

Mrs. Peggy Johnson talks AP courses, senior privileges, school involvement

By Kaylee Harter

Editor-in-chief

The face of Mrs. Peggy Johnson has become a familiar one both in and out of school within her first few weeks as principal. Her twitter account, featuring students in their day-to-day life in class as well as participating in extracurricular activities, is a testament to her ongoing involvement.

“The goal is to know as many students as possible,” Mrs. Johnson said.

Mrs. Johnson entered the school year “kind of worried at first” to start without knowing any students, especially since Loveland is bigger than Turpin by approximately 225 students.

However, Mrs. Johnson said that her previous attendance of Loveland sporting events as the Turpin principal and the early Homecoming allowed her to “get a real flavor for the spirit, the camaraderie, who the leaders are, and how many kids participate,” and she affirmed, “Things are going well.”

Mrs. Johnson’s engagement in student life is reflective of her philosophy.

She said, “Know the students, know the staff, know the community, know myself and see what it is that I can bring to the table. I definitely believe that the more involved adults are with young people’s lives, the better it is for them and vice versa... The classroom is hugely important but all the other pieces are pretty important too.”

One classroom change that Mrs. Johnson would like to implement deals with seniors.

She said, “I would like seniors to take more courses.”

She stated that one vast difference between Loveland and Turpin was the number seniors who are essentially finished with course requirements and are taking other “blow-off” courses unrelated to their interests and chosen simply to fill their schedules.

“I think the addition of AP courses will help in that they will have more options,” Mrs. Johnson said.

She spoke to the number possible of courses for which students would be able to earn college credit, and the importance of the availability of courses beyond core academic classes. AP psychology was added this school year (OTHERS) and courses such as AP human geography will be added next year.

“We need to have a wider variety of things like AP art courses or music history so that we can reach more students. Someone talented in fine arts should have the same opportunity for advanced placement credit,” Mrs. Johnson said.

A more immediate change has been the push for recognition of the core values; Respect, Responsibility, Integrity and Pride.

“It’s a way to keep the energy focused in more of a positive way and focus on all the things that are being done right. That’s going to take [students] in far in life as any of the other things,” Mrs. Johnson said.

Mrs. Johnson provided the anecdote of a girl who stayed after school to help another girl with homework for “no reason” and said, “We need to recognize kids who are doing these good things. Those good things can spread, but we have to help them

spread.”

Along with spread of positivity through the core values, Mrs. Johnson wants to continue the motto of “one tiger, many stripes.”

“We want everyone to be together as much as possible,” Mrs. Johnson said. “If you look at Loveland outwardly there’s not much diversity, but inwardly we have lots of different kinds of people and that’s a good thing we need to pay attention to. Any kind of kid should enjoy their high school.”

She said that in order for this to happen, “it is important for the upperclassmen to lead, even if that’s just treating other people well.”

Mrs. Johnson said that leading and treating people well will result in the reward of senior privileges.

“There’s nothing you get for free in life anyways... Seniors in the United States celebrate senior year like it’s a bigger deal



Photo by Kaylee Harter

Mrs. Peggy Johnson interacts with senior AP students. Mrs. Johnson became the principal at the start of the 2015-2016 school year. She came from Turpin High.

than it really is,” Mrs. Johnson said.

To the senior class, Johnson said, “Yes, you’ve accomplished something, but the average Loveland parent expects you to graduate... We don’t just get [senior privileges] because we are a senior in high school, we get them because we are providing a great example for the rest of the building... It’s not taking away though. I prefer to say, ‘you guys have done a great job and we’re going to recognize you for that.’”

Students share experiences in new classes

Anna Azallion

Staff writer

Today’s society emphasizes the importance of math, science, and technology. As these academic fields rapidly expand, Loveland, like most schools, does what it can to stay caught up. One way it does this is through the addition of classes, such as the Introduction to Engineering Design and Principles of Engineering classes, offered for the first time this school year.

Aaron Autin (11) described the Intro to Engineering Design class. “It’s very hands-on. It’s very different from anything you would normally take here,” he said.

Intro to Engineering Design must be taken prior to taking the Principles of Engineering class. According to Ella Richards (11), Great Oaks supplies the content for the class such as PowerPoints and worksheets.

“You can find any of it online,” Richards



Photo by Anna Azallion

Students in Introduction to Engineering and Design work together to complete an assignment. Introduction to Engineering and Design and Principles of Engineering were introduced for the 2015-2016 school year.

said.

With most classes it all comes down to the answer to one question: did it meet expectations? Each student had a different answer to this question.

“I didn’t really know what to expect to be

honest... I definitely enjoy it,” Autin said.

On the other side, Richards held a different view.

“I don’t think [it’s what I expected]. I’m currently taking AP Physics and AP Calculus and I expected it to be harder,”

Richards said.

With a class like this, students hope to come out with a competitive edge in the college and job processes. Both Autin and Richards agreed that both classes couldn’t hurt, but probably wouldn’t be a “make-or-break” factor for anything.

Though the students taking the class have only been in it a couple weeks, they have completed numerous projects. Among these projects and hands-on activities are line drawings, measurements and conversions.

“We do little challenges like trying to build a car and make some sort of propelling motion. We tried a rubber band to try to get it to propel. Lots of people did balloons and stuff,” Richards said.

The instructor, Mrs. Stewart summarized the class. “In Intro to Engineering Design, we cover lots of introductory topics such as the design process, brainstorming and CAD Drawing,” Stewart said.

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 to 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).

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* International Second Place Award, 2015, Awards for School News Media (Quill & Scroll Honorary Society)

* Coverage: exceptional rating

* Writing/ editing: distinguished rating

* 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

Introducing the 2015-2016 Roar staff

Co Editors-in-Chief



Kaylee Harter said that Drew Grafflin asked her, "Why does Megan feel so comfortable with me?"



Jazmyn Browning said, "Miley, what's good?"

Section Editors



Catie Shipp (news and editorials editor) said, "Catch me at Panera



Claire Ruben (sports and entertainment editor) said, "Does anyone have any



Anna Azallion said, "Everyday is a horseback riding day."

Business Manager



Megan Phelan said that Drew Grafflin told her, "Leave me alone."

Photo/Features Editor

Staff Writers



Madelyn Cummins said, "It's always a good time for a Disney movie."



Patrick Seroogy said, "It may be stupid, but it's also dumb." -Spongebob



Mackenzie Talbott said, "A mysterious pile of rocks."



Karlin Holley said, "Larry is real."



Claire Beran said, "Sorry, I can't. I have soccer."



Nick Henthorn said, "I couldn't think of a witty quote."



Jon Parker said, "I'm with Nick"



Erica Perl said, "This is what dreams are made of."



Niki Fiorenza said, "Socks and sandals and Spicy Ramen."



Hannah Bingham said, "Live. Love. Laugh."

Parking lot: students need rule refresher

By Kaylee

Editor-in-chief

Follow these four simple rules to minimize road rage and accidents in the parking lot.

Rule #1

Watch where you're going. If you're a pedestrian, look both ways before you cross the street and avoid darting out in front of cars. If you're a driver, get off

your phone, look out for pedestrians and avoid involuntary manslaughter.

Rule #2

Take turns. The line of cars on the outskirts of the parking lot should be alternating to let the cars from the inside of the parking lot out and into the line. Everyone wants to get home. No one wants to be sitting in the parking lot for half an hour

Rule #3

Be courteous. If you see someone trying to back out, give them space and let them do so.

Rule #4

Stop at stop signs. Stop forgetting the most elementary rule of driving and stop at the stop sign before passing the exit of the teacher parking lot.

Makeup shaming promotes objectification of women

By Jazmyn Browning
Editor-in-chief

The latest criminal offense? Wearing makeup.

Anyone scrolling through their Twitter feed within the past few months has inevitably encountered a slew of popular tweets all sharing one common purpose: to shame women for wearing makeup. The majority of these tweets include images of women who look noticeably different before and after cosmetic application. The photos are accompanied by varying captions like, “This is why our first date is running a mile around the track to see if you sweat the makeup off,” “Makeup is the reason I have trust issues,” or, “This is the reason we’re going swimming for our first date.”

Circulating nearly every social media platform, the onslaught of ignorant posts serve as the forefront of a recent “movement” of (mostly) men who dedicate their time to harassing women online for choosing to wear makeup. Acting as victims, male makeup-shamers gripe about how it is unfair that women are “deceiving” them by using cosmetics to conceal imperfections. The center of the argument revolves around the idea that makeup allows women to engage in “false advertising.”

For makeup to be considered anything remotely near “false advertising,” women have to be advertising something. Contrary to popular belief, we are *not* selling ourselves just because we choose to dab a bit of lipstick on our mouths or swipe some mascara over our lashes. By accusing women of advertising themselves, makeup-shamers are perpetuating the toxic notion that women are nothing but objects that exist to serve men. Women are not products, we are people – people with complex personalities, intelligence, morals, talents, and so much more. This sort of objectification allows women to be dehumanized and reduced to nothing but a body.

Sure, a woman may look entirely different after applying makeup, but who cares? It is the woman’s, and only the woman’s face. Therefore, it is her choice what she does with it. If she wants to go bare-faced, she can go bare-faced. If she wants to wear dramatic makeup, she can wear dramatic makeup. Men should not shame women for the decisions that they make for themselves. Someone else’s body is not the business of others, and frankly, it is not anyone’s place to tell someone what they can and cannot do with their body. Instead, makeup-shamers must accept that women are individuals that are capable of making their own decisions.



Karlin Holley



By Karlin Holley
Staff Writer

As the saying goes, out with the old, and in with the new. With the frozen yogurt trend rapidly emerging, frozen yogurt shops are showing up everywhere. With its colorful and clean establishment, friendly service and healthy options, ranking in the top three for two consecutive years for Cincinnati’s Best Frozen Yogurt, Yagoot is a must try.

Unlike generic ice cream, Yagoot is refreshingly healthy for you. Yagoot’s yogurt is full of live active cultures, making it probiotic and good for your digestive system. Therefore, Yagoot is a healthier alternative to ice cream or other frozen yogurt shops like Orange Leaf.

Yagoot is gluten-free and only has 120 calories in a half-cup serving and 1 gram of fat and sugar. There are a multitude of fresh fruit toppings that are prepared every day to give the yogurt an even healthier twist, whereas Orange Leaf has very limited healthy topping options, with not-as-fresh fruit. Along with the fresh fruit, there are plenty of dry toppings ranging from chocolate chips and gummy bears, to mochi and sprinkles, to granola and sliced almonds.

Yagoot serves two flavor options that are available year round: strawberry and origi-

Falling into autumn’s trends: New season presents opportunity to make fashion statements

By Hannah Bingham
Staff Writer

It is finally starting to feel like fall in Ohio and if you are excited for the pumpkin flavored everything, candy corn, and of course caramel apples, then you are not alone. As we turn the page into the fall season, so must our clothing. Can’t wait to start wearing your cozy sweaters, skinny jeans and boots again? It’s not too early to bring your favorite autumn pieces out from their long hibernation in the depths of your closet. In fact, here are a few of my favorite things trending this season that will add a little spice to your fall wardrobe.

