from out of town.” Bath or shower? A: “It could go either way depending on the circumstances.” What are your thoughts on November? A: “It’s an awkward month, because it’s in between October and Christmas, that I both love, and I just want it to be Christmas. Also, because it’s fall and winter at the same time.”



Photo courtesy of Terra Brulport

**This month’s** random student of the month is Katie Wright. She was randomly selected in the library.

## A day in the life of Mr. Bowdler

By Megan Phelan

*Staff Writer*

**Mr. Kevin Bowdler** teaches math and enjoys rocking out on his guitar. On holidays or dress up days, he wears a Buddy the Elf costume. To some, he is just known as “the teacher who dresses like an elf”. If you don’t know Mr. Bowdler, then you may not be aware of his creative responses and personality. Here are questions that will give you insight on just that:

*Q: Where did you grow up?*  
A: I lived in Northside, Ohio for my first five years; then my family moved to Hebron, Kentucky, near the Greater Cincinnati International Airport.

*Q: What was your favorite thing to do/place to go in high school?*

A: I used to spend most of my high school hours at the Florence Mall, where I worked several jobs. The malls were fairly new and we had never seen anything like them before.

*Q: What is your favorite movie?*

A: I would have to go with *The Big Lebowski*.

*Q: What is your favorite band?*

A: Depending on my mood, Rush, Pink Floyd, or Led Zepelin.

*Q: How long have you been playing guitar?*

A: I have been playing since

1982, so thirty two years.

*Q: Where is your favorite place to eat?*

A: I would have to say Main Street Café in Newtown, although if I can go anywhere, El Pinto in Albuquerque, New Mexico.

*Q: What is the largest problem our world is facing?*

A: The problem of the growing gap between classes, the haves and have-nots. Right here in America, it is the phenomenon of students having to be connected to the internet at all times, even when they are supposed to be listening and learning.

*Q: What is your spirit animal (if you were an animal, what would you be?)*

A: A hawk. A hawk with a guitar.

*Q: What is your favorite holiday? Why?*

A: Christmas, because that is when everybody I see is in the holiday spirit, and it is good to see. And because, “The best way to spread Christmas Cheer, is singing loud for all to hear.”

*Q: If you could travel in time, which decade would you visit?*

A: 1880’s in Cincinnati.

*Q: What is the meaning of life?*

A: 42.

*Q: If you could choose a theme song for your life, what would it be?*

A: The James Bond theme.



**TONY PRENTOVIC**  
general manager

(513) 239-8890  
alpre8j@aol.com

378 Bridge Street  
Loveland, Ohio 45140

www.KirbysInLoveland.com

### SPCA Cincinnati

## Helping Homeless and Helpless Animals

SPCA Adoption fees lowest ever!  
\$20 for dogs\* and \$10 for cats  
Come find your forever friend today!

3949 Colerain Ave., Cincinnati, OH 45223  
| 513.542.7722



Conner Schrader shines with hidden talent

By Kaylee Harter

Staff Writer

“If I’m inside, you’ll find me wasting time on Reddit, meditating, reading a book, writing, or playing video games. But if it’s nice and sunny out, you’ll find me walking around Loveland. Walking is by far my favorite pastime. I call them musical adventures because I put on my headphones and just go at it,” **Conner Schrader** (12) said.

On October 27, Schrader’s writing became public when he tweeted the link to his short story, *The Lampshade Man*.

Schrader said, “The idea for *The Lampshade Man* started off in a twitter conversation between my friend, George Kunkel, and I. Most of our conversations involve strange ideas and concepts and that’s where I created *The Lampshade Man* character. Later on, I decided to try and make a story around him... I am a huge fan of mysterious and bizarre things and that is what drove me while writing this story.”

The narrative received substantial praise from his peers via twitter.

**Becca Trate** (12) tweeted, “Very interesting and incredibly well-written! Keep writing; I would love to read more.”

“This is AWESOME. It has a lot of great

themes and I liked the style a lot!! I’m excited to see your next one!” tweeted **Kevin Garner** (12).

Schrader said, “I’m planning on writing more short stories that are all connected to *The Lampshade Man* story. The stories will be told by the same narrator. I’ve thought about the whole novel idea but I’m worried that I could potentially ruin the story. I feel that *The Lampshade Man* story was perfect where I left it.”



