

THE LIONS' DIGEST

February 2016 Issue II

All the news that's fit to digest

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DECA hosts Mr. State High Pageant for MDA



Photo by Becca Stroschein

Seniors Mike Riley, Brennan Cornwall and Keagan Rallis perform "Love Yourself" by Justin Bieber

BY BECCA STROSCHIN

On January 24th, people crowded into the auditorium to see the highly anticipated Mr. State High pageant. Twelve brave men stepped up to compete for the crown. Although the competition was light-hearted, the proceeds

went to something serious, the Muscular Dystrophy Association (MDA).

After being introduced along with their escorts, the men competed in the first part, modeling. Strutting, Dabbing, and doing the "Carlton" were some famous moves that won the judges hearts. Senior, Mike

Riley placed first in modeling with his rendition of the Carlton, from the Fresh Prince of Bel Air.

Next came the talent portion of the pageant. From lacrosse tricks, to piano playing, the contestants showed their A-game. Senior Josh Rickley serenaded senior Ally Hughes

on a magic carpet to the song, "A Whole New World" from the Disney movie Aladdin while senior Justin Kurtz gave a soulful rendition of "Knockin' on Heaven's Door." Junior Hayden Yoder grabbed the first place spot with the song "Last One Picked."

After the People's choice

round, where the audience could donate cash to the MDA foundation, the men were welcome back to the stage. Half of the amount went to the overall score for the contenders.

The audience anxiously awaited for the votes to be tallied. After a few minutes, the

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Poetry Slams State High



Photo from video courtesy of Katie Taylor

Sophomore Kristina Hughes presents a humorous poem she wrote about homework

BY JOSIE KREIGER

Many were "encased in the moment," as Eva Kreiser said, at the State College Slam Poetry Competition held at the Webster Bookstore Cafe on January 14th. The State High Slam consisted of 10 students who competed in front of a panel of judges by performing a slam poem or rap. Kristina Hughes, a sophomore at State High, participated in the competition after hearing about it from Katja Krieger, one of the competitors who organized the event. "I write poems and thought why not try it? I haven't been slamming very long, and my first time would be today. I like slam poetry because you can get really deep and emotional without the whole part of music getting in the way, even though music is really, really amazing, sometimes you miss the lyrics in a song."

Several people who were in the crowd also felt as if they were "lifted up onto their feet", as Kaylah Urie said. "A lot of the poets here are really

energetic and I think it's really cool that teenagers can come here and express their minds and not be judged. You don't really get that a lot of places and I think it's really cool that they have these kinds of opportunities," said Elana Crown, a junior at State High. Jamie Bachman, a sophomore at State High, also enjoyed the competition, "it makes me reflect on myself and it really makes me think, in a good way."

Although all of the poets were winners in the judge's eyes. 3rd place was awarded to Kaylah Urie, 2nd place was awarded to Katja Krieger, and 1st place was awarded to Smith. "[I began to write slam poetry] at the beginning of the year for my creative writing class. I really like writing the rhyme schemes afterwards, like you start with writing the poem and then you revise it. The revising part is my favorite part because you actually get to focus on what you're saying." Competitors' inspi-

See Poetry page 5

Time Is Building Up

Construction gets off to a slow start

BY DAVID WAGNER

Construction at State High has finally ramped up, and students are now noticing the effects as the second semester kicks off. The construction rollout has caused confusion among students who are used to how things were before the process began.

Students expected 10 minutes between classes to compensate for the longer inter-building route, but this number was determined to be 8 minutes before the beginning of the school year. The administration calculated eight minutes as the appropriate amount of time needed to cross the street. The school has welcomed new security and crossing guards and implemented a more watchful eye over students coming and going during class times. Being stopped by crossing guards was not originally incorporated into this time, but the administrative body has recently requested that the crossing guards to try and allow as many students to cross at once during this time without

significantly stopping the flow of cars.

"A lot of people are upset about the fact that they're making us walk all the way around, yet not a lot of construction is getting done," said junior Lillian Wang. "We don't see any changes, and yet it's just really inconvenient for everyone." Some students are frustrated with the construction measures being implemented, especially because most of the construction carried out thus far has not been visible to students. Weakland said, "It's not that nothing has been done, it's that there's a lot of behind the scenes internal things that you are not seeing."

Junior Chris Dietz agreed with Wang's comment: "The fences make it extremely inconvenient when it comes to crossing the road. They add a lot of time onto any route you want to take." However, Assistant Principal Chris Weakland assured that fences were a necessary precaution. "Fences are there to protect students, pedestrians, whoever is walking by, because it is a construction zone."

Weakland expressed that the administration understands that the longer-than-expected walk is an inconvenience to students. The routes were well established before construction began, but many students were unaware of how much of an influence the typical winter weather would have on their daily walk. "We knew what the path was going to be like and tried to communicate it out but until you actually walk that path you don't actually know," Weakland said. "Until you start swimming in the water, you don't know how cold it's going to be."

Hannah Yang, sophomore, admitted that eight minutes was just enough time to navigate between buildings. "But then you don't have time to do things like go to the bathroom. But I guess most teachers understand," said Yang. Junior Kyle Marsh disagreed, "Teachers don't understand how long it actually takes to cross the street." Yang said the new route does not take an

See Construction page 2



Photo by Hanna Yu

Students cross behind construction workers between blocks 3 and 4 on Thursday January 28, following one of the two new routes connecting the North and South buildings.

BY BAYLIE CAMERON

As the last two marking periods unroll, whether you have a B, want to make an A, or just want to pass the class, here are some tricks to help you bring up or sustain your grade:

Get Organized!

It seems so useless, but organizing your materials can help clear your thoughts and better concentrate on the material.

Pay Attention In Class

An obvious yet 100% effective solution. It's hard not to get distracted in 90 minute classes; especially when you have your phone and are surrounded by friends. Simply listening to what the teacher is saying can enhance your learning by 25%.

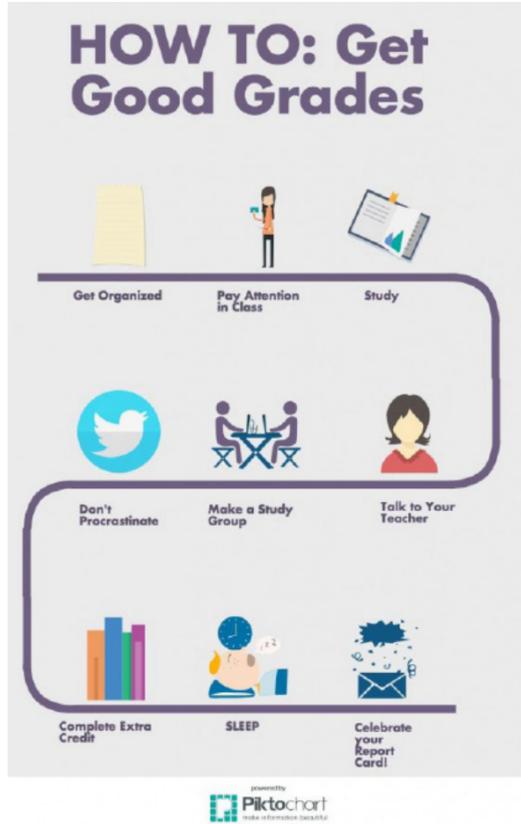
Don't Procrastinate

Some students have their own methods. "I always make sure to do my assignments right away and take my time. This ensures that I do them well and that I remember the information correctly," said freshman Abby English. Junior Makayla Fetzer agrees, "It's hard not to procrastinate but in the end it's for the best."

