

# THE LIONS' DIGEST

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All the news that's fit to digest

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## Standing Together at State High

Student section expansion to lower-classmen receives positive responses

BY ADDISON ORNDOFF

"It is about time we come together as a student body and bring all students into the game without fear," said Business and History teacher Mr. Kissell. The one behind the idea to change State High Football's student section, Kissell discussed his ideas about bringing high schoolers together at last.

For years at this school, Football games along with other sports events have been representing a moderate form of discrimination against grades. For many Friday nights at Memorial Field, the Freshman and Sophomore (even Junior) classes have been "banned" from standing in

the student section with the upperclassmen... until the second home game of the Little Lion's season.

This October 2nd was pretty eventful for State College. Not only was it the Homecoming Varsity Football game, but a modification was made regarding the fans:

"We plan on reserving the first eight rows for seniors; the rest of the bleachers will be reserved for all students not just 11th graders in any order..." said Kissell. He explains how the student section will include all grades 9-12 and not just grades 11-12 like in the past. Some high schoolers gave their opinions based on the "Stand Together" game.



Photo by Isabella Anderson

State High students of all ages "stand together" while they cheer on their Little Lions during the football game on October 3rd.

"It's cool that we're working toward equality in the school," said Kenechi Anumba, a State High sophomore. Anumba has been to a few State High games in the past but didn't go to the

Homecoming game.

"I loved seeing the sea of white from the field. The stands looked a lot fuller," said defensive end Sheldon Davis. A senior currently in his 4th football sea-

son here in State College, Davis provides feedback on the Homecoming game.

"I'm okay with it, but some Juniors and Seniors aren't - it's the

See **Stand** page 2

## State High on the Block [Schedule]

BY ANGEL ZHENG

Resilience is the process of adapting well in different situations and it helps us become stronger. This year, students and teachers alike are challenged to become more resilient as they develop new studying and teaching strategies to accommodate the block schedule.

Students discussed their problems because of the block schedule as well as their solutions. Shirley Zhang, freshman, said, "A problem that came along is missing class such as that if I missed a class, the next class I can't ask

the teacher." To deal with this issue, she developed the habit of checking her teacher's online planbooks if she misses class.

Most of the students seem to be already used to block scheduling, but some are still struggling. Mizzah Tocomo, fellow sophomore, fell into the habit of doing all of her homework on the day it was due. "Block scheduling is increasing my procrastination and [although] I am trying to get better... it's not going very well so far," she said.

Students gave advice on how to deal with block schedule and

its benefits to themselves. Zheng said that as long you "keep up with what's happening you will be fine." She also said that block scheduling is like how college works because the classes are spread out and longer.

"I think this helped me to prepare for college and for me to get used to it so that when I get to college, it won't be a huge shock," she said. Many students are on the same page with Shirley about how block scheduling will help them. "Learn to manage your time; it can prepare you

See **Block** page 2



Photo by Angel Zheng

Junior Hanna Yu steps on the "block" to demonstrate the high school's transition to the block schedule

## Securing our school



Photo by Emma Barber

Identifying all security guards lies on top of the South Building's current floor plan which, has been altered due to construction.

BY EMMA BARBER

State High is undergoing lots of changes this year, one major change being the enhanced security of the school. When students, staff, and parents enter the doors of the school they are met by two professional security guards. While some people welcome this as a positive change, many students see the new security regulations as a negative interference.

"The purpose of the increased security is to keep our school safe by monitoring, and keeping order," said Chris Weakland, Assistant Principal of the South Building. Due to the construction of the new school, the South Main office is now located far

away from the front door, Nurse's office, and Counseling office. "There is a disconnect between all of the offices and we can't let visitors and students have free reign in the school," said Weakland.

"Our job is to ensure the safety of the children and to help the parents with the transition. Our sole purpose is to escort parents and visitors to their destinations and to make sure there are no students leaving the premises without proper documentation," said Security Guard Jeanelle Mitchell. The construction going on at the South Building also poses additional obstacles for security. Construction workers often are coming in and out of the build-

See **Secure** page 2

## Stand

From page 1

one thing Seniors have now,” said Jacob Krantweiss, a sophomore who attended the game.

“We have one goal with the stand together initiative, and that is to simply unite our students to cheer on State,” said senior Lilly Sublett. Sublett was involved in the creation of the Stand Together video that played on the announcements for all students, staff and everyone to see. The video encouraged students of all grade levels to attend the football game on October 2nd.

“It’s good because everyone is coming together,” said freshman Lexi Risha, in reference to attending the football game. “None of my friends did... I didn’t go in [the stands] because I didn’t know anyone.”

“I don’t want to get hazed,” Ava Michael said, jokingly. Michael is a State High sophomore. “I don’t want to invade [the upperclassmen’s] space.”

“[The student section] was outstanding and helpful to the team,” said sophomore Dean Baughman. A wide receiver for the Lions, Baughman got to hear the student section from the field on October 2nd.

“I’m glad Mr. Kissell created the idea... our student section is so small,” said sophomore Tori Lenze.