Photo by Giovanna Panepinto

On November 1st, **Giovanna Panepinto** (12) tweeted her artwork. It was inspired by Conner’s story.



Five Questions with Conner

Q: **Bigfoot. Yes or no?**

A: YES. I don’t know if I fully believe that there is an actual Bigfoot out there, but I really fancy the idea, and I would be very excited if it ended up being true.

Q: **If you were stranded on an island, what three things would you bring with you?**

A; All I would bring is a small plane, and I would make the island my own personal getaway spot for those days I’m feeling tropical and beachy.

Q: **What came first the chicken or the egg?**

A: The chicken built the egg around himself when he came to the horrible realization that he was inside of another chicken.

Q: **What is your favorite book or last good book you read?**

A: This is a tough question for me. I have been reading a lot of masterpieces lately. Those books include *Survivor* by Chuck Palahnuik, *Lamb* by Christopher Moore and *Conversations with God* by Neale Donald Walsh. I just finished reading *The Catcher in the Rye* and it was LEGENDARY.

Q: **What is your social security number?**

A: The year you were born, times the number your uncle was born, divided by 7.43. The answer to that problem is my social security number.

Travelers share world travel adventures

By Hannah Fischer

Staff Writer



Photo by Halle Russo

One iconic symbol of France is the Eiffel tower. Shiza Syed travelled to France this past summer.

“We live in a wonderful world that is full of beauty, charm, and adventure. There is no end to the adventures we can have if only we seek them with our eyes open,” Jawaharial Nehru once said. Traveling the world is something many wish to do. However few actually get the chance to.

Experiencing different things does not mean one needs to travel far. **Courtney Spicer** (11) went to Peebles, OH during the summer and checked off one of her bucket list items: cliff jumping.

“My favorite part of the trip was spending time with last year’s seniors because that was the last time I saw them before they went to college, and it was a great was to say goodbye,” Spicer said.

The earth is 57,529,222 square miles, which is plenty of land to explore and travel. **Shiza Syed** (11) took the opportunity to travel to Germany, England, Italy, Switzerland, France, Austria, the Czech Republic and Hungary during the 2014 summer.

“My favorite part of the trip was seeing the cultures of different countries,” Syed said. **Hanna Olberding** (11) went to Peru and Brazil over the summer. She went on a four-day cruise down the Amazon River where she hiked up Wayna Picchu and zip lined in Udabamba. She then flew to Manaus, Brazil and watched the USA vs. Portugal game. Later, she flew to Recife, Brazil to watch the USA vs. Germany game.

“We were actually 20 minutes late because the streets were so flooded that cars were getting stuck, but we eventually made it and it was amazing. My favorite part of the trip was the USA vs. Portugal game because the USA fan section was crazy and it was such a good game. The energy that the Brazil fans had was also really cool, they have these fan festivals and set up a huge screen near the beach and thousands of people go there to watch the Brazil games,” Olberding said.

Traveling with a group of friends can make the experience more memorable. **Katie Parks** (11) went to Belize on a mission trip with a group of her friends during the summer of 2013.

“My favorite part was when I was snorkeling in the ocean. I got cut by coral and was separated from the group and was pretty sure jaws was going to get me. Either that or helping the orphans on our off site because they were really sweet and kind,” Parks said.

**Caryn Duvall** (11) went to Israel during the summer with Camp Livingston and a tour guide. Every day they went to see something new; such as the western wall or the Bahia gardens. They even had a chance to ride donkeys.

“One of my favorite parts was going to the western wall in Jerusalem. The girls and boys were separated and all of the girls stood in a line together and prayed and we walked backwards together away from the wall together. Another highlight was climbing Masada at 5 in the morning to watch the sunrise,” Duvall said.

The world is filled with places to explore and experiences to obtain. So in the words of Disney’s Up character, Russell, “Adventure is out there!”

Students share favorite, fun words

By Ryan Mangan

Staff Writer

In our English language, there are an infinite number of words. Some are simple, some are complex, and then there are words with spellings that no one understands. Nevertheless out all of these strange, bland, and complex words we all have a favorite.

“Glacier. It sounds like ice cream or anything to cool you down and help you relax on a hot day,” **Brighton Hummer** (11) said.