1. Go Boho

You may have noticed boho patterns this summer, especially at events such as Coachella. However, these patterns have made their way into fall styles and are a perfect way to complete your day-to-day outfits this season. Just pair a fun print with an otherwise somewhat bland outfit to automatically make it more of an eye catcher. Some of my favorite ways to implement this is through a scarf or headband. So have fun with it and don’t be afraid to try something new!

2. Put It in Neutral

Coco Chanel said, “Simplicity is the key note of all true elegance”. When it comes to clothing, less is more and although it’s fun to add bold patterns every once in a while, it’s better to keep the colors neutral and add in pops of color. For example, the boho prints mentioned above are so busy they would have to be paired with something solid and simple. This fall, put it in neutral by wearing colors like white, black and beige that can be paired with almost anything. By following this tip, you will also get more out of your purchases.

3. Fringe Benefits

This fall, fringed accessories are making their way off the runway and into our everyday style. Although fringe may seem like one of the trickier trends to pull off, it looks great on anything from cute ankle boots to jackets and even handbags. No matter how you wear it, the fringe effect adds a fun twist to your usual fall attire.

Fall is an exciting and one of my personal favorite times of year, therefore don’t be afraid to try these trends this season. I look forward to seeing them hit the hallways!



Niki Fiorenza

Battle of the yogurts: Yagoot vs. Orange Leaf



By Niki Fiorenza
Staff Writer

When it comes to frozen yogurt, the choices are extremely varied. However, there are two main places that are easily available: Orange Leaf and Yagoot. The froyo fanatics have created a borderline rivalry when it comes to these two places, and Orange Leaf will always be the better option.

Their yogurt is prepared fresh daily with fat-free milk and they mix it with proprietary

machines that make it creamier than most frozen yogurt.

Orange leaf is a good place to go if one cannot decide whether to stuff themselves with delicious, creamy frozen yogurt or stick to healthier alternatives. In order to eat healthier, put some fruity yogurt in your cup and stick to fruit for toppings. People who don’t exactly care about calories could get a sweet flavor and pile on candy toppings. The possibilities are truly endless. They have many options for people who implement a vegan or gluten-free lifestyle. All but the cookie cake and cookies & cream flavors are gluten-free, and there are two delicious

vegan options, which are Dole orange and Dole pineapple.

Yogurt is generally a healthier alternative to other desserts, and Orange Leaf makes that healthy alternative delicious and fun to eat.

The flavors that Orange Leaf provides are vast. In the store, there are 16 flavors at a time to choose from, but overall, there are around 73, including seasonal flavors. Yagoot, on the other hand, has only 6 at a time, two of which are changed monthly, which totals to around 27 flavors. As well as simply having more flavors, the taste of Orange Leaf yogurt is easily more delectable

than Yagoot. The flavors taste how they are supposed to, whereas each flavor at Yagoot is very sour and almost bitter.

Proximity is also a major factor. The closest Yagoot is in Deerfield, and it is 14 minutes away from the high school. The closest Orange Leaf is in Harper’s Point, which is only 11 minutes away. Why waste the extra three minutes driving to Yagoot when there is better frozen yogurt that’s also closer?

In general, Orange Leaf is the better option of the two. It has better yogurt, more options, and it’s simply closer. Why choose anything else?

Staff Editorial

New forms of digital interaction impair generation's communication

Look someone in the eye. Call a business on the phone. Carry a conversation with someone you just met. Could you do it? Would this sort of one-on-one interaction make you at least mildly uncomfortable? However embarrassing admitting to this social discomfort may feel, the reality is that communication anxiety, or apprehension when conversing with others, has become a standard of our generation.

"When I have to talk to someone new I try to act like I'm not uncomfortable, but on the inside I want to leave immediately," Emily Michelfelder (12) said.

Attribute our social awkwardness not to a failed parenting style or early education blunder but instead to the technologies constantly evolving our methods of conversation. With new social media platforms appearing faster than news feeds can forecast, how far must our face-to-face communication skills dwindle before we as a generation admit our struggle to simply converse with one another?

While recent developments in social media allow for quick, round-the-clock forms of interaction, these outlets directly limit the face-to-face interaction necessary for

"I struggle to make eye contact and my hands shake a lot when I have to talk to new people," Audrey Cook (10) said

everyday communication. A 2010 study completed by the Kaiser Family Foundation found that teens spend an average of 7.5 hours per day consuming media and another 1.5 hours texting. More time interacting virtually leaves less time for face-to-face communication. Phone calls to friends for help on calculus homework have quickly transformed to text messages with photos depicting steps to the answer. Conversations of the latest gossip have become grammatically faulty subtweets of 140 characters or less. Our most common forms of interaction simply no longer require any elaboration.

"I struggle to make eye contact and my hands shake a lot

when I have to talk to new people," Audrey Cook (10) said.

This is just one example of the lack of vital conversation carrying skills common in our "digital generation." What is worse is that new research has found is that these inadequacies in communication may continue to torment us in adulthood. A February study conducted by the National Association of Colleges and Employers rated post-collegiate job candidates based on several key work skills. Unsurprisingly, employers ranked 2015 applicant's verbal and written communication abilities at an all-time low. Not only does poor communication affect how one interacts with one's boss or coworkers, but could also determine whether an applicant gets a job in the first place. By never establishing the ability to express one's ideas in adolescence, communication proves difficult for children of the digital age as they grow into adults.

Overall, developments in social media force us to take shortcuts in how we communicate with others. These shortcuts in turn prevent our oral and written communication skills from reaching their full potential. If our generation is to stop the social catastrophe of strictly virtual communication, we must make a concerted effort to focus on live interaction. So the next time you stop to draft a quick tweet about your failed geometry test or complaints about the weather think instead to pick up the phone, write a letter, or meet a friend to discuss it over coffee. Your Twitter followers can wait and your real friends and future self will thank you.

Veganism deserves more acknowledgment in school



By Erica Perl

Staff writer

Let's face it: this is a meat-eater's world. The vast majority of commercials and restaurants attract consumers by shoving the words "juicy" and "full of protein" as unnecessary adjectives onto their products to lure in customers. For someone who does not follow the culturally mainstream "American" diet, eating outside of the home is a challenge.

As a vegan - one who does not eat meat or any animal by-products such as cheese or milk - I have experienced the struggle of finding food I can eat

outside of my own home. Being vegan or vegetarian is not as difficult as some might think. I don't crave meat, I don't feel deprived of anything, and I feel ten times better physically. The biggest challenge is when I cannot control my eating conditions, such as food at parties, impromptu meals with friends, and school lunches. The best thing I could probably eat from the cafeteria would be a handful of limp lettuce and a small, bitter-tasting and delicious red apple. Would Michelle Obama approve of the lack of options the school cafeteria is providing me? I doubt it.

Vegetarianism and veganism continue to grow and gain new supporters. Margaret Eilert (11) has been vegetarian for the past year and a half, first as a diet, but now as a lifestyle.

"It started out as a sort of self-dare type of thing," said Eilert. "Then, I started looking into [vegetarianism] and I realized that the things they do to animals are disgusting and it has tons of health benefits, so I stuck to it."

Eilert was inspired to become a vegetarian after reading Eating Animals by Jonathan Foer, a book that explains slaughterhouse conditions, factory farm-

ing, and commercial fisheries.

Many people ask me why I became vegan. To be honest, I've never been comfortable eating meat; the idea of consuming something that was once alive is enough to make me sick.

Documentaries such as Food, inc., Vegucated, and Hungry for Change featured renowned doctors and facts- which was what convinced me to cut out meat and animal by-products completely from my diet. I'm not the type to try ridiculous diets with no scientific research behind them. Veganism and vegetarianism have been studied

for decades- and in every study I've read, the results of the participants were lower cholesterol, lower blood pressure, weight loss, clearer skin, lowered risk of diseases such as diabetes and cancer, lowered risk of stroke, etc.

The China Study - a 2005 novel published by T. Colin Campbell, PhD and Professor Emeritus of Nutritional Biochemistry at Cornell University - examines the correlation between the consumption of animal products and diseases like coronary heart disease, diabetes, and several types of cancer. The book states that those who follow a whole-

foods, plant-based diet can prevent and/ or reduce risk of several kinds of chronic illnesses.

"Becoming vegetarian has made me feel a lot healthier along with making me much more aware of what I'm eating and how I treat my body," Eilert said.

Whether one agrees with vegetarianism/ veganism or not, all should agree that school lunches should offer more non-meat-eater friendly meals. Offering such meals would not only fill the stomachs of vegetarians and vegans, but would also contribute to the health of students with traditionally animal-based diets.

Artists reject the idea of streaming music via Spotify

By Erica Perl

Staff writer

To stream music, or not to stream music? That is the question. The answer? You decide.

Recently, musicians, entertainers, and the public have used social media to express their varying opinions on streaming networks allowing listeners to consume music without purchasing it.

Perhaps the biggest artists in the music industry can afford to pull their music from streaming services, but up-and-coming artists rely on them to gain popularity and fans. Out of ten students surveyed, eight said that they would not purchase an album without first streaming it for free to determine if they enjoyed it or not. Why waste money when the Internet offers hundreds of sources of free music?

"I can respect a suffering artist's opinion to pull their music from streaming services if they aren't making enough money to support themselves," Jane Pearson (11) said, "but if they're making buckets of money, they need to help a sister out and keep it on Spotify."

Singer/ songwriter Taylor Swift has been very vocal about her opposition to free streaming. In November of 2014, Swift pulled her entire discography from Spotify, much to the disappointment of fans. This past June, Swift posted "To Apple, Love Taylor" on her Tumblr blog to ex-

plain why she would not allow her 2014 album 1989 to be available for free streaming on iTunes' upcoming streaming service. In her Tumblr post, Swift pointed out that for the three months of free streaming iTunes will soon offer, artists, producers, and songwriters will go uncompensated for their work. Many other artists such as Adele, the Beatles, and Jason Aldean have chosen to keep their music completely off of Spotify as well.

"We hear you. We will pay artists for streaming, even during [a] customer's free trial period," Apple responded mere hours after Swift's post.

While consumers understood that the artists did not want their music to be streamed without being paid for the first three months of iTunes' streaming service, many scratched their heads as to why artists would not use Spotify as a platform to gain new fans.

Spotify is not, in fact, "free". For uninterrupted listening, Spotify Premium users pay \$4.99 per month. Consumers that do not wish to pay for Spotify get all of the same music, but are periodically interrupted by 30 second advertisements and have a certain number of songs they can skip per day. Despite the app being free for consumers, the artists are paid through revenue of the advertisements purchased by companies, and Spotify claims that 70% of their revenue is distributed to the rights holders of the music.

"I respectfully disagree with artists who pull their music off of Spotify," said rapper Hoodie Allen via his Twitter account last November. "There are a lot of ways to be compensated for your art these days. Streaming does not equal stealing. Fan loyalty will drive ticket sales, album and merch (merchandise) sales and music discovery will grow you even bigger. Let's stop pretending Spotify is ruining the music industry in a world where people charge \$500 for group picture meet and greets," he continued in separate tweets.