Senior Michelle Irwin gives her enthusiastic point of view on the new student section:

“The game was so much fun! I have never seen that many high schoolers cheering as one student section for the football team. It was awesome to see the freshman and sophomores come during the initial stand together game, and then see them return again with smiles on their faces! With double the students, games have been filled with double the loud cheering and screaming which makes it so much more fun!”

Irwin couldn’t have stated the importance of the stand together game any better. Based on reviews from students here at State High, most responses were positive. Though a small idea was made by Mr. Kissell, a big outcome is taking place, hoping to last for several years in central PA. Now, students young and old can feel welcomed and excited to cheer on their football team, or any team, while surrounded by great friends and fans. As many would say, “It’s about time!”

## Block

From page 1

for the future such as college,” said Caroline Little.

Mae Nicholas said, “You just have to deal with it and find your own way of dealing with it.”

Just as the students are changing how they work, the teachers of State High are adapting to block scheduling as well.

Jack Lyke, a biology teacher in the South building, tries to lecture less and engage his students in more active work to keep them from getting too tired. “I try to not let them sit too long and get them moving,” Lyke said. “I am trying to change the methodology of teaching so the ninety minute class can become more interesting.” However, most of what he teaches hasn’t changed. He still teaches in the same order and gives out

the same notes; it’s just how he teaches varied from last year.

For Lyke, it seemed that the burden of change was on the teachers rather than on the students. He did not notice much change in the student’s behavior in class. “The kids are not doing anything different... We just have twice the amount of time to take the twice amount of notes. They are more relying on the teachers to change stuff to make it easier for them,” he said.

No matter how the people of State High are dealing with block scheduling, whether they are teachers or students, they are building resilience and grit. High school is not just about learning or teaching information; it is also about preparing people for the future. At the end of the day, we are all just trying to learn how to get better at getting better.

## Security

From page 1

ing, so it is important that they are identified. Often times parents, delivery people, and substitutes are unfamiliar with all the changes and need to be directed and escorted to their destination. “We communicate with the administration through radios or we call them to discuss any concerns, or questions,” said Mitchell.

Some students find the increased security to be a hassle. Students are frustrated that they have to be granted access to walk around their own school. Weakland, however, said, “There are some kids who try to bypass the system, and there are many kids who don’t. We have asked the security guards to help us keep order as well as maintain safety.”

Sophomore Joelle Rush

doesn’t agree with the purpose of the security guards. “What are going to do without a pass? I think the school should spend their money on air conditioning and heat versus making it difficult to go around our school,” said Rush.

In the beginning of the year, students’ parents were sent an email regarding the decision to bring security guards into the school, however no clear expectations of students were communicated. Students said that they were never clearly made aware of these new rules and are therefore unprepared when the security staff approach them. Josie Vidic, sophomore, wanted to go to the counseling office during her lunch period but was denied access even though it was her only free period. Many upperclassmen are unaware and upset that they are required to have their ID present when coming into the South Building to ver-

ify that they are students.

Many teachers are used to dismissing their students to use the restroom without a pass. Students are very used to this routine but now students are required to have a hall pass anytime they leave their room. When in route they have been stopped and told to return to class because they are unaware of the enforcement of this rule.

“We have had a very positive response from the community,” said Weakland. “Parents feel secure dropping their kids off here.”

With so many changes occurring in both buildings it will take time for the school community to adjust. Despite some students’ feedback regarding their opposition, the security is here to stay to make sure the school is safe and secure whether it’s beneficial or not.

# State High project undergoes preliminary construction



Photo courtesy of Edward Poprik

Contractors pave the sidewalk areas behind the South building

BY DAVID WAGNER

With preparations beginning last Spring, effects of the preliminary construction for State High’s anticipated new building have been prominent this fall, from limiting classrooms to changing bus pickup locations. However, no major developments have happened up to this point and construction will continue with relatively few up to the New Year. Here’s what

construction has affected to this point:

The South Building lost thirty classrooms this year, forcing administrators to become creative with classroom creation; new classrooms have been made out of old South library, lecture hall, and auditorium. Parking has also been limited, preventing many excited juniors with fresh driver’s licenses from being able to drive themselves to school. Half

of the South Building’s first floor has been sealed off, restricting access to the upper floor to only one staircase.

A temporary driving loop was paved around the back of the South Building, creating a new bus pick-up and drop-off location at the South Building. To accommodate the change, buses began to only service one building, meaning that students who rode the bus home would have to go to their designated building at the end of the day.

Parking at the North building has also been affected. On November 9, access to the driving tower exit was blocked due to the construction company moving trailers. In addition, some temporary parking will be added in the North in the near future. State High Assistant Principal Christopher Weakland said, “This is in anticipation of construction, but not part of the construction.” There will be no major developments from now until the turn of the new year.

# Racist incident prompts open forum

BY ZACHARY BUKOLT

Diversity Club held an open forum in the North Library on Wednesday, October 28, 2015. This open forum was held in light of the incident that occurred at a party over the weekend of October 17, 2015 and was open to all students. At this party, a picture of two State High students wearing shirts that had some racial language printed onto them were posted on social media and went viral.