“Pre-Friday. It’s a better alternative for Thursday,” **Maddie Porczak** (11) said

“Ginger, because I am one,” **Chloe Tenbrink** (11) said.

“Hash brown, because it’s a great food, and really fun to say fast,” **Nathan Prost** (11) said.

“Sweg, because life is sweg,” **Jacalyn Parsely** (10) said.

“Swag. The word can be used for anything,” **Michael Viox** (12) said.

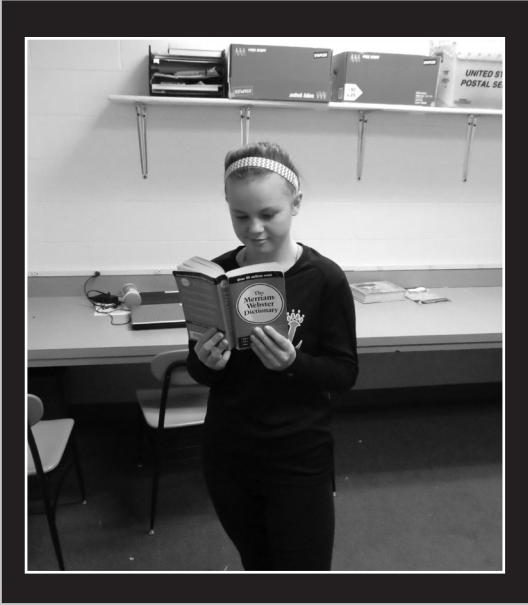


Photo by Colton Lakes

**Alexus Thompson** (9) reads from the dictionary. There are an infinite amount of words to be found within this book.

“America. You know why,” **Jacob Price** (12) said.

“Nay, because it’s such an underrated word,” **Matt Truesdell** (11) said.

“Spelunking. It sounds like it should mean something fancy, when it actually means to explore caves as a hobby,” **Jane Pearson** (10) said.

“Francisco, because it’s such a fun word to say, and it’s from *Anchorman* the movie,” **Joel Spencer** (12) said.

After viewing this wide array of strange and amazing words, hopefully you can find your favorite word as well.



## Visiting relatives can cause big headache

By Emily Dougherty  
*Features Editor*

Christmas is supposed to be a time for families to come together and share holiday cheer. However, for many families, it can also be a source of extreme stress and annoyance. There is no doubt that when a bunch of family members are in the same house for an extended period of time, things can get pretty chaotic, and family drama will likely ensue. That is why it is important to avoid doing anything that could cause unnecessary quarreling. Here's some advice for how to survive even the most excruciating of visits, and perhaps how to have some fun in the process.

First of all, there's the whole personal space issue. It's understandable that everyone wants their own space to do their own thing sometimes, but when

there's a bunch of family members crammed into one house, personal space can get pushed to the side. In agreement with the ideas of an anthropologist named Edward Hall, who first established the idea of personal space in 1966, researchers have actually determined that people need between 1.2 and 3.6 meters to feel comfortable. That can prove to be difficult in some situations, so it is important to respect everyone's space and leave them alone when asked, to avoid tension or conflict.

There's also the fear of visitors messing up the house or destroying personal belongings. If younger cousins or nieces and nephews are visiting, make sure to keep all of your valuables out of reach. Otherwise, there's a good chance that they could get broken or even

eaten. For instance, when Big Sis gets mad at Little Cousin Tommy for throwing her laptop down the stairs, a major blow-up is inevitable. According to the 'Metro Parent' website, you can actually create more havoc by interceding with the bad behavior of young visitors. The best advice is to involve a parent in these situations. As for the house getting messed up, just set rules for proper indoor conduct, and everything should be fine.

Another possible source of conflict could be taking too much personal space. If everyone is off doing their own thing and not spending time together, some family members might get upset. For example, if all the kids are on their electronic devices after dinner, then Grandma might complain about how "it seems as if everyone is drifting apart now-

adays with these darn electronics". Being on the receiving end of that lecture is never fun, so try doing an activity that everyone can participate in. Perhaps try playing a board game, or an interactive video game if Grandma and Grandpa are techies, or maybe even holding a basketball tournament in the driveway if the temperature permits. Many people go to movies as a family on Christmas as well, so see what the listings and show times are, to see if there's anything playing that everyone will enjoy.