Artists that remove their music from streaming services are missing out majorly, not only financially, but also in terms of exposure and gaining new fans. Personally, I wouldn't spend \$1.29 on a song I'll get sick of in a week. With Spotify, Soundcloud, Pandora, etc., music-lovers can explore new realms and genres of music that they would otherwise not venture into if iTunes was the only platform to buy music. I believe that all artists should keep their music on streaming platforms.

Within the near future, artists and the public will continue to disagree about whether or not music should be streamed for free; as this new era of free streaming complicates the music industry, there is no doubt that artists and consumers will continue to quarrel until the next fad in the music world arrives.

Alex the Tiger

Kes takes on tiger mascot mantle



Photo by Laura Miesky

Kevin Kes (12) cheers on the football team at a game. He explained that serving as school mascot is his new passion.

By Claire Beran
Staff writer

A highlight of football games for many fans is watching the mascot bring energy to the stands. “The tiger makes games more fun and really gets me pumped to cheer!” **Rachel Ernst** (11) said. Questions have been arising about who this energetic character behind the suit is. His name is **Alexander Kevin Kes** (12) and he said he has a passion for being the school mascot.

“I love it because it makes me happy,” Kes said. “When people are having a rough day and I can make them smile; it’s a great feeling.”

He got started over the summer when a friend suggested that there was a position open for the job, and he would be the perfect fit. Kes decided to give it a try and fell in love.

Kes gave insight on skills that are needed to be the mascot. “You need endurance and a positive attitude. You also need to be willing to be embarrassing in front of the whole school and most importantly, you need to be yourself,”

He also provided advice for anyone planning on being the tiger in the future.

“Drink lots of water and get to know the cheerleaders. Not because you want to date them, but because they’re some of the kindest and sweetest girls that you will ever get to meet.”

The cheerleaders report loving him on the sidelines with them.

“He’s so fun! It’s so nice to have a mascot on the sidelines this year,” **Miya Shultz** (10) said.

Kes said he will definitely be the mascot for the rest of the fall season and will most likely put the suit on for basketball games in the winter.

Girls’ golf strokes uncharted greens



Photo by Rhonda Overbeek

Ashley Owens (12) of the Lady Tigers writes down her score. The team finished third in the league last year.

By Claire Ruben
Sports and Entertainment editor

With putts on point and deep drives, the women’s golf team is off to its most successful start in program history. At press time, the team led the Eastern Cincinnati Conference (ECC) with an impressive 7-0 conference record as well as 10-0 record overall. After finishing third in the league last year, the team’s current success proves even more astonishing.

Captain **Ashley Owens** (12) attributes this turnaround to a change from last season’s team dynamic.

“We started team dinners this year. Our chemistry is a lot better whereas last year we had some problems. We are definitely a lot tighter as a team and I think that’s why we’re playing better,” Owens said.

Early in the season the squad made Loveland history by beating three-time defending ECC champion Milford by 3 strokes. The team shot a nine hole all-time low against Turpin with a combined score of 174 on August 17th.

The squad hopes to advance to the district tournament but is aware of the tough competition brought by teams such as Mount Notre Dame and Ursuline Academy.

“By the way we are playing, it’s possible for us make it to districts,” Owens said.

At the high school level, girls generally play nine holes with the top four scores from each team adding together to form a team score. Top scorers for Loveland looking to advance to districts as individuals include **Haley Florence** (11), Ashley Owens, and **Alejandra Bonet** (11), each with averages in the top ten in the conference. Florence was named first team all-conference in 2014 and Bonet was awarded an honorable mention. With only three seniors on varsity, expectations are high for next year’s program as well.

With this season’s accomplishments already altering history, the Lady Tigers are on track for their first ever conference championship and look forward to establishing their program as a dominating presence among local women’s golf.

Freshmen impress on varsity teams

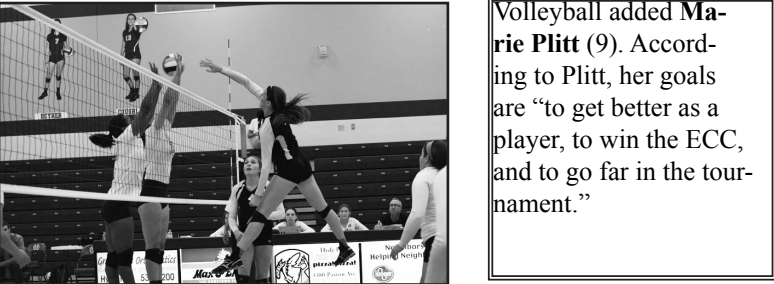


Two cross country girls have recently been running for varsity, **Sydney Cree** (9) and **Cat Hodges** (9). Cree placed 25th overall in the Lebanon meet and Hodges continues to cut time off her personal record.

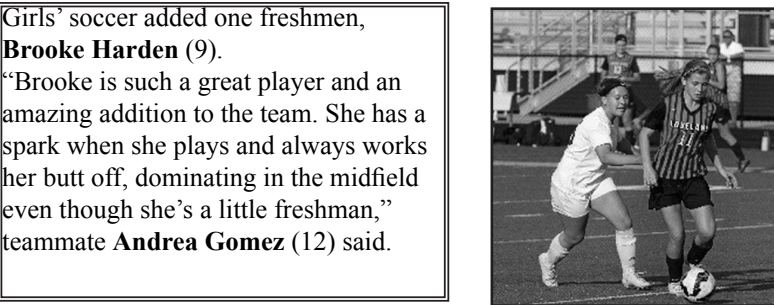


Boys’ soccer has added **Ryan Burig** (9) and **Ian Fields** (9). “I plan on bringing hard work and a good attitude to the team this year,

Peyton Beller (9) is the newest addition to the girl’s tennis team. “Peyton is an excellent player and an even sweeter person!” **Katie McElveen** (11) said.



Volleyball added **Marie Plitt** (9). According to Plitt, her goals are “to get better as a player, to win the ECC, and to go far in the tournament.”



Girls’ soccer added one freshmen, **Brooke Harden** (9). “Brooke is such a great player and an amazing addition to the team. She has a spark when she plays and always works her butt off, dominating in the midfield even though she’s a little freshman,” teammate **Andrea Gomez** (12) said.



Greg Balman (9) has been running with the varsity team. He helped the team come in first in the Lakota East Invitational. According to a recent interview done with Cincinnati.com, Coach Mike Smith said, “These freshmen are the hardest workers I’ve ever seen as freshmen.”



Preferences between women’s & men’s sports expressed by fans, organizations

By Anna Azallion
Business Manager

Sports have been separated by women’s and men’s from the time of youth soccer programs through the pros. The debate of recognition for women’s sports has gone on almost as long. Soccer is a prime example of differences and shows that Loveland is not immune to the discussion. This was evident over the summer around the time of the Women’s World Cup, but it continues to be a relevant debate.

The Women’s World Cup, which took place June and July of this past summer, was full of American pride, and controversy. FIFA decided to hold the entirety of the 2015 Women’s World Cup on artificial turf. This may not seem like a big deal; however, according to *coworker.org*, artificial turf has been blamed for increased injury. These injuries include sprained ankles, concussions, and turf burn to name a few. Artificial turf is also known to effect the speed and quality of a game when sports, such as soccer, are played on this sort of field.

Many people believe FIFA would never force men to play on artificial turf, or in other conditions proven to increase risk of injury. This controversy has brought up the issue of differences between women’s and men’s sports, as well as recognition for women’s sports.

According to JV Women’s Soccer Captain **Sarah**

Harter (10), the biggest difference between women’s and men’s sports at the high school level lies in the motivation behind playing the sport.

Harter said, “The [boys] do it more for themselves and girls do it to be with their friends...”

Zach Robbins (11) said, “Just from soccer I know the girls play more of a kick and run game but the boys, we try to possess and we typically play a little more physical and just faster in general.”

“...In men’s soccer at Loveland, the guys don’t get called for fouls as much as girls.”

Coaches play a big part in any sport and their style can affect how a sport is played. According to **Brooke Harden (9)**, in men’s soccer at Loveland, the guys don’t get called for fouls as much as girls.

Josie Fleming (9) said, “All coaches are different so none have the same style.”

The epitome of the debate is recognition. Despite the differences, shouldn’t women receive the same amount of respect and recognition as men?

Women’s varsity soccer player, **Bailey George (11)** said, “When you ask someone who their favorite soccer

player is they will say Ronaldo or Messi or someone on the male side of the sport. Unless you know the sport, you are unlikely to pick a girl even when there are as many excellent women players to choose from.”

According to **Adam Paddock (10)**, the US Women’s National Team (USWNT) World Cup win has helped to gain recognition for women’s sports.

Paddock said, “The girls’ sports show different aspects to a lot of sports that they play that you wouldn’t usually see when men are playing.”

The question remains, what’s the difference and why don’t women’s sports receive the same amount of recognition as men’s?

Going back to the Women’s World Cup, the spark of this debate, recognition is a major difference between Women’s and Men’s sports. While many people claim to appreciate women’s sports, the recognition and fan attendance isn’t the same. According to *la84.org*, women’s sports get a televised air time of 5% compared to the drastically greater percentage of 92% allotted to men’s sports.

Why are men’s sports perceived as so much more entertaining than women’s? To some the answer may be the aggression and intensity, although women’s sports, especially soccer, could be viewed at a level of equal or even greater intensity. Whatever the reason, the Women’s World Cup has sparked a debate that continues in the growing age of equality between the sexes.

Volleyball team shows high energy level




Photo by Colon Johnson

The Girls’ Varsity Volleyball Team begins the game with their ritual cheer. The team’s energy and intensity helps to fire up the crowd, the players, and to intimidate the opponent according to Dania Gutierrez (12)

By Claire Ruben
Sports and Entertainment Editor

Storming the gym for warm-ups through their very own human tunnel, the Lady Tigers volleyball squad prepares for their next match on Tiger Court. Fans applaud and coaches fire up their players, yet this is not a scene from a conference or state tournament final: the Lady Tigers play with this intensity every contest.

As the match begins the energy only intensifies. After every successful attack on the opponent teammates congratulate each other with a loud cheer and slap on the back.

“Part of our yelling is to intimidate the other team. But also it helps the people on the court get excited and energized when they get a good hit, dig, serve, or set,” outside hitter **Dania Gutierrez (12)** said.

High energy is not the only tactic of Tiger domination. According to team members, solid chemistry accounts for much of the

team’s success.

“The whole team has great attitudes and we all get along really well. It makes it a lot easier to get pumped and cheer for each other,” Captain **Morgan Meszaros (12)** said.

Such a strong team bond allows for players to push each other on both a competitive and personal level.

“I am particularly proud of the way this team supports and encourages each other, yet at the same time challenges each other to get better every day. They feed off one another’s success at the same time pressing each other to do more. It is an awesome combination to create a successful team,” Coach Julie Plitt said.

Success has translated into wins during the women’s 2015 season. At press time the team was 7-3 overall with a 4-1 record in the ECC. Still in contention for the league title, the girls next take action on Tiger Court Thursday, October 1st at 7 p.m.

