

# Snow sledding incident brings on health issues to 14 year old WHS Freshman

Jolene Pozzi  
Staff Reporter

Going to the snow in Truckee with my friend, Annie, and my grandparents was supposed to be a fun day in the snow. On Saturday Jan. 2, Annie and I were sledding down a hill having fun until my sled went off course and hit a tree.

My grandfather came rushing to my side, and all I could remember was telling him that I hurt. An off duty nurse who was enjoying a day with his family came over and asked me different questions about where I hurt. After answering him he yelled for someone to call the paramedics. Approximately 25 minutes after I sled into the tree, the paramedics came and took me to the Truckee Hospital.

After arriving at the hospital, the doctor took a

couple x-rays and told me that I had a couple bruised ribs and that I would be sore for a couple days. He gave me pain medication, and my grandparents took to their house to recover.

Two weeks later on January 15, I was getting ready for school when I started having sharp pains below my sternum. I told my mom about my pains and she told me to eat something so I could take some pain medicine, which I did.

After eating breakfast and my pain medicine, I went into the bathroom to put my hair up and ended up vomiting a lot of blood. When I saw the blood, I got really scared, screamed and started to cry. My first thought was I was going to die.

My mom and dad ran into the bathroom, and I showed them all of the blood that I threw-up. My mom called my doctor, and right after she got

off the phone we went to the doctor's office where he ordered a blood test that was taken at Glenn Medical Center.

The doctor called back reporting that my enzyme levels were elevated and that I had to return to the emergency room to have more blood work done. They were trying to diagnose why I had vomited up blood and where the blood came from. About 4:30 p.m. the blood tests came back revealing that my enzyme levels were elevated 500% from the first blood test.

The emergency room doctor called one of the doctors at UC Davis to find out what he should do next. He was told to get a CT scan done of the abdomen and surrounding region. My mom and dad were shown some of the pictures from the CT scan, which showed a hematoma (a collection of blood) on my liver. The

UC Davis doctor said to order a helicopter to have me flown to UC Davis.

When the helicopter landed at GMC, my mom was able to go with me. My dad was not too happy because he had to drive. The helicopter medics loaded me on their gurney and put me in the helicopter.

Away we went on a 30 minute ride to UC Davis. The ride was so much fun considering it cost \$35,000 for the ride. When we landed at UC Davis, they unloaded me onto another gurney and wheeled me down to the emergency room where they had a team of doctors waiting to check me out. They discussed what the best approach would be to fix the hematoma. They continued to draw blood while monitoring my blood levels.

They ended up putting a tube through my nose to suck any blood that

may have leaked into my stomach. I was not happy about that at all; my advice to everyone who needs a tube to go into your nose is to run the other way as fast as you can. At about 1:00 a.m. they took me to have an angiogram done where they would glue the damaged artery in my liver. After the procedure, they returned me to the emergency room until a room in the pediatric ICU was open.

I spent the first day sedated because of the tubing. After I got the tube out of my nose, and my blood levels had gone down a little, I was moved to a regular room on the pediatric floor where I spent three days before I was discharged. I came home on Tuesday, January 19, and spent the rest of the week recovering before returning to school the following week.

Next: More bleeding to come.

## Cheerleading



Mario Rosales, 2010

WHS Cheerleaders take a break during practice.

Linda Thurman  
A&E Editor

The 2010-2011 Willows Honker cheerleading squad is starting off this season at a fast pace. This year the team consists of fourteen students. They are senior, Jasmine Gregg; senior, Katy Whitney; senior, Kelsie Landreth; junior, Teresa Gontiz; junior, Rebecca Ford; junior, Jennifer Pentz; sophomore, Michaela Biggs; sophomore, Linda Thurman; sophomore, Kayleigh Foster; sophomore, Nicole Reed; sophomore, Julian Olvera; sophomore, Ophelia Cofer; sophomore, Katie Berglof; and sophomore, Jazmin Gontiz.

The cheerleading team wants to accomplish more than they did last year. They are focusing on teamwork, responsibility, and accountability. They are also working on team synchronization.

"I would like to teach teamwork and responsibility. Cheer is about work-

ing together and helping each other. You also have to help keep each other on track," cheerleading coach, Becky Biggs said.

The main goal of the cheerleaders is to motivate the football and basketball players through their yells and by getting the crowd to join in on their cheers. Another major goal is to improve on their tricks by doing a higher level of tricks.

"I hope that we can do bigger and better stunts and do our best to motivate the boys. Go honkers," senior cheerleader, Kelsie Landreth said.

The WHS cheerleading squad works hard during practices and during the football games. They practice two hours after school and once in a while on weekends. Even though the practices are rigorous, the girls are still having fun.