Extra Credit!

Whether your teacher offers it to the whole class or not, it's so easy to walk up to them, or email them if you're a little shy, and simply say "Hey I'm not happy with the grade I have and am willing to do extra work to raise it, do you happen to have anything I can do for extra credit?"

C's and D's Oh My!



Study!

Studying seems obvious but many students don't do it. Whether you don't know how or just don't want to, studying is a skill you'll need to possess if you plan on going to college. Whether you're studying for an upcoming test or just for a little quiz: take notes, use Quizlet, make flashcards, or use a technique you find helpful.

Talk to Your Teacher

Some teachers just don't believe in extra credit. If you do ask and they say no, try talking to them about getting some help. Most teachers will be willing to meet with you after school or during a free period.

Create a Study Group!

If you have friends in the same class or who are learning the same material, make a group chat or meet somewhere to study. It's super fun and also very beneficial to your learning!

Get Sleep!

Sometimes getting a full eight hours of sleep can be tricky when you have sports, homework, and a social life. However, balancing your schedule so that you can sleep early is essential. Once you get in the habit it'll flow naturally.

Grades are important to demonstrate your understanding of material you've learned. However, they don't define you. No matter what your report card says, remember that grades are not eternal and don't determine your value. Best of luck this year!

The Perfect Valentine's Day Gifts for Your Significant Other

BY TOM BUCHA

It's the most wonderful time of the year: Valentine's Day! Some struck by the love arrow, others left behind sitting in their room eating ice cream and crying, hotels booked, restaurants packed, you know it's February 14th today. And as always, presents are expected on Valentine's Day.

If you have trouble thinking of gifts, here are a couple ideas for her: something personal, jewelry, and flowers. These gifts have more meaning than just as objects stuffed in a box. It shows the passion in a couple's relationship, and how much you know about them. For example, the flowers should be her favorite flowers, and picked by yourself. As for jewelry, get something that she'd wear every day so that every time she sees the piece she thinks of you. Something personal could apply to any present you get for her. If you're going for something

sentimental, get something you and she have in common or from her past. These are some things you can get for that special lady out there.

All you ladies out there, here are some things to get for that man of yours: food, two tickets to an event, or just you being with him. People try too hard with gifts; if you look through him and really know what he likes, or maybe he doesn't know he wants it, that's when you know it's the perfect present. Two tickets to an event is a good gift because not only are you there with him, he also gets to show you off and enjoy himself at the same time. For the food gift—not very hard—just make something homemade that you know he loves, and that will be completely fine. All in doubt, being with him is enough because all your man really wants is to be with you all the time. Ladies, here are a couple hints for what to get for your man.

BY KRISTEN MILLER

It's that time of the year again—chocolates, love, and cupid galore! As February 14th rolls around, so do the people who are scrambling to find their partner a gift for Valentine's Day. Many people resort to the classic chocolates and flowers ordeal, but why not think outside the box? If you are in a romantic relationship, whether it be in the early stages or fully developed, show your special someone what they mean to you by trying some of these easy ideas!

CARD OR LETTER



It may sound simple and obvious, but many people forget to give their significant other a card to show their appreciation. Of course, it's easy to get the job done with ninety-nine cents and a trip to Hallmark, but use your imagination! Grab some markers, crayons, or colored pencils, and be creative. You could even cut up old magazines to make a collage for the card cover. If you aren't that into visual representations of your love, try writing a longer, more sentimental letter. Include favorite past memories, how they influenced your life, or why you care about them.

DATE PACKET



Ideas such as this one have

been circling around online blogs for years now, yet few people give them a try. Why not put together a booklet of date ideas for you and your partner? It can serve as a personalized bucket list for couples to take on together. You can include coupons to their favorite restaurant, brunch café, or ice cream shop. Make a list of activities you both like such as riding roller coasters, playing frisbee golf, or going swimming, and jot them down on a sheet of paper. After that, organize these date ideas into categories, like chapters in a book. When you and your partner go on a date, place a checkmark next to that idea. Try to complete them all!

HOME-COOKED MEAL

Sure, fancy dinners are nice and the food can be delicious, but nothing compares to a well made, home cooked meal. Even if you're not an elite chef, you can still whip together a delicious masterpiece with stellar presentation. Think of a type of food your partner loves—Italian, American, Chinese, Spanish, the possibilities are endless! Next, search the web or a family cookbook to find the perfect recipe. If you have experience in the kitchen, look for more advanced techniques and styles. If you're a beginner, stick with the basics. To prepare the best presentation yet, place a bouquet of flowers on their chair, carve the entree into a heart, and include a yummy treat for dessert.



THANKFUL CARDS



Science shows that increased levels of gratitude coincide with increased levels of happiness. Make your significant other a series of notecards that highlight your favorite things about them. Record their physical attributes, character traits, or unique quirks that you are thankful for. They will feel even more grateful to have you in their lives, when you remind them how grateful you are to have them in yours! You can even decorate these cards with little doodles.

SCAVENGER HUNT



Sit down with a map, a pencil, and some creativity to make your partner a scavenger hunt this Valentine's Day! First off, figure out the time frame you want to give this adventure, and the resources you have available to you. For example, will this escapade take a few hours, or all day? Do you have access to a car, or will you have to walk? Are you doing this hunt with your partner, or will you be waiting at the finish line? All of these questions are important to consider before diving into the planning process. Make sure you choose the destinations, formulate the clues, and determine the final prize. Your special someone will surely love embarking on a scavenger hunt this Valentine's Day!

Pageant

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winners were announced. Senior Mike Riley took the 1st runner up spot, while Junior Yoder took the 2nd runner up spot. Kurtz took the first place spot, making him the new Mr. State High.

Kurtz worked a lot on his talent portion, playing "Knock-in' on Heaven's Door." "For the past five months I have been learning how to play the guitar and multiple people including Megan, my best friend Matt, my brother Dale, my ag teacher Mr. Heasley, Andy my guitar teacher Mr. Robinson have put up with me spending ample time playing," said Kurtz, "When I was up on the stage I felt that their time has been put to good use as I was playing in front of an audience conveying my passion."