The actual holiday meal can get really boring at times such as when all the adults start talking about adult things. Instead of immediately pulling out a cell phone, which can be easily interpreted as rude, try changing the conversation topic to something that will involve everyone at the

table. That's more fun and interactive than just sitting there staring at a screen, right? Grandma and Grandpa can be great people to talk to about basically anything, so if they are visiting, take advantage of the opportunity. They've been around a long time and are likely very wise because of it. Ask Grandma to tell some stories, or Grandpa to tell some old jokes that people today don't know about, or even ask them for advice. Spending some quality time with them can mean a lot, especially if they live far away and don't visit often.

No matter how taxing family visits may seem at times, it is important to cherish your time together this holiday season. Try to get along instead of arguing over silly things, because no matter which way the snowflakes fall, family is family.

## Anna Wassel ventures out in 'Venture Crew'

By Terra Brulport  
*Staff Writer*

Many students are involved in everyday activities and hobbies that they are very passionate about. One student who is involved in a unique activity is Anna Wassel (12). Anna is involved in Venture Crew which is part of The Boy Scouts of America. Anna claims that these experiences have made her who she is today.

Q: How did you get involved with Venture Crew?

A: "When I was roughly five years old, my brothers were in Cub Scouts and ever since then I wanted to be a Boy Scout. I first started in American Heritage Girls (AHG). Then, while at a camp that was run through the Boy Scouts, the staff, particularly the counselors, became role models to me. I then quit AHG and started Venture Crew, along with Paige Nash (10)."

Q: In general, what do you

guys do?

A: "We meet twice a week and plan high adventure activities. A goal of ours this winter is to go to the Great Lakes and see the ice caves. We also do a lot of backpacking along with leadership training."

Q: Do you see yourself staying involved in the future?

A: "Absolutely! I want to be a Boy Scout Master the rest of my life"

Q: How has this helped you grow as a person?

A: "I am who I am today because of the Scouts. I have learned to perform cheerful service and to value individuals. I have met a lot of role

models, especially spiritual ones. I have learned about leadership: effective communication and conflict resolution. I have also made a lot of networking connections as well as what I want to be when I am older, which I have decided is an environmental science teacher."



## Irresistible Additions

Buy-Sell-Consign

Furniture, Home Decor & More

403 Loveland Madeira Road  
Loveland, Ohio 45140

513-683-2100

Joni Brumagem



Jarvis  
GLOBAL  
INVESTMENTS, LLC

A trusted guide in a world of possibilities....

Over 20 years of investment management experience...

[www.JarvisGlobalInvestments.com](http://www.JarvisGlobalInvestments.com)

10089 MEADOWKNOLL DRIVE  
LOVELAND, OH 45140  
(513) 377-8285

Best of Luck to  
The Roar



Pelle  
MEDICAL SKINCARE

GREAT  
SKIN  
STARTS  
HERE

Discover the Power of Medical Skincare at  
Cincinnati's Premier Medical Skincare Clinic

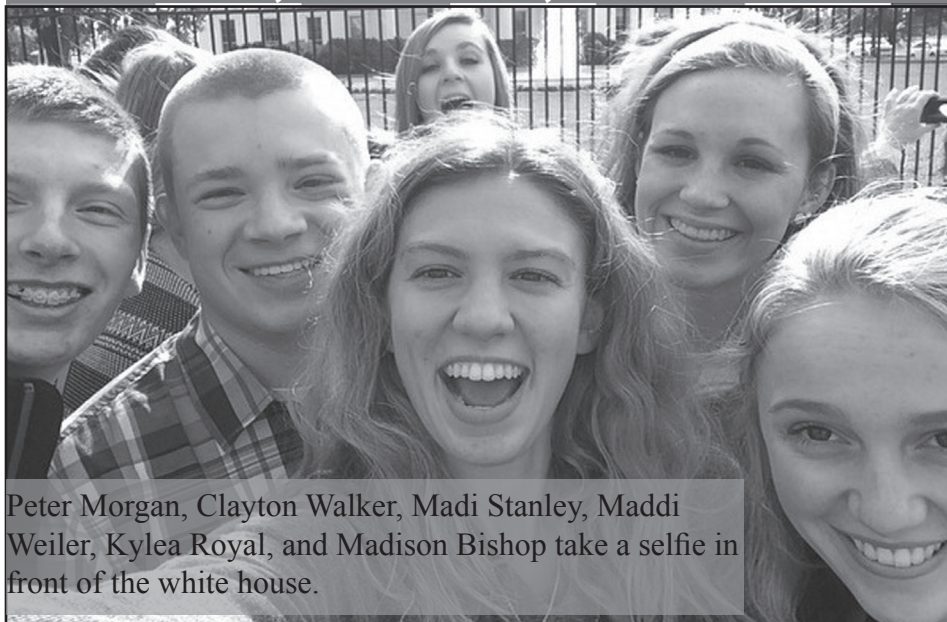
4460 Red Bank Road, Suite 120 • Cincinnati, OH 45227 • 513.272.0064  
[www.pellemedicalskincare.com](http://www.pellemedicalskincare.com) • Find Pellé on Facebook: PelleMedicalSkinCare