“Part of our yelling is to intimidate the other team.”

No more excuses: High Intensity Interval Training takes less time, provides more benefits

By Nick Henthorn
Staff Writer

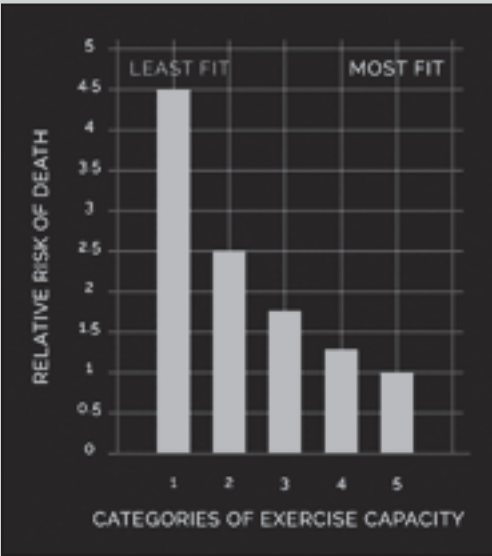
Exercising can involve a lot of time, a lot of equipment, and a lot of monotony. Some people argue that they would regularly exercise, if only they had more time. That excuse is no longer viable with the emergence of high intensity interval training (HIIT).

HIIT exercises utilize short bursts of intense exercise followed by longer phases of low intensity exercise or just complete rest. The high school uses a HIIT activity in its sports conditioning programs called Tiger Laps, where athletes sprint one lap around the track, jog one, then walk one, then repeat.

Studies at the University of British Columbia at Okanagan have shown that 20 minutes of HIIT, in intervals of 30 seconds of sprinting then 90 seconds of walking, can be just as effective as 60 minutes of ‘steady state training,’ like jogging.

“I think it’s good for athletes and everyday people because it lets them get in a good workout in less time” Josh Clarke (Head Athletic Trainer) said.

The Pennington Biomedical Research Center has reported that HIIT also has shown to make workouts less methodical and boring. In addition to taking less time, HIIT can keep your metabolism boosted for the entire day after a workout, due to increased oxygen intake during the intense periods of HIIT. This is called excess post-exercise oxygen consumption (EPOC).



HIIT doesn’t require any fancy equipment either; as long as the body is working at its peak output, results will be had. Even with this comparatively quick and easy alternate method, most people still don’t exercise regularly. A recent data poll done by the Centers for Disease Control and Prevention revealed that only 20.8 percent of adults 18 or older meet recommended amounts of aerobic and muscle strengthening activity

HIIT also can help diabetics manage their glucose levels, as an American Diabetes Association study found that interval exercise is superior to steady, continuous exercise in offsetting the deterioration of glucose in the blood.

“Just one session improves a person’s glucose level,” Dr. Johnathan P. Little said. Little is a specialist in exercise physiology at the University of British Columbia.

High Intensity Interval Training can be done quicker, more enjoyably and with greater health benefits than steady state training. With the popularization of HIIT, maybe people can live their lives more enjoyably as well.

Trump's antics, Sander's views increase interest in 2017 presidential election

By Mackenzie Talbott and Erica Perl
Staff writers

As the presidential election of 2016 approaches, candidates are diverse in their opinions and representation of the modern American. Whether one is a liberal millennial from California or a 60-year old conservative from the state of Louisiana, all are represented politically in their important beliefs.

Business tycoon Donald Trump has been the center of controversy in the media as of late, being accused of criticizing prisoners of war (POWs), labeling Mexicans as rapists and murderers, and making sexist comments.

Ariana Huffington, co-founder and editor-in-chief of The Huffington Post, Trump's most recent subject of criticize, quoted for saying, "[Arianna Huffington] is unattractive both inside and out. I fully understand why her former husband left her for a man- he made a good decision". She has been a repetitive target

of Trump's bashes, due to her opposing liberal views. When speaking of the Iran deal, Trump said, "America under Obama is weak," and repeatedly mentioned how politicians are only talking about immigration because of him.

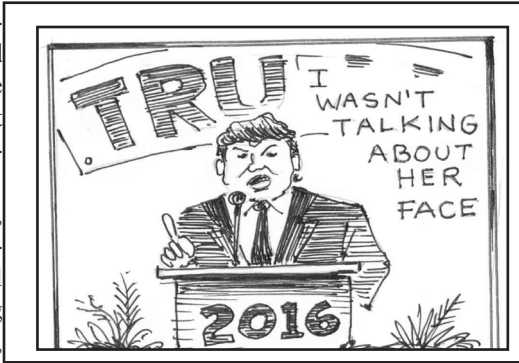
Trump, however, remains unapologetic in his political style despite being made into jokes, memes, comedy sketches, and even Halloween costumes. He stands with his views, and his very determined to keep them in the minds of voters. He is pro-life (with the exception of rape, incest, and health issues), very set on high tariffs for bettering the economy, and is against gun control.

Bernie Sanders, a liberal candidate and

civil rights activist, is showing numbers in the millennials. Being the first presidential candidate to run solely on dona-

tions, his campaign is unconventional. Since Bernie is running off of donated funds, his campaign, views, and ideas are not well known. Many people have to look for information about him; his campaign has not included commercials, flyers, or handouts.

Sanders claims to be a socialist, and his views follow. He is for women's rights, social equality, gun control, and supports women's choice in abortion rights. Sanders is now trying to raise minimum wage to 15 dollars per hour by the year 2020. He believes that "no human working 40 hours



Political cartoon by Jon Parker

News briefs

The Cincinnati Reds will be playing against the New York Mets from September 24-27.

The Seth Mitchell Hero 5K Race will start at Nisbet Park at 11 AM on September 26.

The LHS Student Picture Makeup/Retakes will happen outside the school gym and near the concession stand, and last 10:40 AM and last until 12:45 PM on October 1.

The Reds will be playing the Cubs from September 29 to October 1.

On October 3, the Athletic Boosters Mattress Sale will happen at the middle school.

The LHS Marching Band will play "Drums Along the Little Miami" at the high school on October 3.

From 12 PM to 4 PM on October 3, the Loveland Kidfest will be held on the Jackson Street Market in downtown Loveland.

The Bengals will be playing the Ravens at 1 PM on October 4.

An Athletic Boosters Meeting will be held at 7 PM in the high school cafeteria on October 5.

On October 7 at the high school, the LHS Strings Concert will be held at 7 PM.

The deadline to register for the The Bengals will be playing the Seahawks at 1 PM on October 11.

It'll be Columbus Day on October 12! No school!

The LHS Jazz Lab/Jazz Orchestra Concert will be held at 7 PM at the high school on October 15.

The deadline for seniors' yearbook quotes is October 16.

The LHS Wind Symphony/Symphonic Band Concert will happen at 7 PM at the high school on October 21.

The LHS Mid Term Exams for Blocks 1 & 3 will happen on October 22.

The LHS Vocal Concert will be held at 7 PM in the high school auditorium on October 22.

The LHS Mid Term Exams for Blocks 2 & 4 will happen on October 23.

New downtown complex causes problems for some businesses, residents

By Jon Parker
Staff writers

From 30 minute traffic delays to screeching saw noises, the construction in downtown Loveland has taken a toll of some form on all its residents.

Building and Zoning Official Eva Parker stated that the new development has been in progress for over a year now and is estimated to be completed in late December. With this new set of residential and soon to be occupied business spaces, many pros and cons lie ahead for all of Loveland. Building and Zoning Official Eva Parker stated

New businesses like *Graeter's Ice Cream* and *Vertical Drop Snow Sports* will add character and increase Loveland's diversity along with a great increase in job openings. However with this comes a major problem, parking.

Existing businesses like Loveland Canoe And Kayak are losing almost all of their parking spaces to this new development and will have a whole new set of problems to deal with in return.

A shortage in parking creates a congestive state that may run some of Mark Bersani's, owner of Loveland Canoe and Kayak, business out and may cause a loss of customers.

Paxton's Grill owner Ralph Dunnigan stated, "As a member of the Loveland business community I look forward to the new businesses and residents of the Loveland Station. All of us can benefit from this new development".

Loveland Cities Building and Zoning Official Eva Parker, stated that "The new development is a good step for the growth of our town" and when Parker was asked about the parking problems that are present and ahead she said, "We have taken this into consideration and are doing our best to make it fair and easier for all in Loveland."

The new additions on top of the existing parking problems may make or break businesses in Loveland.

Specifics

By Nick Henthorn
Staff writers

--Location : corner of West Loveland Avenue and 2nd Street,

-- 200 residents in 94 one, two and three bedroom apartments.

-- 15,000 square feet of retail and commercial space.

-- Retail includes Graeters, SweetFrog frozen yogurt, Vertical Drop ski gear, Busy Bee Boutique, and Bella's Italian restaurant.

Quotes

"It's a step back to when people used to live downtown above a retail store and they could walk to school, walk to church, walk to a bar, and walk to a coffee shop" -- CMC Properties President Jim Cohen

"It's going to bring in whole new life to this city." -- City Manager David Kennedy

Cincinnati air quality ranks 8th worst in nation

By Madelyn Cummins
Staff writers

According to Bob Strickley from the Cincinnati Enquirer, a new study by the American Lung Association "may have residents of the Tri-state thinking twice about that breath of fresh summer air."

In the August report by the American Lung Association, Cincinnati appears as the city with the eighth worst air quality in the United States. Factors which contribute to the poor air quality are high factory and car emission levels. Cincinnati is also located in a valley which causes the emissions to be trapped inside, worsening the air quality.

These conditions are comparable to those of Los Angeles, which is also located in a valley with high automobile and factory emissions. L.A. has the worst ozone pollution and third worst air particle pollution in the nation.

How bad can dirty air be?

"Six out of 10 Americans right now as we speak live in areas where the air can be dirty enough to send people to the emergency room, dirty enough to shape how kids' lungs develop and even dirty enough to kill," Janice Nolen said, the American Lung Association's assistant vice president on national policy and advocacy.

What can be done to help? Aside from the usual car-pooling and turning off the lights, it is also helpful to

- Fill up gas tanks after dark to prevent the sun from turning gas into air pollution.

- Avoid "topping off" a tank of gas.

- Wash clothes with warm or cold water instead of hot.

- Combine trips to the store.

- Don't exercise outdoors, especially by busy streets, when air pollution levels are high.

Mrs. Burge's third block class has some additional ideas of how to help.

- Turn off the lights when not in the room.

- Plant a tree.

- Reduce, reuse, and recycle.

- Don't burn leaves, use them for compost instead.

"Doing little things like turning off the lights is so easy. It not only saves money on your electricity bill but conserves energy and makes the world a better and healthier place to live," **Lydia Powell** (11) said.

Your voice, not always your choice

By Jon Parker
Staff writer

Whether it lasts two or eight years, college is a significant part of students' futures and is the last step of education before starting a career and extending those studies beyond the university. For most, college is a big step in becoming more independent and learning skills in and out of the classroom to prepare students for the "real world" ahead of them.