After the winnings were announced, all the contestants and escorts joined around the piano to sing, "Don't Stop Believing." DECA vice-president Megan Reese announced the wonderful news that \$2309 had been raised for the Muscular Dystrophy association from this event. "I think that Mr. State High is a great way to raise awareness for charitable organizations and the

sexual inequalities that young women can encounter," said Kurtz, "I hope that Mr. State High becomes something that the whole school comes familiar with so that the underclassmen now and for years to come feel that becoming the next Mr. State High is a goal they aspire for."



Se b Mega R c w ed M State

Construction

From page 1

excessive amount of time to walk, but that her true frustration was the number of students crammed onto the tiny path. "There are a lot of people, and not a lot of walking space," said Yang. Weakland explained that the "path meets or exceeds the minimum requirement. Even though it is tiny, it's purposeful. Student travel will probably be the standard for the next couple years. I don't think it will get worse."

Costanzo said that he understood the administration's motives, but wanted to see them take a different approach, "The school needed to be rebuilt, hands down, but it could be run much more successfully." Though some emails were issued to students and teachers, and some con-

struction information can be found online, many students do not feel well informed about future construction plans. Some said they wanted the administration to communicate their plans better to the students. "The school has not kept us well informed," said Marsh. Weakland acknowledged the disconnect between the administration and students and has plans to broadcast weekly construction reports on the WSCH morning announcements. He also suggested that confused students reach out to the administration or check the school website. "Phasing, all of the plans, it's all on the website. It's open for the public and everyone can get it," said Weakland.

Efforts have been made to accommodate students as options become available. For example, even though all student parking from this point forward will be restricted to the North parking lot, the school issued

30 to 40 new parking passes on February 5th to juniors with extenuating circumstances, the last passes planned to be given out this school year.

On February 3rd, large trucks arrived at the South parking lot to start demolition of the South Building, starting with what was previously the South Building's ramp and continuing with the South courtyard.

Because of demolition, students with classes in the South Building can expect some additional disruption from the construction. According to Weakland, classrooms located near demolitions zones will experience quite a bit of noise and perhaps even some vibration.

"We're going to have to re-establish new norms for ourselves. Sometimes those new normal are defined as we go," said Weakland. "It's going to be something we're all going to have to work through."

America has a responsibility to let refugees in

BY HANNAH OLEYNIK

“Give me your tired, your poor, your huddled masses yearning to breathe free,” reads the plaque inside the Statue of Liberty, which, from 1892 to 1954 welcomed twelve million immigrants to the United States. These immigrants, whose descendants make up about forty percent of Americans, were people who were fleeing from political, religious, and racial persecution.

Following the terrorist attacks in Paris on November 13 and the December 2 shooting in California, the refugee debate in the United States has become more and more controversial. Over thirty state governors immediately pledged that they would not allow Syrian refugees to settle in their states, and Congress passed a bill that would require refugees to pass strict background checks, which are expected to delay the entrance time for refugees by an additional two years, on top of the eighteen months that the United Nations requires.

This denial of entrance to refugees seems to be an easy option to a worldwide epidem-

ic. The Paris attacks sparked a fear in many people; the Islamic State’s power suddenly reached beyond the Middle East. Many politicians and pundits were quick to place the blame for the attacks on refugees, but six of the seven terrorists were French

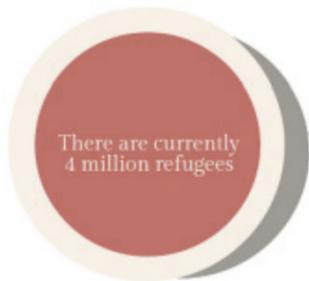
not a practical security measure. Saying that people who are fleeing violence and oppression (of which 50% are children) may be violent oppressors in disguise is not practical: it comes from a place of fear and ignorance. The legislation passed by

does not want these people to leave. They want to recruit more and more people (and their argument against the west is more compelling when many western nations deny entrance to the Syrians) and to punish those that have strayed. ISIS

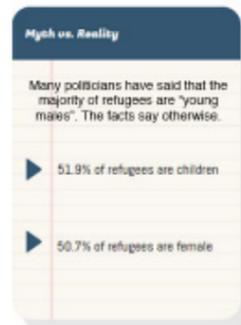
erful than for the United States to become a leader and turn the tables on the Islamic State? What can send a stronger message and contradiction to their message of hate, than one of compassion?

Accepting refugees will not cause ISIS to enter the United States, and it will not create a disbalance in American culture (this is a nation built on immigrants, after all). As junior Hannah Youmans said, “It’s the right thing to do.” It is the right thing to do, and we can not turn our backs on these people simply because they were born in Syria. Five days after the attacks of his nation, President Hollande of France said “30,000 refugees will be welcomed over the next two years. Our country has the duty to respect this commitment.” France is not turning its backs on the refugees, and the United States must not either. The United States must honor our tradition of being a beacon of hope to the hopeless. We must take ISIS’ challenge to cower in fear, and instead extend a helping hand to those they hurt.

Facts and Figures of the Refugee Crisis



10,000 refugees
The number of refugees President Obama has pledged to accept



or Belgian citizens (the nationality of the seventh terrorist is still unknown, but it appears unlikely that he entered Belgium as a refugee).

However, there is no “quick fix” to terrorism, and denying the entrance of refugees (who are all fleeing these terrorists) is

Congress is hateful xenophobia being elevated to the law of the land. It may have the goal of keeping terrorists out, but in the end it only ostracizes the refugees.

By making the refugees “the other”, are we not giving ISIS exactly what it wants? ISIS

wants the world to fear these people. The Islamic State wants to spread their message of hate and evil, and by denying the entrance of innocents on the basis of fear only fuels their fire.

In a conflict that has been defined by inaction and violence, what can be more pow-

The Truth About Homeschooling

BY JACKIE FEFFER

I was homeschooled for the earlier part of my life. I started going to school for one class in fourth grade. By sixth grade, I was up to half days, and now, I spend most of the day here at State High. But despite my integration into public school, I still vividly remember my homeschooling years. Perceptions of homeschooled kids across America vary, but there are some myths I would like to debunk: I have a few things to clear up concerning what people think about homeschooling versus how it actually is.

First, let me say this. Homeschoolers are not socially awkward. It’s not like our only

friends are our siblings and we never get out of the house. We play on sports teams with other kids, hang out with friends, etc. When people interact with me, they can’t tell that I used to be homeschooled because we’re the same as every other public school student.

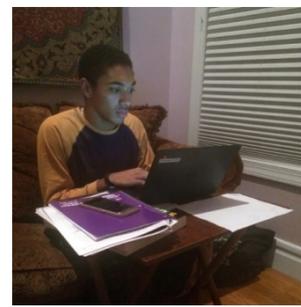
Despite popular belief, homeschoolers work pretty hard. We don’t sleep in until noon and then just do whatever we want. Many of us have schedules, daily lesson plans, and curriculums that we are required to finish for the school year. Carline Crevecoeur, a homeschool teacher, agrees that homeschooling is actually quite rigorous. “Yes, homeschooling is hard work. But

definitely it’s worth it. My kids can learn at their own pace which is not a privilege that they can get at school.”