Gillian Warner, the President of Student Government, started off the forum. Warner started off with the background of the incident. Warner said, “These t-shirts offended students at State High and showed our weaknesses as a school in tolerance as well as in accepting diversity.” Continuing with this Warner said that the

student body must become more accepting of others both on and off campus. “Our school is better than this, and as students, it is our duty to make this school the best it can be, and we can do that by appreciating individual differences and what each person can bring to our community, no matter his or her background,” Warner continued. Warner challenged students at State High to become more accepting and to hold others accountable for their actions and what they say. Warner said in her finishing statement, “Together, let’s stop the hate and make a difference.”

After this, Principal Curtis Johnson read an apology letter that the two students wrote on their own. Johnson also emailed the apology letter to students on Thursday, October 29, 2015.

The students said within the letter, “We never intended for this to be taken as a racist action,” they continued, “and can now see how this was taken as a racist action.” The two students said, “We are not racist,” and are sorry that it could be taken offensively. “We have learned an important life lesson from this mistake and realize we need to be sensitive to all with our words and actions because they may hurt or offend another in a way we had not intended,” they said. They are going to meet with “people who can educate us on what our actions meant to them,” because of this event.

Students at the forum were broken up into groups and introduced themselves. Students, led by Diversity Club members, participated in conversation,



Photo by Hanna Yu

(from left to right) Juniors Sofia Skidgel, Aria Mason, Melanie Devon, and Gillian Warner open the meeting.

answering different questions on many different subjects starting off with little things leading all the way up to ideas such as racism. Students were encouraged to listen to each other and be accepting of differences. Then students, regardless of their group, participated in a discussion on how to end racism. Everything was mentioned, from

educating people to providing possible interventions during acts of racism.

Melanie Devon, Diversity Club Secretary, said, “Turnout was great.” In addition, the Diversity Club members are trying to reach and hold community services in order to further spread acceptance throughout the community.

BY ISABELLA ANDERSON

## Running the college marathon: reflections of a high school senior

Going into my freshman year of high school, college seemed like it was a mere speck on the horizon. My fourteen year old thoughts revolved mostly around such inconsequential issues as finding my classrooms in the maze of the South Building and searching for a place to sit at lunch. Beginning my four years at State High, I had no idea what college really meant and honestly, I still don't know if I'm positive now.

The beginning of the college marathon first hit me in the looming summer of junior year. Counselor email after the next ran through my inbox advising me to "Register for the October SAT!" or the ACT (What's that!?) and to "Decide on the right AP classes for you." The only problem was, I had no idea where to begin, what tests to take, or how to register. In the end, I settled on the most advanced classes I could find, not the classes I was really interested in, in an attempt to boost my ac-

ceptance chances. I wanted to be up there with the best, not necessarily my best.

Then senior year came. The application process is definitely overwhelming, or at least it feels that way. An admissions officer spends about two minutes on a general application. I have to prove my worth to someone who knows nothing about me in two minutes. Not only that, but you're thrown into a system of millions of students across the nation and out of all those people you have to make yourself stand out. You write essay after essay trying to write about what makes you great, where your talents lay, and most importantly, what you're going to do if you get in.

I struggled to define what interest I favored most as everyone began asking me what my major

was going to be. How can you limit yourself to just one thing?

The key for me was talking to people. Not my parents or my high school teachers, but college administrators, current students and professors, who understood the application and college process as it functions today (not in your parents' time). They can help you with anything from interest decisions to financial aid advice. Talking to those who were involved in what my future was supposed to look like showed me how unlimited I was in comparison to how boxed in I felt. There are hundreds of careers out there, and hundreds of ways to study an interest area that makes your background unique to you

My advice: 1- Listen to those counselor meetings! They're important. Take notes because it

will make your application process much easier. 2- Talk to people (not your parents or friends). Talk to people who know what university life and studies are like today, what's thriving and what's not, how can you make this more unique to you. 3- Make a list. Type up a draft of what colleges you're interested in, their financials, their application requirements, and their deadlines. This will help you keep up with due dates. 4- Don't limit yourself. Explore your interest areas. Don't make a decision based on the opinions of others.

Looking back, I sometimes regret taking advanced classes for the mere image they gave me. I'm not saying they aren't great tools to learning. No, I grew an incredible amount because of those classes, but there's more to being

just a student who takes all AP or advanced. High school should be the time when people explore their interests to truly find their life vocation. Progressive society today has worked to crush this development through systematic academic pressure. But knowing your true strengths means branching out and looking into what you're interested in, not playing the system for acceptances.

So at every family gathering, when everyone is asking about where you're going for school and what you are going to study, let me say this: It's okay to say you aren't sure yet. College is preparation for your future career. Don't commit to something you don't absolutely love. Commit to a major or interest area you can marry and live with for the rest of your life because if you choose a career path for your parents or for money, you'll spend every day wondering about that thing you really wanted to do. Work hard, be consistent, be successful and do it for you.