"I want to have fun this year and hopefully do better things. Go Willows," cheerleader Kayleigh Foster said.

## How Music Affects People

Sydney Kline  
Rebekah Allen  
Staff Reporters

Music has changed thousands of lives around the world starting from the early ages to today. Music has been used for many things; as an example, ancient cultures used music as a tool to imprint vital stories and many myths into young minds. Musical tunes and melodies are used to memorize many facts and lists quickly. It is used in celebrations when The Happy Birthday song is sung at someone's birthday party.

Music can evoke strong religious emotions too. Hymns and chants bind a spiritual closeness to their spiritual gods. Some music helps people

through tough times, such as when a family member dies or when a boyfriend or girlfriend breaks up from a close relationship. It is said that music brings calmness to the pain of loss.

Music has also played a part in stories, nursery rhymes and poems. It brings a rhythm to words that children and adults sing together breaking the generation gap while sharing a song. Classical music is put to broad way plays reinforcing the importance music has to culture and motion.

Music can be used to assist those with disabilities and those who are in rehab. It can be used as a calming effect that aids in healing. It promises a positive atmosphere with out the threat of words stimulating bad

memories.

Music heard around the world has influenced people to write music based on the memory of the writer. Songs will have the same tempo or beat as a song written earlier. The variety of music and it's genre tells the listener about the writer and the experience they have experienced.

Music can be an energizer bunny to people. Music at a football game can get the crowd and the players pumped up for the game. Joggers use music to keep a steady pace as they jog along their desired track. Music is also used as a relaxant after a long day at school or work.

Music is as old as the generations and affects people in many different ways. In which way does music affect you?

## Willows museum a wealth of history

Rebekah Allen  
Miranda Bailey  
Staff Reporters

The Willows Museum hosts artifacts and interesting items that would keep a historian interested for hours. The museum has two floors. There are old high school yearbooks from the 1960's to 2010 and a section that has pictures, pottery, clothes, and linen from the pioneer days.

On the top floor, there is a parlor set up, which has

an old tea set, knitting supplies; an old rocking chair. There was once a Chinatown that was located on the south side of town. There are uniforms from World War Two. There is a beautiful display of what it was like to live in a pioneer girl's bedroom from the 1800's. In the bed room is a vanity, a bed with pillows and blankets that were used back then and a wooden chest. There was also an old pioneer doll placed on her bed. On the walls were pictures of the girl

who used the room. Descending down the stairs to the basement are old doctoral and dentistry instruments, an irrigation system map, a display of the first typewriters used to the new electric typewriters used today. There is a mail-sorting station. For those wanting to learn more about Willows and the surrounding community, then the Willows Museum is the perfect place for you. The Museum is open Thursdays, Saturdays, and Sundays from 1:00 pm to 4:00 pm.

## American Idol holds its 10th season in San Francisco

Ryan Lewis  
Staff Reporter

The tenth season of *American Idol* is going to be exciting and, a perfect opportunity for someone to be the next *American Idol*. In previous *American Idol* seasons people audition in front of the judges, but this year *American Idol* has made a change on its auditioning procedures to help make the auditions go faster. I got to experience the San Francisco auditions for myself.

The auditions ran over a three day period with the first two days registering

contestants to audition. There was cubicles placed in an L shaped line outside with approximately thirty or forty people in each cubical. The front cubicles held people camping with pillows and blankets. Some people brought chairs and some form of entertainment to keep them selves occupied.

It was about dawn when staff members came around the cubicles selling coffee and hot chocolate for \$5 a cup.

When the program staff opened the door to register contestants, they let in around ten at a time

go in a straight line go to the registration table. Registering took less than a minute, and they give out a wrist band, a seat ticket, and a sheet with questions about the contestant to fill out.

On the third day of the auditions hopeful contestants started to camp out, lining up at the front doors of AT&T park. The *American Idol* staff started to let people into the park and asking them to take their assigned seats. In the proper section, row, and seat number. They ran a camera over the crowd and

had everyone say phrases about how cold and how awesome San Francisco is. Ten tents were set in a row along the field with one judge inside each tent. About ten people were taken from each side of the seating sections and divided into four rows. Four people were sent to each tent and one by one each person would sing for the judge. The judge would pick one or none of the people who auditioned. A personal note when it came to my audition I sang *Consider Me Gone* by Reba, I am sad to say I did not get to go to Hollywood.

The other three and I had our wristbands cut off. Then we were then pointed to an exit.

On my way out, I was stopped by a man who worked for a radio station and asked me for an interview. During the interview I sang *Consider Me Gone* again and also sang *Take It Back* by Reba and unlike the judge he was amazed by my vocals. He told me to make sure I tried out again and left to interview more people. The *American Idol* experience was amazing to have and I hope more people from Willows try out next year.