Finally, not all homeschoolers study at home because they are super religious. According to a survey by National Center for Education from 2012, about 65% of parents chose to homeschool to “provide religious instruction” for their children. While this is the majority of homeschool students, there is still the other 35% of students who are not homeschooling for religious reasons. Maybe they feel like their school system isn’t right for them. Maybe they have an illness or condition that prevents them from going to public school. Maybe

they just want to try a different approach to schooling.

Homeschooling can actually be really beneficial to many students in many different ways. Margaret Rothrock, a senior here at State High, used to be fully homeschooled. “Homeschooling has been helpful to me because it taught me how to manage my time wisely even without due dates or grades, so I’ve learned to work effectively and consistently.” Caitlin Jones, a junior, was also homeschooled as a child. She said, “I got to spend a lot of time travelling for long periods of time that let me be more immersed in other cultures and let me experience things that I might not have been able to if I



Junior Nick Feffer finishes his work for his homeschool classes.

had been in public school.”

Students at State High may or may not have a negative view of homeschooling. However, hopefully after reading this article, people can see homeschooling for what it actually is.

True Friendships: Girls vs Guys

BY EVEE SARKISSIAN

Meeting new people and creating new relationships is a part of daily life. When people truly become friends with another person, it often seems like unbreakable bonds are made. Sadly though, sometimes those friendships end, through falling out or through any other number of reasons. This raises the question: which gender has stronger friendships? Friendships between boys, or friendships between girls?

Students at State High have differing opinions on which gender has better and/or stronger friendships with each other. Xander Brewster, a sophomore at State High, thinks that girls have closer relationships than guys. “They [girls] share their emotions with each other, and guys don’t do that because they’re afraid that they will look weak,” Brewster said. “I think that girls fight with each other more though; they hold grudges, whereas guys will get over something in a day.”

The other males agree with this general idea that girls have closer friendships but that more fights are involved. Sophomore Andrew Gustafson said, “Girls definitely fight more. They can overthink the littlest things. Guys are not as active with our brains. We don’t jump to the worst possible outcomes like girls do. We let things go a lot easier.” Luke Hurley, another sophomore at State High,



Sophomore Kendra Hindman, Chloe Krasnansky, and Eeve Sarkissian have what they call an “unbreakable friendship”

said, “I think there’s more drama between girls, girls care about more things, and overthink a lot.”

There was a general agreement among those interviewed that girls are known for being more emotional and concerned. Certain people consider these traits to be annoying or bad, but they may also contribute to better relationships. Freshman Abby English said, “Gender roles have taught guys that they can only talk about sports and girls, whereas girls share deep things with each other and get to know each other on an emotional level. As girls we are much more verbal with each other and communicate better.

Friendships between girls are much more personal, but guys tend to last longer. Guys don’t care about drama and popularity like girls do, so they tend to fight less.”

For the most part, the females interviewed agreed with the males about having more emotional and deeper friendships, and also that they easily argue and bicker with each other. Sophomore Chloe Krasnansky said, “Girls can become best friends with each other within minutes, bonding over a common hatred or interest. There are so many things to relate with, with girls. But because we make friendships so easily,

it’s easier to break relationships, too.”

The students interviewed at State High generally seem to think that girls have stronger relationships with each other, but that they also don’t seem to last as long and are accompanied by more fighting with one another. Some people think that, in these friendships, the good outweighs the bad. Truly though, boy or girl, a person has to decide whether they are willing to go through “thick and thin” with their friends, and if they’re ready for the long ride or not.

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Survey shows students have mixed opinions about PDA

BY ABBY FORTIN

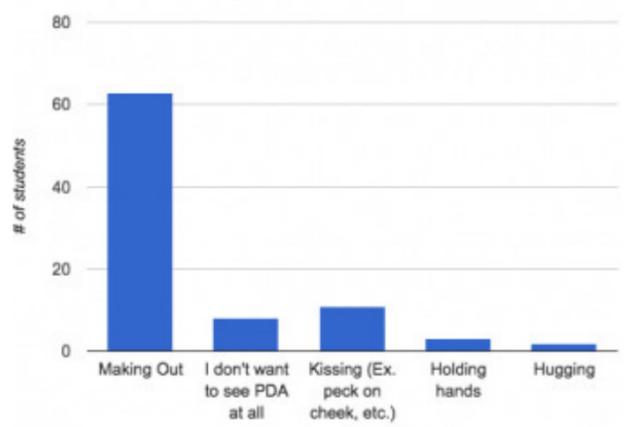
How far is too far? In a recent survey regarding Public Displays of Affection (PDA), 72% of the State High students who responded said that they draw the line at making out. It is common to see PDA, especially making out, all around the school.

According to the 2015-2016 Student Handbook, Public Displays of Affection are a level two violation and are defined as “inappropriate intimate behaviors on campus or at school-related events.” Examples of inappropriate intimate behaviors given in the handbook are prolonged hugs, kissing and groping. Regarding the amounts of PDA at State High, junior Emma Lusk said, “I see it in the halls...It’s a lot of kissing and hugging for odd amounts of time in the middle of the hall, which affects the flow of traffic in the school.” While it is a known fact that PDA often occurs in the hallways, it’s hard to determine in which building it is more often displayed. While it seems like

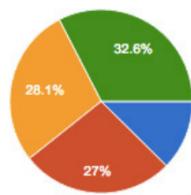
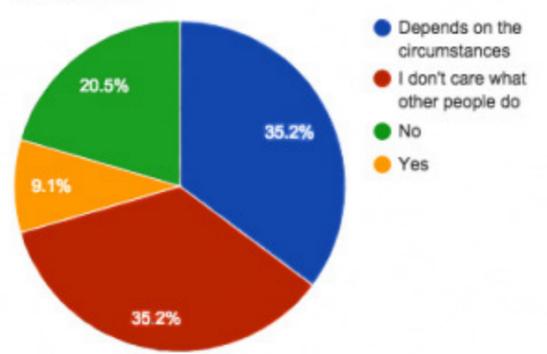
more PDA is seen in the South building, the large percentage of people who don’t know or find the distribution equal, as seen in the graph below, makes drawing a clear conclusion difficult. Although many students are noticing the affectionate hugs and kisses shared between their peers, most don’t see it as a problem. 64.8% of the surveyed students said that they do not think there is a PDA problem here at State High. Sophomore Thalia Stout does not think there is a PDA problem at our school. “All I see are people kissing, no making out or anything crazy,” she said, “It’s no problem to be worried about.” Senior Reaney Brungo has opposing views. “It’s annoying how people feel the need to do stuff like this [PDA] in a public setting

where everyone around them can see.” As someone who feels there is a PDA problem at State High, Brungo expressed, “It makes me feel uncomfortable and it’s unnecessary. You will literally see them after your next class...wait until you are out of school.” Regardless of students’ views, PDA tends to interfere with the educational endeavors of bystanders and the partakers themselves. Mrs. Saylor, a Social Studies teacher said that “it makes kids uncomfortable and distracts the couple themselves.” That being said, both teachers and students have noted that Public Displays of Affection occur around the school every day. The question is: How far really is too far?