## Stores should not delay Christmas season

BY PATRICK JONES-O'BRIEN

Many people complain that the Christmas season has become too long. Quick glances through Twitter find people lamenting Christmas decorating from the moment it goes up. Well, the length of the shopping season increasing is actually a documented phenomenon, dating back to the earliest newspaper adver-

tisements in the late 19th century. It's been around for so long that it has been the subject of at least four songs, a book, and two Charlie Brown TV specials. In one 1974 special, characters walk into a department store to discover Christmas displays up in April and a sign warning patrons that a measly 246 days remain until Christmas.

But, I think that preparing early is a good thing. Christmas, for those who observe it, is a time of anticipatory joy that lifts people spirits makes people excited. As time goes on in the Christmas season, the excitement builds. Then, why not extend it: for the longer it is the greater the excitement by the time Christmas arrives.

However, the use of Christmas

as a marketing ploy and buying bonanza by stores (Even if stores enlarged the Christmas season in the first place) is despicable. Filling stores with Christmas merchandise doesn't just encourage buying on a basic level, but on a subconscious level it manipulates people's happy feelings and memories that we associate with Christmas. Those feelings encourage us to recreate those warm and fuzzy feelings of Christmas, and stores take advantage of that

to sell us things. In their efforts to do this as early and often as possible, we have Christmas decorations before school even begins.

Despite the widespread condemnation of Christmas being a quarter of the year, I think we should get to the heart of the problem and condemn the insidious manipulation of Christmas by stores and companies to their own benefit, because early Christmas makes the world (that observes it) a happier place.

## Being Vegan and Vegetarian

BY JOSIE KRIEGER

Veganism and vegetarianism has taken the world, and State High, by storm. However, few people actually know what being vegetarian and vegan means. To clarify: veganism is the practice of abstaining from consumption of food containing animal by products (meat, milk, eggs, gelatin, etc.); and vegetarianism is the practice of abstaining from the consumption of meat (red meat, poultry, seafood and the flesh of any other animal). Vegetarians and vegans seemed to get asked the same 10 questions every day. So, as to save them time, we have answered them for you.

### Where do you get your protein?

"Beans, and vegetables and soy products. I get asked about it all the time, and protein is not the only nutrient you need to worry about." Vescio-Franz

"Many vegetables, beans, grains, nuts, and seeds contain a lot of protein. It's really easy to get enough. A lot of Americans actually eat too much protein." Ikwut-Ukwa

"This is the most frequently asked question and, frankly, the most irritating. We live in a society where we are taught to believe that meat and their by-products are the only and best sources of protein. Plant-based sources of protein, leafy greens,

legumes, grains, seeds, etc, all contain necessary amino acids that make up protein. Additionally, plant-based food can provide all the protein without the fats and cholesterol." Clingham-David

### Why are you vegan/vegetarian?

"I care about the treatment of animals because I feel animals are treated badly. Also, everyone I've talked to has talked about having a lot more energy after going vegan. It also keeps you away from a lot of unhealthy food." Zimmerman

"I first decided to become vegan after watching videos from cameras in factory farms. Honestly, it was just so disturbing that I couldn't bring myself to eat any more animal products. I did a lot more research and found out about the health benefits and the environmental benefits, and decided to stick with it." Ikwut-Ukwa

### Do you miss any foods?

"Dead cows." Zimmerman

"No. Anything you can eat, I can eat vegan." Clingham-David

"Not really, but I sometimes miss food when my families eating it. Sometimes I miss chicken but other than that, no. I think it's better not to eat it than to eat it." Baker

"Well, considering I've been vegetarian my whole life, not really. When I do eat vegan, I don't

miss anything because when you think about it it's actually pretty disgusting." Clingham-David

### What do you eat?

"It's really hard to answer this. Think about it, if someone asked you to list what you ate, you wouldn't be able to name everything." Ikwut-Ukwa

"I eat a lot of veggie burgers, which are really good. I also eat a lot of pasta, rice, and other carbs. I also eat a lot of fruit and vegetables." Baker

"Everything, if it doesn't contain bodily fluids or flesh." Clingham-David

### Have you noticed any changes in how much energy you have?

"Kind of, for the most part it's the same. But when I eat more vegan, I feel like I have a lot more energy and feel happier." Baker

"Yes, I have high energy all the time. In fact, more and more bodybuilders are adopting a plant-based diet because they have learned how it can increase energy and improve body and mental health." Clingham-David

### Is it hard?

"No it's not hard, before I felt guilty about eating meat. Every time I choose not to eat meat it makes me happy that I don't." Belmonte

"The only hard part is having to try to explain it to people who give me a hard time about it, especially when they're my friends.