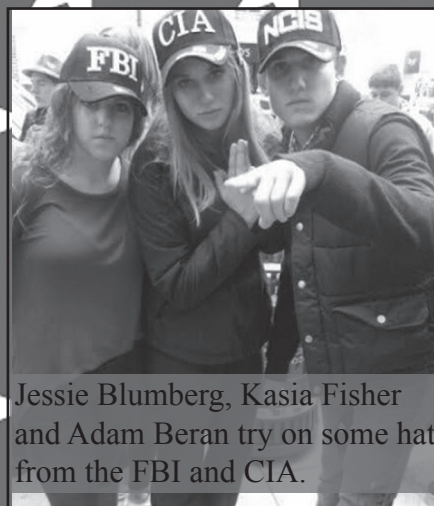
# 16 Seniors Take Washington, DC

WEDNESDAY, December 3, 2014

Page Editor: Rachel Froberg



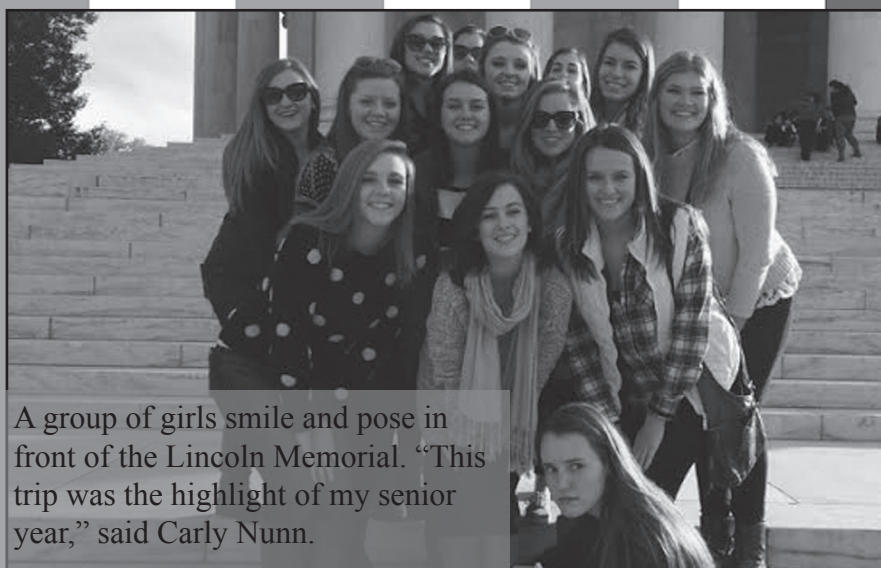
Peter Morgan, Clayton Walker, Madi Stanley, Maddi Weiler, Kylea Royal, and Madison Bishop take a selfie in front of the white house.