Where State High Students Draw the Line



Do you support PDA (Public Displays of Affection)?



Where do you see more PDA?

North Building	11	12.4%
South Building	24	27%
Both are equal	25	28.1%
I don't know (I haven't been to both buildings enough to have an opinion)	29	32.6%

The Grid

No hesitations. Just honesty

Say hello to the Seniors	And the Oscar goes to....	Describe your ideal Valentine's Day gift	Use one word to describe 2016 so far	What will you do if Donald Trump becomes president?	I would give up _____ in exchange for no more winter?	Watch me whip, watch me...
 Ankur Choudhary @AnkTheMan87	The Bear. Oscar winning performance right there. Sorry Leonardo, better luck next year.	A bouquet of flowers and a box of chocolates.	Smashing	Is Canada an option?	Donald Trump	Ank it up! Trust me, it's a thing
 Nathan Woodman @NateWoodman	Leonardo DiCaprio.	Chocolate, Flowers, and Cash. All in hopes of it being given to me by a girl.	Fast	Have him rep Dolphin Apparel	My unused snow pants	Nae Nae
 Anna Hirsch @annaHirsch	White people	A date	Dynamic	Take it as a great excuse to move to Italy	Hot chocolate	Throw out my back
 Griffin Thompson @griffdog1116	Leonardo DiCaprio	My ideal valentines gift is a sincere hand written card and a quality pizza, with pepperoni.	Awesome	If Donald Trump became president, I would most likely move to Mexico and change my name to Jesús.	Netflix addiction	NO
 Caroline Friberg @ceefriberg	My brothers Dre and Tommy Friberg for ballin	Simply peonies (my favorite flower) and roses, not chocolates or jewelry or anything in [p] articular like that	Absolutely awesome	He's a great business man that can get us out of the trillion dollar debt the US is facing	Umm not sure, I love winter and snow. It's so majestic and pretty	Nayyy Nay

CHEERS & JEERS

to the success of the Mr. State High Pageant. DECA raised about \$3,000 for the Muscular Dystrophy Association. Way to go!

to H&M coming to downtown State College and expecting to open this fall. It's great that we're finally getting this highly demanded brand right in our hometown.

to the lab sciences being every other day in the new semester. We'll miss the regular comfort of seeing our science teachers every day, but less homework is another way to keep our stress in check.

to the new froyo flavors in the cafeteria! Many students seem to be loving the new cappuccino, cookie dough, and orange creamsicle flavors.

to the fries in the cafeteria. Soggy, cold, and unsalted fries are not something we want.

to all of the fences around the South building that make crossing the street take double the time than it needs to take. Could it be any harder to cross from the North to the South building

to the lack of snow days, delays, and early dismissals; we want more days where we can sleep in and leave school early. But this is not to dismiss the teachers who are behind in their classes and need this streak to continue...

to the classes that are behind schedule, and all of the teachers who are freaking out. We feel your stress!



Photo by [unreadable] at [unreadable] on [unreadable]

Rocking On: A look at Rock Ensemble

BY JAMIE CLAAR

I remember being in 7th grade and watching my brother up on stage with his Rock Ensemble class and at that point I knew what I wanted to do. The Rock Ensemble class of State High, to which I am a somewhat-proud member, provides a refuge from the stress and discontent of being in this prison, or as most people see it: school. It's secluded home of room 38 North, lets us be ourselves and focus on the things that matter most, music or mainly ourselves.

We, as musicians love our work and camaraderie almost as much as we love ourselves. Kristen Nodell, junior, said, "Rock Ensemble was a really cool environment to be in. There are so many talented musicians in this school. You just have to look for them, and

I had the privilege to be in this awesome program that taught me so much about music, myself, and others. It's a really special opportunity to be able to play music as a group in school."

A usual day in regular Rock Ensemble, which I might've mentioned I am a part of, consists of a 20 minute set-up of the equipment followed by another 10 minutes of people showing how great they are at playing "Stairway to Heaven" all at the same time (thanks Bear). By this time we usually start the songs we're actually going to perform, currently that'd be "Rudie Can't Fail" and "Rock the Casbah". By this time, since the class is actually two short classes and, apparently, people have better things to do, many of the people have left the class for study hall, but as people leave peo-

ple will come: the next class starts. At this point we actually finish some songs with a sense of organization. What goes on in Advanced Rock Ensemble is unknown to us unenlightened folk, but I imagine it's much like watching angels sing, as in not chaotic and beautiful. But we did get it together at the end just in time for the Annual Winter Rock Ensemble Concert, thanks to James Robinson.

One dim light in the North Building on the only snowy day in January, the 22, signaled to all that the annual Rock Ensemble Winter Concert had begun and with it a welcome to paradise, which I kicked off. The crew and I had performed a litany of songs, ranging from the classic vibe of the Beatles to the twisted harmonies of Muse. The crowd had more than doubled since the previ-

ous year, which was surprising, to say the least. The man in charge of Rock Ensemble, Robinson, said, "The Rock Ensemble concert was excellent, it showed a great amount of musical maturity among the players, and was very well organized." Senior Joe Caldwell, a member of the Advanced class, said, "It was the most exciting concert yet. It was the best audience, not just in size but in terms of reactions." It was indeed Joe, it was indeed. First timer and resident Englishman, Jon Taylor, sophomore, said, "It was really fun. I really enjoyed it. I enjoyed being up there playing the fish (electric bass) instead of being in the audience."

In all seriousness, I love working with all of these great people and have nothing but the utmost respect for them, and I think what we do is en-

joyable and fun not only for us, but those who come and rock out at our performances. Since I first came to Rock Ensemble my freshman year, these people have been nothing but kind and generous to me. Back then, our concerts were nowhere near as big as they are now, and I am happy that we have been able to grow as much as we have. I hope we can one day grow enough for our Advanced members to actually get advanced credit, kind of like Choir. But thank you, all you who listen to our noise and you who sing and play those sounds.

Spring Fashion Recommendations

BY ABBY FORTIN

It may seem as if Winter only just started, but Spring is already on its way. With the unpredictable State College weather, even with the groundhog's prediction, it'll probably be May before we can stop wearing jackets to school. Whether you're a boy or a girl, it's important to dress for the weather.

For girls:

Tall Hunter rain boots were all the talk in Spring 2015, but they're not the only boot that will protect your feet from the rain. This year, try a sleeker version of the classic boot and pick up a pair of "Chelsea"s. Like your regular rain boot, they're perfect for dreary days with a chance of showers. This pair by Jeffrey Campbell is available for \$55 at Nordstrom, but you can find thou-

sands of variations in color and design online and in stores pretty much anywhere.