The actual food part isn't difficult." Ikwut-Ukwa

"No. If people had the information and made that connection, they would understand becoming vegan or vegetarian is not a difficult change." Clingham-David

### Restaurant Suggestions?

"The Aardvark Cafe and you can get salad anywhere. Also, Chipotle with no meat or cheese is still really good." Zimmerman

"Otto's has a whole vegan and vegetarian menu. Ruby Tuesdays also has a really good vegan burger." Baker

"You can get vegan food anywhere. My personal favorite places in State College to eat are Cozy Thai and Fiddlehead, and sometimes Chipotle. I usually just eat at typical restaurants, wherever my friends or family want to go. If you're looking just for dessert, froyo places usually have dairy-free flavors, and if you don't want to bake at home, Good Seed Baking Co has some vegan cookies." Ikwut-Ukwa

Whether or not you agree with the vegan and vegetarian lifestyle, it is a topic changing the way people eat and think all over the world. Everyone from Ellen Degeneres to Bill Clinton have been affected by this latest trend, causing many, including State High kids, to reconsider what they eat.



Sophomore vegetarian Stevie Vescio-Franz



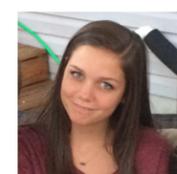
Senior vegan Mma Ikwut-Ukwa



Senior vegan Jaia Clingham-David



Sophomore vegan Rachel Zimmerman



Sophomore vegetarian Cassie Baker



Sophomore vegetarian Brontë Clingham-David



Sophomore vegetarian Bea Belmonte

# Birds Treated Unfairly in Today's Society

GUEST ARTICLE  
BY SHERRY SHANG

"Once upon a time there was an ugly duckling who grew up to become a beautiful—" Hold on, is that how the story goes? On second thought, let me take back that statement. Personally, I haven't had much experience with birds of the duck persuasion; all I know is that they taste great roasted. However, I'm going to need more information than that, so let me just consult my trusty friend, The

Internet, to see what the people on there have to say. I've put "duck" into the search bar, and Google's autofill is giving me: duck dynasty (sounds like a terrible time period to be alive), duck donuts (is this a brand or a flavor?), and the duck face. Being a teenager, I think I'd be most qualified to discuss that last option there, the duck face. Let's go with that one.

The "duck face" is a popular trend on social media in which young female teenagers take pictures, while pouting their lips like

they're sassy toddlers. Often, this style of photography is used in a group setting, to promote the "cheerleader effect," in hopes of making unattractive individuals seem more attractive when photographed with others. This is also a good place to witness the raccoon-style makeup technique, where the eyes are lined thickly with black makeup to give off an "I'm trashy" type of vibe. There has been extensive research conducted on the importance of the lips in the "duck face." The lips

definitely play a central role, but scientific findings have been inconclusive. Some believe that the pouted lips are a symbol of activism to promote awareness for endangered duck populations—hence the sad face. Others believe that as a result of the recent surge of cosmetic medical surgeries such as nose jobs, teenagers have become more insecure about the appearance of their noses, and the duck face is a feeble attempt to hide their insecurities in photographs. I personally sym-

pathize with the first hypothesis, since it's pretty hard to cover your nose with your mouth. My sincere wish for the future is that the ugly duckling will be able to turn into a beautiful swan, (despite the fact that these are two totally different species) so that discrimination against duck populations can come to an end.

But watch out, sparrows, they're coming for you next. (see "sparrow face")

## Essay Writing: Tips for the Prudent Student

GUEST ARTICLE  
BY CASEY SNYDER

Uh oh! So you left your essay for the last minute- we've all been there. But any prudent student knows that churning out a pile of hot garbage at the last moment is hardly an option- unless you enjoy, you know, failing. So I'm here to offer a few prime tips for the procrastinating student looking to spin some straw into gold.

1. **Planning.** "The first step to carving out an effective essay is creating a thorough, consistent plan." Sounds archaic, right? Snooze. Every modern student knows it's much more fun and exciting to just make it up as you go. That way, the point of your essay isn't just a mystery to your reader- it's a mystery to you as well. How fun is that?

2. **Grammar.** While some old-fashioned people would tell you that grammar is a strict set of rules you must follow in order for your essay to make sense, really grammar is just a suggestion. If you really want your essay to stand out amongst the crowd, try creating your own grammatical constructions. Leave your pro-

nouns ambiguous to keep them guessing. Forget what you've learned- prepositions are actually a lot of fun to end sentences with. And if you forget about maintaining a standard tense, anything was possible!

3. **Vocab.** Perhaps one "traditional" value in essay writing which I can attest to is the inclusion of complex or circuitous language. Looking to make your point concisely? Of course not, why would you! The best way to elongate an essay without actually adding any content (because let's face it- you're intellectually bankrupt) is to elaborate, enumerate, demonstrate, illustrate, elucidate, explicate, and, of course, complicate your essay with some saucy superfluous vocab.

4. **Punctuation.** Punctuation... is the spice of your essay. And much like spice in "cooking," there's no such thing, as too much. I personally like; semicolons. Semicolons add a touch; of; finesse and sophistication to your essay! When in doubt, a (nice) long string of punctuation says- I know what I'm doing...?

5. **Formatting.** Maybe you've

heard some terms being tossed around with regard to formatting- "MLA", "APA", maybe even "Chicago". Well I'm here now to clear up your confusion- these words are all meaningless. Much like standardized testing, these "forms" were invented by teachers and witches in order to determine which students were the best at following directions, and therefore the most mentally malleable. Now, if you're anything like me, you're looking to avoid both witches and teachers at all costs. The best way to do this is to change up your formatting every time. Maybe write your name vertically on the side of the page. Maybe paint your name on a separate sheet of paper and describe it at the top of the page. Or, best of all, just turn in your paper without a name and pray that it isn't somehow traced back to you.