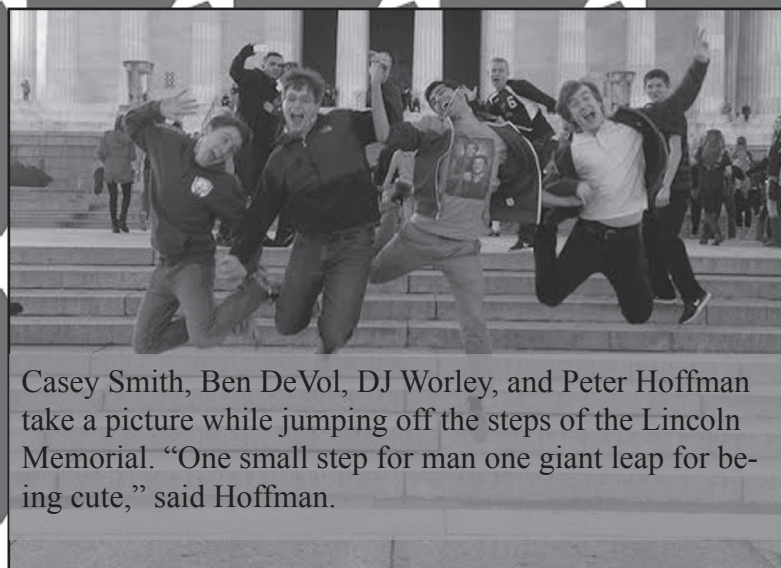
Jessie Blumberg, Kasia Fisher and Adam Beran try on some hats from the FBI and CIA.



Savannah Lee attempts to take a picture pretending to pinch the Washington Monument. Close enough.



A group of girls smile and pose in front of the Lincoln Memorial. "This trip was the highlight of my senior year," said Carly Nunn.



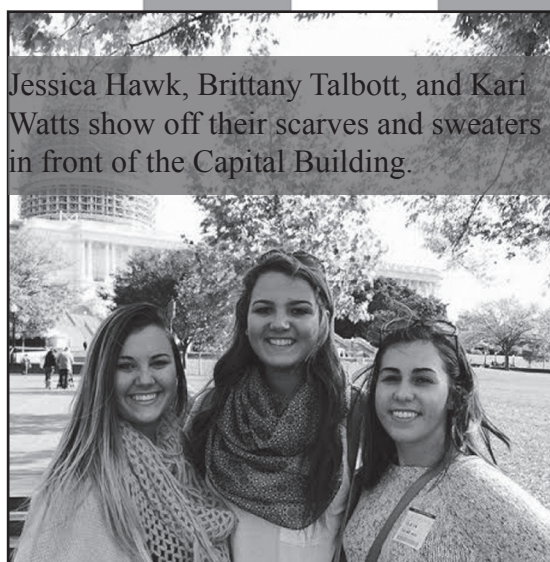
Casey Smith, Ben DeVol, DJ Worley, and Peter Hoffman take a picture while jumping off the steps of the Lincoln Memorial. "One small step for man one giant leap for being cute," said Hoffman.



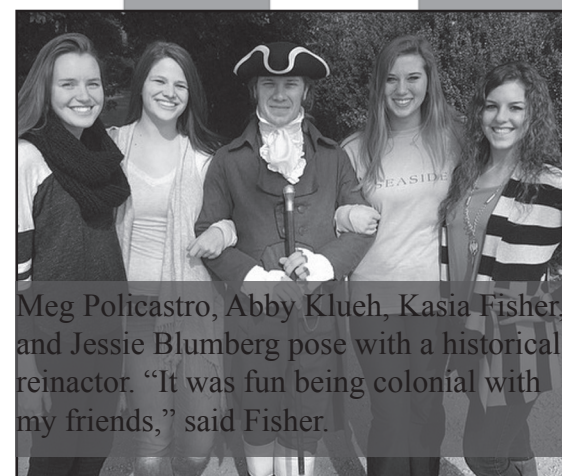
The group of seniors that went on the DC poses on the steps of the Capitol Building. Mr. Volkman, Mrs. McCarty, Mr. Wickline, and Ms. Byrcett lead the group around Washington D.C.



Spelling out OHIO, Sam Fjustel, Evan Burig, Corynne Swift, and Gabrielle Ernst spell out the different letters in front of the World War II Memorial.



Jessica Hawk, Brittany Talbott, and Kari Watts show off their scarves and sweaters in front of the Capital Building.



Meg Policastro, Abby Klueh, Kasia Fisher, and Jessie Blumberg pose with a historical reenactor. "It was fun being colonial with my friends," said Fisher.