Although they've been around since the early years of warfare, military-style jackets are still in, even if you aren't a soldier. The classic olive green color is a basic staple piece that many girls already have, but this spring, consider branching out and buying a navy blue or khaki military jacket. Not only are they stylish, they're also the perfect weight and material for the early days of Spring when it isn't quite warm enough to wear a jacket but a down coat would be too much. Madewell has a version of this timeless style for \$118, but it can be found in many other stores. Prices typically range from \$25 (TJ Maxx) to the mid-hundreds (J.Crew).

For chillier spring days, a military-style jacket will definite-

ly come handy. Yet as we all know, April showers bring May flowers, and by April showers I mean the rain that comes in February through basically the entire summer. Investing in a good waterproof rain jacket is really important and sometimes overlooked. There's always that one kid who has to cross from South to North on the rainiest day of the year and ends up getting soaked because of a lack of a waterproof jacket. Don't get caught in the rain without a good rain coat or at least a good umbrella. North Face brand has a wide array of rain gear, typically ranging from \$100-\$200, however, places like Target has some around \$50.

For guys:

Regarding guys' Spring fashion, it is a lot similar to winter and fall's styles. Junior Dylan Horne says, "I usually just

wear shorter shorts and either a long sleeve t-shirt or polo. Long sleeves and shorts is 10/10 comfort." TJ Maxx, Gap and other department stores are good places to look at for guys' polos and shorts. When speaking of the long-sleeve and shorts duo, Horne says "You can't go wrong." Many guys agree with Horne that what they wear in the Spring doesn't differ much from what they wear in other seasons.

Spring fashion may not be appreciated by all, but if you like to dress for the weather and look good while doing so, consider also looking online and seeing what the latest trends are... But as always, you'll never go wrong just sticking with the advice here.

Poetry

From page 1

tion comes from a variety of aspects of their lives. "I mean [my slam poetry is] mostly about me being sad all the time so I write about that which is kind of personal. I'm not really a comedy writer," said Hughes. Smith had other areas in which she pulled her ideas from, "basically, I rant a lot, and whenever I feel a particularly strong rant coming on I just write everything down."

All in all, slam poetry has taken State High by storm. The turnout at the State High Slam Poetry Competition and the quality of slam poems at the competition reflect this new sensation. Teachers and many students encourage others to begin writing their own poetry. "It's very fun and I feel like everyone who wants to do it should do it because it's never not fun," said Smith.

Another Slam Poetry event was held on January 28th at the Schwab Auditorium. Mayhem Poets performed and many students went on a field trip there to watch the show, including sophomore Katherine Groves: "I really liked it because I'm not really a huge poetry slam [person] but the way they performed it made it more of a performance and made it more involved. I also really liked how they made what they said really relevant to us."



Jeffrey Campbell 'Stormy' Rain Boot (Women)



Ralph Lauren Featherweight Mesh Shirt



The North Face Men's Venture Jacket



Madewell Fleet Jacket

Six Kinds of Modern Korean Music

BY HANNA YU
AND ANGEL ZHENG

For most Americans, PSY is the only Korean artist they know, and if there's any knowledge about K-pop beyond "Gangnam Style", it might be just "Gentleman," "Hangover," and the latest "Daddy." Yet modern Korean music goes so far beyond the commonly known crazy songs. For a guide into the abyss of exciting new grooves, here are six types of Korean music:

Poster catchy K-pop song

These songs are what you typically expect from K-pop; they are totally mainstream, fun, and most importantly, catchy. They are also often accompanied with eye-catching choreography. Most of the iconic songs come from this category, including "Gee" by Girls' Generation. The song was released back in 2009 and it is known as one of the most well known Korean songs. "Growl" by boy group EXO is another must-hear. It incorporates a simple melody with an electro beat in the background. Despite its contrast between most colorful mainstream K-pop songs, the song was able to capture the hearts of the general listeners. Other notable groups are Bigbang, 2NE1, SHINee, Girl's Day, and Sistar.

Ballad

Although some Korean ballads share equal popularity with the mainstream songs, their style and subject are completely different. Almost all ballad singers are solo art-

ists. They usually don't dance, focusing more on their voice and lyrics. "You Don't Know Love" by K. Will and "Heaven" by Ailee are both ballads you should check out. K. Will is considered one of the popular ballad singers in Korea. His smooth vocals and flowing songs have the ability to make you feel calm. Ailee's songs are very powerful and the general public considers her to be the Korean version of Beyonce. However, Heaven is one of her softer songs. Other notable artists are Davichi, Baek Ji-young, IU, and Korean drama soundtracks (not an artist but still worth mentioning).

R&B

R&B in Korea has interesting categorization. Many pop artists will use R&B without fully attaching themselves to the genre, while artists who specialize in R&B will be grouped with and rap under one generic "hip hop" genre. Zion. T is an emerging R&B artist with a distinctive voice that makes him stand out among other singers. His single "Yanghwa Bridge" is an emotional song about his relationship with his parents while growing from a child into an adult. Other notable artists: Crush, Bumkey, Boni, Fly to the sky, Boa (recent work), Taeyang

Rap

With hip-hop always comes the age-old question of legitimacy, and no different is it in Korea as it is in America. For the past several years, Kore-

ans have been putting rap in pop music, forming hip-hop inspired pop groups, and in recent years, the number of artists in the K-pop industry with origins in underground hip hop, like Zico, Mino, Bobby, and Rap Monster, has been increasing. But even more fundamentally, can a music that originates from the inner cities of the US and tells of the urbans struggles of African Americans ever be legitimate in Korea? Rappers like Tiger JK proves it can. He, with other members of Drunken Tiger, is considered a pioneer of hip hop in Korea. Listen to "8:45 Heaven," which is a personal rap about his grandmother passing away. Younger rappers like Beenzino have also embraced hip hop with an addition of their own fun and funk; "Aqua Man" is sure to get your head nodding up and down. Other notable artists are San-E, Gary, Jay Park, Dynamic Duo, and Yoon Mirae.

Indie

In Korea, there are indie artists and artists who make indie-like music. K-indie tends to be an umbrella term for everything other than pop and hip hop, including punk and electronic music, but here we'll omit those. "Comes and Goes" by Hyukoh is an example of Korean indie music. Most of Hyukoh's songs has both a unique sound and vibe to them. Akdong Musician is an example of an indie-sounding group. The group consists of a brother and a sister. Despite being in under one of the biggest music companies in Korea, they were

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still able to maintain their style of music. If you are searching for something calming to listen to, you should try Akdong Musician's "Galaxy." Other notable artists are J Rabbit, The Black Skirts, 10cm, Urban Zakapa, and Standing Egg.

Electronic

Korea's electronic scene may often be combined with other genres under the above term K-indie, but it is a music distinct on its own. Even within itself, as with all electronic music, it has a lot of variety. Glen Check is a group that has been gaining ground the last few years. Even though the trio tries very hard not to bind themselves to a genre, many of their songs can be described as electro rock or indie dance, something in the likes of Justice. Listen to the energetic "60's Cardin." Another group is Claziquai Project, which

incorporate elements of electronic music, lounge, and acid jazz. "Call Me Back" is a light and catchy song with grooving vocals. Other notable artists: are Idiotape, Casker, HEO, Yūkari, and Neon bunny.