6. **Citations.** So it's time to cite. It's true, the word 'bibliography' is amusing enough to warrant its own page in your essay. But, because leaving one word alone on a page looks lonely (a trait heavily penalized in professional essays) you'll want to add some filler to that page. Forget about the archaic

notions of "citing your sources"- once you read an article, it basically becomes your intellectual property. So, maybe just cite yourself as the recipient of all that new knowledge. After all, you deserve some credit for doing all that reading. (\*remember, there is no wrong way to cite- formatting is a myth)

7. **Proofreading.** So, you think you're finally ready to turn in your essay. Not so fast, slugger! You need to proofread that. My first step in proofreading is always to replace any word which I used more than once in an essay with a random synonym from Thesaurus.com. If you make it obvious enough that you just replaced a single word without reading into the context, your teacher will be able to tell that you were editing your work. Score! Additionally, if you feel like there's an area of your essay which doesn't really fit in with the rest, that's hardly a problem! Just make it its own "bonus paragraph" - a fun, randomly placed break from the build-up towards your claims.

8. **Submission.** Alright, now you're really ready to turn in your

essay. Congratulations! You've made the best of your likely incredibly limited intellectual resources. But if we've learned anything today, it's that you want your essay to stand out from the crowd. Why print and hand in your essay when it may as well be a copy of someone else's? Instead, try any one of these more engaging, intriguing methods of submission that are sure to make your essay stand on its own.

-skywriting

-ryewriting (scorch your essay onto a loaf of bread)

-shouting it to your teacher through a window

-smoke signals

-abstractist sculpture

-forget it. Forget it all. Just burn your essay. You'll get more pleasure watching it burn than you will scraping a C+. Leave the school and never look back. Make a meager living as a beggar or an arsonist for pay. This is your life now. Accept your inevitable fate.

-Powerpoint!

Well, I hope this list has helped you sharpen your skills as an essay writer. Follow these tips and you'll be sure, even if you get a failing grade, to have an essay that required some thought and personality.

## Cheers and Jeers

Star Wars coming out soon	Is it Day A or Day B?
Most college apps are done	"Winter is coming"
Watching holiday movies	Global warming
Sweater weather	The next twelve months of political ads



BY SHIRLEY ZHANG

### THE LIONS' DIGEST

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## Here With *Here All Week*

BY JAMIE CLaar

Here All Week is an Alternative/Progressive rock band comprised of Joe Caldwell, Aaron Gayan, Anna Hirsch, Ally Ellis, Charlotte Hatch and Matt Wherley. Caldwell and Gayan formed the band in November of 2014, originally as a way to practice their songwriting in a band setting, but has since then performed on numerous stages such as the Battle of the Bands.

Musician Jozef Caldwell, a senior at the Delta Program, sat down with Lion's Digest to discuss his band and his beginnings in the world of music.

*How did you get into music?*

"Middle school guitar got me into music actually. I told my teacher back then that I didn't really listen to music, and what did she recommend? She recommended that I listen to some of the Beatles, and I listened to them forever after that."

*When did you start writing music?*

"The summer before Here All Week, I did this one writing project with this rapper, actually, just for a week. He and I did not get along very well. When Aaron and I got together we just got right down to writing, and I just write really well with that guy."

*Who would be your greatest influence?*

"It definitely was the Beatles



Photo courtesy of Katie Tyler

During the 2015 Music Formal at PFMS, Here All Week performed a short set to kick off the dance. Here they are post performance. From left to right: Ally Ellis, Matt Wherley, Aaron Gayan, Charlotte Hatch, Joe Caldwell, Anna Hirsch.

for a long time, but I have a new influence every month. My current influence, this band called the Dearhunter I've been really getting into. They're very progressive rock, lots of people, horn section, string section."

*What was your first performance?*

"Mine, personally, back in middle school. My middle school used to run these camping trips. They had a talent show kind of thing, and me and a few guys just put together some covers of Who songs and played there. And it was alright. I mean we weren't

good, but we didn't know we weren't good."

*What made you decide to make a band?*

"I was already in a band actually, when I made Here All Week. I made Here All Week specifically because, in the other band, I wasn't always the person writing music, and I always thought they were better than me at it. I wanted a group that Aaron and I could start writing for."

*What was your first performance with Here All Week?*

"The first thing Here All Week did was this performance over in the Fairmont building, which is where the Delta Program is. But it was for this organization called Sounds, and they were doing this night with a whole bunch of bands. It was just sort of a big night of music, not a lot of people came, but it was a lot of fun."

*Have you written albums for Here All Week?*

"We wrote a bunch of songs and we were just recording an album over the summer with our friend Zach McGowan. We're working on mixing and mastering it now. Hopefully we will be able to release it early next year."

