

**Editorial/Opinion
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**"The Impact
of Sports"**

Danielle Schmidt
Editor in Chief

High school sports competitions require athletes to have developed strength, endurance, and coordination to be chosen to play on a team or compete in individual competition. The impact to students wanting to compete but lack these athletic skills and abilities demonstrated at secondary level competition has destroyed many during try-outs or through pre-practice elimination.

Students try their best to make the cut, but demonstrate a lack of athleticism needed resulting in an unwanted notification that causes them distress. Then there are those competitors that do not show all of their athletic abilities and skills that they have. If they demonstrate all of their abilities at the time of tryouts, then they will have no chances at making the teams that are available.

It is always nerve wrecking when the coaches create the list of the qualified finalists and then students gather around to see who made the teams that are listed. Students are then devastated by who made the team and the ones that did not succeed.

The cheerful and joyous feelings of students are torn, because they have tried their best and yet it seems that their best was not good enough. Students can not blame the coaches for not including them in a team, because we are the ones to blame for not succeeding in a sport.

There will be other times where we can try again and overcome the obstacles that need to be dealt with. Students should not have to weep if they are denied to be put on a team because we can learn to endeavor again and again. So in the future let's try not letting sports get the best of ourselves.

The Importance of "Me Time"

Krissa Flesher
Correspondent

School has started and for some this means busy days and hectic schedules. It's amazing what students these days try to juggle, especially for students who are becoming the upper classmen.

The break-off from Summer brings on new priorities: attending school and staying attentive during classes, holding an after school job, giving dedication to athletics, completing homework, and maintaining household chores. These responsibilities hardly ever vary, creating very monotonous yet stressful weekdays. It seems to be a never-ending circle. By the time the duties of the day are completed, the day is over and the time comes to go

to sleep and wake up starting the whole routine again.

Weekends become sacred and precious. Afternoons are hoped to be slow and peaceful. How do busy students balance their lives by managing their time? When does the point come where time is found instead of people wondering, "Time! What time?" Some teachers may say that a certain class will be a time consumer when in reality, the past five teachers have said the same thing.

To maintain sanity, a solution is to provide some downtime for oneself. Students should take time to do something that is a passion or hobby. They should give some quiet time to the day.

Planning could be essential. Planning out the weekdays provides knowledge of when a person's schedule is open to be

able to do something, say with friends.

Social life is important to the key of happiness. One must be surrounded with those they love at some point or another; it's human nature. Or else loneliness takes place and this helps no one. One shouldn't take everything on at one time. Students should take some time for social interaction. Of course get all the vital things that need to be done, completed so it doesn't need to be worried about later on, but definitely make space for "hang out time".

The counteraction to this is everyone should learn how to say "no" at some time or another. Some people tend to be people pleasers. When trying to make everyone happy, no one will succeed. Students need to do what's in their best interest and if that

means studying for a test late into the night rather than going to see a movie with the group, than priority should take place. Again there is always a happy balance. Nothing needs to be black and white. Shades of grey are perfect!

As students, we often hold ourselves in these high standards. And sometimes these high standards are too high and they can't be filled. Be realistic and know what's possible and what will just be stressful and depressing.

Teenage years are supposed to be enjoyable, but this can be difficult when we don't pay attention to ourselves. If time isn't managed correctly, one can go crazy in this confusing world. Take heed and know when it's just too much. One last point to make: these young years need to be enjoyed as much as possible.

The Human Condition

Matt Martin
Column Editor

For as long as the establishment of school has existed, a record of occasional violence has followed. Sometimes it is simple, like minor push-and-shove altercations between students. Other times violence escalates to unimaginable levels, such as the murders at Virginia Technical School and Columbine High School. Violence between humans seems to be a constant, and schools are no exception.

Our high school seems to also be in the grip of unusually high levels of hostility. This year, more than others, students get in heated disputes over minor things. Oftentimes these disputes escalate into fights. Simple things such as spreading rumors and making disparaging remarks behind others' backs result in violent brawls.

"Some of the anger maybe a result of the economy; some of these kids might have stresses at home and bring it to school. It could be a lot of things affecting these students [anger]; I don't know," vice principal, Mr. Smith said.

It seems more than a tad morbid to keep such a record of teen violence, but the 2008-2009 school year witnessed three

fight. These instances began as simple conflicts but soon escalated to a physical level. Yet there are many times students have been able to walk away, or defuse the hostile incident.

"There are incidents that we do not hear where a student walked away from a fight or handled it appropriately by informing Mr. Geivett or myself," Mr. Smith said.

At present count, four incidents of physical violence stand on record for this year. Another disconcerting fact is that one of the fights this year left the victim in a heavily injured state.

There will always be instances of violence in the world, as is human nature. As better off as we would be without it, violence is constantly around us. However, this is no excuse to be aggressive in school. As elementary and arbitrary as it may sound, this school was built as a place of learning, not a staging ground for angry students to mindlessly pummel one another whenever they have a dispute.

"For every action there is a reaction," Mrs. Ansel said. For the sake of all of us here, choose to restrain your voice in anger, cussing, or even a few snide comments that may result in a physical altercation and an undesirable reaction.

**Job Satisfaction Is Not Just
Receiving a College Education**

Tim-O Danely
Executive Director

It seems to me that Educational advisors feel the need to direct all students to attend college after high school. Whether it is taking the SAT or applying for every scholarship known to man. The pressure to go to high school and spend several more years of ones young life going to another school is overwhelming. Then to top it all off, young adults are battered with news about the tough economy and rarity of jobs.