It's evident from the list that, like many other countries, Koreans have been integrating western elements into their music, incorporating their own styles with the trends they respect. And just as western music comes in numerous varieties, Korean music has been growing in genres. Six genres is limiting; electronic music is extremely broad, we could have gone much deeper in each genre, and some things like trot, rock, and Motown influences didn't get mentioned. But for an introduction, this will do, and for other types perhaps there'll be a part two...

"What Do You Mean?" Bieber Fever has revived

BY GILLIAN O'NEILL

With his new album *Purpose*, Justin Bieber is a worldwide popstar from Canada. He was discovered through his popular youtube videos when he was just 15 years old in 2007. By 2009 Bieber stole the hearts of many with his good looks and talented voice.

However, the media has

showcased that becoming famous so quickly at such a young age is not as amazing as it's made out to be. At the beginning of 2014, Bieber was caught spitting over a balcony at a crowd of teenage girls. Very soon after, he was arrested for drag racing and a DUI. This caused him to lose a lot of respect and fans.

Nevertheless, this was the end of neither Bieber nor his career. With help and support from the people around him, he got better. Late last year, Bieber released his new album, *Purpose*, which has sold 522,000 in sales, making Bieber's largest sale in one week.

On cause for this outbreak of Bieber fans is his change of

genre. Bieber went from pop songs to a more R&B style. This album caused Bieber to gain most of his original fan base back and more. Freshman Morgan Fusco said, "When Justin Bieber first became famous I didn't really like him or his music, but after listening to 'Purpose' I'm starting to really like him."

Bieber went from being an angry destructive teen to a teen heart throb in just a few weeks and people are liking it. Freshman Anna Garban said "I've loved Justin from day one and now I just love him even more". Justin Bieber made a huge comeback and now he's back on top.

Interview with the Artful Ally Ellis

BY JAMIE CLAAR

From the dawn of time, humans have used art to convey their feelings and emotions to

each other. Ally Ellis, junior, carries on this tradition of human nature. Currently enrolled in the Delta Program, Ellis's

art has a significant impact on the students at State High. She came over to Lions' Digest to talk art and her beginnings.



What made you decide to start making art?

"I've always loved creating. When I was little I would sit and finger paint for hours and hours on end. Then, as I got older and started developing my skills, my passion for art grew exponentially. Around freshman year, I started seriously considering art as a career, and I've been pursuing that path ever since."

Have you entered any competitions?

"I haven't, but I've had my art in many of the SCASD shows at the HUB, and I had a show at Webster's in August."

What inspires you?

"I'm inspired by a multitude of things. I'm inspired by music, literature, and other artists. Art has also become a really therapeutic outlet for me to channel my emotions. It's become so much more than a hobby. It's an essential part of my life."

Who's your favorite artist?

"It's so hard to choose, but I've recently become interested in Basquiat. His pieces are so complex and compelling. I love his style."

What are the personal benefits of doing art?

"As I mentioned earlier, art is therapeutic for me. It's helped me through some tough times and has allowed me to start to figure out who I really am and who I want to be."

What is your medium (material)?

"I'll work with anything and everything. I love working with graphite, acrylic, encaustic, collage – you name it. For a while, however, I've been doing a lot of abstract works in pen and I've really enjoyed it."

Do you have any other hobbies other than art?

"I love playing and listening to music. I'm in a band called Here All Week and I play saxophone, viola, and guitar. It's such a great group of people. I also love reading and I love poetry. Last year I participated in Poetry Out Loud and made it to the state level."

Anyone interested in purchasing art can reach her at allyellisart@gmail.com. Anyone interested in keeping up with Ellis's current projects can do so by following allyellisart on Instagram.

Just Sanchez and a Bunch of Goons



Photo by [unreadable]

BY CAYCEE OHL

Junior Felix Sanchez, State High lacrosse player, took up the sport only in 9th grade. Despite having little experience beforehand, his lacrosse skills have grown as he has made friendships and learned to love the sport.

Felix has been playing baseball since the fourth grade. When he moved to State College from Chicago before eighth grade, he wasn't sure which baseball teams were available to him so he decid-

ed to take a year off. When freshman year came along, Felix was given the opportunity to participate in three diverse spring sports: lacrosse, track, and his original favorite, baseball. He said that baseball started to become a bore to him and he wanted to try something new. "Lacrosse seemed appealing to me and I thought I'd give it a shot," said Sanchez.

Lacrosse tryouts rolled around and the first time he had picked up a lacrosse stick was the day before tryouts. In all probability, he had the

least amount of experience compared to everyone else there. Sanchez admitted that he wasn't very good at all, but somehow he made the team. "There must've been something in me that Coach King liked," said Felix.

The season officially started and Felix switched from playing offensive short stick to defensive long stick. He and his coaches could both see the quick improvement that just a little bit of practice can achieve.

Not only were his lacrosse

skills improving, he also started to make friends within the team as well. Freshman year, he and his friends Andy Mater, Rian Scanlon, Robert Hort and Ryan Romero formed a "clique" known as the "Goon Squad." The group was formed when they noticed during their freshman year of lacrosse that they were always warming the benches of varsity games and only played in the last quarter. This continued throughout sophomore year except with a little bit more playing time. "We're just a bunch of goons,"

said Sanchez. The Goon Squad has such a unique bond that they even try to socialize outside of lacrosse.

As the lacrosse season is beginning to come to an official start for the 2016 year he is preparing physically along with his team members. "The team and I work very hard in the weight room and on the field at practice" says Sanchez.

Indoor Track Stays on Track Despite Hurdles

BY HANNAH OLEYNIK

With the chilly weather and blustery wind, lots of athletes head into hibernation when the winter sports season begins. Basketball, wrestling, and swimming athletes all head inside as soon as November hits, and they stay inside until warm weather comes again. However, here at State High, indoor track is a winter sport with more diverse practicing facilities.

Though called indoor track and field, the name really only refers to where competitions are held. While the athletes have their home meets at Penn State's indoor track facility (with away meets at other nearby universities), practices, especially for distance runners, are often held outside.

Sprinters, hurdlers, and pole vaulters do not run outside the majority of the time,

but their practices do not take place in the gym; rather, they run throughout State High's hallowed halls. Hurdlers jump in front of the North auditorium, and sprinters race one another past the Chemistry and Physics rooms. Relays even practice their handoffs downstairs in the Social Studies wing. "During the indoor season, we have to constantly be flexible and inventive in our use of space," said head coach Jennifer Evans. "We have a large group to manage, but our coaches are very resilient in using space or the lack thereof effectively," said Evans.