*What songs would you recommend to someone who hasn't listened to your music before?*

"I'd go for the Live at the Battle of the Bands on our Bandcamp, they're good ones. That's a good place to start."

Here All Week does not have any public events currently scheduled, so chances are slim to catch them live right now. They will no doubt start performing publicly again after the release of their new album set for early 2016. For more information about the band and their music, head over to their Facebook page or Bandcamp.com.

## Winter Fashion Preview

BY ABBY FORTIN



Photo by Abbey Fortin

Ben Gingher, junior, poses in a down vest, flannel shirt and a pair of Timberland boots.

Blizzards and snow days and snow shoes, oh my! It's that time of year again. Take out your winter jacket and mittens and grab a sled because winter has arrived! Along with the frigid weather comes some seriously ~cool~ ways to revamp your style for the colder months. For some, the changing of the seasons comes with the changing of their wardrobe. Whether you're fashion savvy or can't even match your socks, it's super easy to follow the trends. Keeping the items on this list in mind, everyone can do winter fashion the right way!

### For Girls

Capes -- You're probably pic-

turing a Harry Potter cloak in your mind right now. Well, that's the difference between a cape and a cloak. Harry may have worn a bathrobe-y ensemble that wasn't form-flattering AT ALL, but this winter you can give him a run for his money by investing in a cape that's to die for. TJ Maxx has a huge selection of the season's hottest new outerwear and for less than \$30 you can have your own.

Scarves -- It's always nice to wrap yourself up in something warm on a frigid day. If you aren't a turtleneck kind of person and don't want something too restricting, scarves are for you! They are made from a variety of materials and come in thousands of different colors and designs. A classic style, the gingham patterned Burberry scarf, might be out of the price range of most high school students so if you're searching for a lot of bang without the buck, check out Loft or Old Navy for similar styles.

Riding Boots -- It's not hard to find a functional and fashionable pair of boots that you'll fall in love with instantly. With a wide variety of colors, embellishments and heel heights, riding boots have been in style year after year and for a good reason. You don't have to be an equestrian to sport a pair of these versatile shoes. While some pairs can be pricey--Tory Burch sells pairs soaring well over \$300--you might find yourself copping a cheaper pair that is equally as cute at TJ Maxx, Macy's or really any

store that sells shoes.

### For Guys

Flannels -- For most guys, their winter wardrobe is similar to every other season's. Flannels are a main staple for many but they can become a necessity in the cold winter months. Layered underneath a sweater and a jacket is an easy way to incorporate your favorite flannel shirt into your winter agenda.

Watches -- Although watches are a year-round accessory--being able to tell the time without checking your phone is always in style--the winter season is an especially good excuse for buying one. Whether you celebrate Kwanzaa, Diwali, Hanukkah, Christmas or any other holiday, a watch is a timeless gift that is not only fashionable, but versatile and useful.

### For Anyone

Vests -- Vests are perfect for the days where the sun peeks through the clouds and it almost seems as if there's a promise of Spring... But you know the truth and you are also aware of the fact that there's at least six more weeks of winter, not considering the six more weeks that the Groundhog will likely tag on. Being able to layer a vest on top of a flannel shirt, plain long-sleeve or even a Vineyard Vines Shep Shirt is an easy way to "dress down" while looking put together at the same time. Check out Gap, Old Navy, J.Crew,

Patagonia or any outdoorsy shop for your perfect vest this winter.

Patagonia Fleece -- The Patagonia Fleece "Snap-T" sweater has been around for decades and is not only a winter, but a year-round favorite for many. Comfortable for hanging around indoors as well as out, the casual fleece has snap buttons ¼ of the way down and a small pocket on the chest. It comes in hundreds of colors and patterns and if you search hard enough, you can find vintage patterns that can be somewhat heinous and distracting but never fail to be a classic style.

Bean Boots -- Last but not least, LL Bean Boots are a HUGE part of many people's winter wardrobes. Available in numerous colors and heights, this timeless boot has been around for much longer than we have... maybe even longer than our parents have been around. Insulated, waterproof, warm and supportive, Bean Boots are perfect for walking through freshly fallen snow or hiking up a mountain on a cool winter day. But here's the catch: most sizes of these boots are on back-order for at least a month, so it's definitely smart to look into buying them in the spring, summer, or fall months so you can be prepared for the first snowfall. Sperry Top Sider has a line of boots similar to and cheaper than the LL Bean collection and there's no wait list. So, if you're looking for a nice pair of boots this winter, head on over to LL Bean or Sperry and get yourself just what you need.

## Adele-icious Comeback

BY JAMIE CLaar

“

*Hello* broke the Vevo record of highest number of views in a day, a title previously held by Taylor Swift's "Bad Blood" at 20.1 million.

”

2012 marked the year that the sky had fallen and the awards rained down on Adele, but until recently, the singer has been silent. The 23rd of October this year marked a powerful return to the scene with one of the biggest hits of 2015, "Hello."

Adele's new single off her currently unreleased album, 25, broke the Vevo record of highest number of views in a day, being 27.7 million; a title previously held by Taylor Swift's "Bad Blood" at 20.1 million. The album, as of November 21, has also reached number 1 on Billboard's The Hot 100 and UK's Top 100. The new single has been received warmly by many.