What students do not know is that the so-called "dirty jobs" are HURTING for people to work. If you are not afraid to get your hands dirty and like physical/hands-on jobs, there are tons of jobs out there that are looking for hard-workers. For goodness sakes, Willows does not even have a plumbing business!

Something else I have noticed between the "blue-collar" and "white-collar" jobs is job satisfaction. People who work on Wall Street and in offices all day tend not to be as happy as others. They come home from eight hour work days and bury themselves in paper work stressing about things that honestly do not matter in the grand scheme of things. On the other hand, as a farmer myself, I come home from 11 hour days with the pride and satisfaction of knowing I'm earning an honest living. I eat my dinner, climb into bed, and fall asleep stress free.

Do not take this as though I am telling you NOT to go to college, I myself will either be attending college or enlisting in the military after high school. I just thought I should let my fellow peers know that there are more jobs out there than pencil pushing in a big city.

The price of being a senior

Cathy Soneouthay
Staff Reporter

The cost of being a senior in today's world places a financial hardship many seniors cannot afford, and this year is no exception. With the economy as bad as it is, wouldn't you think that prices on everything would be lower?

For example, ASB cards costs \$20, cap and gown, \$24; yearbook, \$70; senior pictures, \$250 to \$400; senior shirts, \$10; SAT and ACT \$50 - \$60 each; and on

top of that are the fees for several electives classes and sports transportation approximately \$100. In spring seniors plan to attend the Junior/Senior Prom purchasing tickets, renting or purchasing their attire, flowers, dinner and pictures, and now we are talking approximately \$300 - \$600 depending on the gender of the senior.

Newsflash, teenagers cannot afford all of this madness! A majority of seniors do not work due to the recession. Some are not as lucky as others that receive

A Preset on Disappointment

Danielle Schmidt
Editor in Chief

As human beings we have certain expectations to fulfill. Having dreams and aspirations is completely normal and justifiable; but having the wrong type of expectations only sets the stepping stones to disappointment. If a person expects gifts, jobs, assignments, or favors that are completely unreasonable and cannot be achieved by any means, they are surely going to face unhappiness in their lives.

By having outrageously high standards set, a person's actions will only result in failure. An example would be asking a literature major to write a precise doctrine on Dalton's Atomic Theory. For a more personal example, a student expecting all his or her individual requests to be met. By anticipating the impossible, a person will not fulfill or accomplish the set goals of the expectations. If one sets reasonable standards such as extra house hold chores or affordable purchases they desire that can be met with

simple acts of courtesy or a normal amount of effort, then a person might actually be satisfied with the outcome.

Now of course I am not saying that you should not have a decent set of standards for what you want. A reasonable person will realize that even though they may have asked for a new XBOX 360, an iPhone, and a brand new 120 GB iPOD for Christmas, they will probably only get one of those items. Expecting parents to fork out the dough just so their child can have the latest and best technology or the "in" clothes is selfish to say the least. Reasonable assignments or gifts that can be achieved with some challenge are much more likely to be accomplished than outrageous requests. A person would not ask a fish to live on land would they?

A person should set normal expectations to their dreams and aspirations, and set standards for themselves and others that they know can be achieved without any extra hassle or irrationality. A person is would find happiness and satisfaction more commonly that way.

Music helps concentration

Damian Chanthapaseuth
Staff Reporter

WHS students complain to teachers about wanting to listening to music during class. It is written in the school student handbook that all electronic devices are to be turned off during class time. Teachers are instructed by their supervisors to not allow students to use electronic devices during class time, yet there are several teachers that allow students to listen to music during class work projects.

There are students that listen to music on their Mp3 players, cell phones, or iPods. Adrienne Rayski in an online article titled, In Many Faces of Music, states, Music stimulates the human mind and various types of genre is said to be inspirational, compelling, and provides a source of happiness. In this same article Rayski mentions that regardless of how a person perceives music; it seems to have a global effect upon our world around us.

Music has existed for many

centuries, and yet we cannot listen to music during our instructional classes while performing our class work. As mentioned above, there are a few teachers that sees the benefit of students listening to music as it provides a block to classroom distractions.

Students should be able to listen to music during class time when the teacher is not giving instruction or holding class discussions. If those that make the rules could see that students actually perform better listening to music, maybe they would change the rules. Students should be able to make the decision to listen to music because they know what makes them successful.

Music is great for the human environment, and it will always be around for the young and the old to enjoy.

ASB leadership, it is up to you to lead our school in changing school policy. Is it not feasible to allow students to listen to electronic devices upon teacher approval? Please do not deprive WHS students any longer from such a privilege next year.

financial support from parents paying for all senior costs. Some seniors have to pay for a majority of the costs themselves, and if they want items not required but adding a nice finishing touch such as graduation invitations, class pictures, and dance memorabilia, they will not be able to afford them.

The senior year is supposed to be the best year of a student's high school experience, yet it has become the most expensive and stressful. Everything costs money, but is it feasible for the

school to give seniors a discount on transportation fees, elective class costs, yearbook, library fines, and or cap and gowns! Receiving a discount on items only seniors pay would be nice; every penny counts.

Seniors have enough stressors in their life and with the extra weight of meeting the financial burdens during their senior year is too crushing. Not all of seniors are fortunate to have parents pay for all seniors needs.