Choosing where to go to school can be very stressful considering things like debt, the location of the school, along with the degrees you'd be planning to obtain. Along with all of this comes another problem for some students nowadays; the pressure of the parent.

Loveland student **Caroline Poole** (11), states "For years now my parents have been trying to tell me how great Ohio State University is and say they'll be disappointed if I go somewhere else." However, she is personally thinking differently on the matter in her words. If a student

is pressured into going to a university he/she is not completely comfortable with or is obliged to all together, one can't expect them to get good results from their college experience.

To some parents of students, continuing on legacies or simply wanting their kids to go to universities that they personally see fit for them is the most important thing to them. This influence on students can cause even more stress than they already go through with the process of moving into a university and can make them feel as if they have to keep their parents happy and go to school where they want them to regardless of how they feel on the matter.

Proper education is important to parents but college is also about giving students more freedom and introducing a new level of independence and free choice for a variety of things.

"Parents may nudge their children in the right direction by giving them a healthy dose of pressure. But when parents take their college admissions concerns to the extreme, their concern can do more harm than good." says

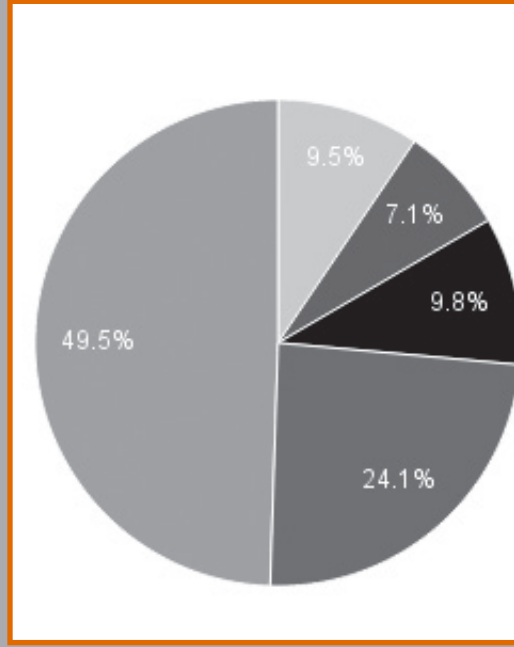
Brian Hartnack at Campus Explorer Inc.

Sports and academics can also create pressure in choosing a college, most parents want their children to attempt to get a scholarship to make it easier in the long run with the increasing amount of debt that comes with schooling each year. A student might get a scholarship to a school but it may not seem right for them. The parents may insist they take the scholarship at the school even if that doesn't feel completely comfortable with it.

Legacies are important to some families among universities and students can get influenced through the thought of carrying tradition, which isn't a bad thing if they're okay with doing so. Parents might want their kids to go to a certain school for the programs they hold and location in some cases.

College is for the student, not the parent. At this point in the student's educational career it's important that they feel comfortable where they learn and how they do so.

Class of College Debt



Opinion

Why the college doesn't matter

By Megan Phelan
Features and Photo Editor

As high school comes to an end, students are pressured to begin applying to colleges. The schools that appeal the most to kids are often the well known, expensive and prestigious colleges; the Harvards, Yales and Princetons. Society has developed this view that if one doesn't go to an ivy league school, then they are not as well educated or not part of the upper echelon society. High school students are stressing over finding the school equipped with the very best program for their intended major. Yes, it is important to find a school with the major a student wants, however, a college degree is still a college degree. When looking for a job in the real world, most employers are not as concerned about the college attended, but if they are qualified for the job, according to *TheHuffingtonPost.com*.

Going to a prestigious school just for the title can result in a lot of hurt financially because these schools typically cost more than public universities. According to *nces.edu.gov*, the tuition cost at private universities is almost double the cost to attend a public school. Student loans are a huge debt that many students don't understand the complexity of. These loans affect a large chunk of graduates lives because they are coming out of college, not only alone in the real world, but also tied down by a great amount debt. In some cases, it may be wiser for a student to attend a lesser known school, that is also a lot cheaper. If one is planning on choosing a career path that pays little, it makes more sense for them to choose the less expensive school.

Whether one goes to the University of Cincinnati or New York University, they still have the same opportunities when it comes to the employment industry. In 2011 two economists,

Alan Krueger and Stacy Berg Dale, published the results from their study, showing that 20 years after graduating college, the graduates from "elite" schools were earning the same amount as those who graduated from "moderately-selective" schools. Most of the time "employers are interested in what skills you (graduates) bring, and how these skills can be used in their business," said Kris Stadelman, director of the NOVA workforce investment board.

Over 200 schools across the United States offer very similar levels of education, according to *Time.com*. These are factors that are worth remembering when receiving acceptance or denial letters from colleges this spring. No matter where someone ends up attending college, they will be challenged beyond anything they experienced in high school. *Time.com* says that it is important that "the par-

Alumni share college advice

By Megan Phelan
Features and Photo Editor

The students about living their entire lives how there is nothing, constantly talk about they are to be leaving college. These come from juniors they anxiously near years in high school would counter these advice they wish to while still in high school the little and big things "There's more

2015 Decisions

- Miami University
- Ohio University
- The Ohio State University
- University of Cincinnati and other campuses
- Other

Finding the right fit: an inside perspective

By Catie Shipp
News and Editorials Editor

The beginning of the college search process means the beginning of a student's search for their next home away from home. With college serving as one of the first steps to adulthood for many, it is crucial to find a good fit. However, knowing exactly what that might look like can be challenging, as there are a variety of opportunities and options available. School counselor, **Mr. Mitchell**, and Loveland alumni, Halle Russo, have both been in the college-seeker's shoes, and by experiencing success of their own they were able to provide insight into what it takes to find that right college fit.

A Guidance Counselor's Perspective:

Mr. Mitchell, attended the University of Cincinnati, Miami University, and Xavier University studying and

obtaining degrees in both music education and counseling. He shares his love of the schools he attended to further his academic career, and was happy with his decision.

"I loved the intensity at U.C., the caring faculty at Miami, and Xavier was just awesome," **Mr. Mitchell** said.

According to **Mr. Mitchell**, the college search process should begin with a conversation with the parents.

"You and your family need to be on the same page when it comes to college," **Mr. Mitchell** explained. "Set up a deliberate time with no distractions and discuss what it is you're both looking for in the college experience."

A discussion with the family should then lead to questions of what each student needs to focus on while starting the application process.

"Pay attention to what each school is looking for, including factors such as academic rigor, class rank, GPA, character, essays, and test scores. These may vary depending on the school under consideration," **Mr. Mitchell** said.

The next step to finding the perfect fit is the net price calculator.

"Tuition and scholarships should absolutely play a role in the search process; it's a key consideration. Use resources, such as the college navigator on Naviance or the net price calculator on every college website to your advantage. Also, don't forget about the FAFSA. For seniors, that deadline will come quicker than you think," **Mr. Mitchell** said.

An Alumni's Perspective:

Alumni, Halle Russo, currently attends the University of Alabama and she believes that she found the right college fit.

"To find the right fit, you need to

visit as many schools as possible and pay attention to how you feel on each campus, as well as what you want to do there," Russo said.

Searching for the right college should also concern more than academic or major-based factors.

"In reality, you're going to receive a similar education at any school, but the actual experience you have is going to be determined by things like Greek life, athletics, and other activities," Russo said.

It's vital that a student's final decision reflects his or her beliefs, values, and lifestyles, as college is a time for individual growth, higher education, and everlasting memories. Thus, there's a lot to consider while beginning the college search process, but it's important to remember that the right school is out there. By weighing the many factors that make the college experience complete, a student will be able to find it.



Loveland than you think, so enjoy it while you can," said Hannah Belamah, a 2014 graduate.

She suggests getting as much use out of the bike trail as one can because it is not something that one always gets the privilege of having.

Meg Policastro, a graduate of 2015, also believes that it is important to enjoy things while they last. Meg advised students to not "think you are too cool for things. Freshman: don't be afraid to ask questions when confused. Seniors: even though you've done everything three times already, go all out because you'll enjoy making the final memories. Don't think you

are too cool for Loveland. New places are neat, but you'll miss going to the local Skyline and the football games where you know everyone."

Other alumni were more focused on the minute details of high school. Sophie Greenberg, a 2015 graduate, emphasizes how true the "freshman 15" is. Sophie said it is smart to "lose 15 pounds in high school, so that you have room to gain it in college."

Rachel Froberg, who also graduated in 2015, showed concerns about eating as well. Rachel was a previous writer for *The Roar* and had a monthly article, "Rachel's Food." So, it makes sense for her advice to be "eat as many french toast sticks as

the school has to offer because one day they will stop serving them and it's going to hurt."

Not only did alumni give high school advice, but also life advice. Whitney Housley, a 2014 graduate, urges everyone to "stop trying to fit into conformities; just be yourself and you'll make better friends that way."

This advice can be taken advantage of, or left without even given thought. However, it is important to remember these two things: the first is that one should always be themselves and do what they want to do. The second is that each student at this school holds one common truth: Loveland is and will continue to be home.

A-Alumni Abigail Hamm and Madison Stanley cheer on the Ohio University Bobcats.

B-Andrea Gomez (12) visits Wright State University.

C-Alumnus Brittany Talbott moves in to Miami University.

D-Josh Carovillano (12) and former Loveland student Anne Tewksbury visit the University of South Carolina.

E- Dania Gutierrez (12) visits the University of California Santa Barbara

F- Alumni Katie Doarn, Sarah Logan Boeger and Sarah Schuster meet the band Motherfolk at The University of Cincinnati's 86 club

Anticipated T.V. Shows of Fall 2015

The down-low on the hottest shows

By Erica Perl

Staff writer

1. Angel from H... on (CBS): Amy (Jane Lynch), claims to be the guardian angel of Allison’s (Maggie Lawson) life. Together, the duo forms an unlikely friendship, though Allison can’t decide if Amy is actually just crazy.
2. Best Time Ever with Neil Patrick Harris (NBC): A live one-hour show featuring stunts, skits, pranks, audience interaction, musical numbers, giveaways, and more.
3. Blindspot (NBC): A woman (Jaimie Alexander) is found in Times Square with her body covered in tattoos with no memories of her past gains the attention of the FBI, who follow the road map of tatoos to reveal a large crime conspiracy and discover the truth about her identity.
4. The Catch (ABC): Alice Martin (Mirielle Enos) is a fraud investigator who becomes the victim of... fraud! Before he frames her and destroys her career, she has to find her ex-fiancé.
5. Chicago Med (ABC): Explore a thrill ride that explores the day-to-day

- chaos of the city’s most explosive hospital and the team of doctors who hold it together. They will tackle cases inspired by topical events, while inevitably crossing paths with the Chicago police and fire departments and will intertwine as this third team of Chicago heroes hits the ground running.
6. Code Black (CBS): A medical drama set in the most notorious ER in the nation, where the staff works with limited time and resources to save lives.
7. Criminal Minds: Beyond Borders (CBS): Starring Gary Sinise, Daniel Henney and Tyler James Williams, this spinoff of Criminal Minds focuses on a division of the FBI that helps American citizens who find themselves in danger abroad.
8. Crowded (NBC): After 20 years of parenting, Mike (Patrick Warburton) and Martina (Carrie Preston) are finally reclaiming their wild side - at least until their two grown daughters (Miranda Cosgrove and Mia Serafino) unexpectedly move back in and Mike’s parents (Stacy Keach and Carlease Burke). Scratch their plans to spend their golden years in Florida.