Sophomore Nick Feffer finds running indoors difficult. "The most difficult part about running indoors is definitely the air- it's really dry and makes your throat hurt at meets," said Feffer. Junior Jordi Rohrbach agreed. "It is hard to train because we don't have

a full indoor track available so it makes it more difficult to do an exact measurement repeats," said Rohrbach.

With cooler temperatures and less sunlight, it can be difficult for anyone to summon the motivation to get out of bed in the morning. For indoor track athletes, however, winter and all it brings does not keep them from attending practice everyday. "The motivation can be difficult due to running and training inside with dust or stale air or outside with the cold and ice or snow," said Evans.

Rohrbach works to motivate herself by setting similar goals for both indoor and outdoor seasons. "A lot of us still try to aim for what our personal bests were during the outdoor season. Right now I am working towards meeting the 800 meter qualifying standard which is a 2:22 time or the top

25 runners in the state," said Rohrbach.

However difficult finding motivation may be, the team has managed to overcome the obstacles of competing in the grimness of winter. Last year, girls' indoor track qualified to states in seven different events, and took home three top-eight finishes. This year, the team is looking forward to reaching those standards again, through continued support among the teammates. Rohrbach said,

"My friends and I are always encouraging each other and laughing and trying to think of ways to make the workouts somewhat enjoyable." Rohrbach credits the team's success during the season to her teammates as well. "For meets, I rely a lot on my teammates and coaches for support prior, during and after my races and I think that a lot of the girls on our team would say the same thing."

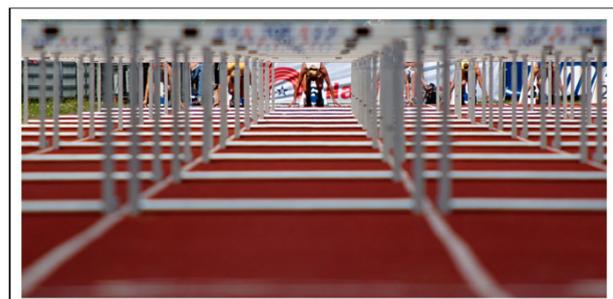
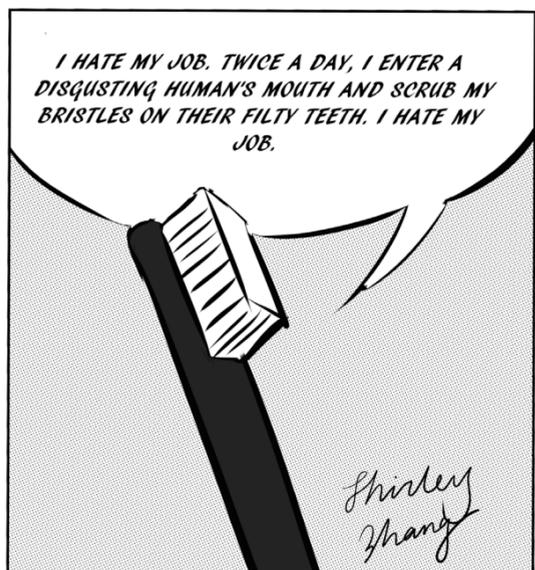


Photo by [unreadable]



Chloe Krasnansky, Volleyball Star



PHOTOGRAPH BY MICHAEL STRICKLAND
 COURTESY OF STATE COLLEGE AREA H.S.

BY EVEE SARKISSIAN

Sophomore Chloe Krasnansky of the State High volleyball team has put her heart into playing since the 6th grade. "I started playing the sport as something to do after school, but it has turned into so much more," Krasnansky said.

In addition to playing on the middle school team, and then moving on to State High's team, Krasnansky is also involved in club teams. Krasnansky participated in rigorous Penn State training camps which prepared her for the season. "When you commit yourself to something you love, training doesn't feel like work anymore. I knew I was going to stick with the sport when I would get excited to go to practice everyday," said Krasnansky with a grin on her face.

Krasnansky made the high school team in 9th grade, and plays as the libero, or the outside back. As the libero, she never leaves the game or rotates like the other players. This position also requires

her to wear a different color uniform. To be a libero, Krasnansky has to have excellent passing, digging, quickness, and consistency.

Krasnansky's position is a big responsibility, especially when playing as a freshman and sophomore. When stress gets to Krasnansky, especially before a big game, she remains confident by staying positive. "I've found that if I over think something, or let my nerves get the best of me, my state of mind will be a mess," Krasnansky said. "The best thing that I can do is put a smile on my face and think positively. It's amazing how a good attitude can improve your playing."

Krasnansky believes this way of thinking can benefit many people. It just shows that with hard work and positivity, people can accomplish amazing things. Make sure to get out and support Chloe and the rest of the team next volleyball season.

Is Football Dying Out?

BY LAUREN MATHEWS

Football is one of the biggest sports in America. Watching football on the weekends with friends and family is a lifelong tradition for some. Yet as studies reveal the severity and quantity of health risks for football players, a new question is beginning to surface. Is football dying out?

As many recent studies are showing, the rates of concussions and injuries are increasing. Worried parents are thinking about taking their children off of the football field. With too many blows to the head, injuries are possible. State High sophomore football player Drew Friberg notices, "I think it has changed a little bit. It's

still pretty dangerous but people are trying to make play safer by changing the rules."

On the topic of football dying out, sophomore Lorenzo Soto said, "Yeah I think it is; kids keep getting hurt and then they just say it's fine. Sure you're wearing pads and it's safe but when you throw yourself head first at another person's face you make other kids not want to play."

Especially for the NFL players as their football careers are short and dangerous, is playing this sport worth it? Assistant Head Coach and JV head coach Mr. Baney believes, "If proper techniques are being taught and practiced and protocols have been put in place, then concussions are and can be infrequent." Playing football in college or high school is one of the most popular sports the school has to offer. Running side by side with your best friend after practicing in your backyard for years is a dream many people have. On the other hand, since football is a massively popular sport, don't worry just yet.



PHOTOGRAPH BY MICHAEL STRICKLAND

Pre-competition Superstitions

Do you have a strange or unique way of getting ready for a game, race, or competition that you must do in order to do well? It may be strange, and no one else may be able to understand it, but it works for you. In State High, many students have pregame traditions that give them the confidence to succeed in their sports.

- "I always play games of Fifa the night before a race, and I have to end on a win." - Owen Wing
- "I brush my teeth." - Grace Biddle
- "I have to wear eyeliner during weekday games." - Grace McDonough
- "I listen to the Yeezus soundtrack and eat one Macadamia Cliff Bar." - Abby Stevenson
- "Before every game, I have to pee at exactly 5:00." - Tyler Snyder
- "I straighten my hair and put on eyeliner the morning of my races." - Rachel Wylie
- "I have to pull up the right side of my shorts and then the left side before I take a free throw." - Elizabeth Czeka
- "I always have to braid my hair." - Sophia Rallis
- "I eat chex cereal before races." - Nick Feffer
- "Before cheer competition always drink apple juice." - Maddie Martin

BY JACKIE FEFFER AND JOSIE KRIEGER



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