Celebrity Look-A-Likes

Students resemble famous faces

By Claire Beran

Staff writer

- Shane Chrusniak (9) looks almost identical to Keegan Allen (Toby Cavanaugh) from the hit television series Pretty Little Liars.
- Sam Faingold (11) shares a resemblance with Miranda Cosgrove.
- Megan Mesmer (9) appears to have similar features as Taylor Swift.
- Lauren Ratterman (10) looks similar to famous Victoria Secret model, Elsa Hosk.
- Renn Redslob (11) and iCarly star, Nathan Crest, look like twins.

The Comeback of the Biebs

Pop star returns to the stage after troublesome acts

By Catie Shipp

News editor

Every Belieber was saying “Baby” when they saw Justin Bieber take the stage for the first time in two and a half years during this year’s VMA award show. The pop-sensation returned with his new single, “What Do You Mean,” from his upcoming fourth album, and many are anticipating his next steps in the world of music.

“I’m in love with JB, and I’m so excited that he’s back and making music. The performance of his new song “What Do You Mean” on the VMA’s was amazing,” Ashley Schmook (10) said.

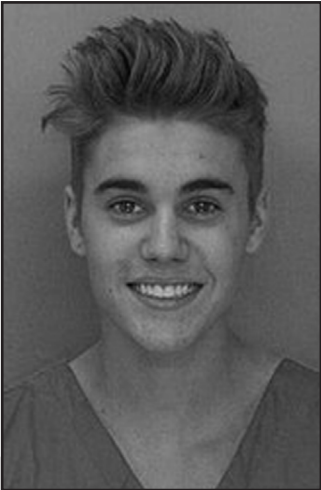
Due to a wide range of negative press, Justin Bieber took his first steps towards comeback with a formal apology. He declared that he hopes to continue forward in his music career, putting his rowdy behaviors behind him.

“There’s been moments I’ve been proud of, then a lot of moments that I’m disappointed in myself for — things that I’ve done that really don’t define who I am. I’m a kindhearted person who loves people and through it all, I lost my best qualities. For that I’m sorry,” Justin Bieber said at Comedy Central’s Roast.

His public apology, the release of his new single, and his performance on the VMA’s appear promising to the future of Bieber’s career. It seems as if this popstar will have another

shot at making a mark in the world of music. According to a Billboard interview with Sharon Dastur, Senior VP of Programming Integration at iHeartMedia, his new album due out November 13th is expected to top the charts and experience radio success as the public shows more acceptance of Bieber’s new, mature sound.

“Radio’s going to embrace [‘What Do You Mean’] in a big way. He’s gotten back into the good graces of people — not only from the Diplo and Skrillex song, but from the Comedy Central Roast, from the things he’s been doing recently, from the way he’s basically said, ‘Hey, I’ve been growing up,’” Sharon Dastur explained.



Justin Bieber smiles post-arrest. He was arrested for drag racing in Miami, Florida in 2014.

Justin Bieber’s new single, “What Do You Mean,” is currently number one on the iTunes charts in 82 different countries. It was also the fastest single to reach the number one position in the U.S, with a record time of five minutes. The question now arises of whether the Biebs can maintain this positive image to the public, or whether his current success will be short lived and come to a close with another act of risky behavior.

“Justin Bieber doesn’t have the self-control to avoid trouble,” Erica Padgett (12) said. “His popularity has gone to his head, and he’s no longer the teenager we all want him to be.”

SepTUNEber

A playlist for songs of the season

By Niki Fiorenza

Staff editor

	Murakami by MADE IN HEIGHTS	
	G# by Kitten	
	The Glow (feat. Kimbra) by Big Data	
	80's Comedown Machine by The Strokes	
	I Can't Give You Anything But Love by Tony Bennett and Lady Gaga	
	Land Of Pleasure by Sticky Fingers	
	Wyrd by Glass Animals	

“Justin Bieber doesn’t have the self-control to avoid trouble.”

-Erica Padgett (12)

Let Me Call You Sweetheart

Mary Higgins Clark creates thrilling mystery about roses, plastic surgeons, murder

By Mackenzie Talbott
Staff writer

Ever seen a pretty person walk down the street and thought, “I want to look like them.” Well then talk to the antagonist in this murder mystery, *Let Me Call You Sweetheart*. Detective Kerry McGrath knew something was fishy the moment she walked into a plastic surgeon’s office.

Only there for a car accident involving her daughter, she ends up seeing the face of a girl murdered a decade ago, not once, but twice! This results in Kerry opening a 10 year –old case, and the book goes sour from there.

On the brink of a new judgeship Kerry is willing to risk it all to see

the right man go to jail this time. The man in question? The plastic surgeon himself, Dr. Charles Smith. Why? Because the trending face is his beautiful deceased daughter, Suzanne. Don’t worry, someone already went to jail for her murder 10 years ago—her loving husband Skip Reardon.

Suzanne had it all, flirty personality, good heart, nice job, caring husband, and looks to kill for (literally). Why would she suddenly be lying on the bottom of her stairs dead? Many people do believe it was Skip, angered by all the male attention she got. Kerry winds up getting in contact with him to discuss what really happened. With the help of Skip’s lawyer, a cute male (shocking), she can now use the information Dr.

Smith’s lawyer overlooked in the first trial. Who is Kerry’s EX-HUSBAND, by the way.

This book takes all different points of view to show, which shows the different sides to a murder mystery. Each chapter in the beginning is someone new, and they always end with more information than you think you need. Turns out, one of those irrelevant ending points just may be the lead clue in solving the biggest question in this novel, who really killed Suzanne?

Honestly, there isn’t anything bad to say about this book. Many reviewers claim this is the worst book of Higgins’ collection, but this reader happens to disagree. Her other novels aren’t bad either; this one just has more plot twists than Higgin’s other

works.

This review doesn’t do the character development any justice. It is amazing to try and count how many important characters are in this book even when you weed out the small extras. 5 out of 5 stars from this reviewer, for the witty writing, captivating characters, and an edge-of-your-seat plot, which involves amazing twists.

This thrilling story jumps from character to character, which may leave the reader confused. What does an art critic have to do with a plastic surgeon’s obsession with remaking his daughters face? All the characters’ lives intertwine for a sweet ending. So, let me call you interested.

Currents: Tame Impala’s new album makes splash

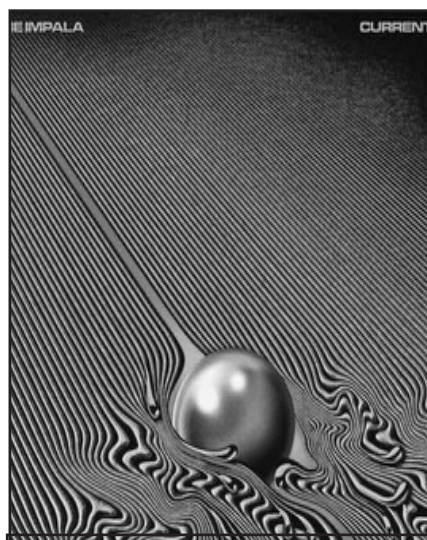
By Jon Parker
Staff Writer

From psychedelic guitar riffs to dreamy keyboard playing, Kevin Parker and the band, Tame Impala, have dialed up their third album *Currents* with plenty of diversity and surrealness all around. A sense of relaxation and soothing synthesized beats bounce around each track to create an addicting listening experience.

A home recorder since age 12, Parker works in the studio largely on his own and created Tame Impala’s first two albums with wavy drum lines and plenty of depth within the lyrics that lands the band among the genre of psychedelic pop.

It’s clear to see that quality is important to Parker, as he showed in the band’s first two records, but it’s also clear that *Currents* is a progressive album for Tame Impala and sets a shift for their future work. This shift is hinted through song titles like “Yes I’m Changing” along with lyrics of “Yes I’m changing, can’t stop it now

And even if I wanted I wouldn’t know how”, which is all about *RBetter*”, with its meaningful lyrics that are accompanied by an uplifting guitar riff. And to start things off in a distant manner, you get your hand shaken abruptly by the track “Let It Happen” with an eerie rhythm that floats



Tame Impala’s album cover.
Issued July 17, 2015

about and leads into the next track.

From start to finish the vocals on this record are something out of the Twilight zone, echoey and robot-like that haunt the instruments they occur with, creating a finished sound that drags the ear back wanting more.

Using his music as an outlet of mixed feelings and severe anxiety, Parker is creating some of today’s highest quality music that catches a variety of ears and is placing his name among the most prominent young musicians of his time. This creative style Parker has brought to the new age music industry is progressive and constantly changing. Even if his explorations only get him as far as his next song, it’s a trip worth taking.

Ranger’s Apprentice:

Thrilling series by Flanagan worth reading

By Patrick Seroogy
Staff Writer

In this underrated fantasy and action series spanning 12 books, John Flanagan tells the story of an orphaned teenager named Will and his adventures with various allies and his master Halt as members of the Ranger Corps, the mysterious intelligence force of the medieval-esque kingdom of Araluen.

In the first book, titled *The Ruins of Gorlan*, Will is an orphan living at Castle Redmont of Redmont Fief of the Kingdom of Araluen. At fifteen years of age, he is expected to become an apprentice of one of the masters at the castle, or go off to work in the fields. Will was denied apprenticeship to Battleschool, the place to train to become a knight, but after being caught sneaking to the baron’s room to try and see his fate, Will is picked up to the legendary Ranger Halt who, after seeing the boy’s potential, decided to take him on as an apprentice.

With his near humanly intelligent horse Tug, Will trains in archery, knife skills, and stealth to pass his upcoming assessment at the annual Ranger Gathering of the Ranger Corps. But the event is interrupted by rumors of the minions of Morgarath, a traitor who waged war against Araluen some 15 years earlier, breaking through the Three Steps Pass, the only known passageway through the Mountains of Rain and Night, into Araluen. Will, Halt and the man’s former apprentice Gilan pursue and hunt down two of Morgarath’s most deadly underlings, the Kalkara – two monstrous beings with yellowish skin and hypnotic gazes.

In the second book, *The Burning Bridge*, Gilan, Will and his friend Horace are sent to Celtica, a nation neighboring Araluen, to ask for possible reinforcements for the inevitable second war against Morgarath. There, they discover that some of population has been killed or forced to flee by Wargals, bear- and apeline monsters working for Morgarath. They also find an Araluen girl named Evanlyn whose troupe had been killed, but Gilan and Will suspect her of harboring a secret. Gilan rides ahead to report to the King of Araluen, while Will, Horace and Evanlyn start to head back about a day behind him.

On the way back, they encounter Wargals and decide to follow the creatures. Eventually they find a bridge being built by captured local miners over the Fissure, a gorge previously thought to be impassable, with the express purpose of transferring Morgarath’s army from the mountains to Araluen through Celtica. Will, Horace and Evanlyn resolve to burn the bridge, and go about doing it.

More happens (obviously), but to avoid total spoilers, no more will be said about this adventure. But, throughout the first two books and the rest series, Flanagan utilizes and interests and excites the reader with exhilaratingly descriptive action scenes, excellent plot, characters and story, and overall illustration of human values and character to deliver an amazing tale like no other. This series is certainly enough to keep you occupied for weeks on end; months, maybe, considering how extensive it is. I suggest you give it a try. I give it 4.5 stars out of 5.

Eric Portune deals with rare syndrome

By Kaylee Harter
Editor-in-chief

The words “resilient, happy, enthusiastic, compassionate, fiercely independent, accepting, funny, and courageous,” are all used by Ned and Lisa Portune, parents of Erin Portune, to describe their daughter. Erin is a horseback rider, participant in CRU, an employee at King’s Island, and typical student who simply wants to have friends and have fun.

“She really loves being with people and being involved in the social aspect of high school,” said Erin’s parents.

However, there is one thing that can make it difficult for her to create lasting relationships, despite her innate friendliness. Erin has a disability called Williams Syndrome.

Williams Syndrome is a rare genetic disorder that affects about 1 in 10,000 people worldwide, according to the U.S. National Library of Medicine. Williams Syndrome is characterized by differences in personality, appearance, thought process, and health as a result of the deletion of about 28 genes on the seventh chromosome.

“It’s a tiny variance, but it makes a big difference... Erin works harder to learn or do things that may seem easy for someone not missing those 28 genes,” Mr. and Mrs. Portune said.

Williams Syndrome is also characterized by hypersensitive hearing, making loud sounds physically painful and concentration in noisy settings difficult. The characteristic personality traits of Williams Syndrome are extremely different than those that may accompany other disorders. Individuals with Williams Syndrome



Photo by Lisa Portune
Olivia Cox (11), Grace Fjestul (11), Danielle Kenyon (11), Tori Slagel (11), Katelyn Warden (11), Erin Portune (11), Tarah Wagner (11), and Maggie Bailey (11) strike a pose before homecoming. Lisa Portune explained that it was great seeing Erin as part of a group.

are often extremely social, friendly, and endearing, though there can be a deficiency in picking up on social cues.

According to her parents, Erin is talkative but can abruptly change topic or ask something too personal that can make people feel “uncomfortable or want to end conversation.”

She sometimes struggles to find the words to say what she means and finds it difficult to tell a cohesive story. Her mother, Lisa, stated that in reality, Erin just wants to be treated like a friend in these situations, wants to be reminded that she is off topic and wants to be asked to explain again. These difficulties are a result of Williams Syndrome and the aftermath of

chemotherapy that she had when she was very young to treat Leukemia.

Erin faces these obstacles and numerous others on a daily basis, but according to her parents, one of her biggest strengths is perseverance. Since first grade, Erin has studied for four hours every night, including weekends and summers, in order to keep up. She has visited several colleges and plans on attending one of these universities. She has worked hard in horseback riding and has participated in the Ohio State Special Olympics, where she has won gold medals and in typical riding competitions, where she has won ribbons.

“Erin has already achieved much more than many people with her disability, and she’s just getting started,” Mr. and Mrs. Portune said.

Erin’s parents also credited her with being “a great teacher,” and said that she “finds humor in the small things, loves unconditionally, accepts everyone, and isn’t afraid to show emotions. We could all learn the richness of life from spending time with someone like that.”

Her parents also emphasized the importance of learning about Erin and others with disabilities. “People with disabilities are often marginalized and even invisible, isolated from their peers... Understanding the differences caused by the disability, which a person has no control over, allows for the similarities to be seen and from there a better relationship for everyone is possible. Knowing a little about the characteristics of Williams Syndrome helps explain why Erin does what she does, and can help people look past those things and see the real Erin, a junior at Loveland, enjoying life, getting ready for college, and wishing every day was no homework day”



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Answers from freshmen

What’s high school like so far?

By Megan Phelan
Features and Photo Editor

The class of 2019 has finally settled into the high school. They are beginning next four years of their lives and “cannot wait to explore what the future brings,” said **Alaina Bender (9)**.

The Link Crew leaders have been working to make the freshman class feel welcome to the new school. They have put forth the work through bigger activities, such as freshman orientation, and also the little things, like day-to-day greetings in the hallway.

Link Crew Leader, **Ali Jones (12)** said,

“I love seeing my freshmen in the hallway and hope the best for them during their journey through high school.”

For **Allie Shank (9)**, high school has exceeded her expectations. She said she once “thought it’d be horrible, but it’s fun. I like watching people fall down the steps.” The freshmen have also realized how scary the high school’s steps can be. They provide loads of embarrassment for those who fall down/up them and also a lot of confusion while attempting to maneuver around the school.

Something **Annalice Poweleit (9)** has learned is to “try not to get lost.”

High school is a great change from middle school for many reasons. One of those being that students of all ages are able to have classes together. This provides for a unity among the whole school and aids in underclassmen developing upperclassmen friends.

Another way that middle school differs from high school is the usage of devices. Freshman **Mason Funk** has noticed that “students get to use their phones a lot more.”

Something learned by **Annalice Poweleit (9)** is to “be outgoing and to go all out.” She believes these are important to keep in mind because they will allow students to get the most as they possibly can out of their high school experience because “it only happens once!”

Students travel to Germany for exchange program

Madelyn Cummins
Staff writer

After creating close friendships with their German exchange students last spring, two Loveland students, **Drew Kluender (11)** and **Marty Zimmer (11)**, traveled across the world this summer to visit their friends.

Zimmer and Kluender each hosted a German exchange student in their homes last spring; Zimmer hosted Daneil and Kluender hosted Hannes. This time the Loveland students stayed with their German friends in their homes and were able to experience the German culture.

Each student also visited some neighboring towns, and Kluender was even able to visit Italy with his host family.

This is what Zimmer and Kluender have to say about their experiences.

Q- What was the favorite place you visited?

Zimmer- I really enjoyed the Porsche Museum and seeing all of the cars.

Kluender- My favorite in Germany was Munich because of all the cool old buildings and the food. In Italy it was just hanging out on the beach.

Q- What was the food like?

Zimmer- The food was very good. Generally there is lots of meat, vegetables, and sausages. But after a while I think it got a

little bland.

Kluender- There was a lot of schnitzel (breaded meat) and potatoes. Also the ice cream was really good.

Q- What was a large cultural difference you noticed?

Zimmer- Their meal times are different. Instead of eating three meals they might eat four or five smaller meals.

Kluender- The people weren't quite as friendly to strangers as Americans are.

Q- Were there any differences in the ways families or friends interacted?

Zimmer- Not really.

Kluender- The parents let their kids be more free to do what they want and aren't as worried as Americans.

Q- How did you feel foreigners were viewed there?

Zimmer- Very kindly. All of the people in Germany were very nice to me and helped me out if I needed it.

Kluender- They were really nice and very excited to meet an American. They all wanted to go to America.

Q- What was your favorite memory?

Zimmer- My favorite memory was when I saw Daneil, my exchange student, again.

Kluender- Drinking apple juice on the beach.

Both Loveland students were able to gain new perspective on the world, and will hopefully share their new findings with our school.

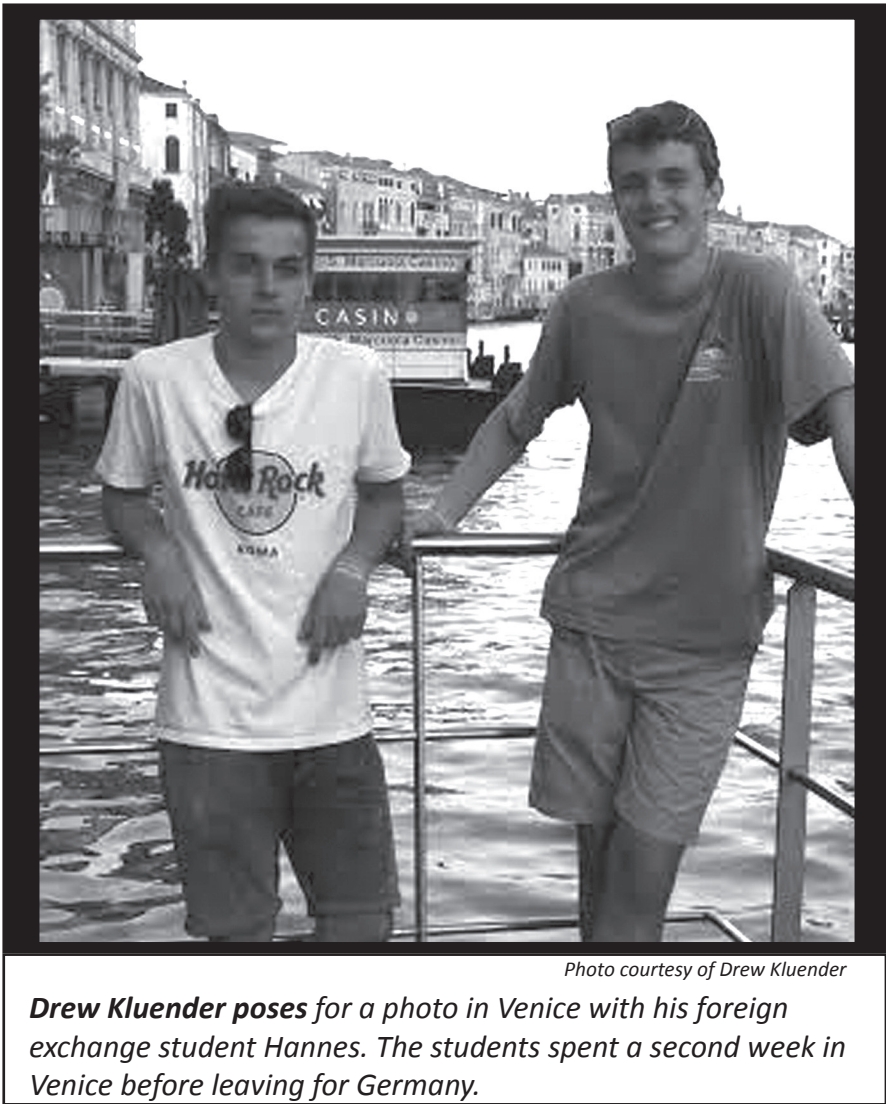


Photo courtesy of Drew Kluender

Drew Kluender poses for a photo in Venice with his foreign exchange student Hannes. The students spent a second week in Venice before leaving for Germany.

New student expresses experience

Hannah Bingham
Staff writer

In high school, we learn things we will need to know for the rest of our lives, we will make decisions that catapult us into the real world and lastly, we will make friends that last a lifetime. Once we become accustomed to the daily routine of our high school career, it is hard to be uprooted. However, this is exactly what a new student has to do and it is what I had to do when I moved from LI (Long Island), New York to Loveland, Ohio.

It has definitely been a huge adjustment and although there are many things I miss dearly about the East Coast, I have come to love the homey feel of Loveland. In many

ways, I owe this to the amazing new student experience at Loveland High School.

After struggling through the jam packed halls of my old school to my nine periods of 45- minute classes a day, I have realized how much I love the block schedule implemented at LHS. Not everyone is switching classes at the same time making the halls easier to navigate, and in addition, there is a more relaxed feel during the blocks because not all of the material is shoved into a short time period. You can double up on classes and get through material so much faster so that you can focus on electives that interest you.

This brings me to my next point which is the dedication of people at LHS to placing students in electives or extracurricular

activities that interest them and point them in the right direction for their interests. For example, I am involved in CRU (Campus Crusades for Christ) and LHS XC (Cross Country). Both were a great way for me to meet people as a new student and have shown me that I have a place here. In CRU anyone can find a group of friends with the same interests and bond with a really great group of people. Cross Country has also been a great way to make friends because- let's be honest-, struggling through a workout is a bonding experience only runners will understand. Instead of the once a season pasta parties I had with my team in LI, we have them before every meet as well as other team bonding activities that bring the XC family

even closer together.

Lastly, the biggest transition from LI to OH was of course, the football games. Loveland puts my almost empty Saturday morning football games in LI to shame. The moment one enters the stadium, the roar of students in the stands is overwhelming. With fists pumping in the air and paint smeared across faces and bodies, I could barely squeeze into the stands packed with students standing shoulder to shoulder. Just looking at the senior section made me anxious to be a senior myself! There was never a dull moment as we chanted and screamed as loudly as possible. No matter how the game turned out, the party in the Loveland student section never ended, and I have never been more proud to be a Tiger.

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Featured students
of the Month

Photo by Kaylee Harter

Jonathan Reese and Hannah Matuszak achieve National Merit Scholar semi-finalists.

BORDERLESS BUDS

Students' reviews of Indian cuisine

By Niki Fiorenza
Staff Writer

Trying new things is a part in becoming a well-rounded person, and to broaden their horizons, many people enjoy trying foreign foods. This month, five different people tried and reviewed a drink, snack, and dessert from the lovely country of India.

The first thing the group tried was a *lychee nectar juice*. The lychee is a small red fruit that is native to certain parts of China “The aftertaste is subpar and the sugar tannins are quite strong; it could use more acidity. It needs to age more. I would recommend a decanter to let it breathe.”

-Andrew Snyder ☆☆ 2/5

“It tastes like mandarin oranges with an aftertaste of spoiled mandarin oranges.”

-Renn Redslob ☆☆☆ 4/5

“It needs more sugar.”

-Sophia Sperry ☆☆☆ 4/5

“I only taste sugar.”

-Joe Carver ☆☆☆ 3/5

“It’s really sugary. As Joe said, it’s the only thing I can taste.”

-Caroline Fisher ☆☆ 2/5

Chulbule Chatpate chips resemble Cheetos and are coated with various spices.

“I feel like I’m eating tangy onions, or weird Funyuns. It’s as smooth as a baby on the outside, but the spices are like a grungy teenager.”

-Caroline Fisher ☆☆☆ 4/5

“It tastes salty and overcooked, like a bad Mexican meal.”

-Joe Carver ☆☆☆ 4/5

“I feel as if the spices coming off of the chips are masking the inner flavoring. I want the flavors to speak to me.”

-Andrew Snyder 1.5/5

“I feel like I’ve had this before. It’s like a bunch of spices were just thrown onto it.”

-Sophia Sperry ☆☆☆ 3/5

“I feel as if Chulbule really found the perfect mix of spice and texture. The texture hits you like a truck, but the spice comes in like a doctor. It has the force of John Cena with the finesse of Bruce Lee.”

-Renn Redslob ☆☆☆ 5/5

Bourbon Kreams Cookies possess a misleading name, due to the fact that they do not actually contain bourbon. Instead, they are two small chocolate cookies with cream in the center and sugar crystals on top.

“M m h h m m h H M m h m - hhmhmh. That’s real good. It’s like I had a bonfire with Indian people and they made me a really good s’more.”

-Renn Redslob ☆☆☆ 6/5

“I feel like I just ate a designer Girl Scout cookie.”

-Caroline Fisher ☆☆☆ 6/5

“It’s, uh, really good. Nice and firm, then cushy. I can’t taste bourbon.”

-Joe Carver 5.5/5

“It smells like an Indian Tim Tam. It’s lacking in cream, though, there could be more.”

-Sophia Sperry 4.5/5

“I feel as if my mouth has been assaulted by a luxurious campfire s’more with less cream than I’d desire. Intensify the cream.”

-Andrew Snyder ☆☆☆ 4/5



Sophia Sperry (10) is excited to taste foreign snacks. Sperry’s favorite food of the day was the Bourbon Kreams Cookies.



Andrew Snyder (12) ponders the taste of the Chinese nectar drink. Snyder was least impressed with the “sub-par” juice.



Joe Carver (11) goofs around with Chulbule Chatpate chips. Carver gave the chips a 4/5 rating.



Renn Redslob (11) sips the lychee nectar juice. Redslob was not impressed.

Overall rating: 3 stars. Overall rating: 3.5 stars. Overall rating: 5 stars.

If you would like to be featured in next month’s Borderless Buds, send an email to 17fiorve@lovelandstudents.org and the first five people to respond will be featured.

Mack’s Pinterest hacks: brownie in a mug

Get brownie points in the kitchen

By Mackenzie Talbott
Staff Writer

Pre Pin: This recipe is known as one of the first “hacks” to be put on pinterest. It is supposed to be a way to eat a brownie, cookie, cake, pancake, or muffin without having to make a whole batch. On paper it sounds easy enough, but the results may vary based on what recipe is used.

Ingredients:

¼ cup of sugar

¼ flour

2 tbsp of cocoa powder

Pinch of salt

2 tbsp of olive oil

3 tbsp of water

Instructions

Mix all dry ingredients

Add in oil and water

Microwave

*The recipe didn’t have a baking time so I did 1:30 minutes

Post Pin: I don’t really like brownies okay. I just heard this recipe was really problematic. It is known in the pinterest world that this mug mix is either an incredible DIY (Do It Yourself), or a complete mess in your microwave. I am only testing this brownie to know if it would work. Did it? Kind of. It wasn’t terrible. The bottom was burned, but I just wasn’t sure how long to put it in. However, the brownie was big. It almost overflowed my mug, and the mug itself was pretty large.

Verdict: Not bad, not too dry, and not too runny. The taste was sub-par; it was flavored like a standard brownie. Yes it was chocolate, but the brownie shouldn’t be labeled as “Double Chocolate Fudge” like many of them are. It was a little bit better than store bought, but being the daughter of a restaurant owner, I have definitely had better. Would recommend to a brownie lover. **2.5 Out of 5.**

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Congrats seniors!

Historic Loveland on the Bike Trail

Teachers reveal what they wished they knew in high school

By Karlin Holley
Staff writer

High School is hard at times, but it's also lots of fun, full of friends, sports, home-work and great memories, combined with alumni and parents telling you to enjoy your high school years. After asking some teachers and staff who experienced the same stress and pressure, as well as the excitement that high school brings, here is a compiled list of the top ten things they wish they knew when they were in high school. Follow these tips to make high school some of the greatest years of your life!



"What you decide in high school is important, but not permanent," Mrs. Bierken (Strings) said.

.....

"The importance of organization and good study habits. It would have made my transition into college more seamless," Ms. Bailey (Student Teacher, English) said.

.....



"Time goes by fast, enjoy it and don't complain. High School is nothing compared to the big picture of the rest of your life," Mrs. Renner (Athletic Director) said.

.....

"Take advantage of the opportunities presented to you. You are not too cool for school. This is your only time in your life with no "real" responsibilities, enjoy it," Mr. Veil (Student Teacher, Math) said.

.....



"Get to know everyone. Not just the people you play sports with or your friend group," Mrs. Wexler (Life Skills) said.

.....



"It's okay to try new things. You don't have to play the same sports or do the same activities every year or season. You may find your new favorite sport," Mrs. Hacker (English) said.

.....

"Your social life is not as important as you think. And if it's not great currently, I promise it will get much better," Mrs. Koch (Spanish) said.

.....



"High school is easy compared to the rest of your life," Mrs. Swensen (Math) said.

.....

"The time passes quickly. Make the most of it," Mrs. Belknap (Math) said.

.....



"Don't be too serious. Lighten up and enjoy life's moments, but also know there is life beyond high school, so take it seriously," Mrs. Partridge (Chemistry) said.

.....

Staying in Shipp Shape



KEEP CALM AND YOGA ON

By Catie Shipp
News and Editorials editor

While trying to balance deadlines, test dates, and afterschool activities, the life of a student can feel like a stressful, full time job. There are ways, however, to help relieve some of this stress and also take a step towards a happier, healthier lifestyle. One

of the ways to do this is through yoga; a spiritual discipline to promote relaxation through exercises that focus on breathing and flexibility. This practice is a great way to let loose and take a step away from any overbearing responsibilities or demands that lie upon the everyday student.

Senior, Claire Taggart, considers herself a "yogi" as she attends a yoga class at least once a week in order to block out some of high school's stress.

"I go to yoga to cleanse

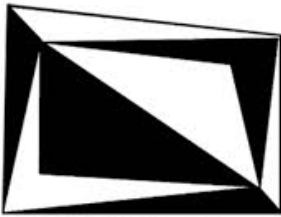
and relax; I love it!" Taggart said

Yoga also serves as a gateway to a healthier body and mind. According to WebMD, it improves an individual's flexibility, strength, posture, and breathing. The discipline also lowers the chance of heart disease and is linked to lower cholesterol and a better immune system. Yoga provides long and short term benefits that promote both physical and mental wellness; a positive outcome for anyone

interested in starting the practice.

Interested in trying out a yoga class? Try Simply Power Yoga located in Loveland near Busy Bee Boutique. Simply Power offers sessions every day of the week, with a variety of classes, instructors, and forms to choose from.

"Simply Power is a studio like no other. The teachers and the variety of classes they have make it easy to find something you love," Hanna Olberding (12) said.



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HOMECOMING 2015



1. Renn Redslob (11), Autumn Binford(11), Julia Dillhoff (11), Claire Beran (11), Aniliese Deal (11), Jane Pearson (11) and Sam Faingold (11) pose near their class lawn painting.
2. Lauren Timmins (10) and Bailey Shank (11) dance to DJ Toe Socks' playlist in the cafeteria.
3. The winner of "'Merica" day, Conner Barnes (12), strikes a victory pose.
4. Kathryn Hansen (10), Hayley Combs, Lilly Clepper (10), and Taylor Fleming huddle up before facing the junior class in powder puff.
5. Jackson Pardue (12), Devon McClea, Kyle Butts (12) and Jason Ratterman (12) pump up the crowd before the pep rally.
6. Maggie Dowd (11) and Aiden Dial (11) take a break from the dance to grab some Kona Ice.
7. The homecoming king and queen, Courtney Spicer (12) and Joseph Lynch (12), share a dance after being crowned.