"Hello" had also captured the hearts and minds of its audience here at State High. Lexi Lonsdale, freshman, expressed her infatuation with Adele's comeback: "I played it 18 times today, I'm obsessed." A talented musician has the ability to move people with their music, and Adele did just that. "Her vocals have developed so much from 'Rolling in the Deep' that I had physical heart pains," said Kristina Hughes, sophomore. But not everyone was excited about new single.

Sean Kelleher, freshman, provided a different opinion. "It's only good because she hasn't come out with anything [recently]," Kelleher said. He suggested that, although she is known for her powerful vocal abilities, Adele's "Hello" gained much of its popularity because of her three-year hiatus and not because it was anything drastically different.

Regardless of what some may think of the song, it had caused many ripples in the swamp that is the music industry. The record comes out November 20 and, if the reception of "Hello" was any indication of the rest of the album, it will sell millions.



Photo by Abbey Fortin

## Fall Sports Wrap-Up

BY GRACE MC DONOUGH

State High's fall sports teams really kicked off the year right with the way they played this past season! With several of our teams heading on to win their district championship game, State High couldn't be more proud.

Starting their season off right, Girls' Soccer won its first scrimmages against West Perry and Montoursville. Junior Varsity had a great run this season, with winning or tying 20 games out of the twenty one they had. Varsity then set a solid example by going on to win its district 6 championship game 3 to 1. The girls put up a good fight but lost their play-in game against Erie McDowell to see who would move on to States.

Boys Soccer had a soaring season when it came to its winning streaks and the attitude each boy had towards its game. Varsity went to win 15 out of 21 games they played in total and finished strong with a win for their districts game. The junior varsity team finished off with a picture

perfect season, winning 14 out of 18 games. Seeing the potential on JV must be exciting for the Boys' Soccer team coaches.

The girls' volleyball team had a solid season with a couple wins, ties, and losses all mixed into a whole season. Though its season's record wasn't great, the team did go on to win its district title game. "The victory was unexpected because we had a bad record, so we had to work really hard to win the district title," said freshman Leah Henderson.

Girls' and Boys' golf had an extraordinary season, winning both of their District 6 AAA championships. Girls' golf had a very impressive season this year, finishing first or second in each and every one of their tournaments, just like the boys' team, who also placed first or second in its tournaments, except for two or three fourth and third places. Way to go Girls and Boys golf. Football took home an amazing amount of wins for the Little Lions this season. With wins coming from Varsity, JV, and even

the 9th grade team. The Varsity football team had an enormous amount of energy this season, finishing with seven wins and three losses. "This season has been a lot of fun. The team has grown a lot and we are ready to make a run in playoffs," said starting Quarterback, Tyler Snyder. The Junior Varsity and 9th grade teams both had an undefeated season. State High should be expecting big things from these teams the next couple of years.

Cheerleading was there through the rain, wind, and heat at every single Little Lion football home and away games. Having practices every Monday and Wednesday, with at least two hour practices, and a week long camp over the summer, being a Little Lion cheerleader is a huge commitment. They will also be heading to several competitions during December and January this winter.

Girls' Field Hockey had an excellent season, filled with laughter, hard practices and a solid amount of nights where they took home a win. The girls junior varsity team won seven out of their 14 games, and had

several of their games rained out throughout this past season. The Varsity team took home the gold in 12 out of their 17 games played, and went on to play in districts, but took an extremely tough loss.

Boys' cross country season went flying by the season. The varsity team had placed five out of their 7 meets this season, and went on to states, placing 9th out of 21 teams. Junior Varsity went on to also have a wonderful season, winning five out the seven races they competed in. Overall, the boys took home a great amount of wins and are excited for the season to come next year. Girls' cross country season also went well. Varsity winning an enormous amount of their meets, and Junior Varsity also had a solid season, competing well and hard in each of their meets. Varsity then went on to compete in the Mid-Penn Championships, taking home the win for the entire meet. Nine girls would then be heading to states, where they took home 5th place overall for States.

## Winter Sports Preview

BY BAYLIE CAMERON

The start of November also marks the start of the buzz about Winter sports. For many athletes, their workouts are just beginning and there is much excitement ahead.

Winter sports include indoor track, basketball, swimming and diving, and wrestling. All these sports teams have made incredible accomplishments over the past few years and are hoping to continue their outstanding tradition of wins.

"This season we're hoping to win the district title again and go as far in playoffs as possible," said junior basketball player Andrew Witt, "Winning a championship is the goal of course!" Girls' basketball is also hoping to win a district title.

Boys' and Girls' indoor track teams are hoping to win the Kevin Dare meet, a large invitational held at Penn State in memory of Kevin Dare.

The Swim Team is hoping to win districts once again as well as states at Bucknell. "This year we really want to win Mid Penn championships," said senior Ally Hughes.

Wrestling is hoping to do well at districts once again. "It's going to be a really exciting season this year! We have a lot of new people joining the more experienced ones on the team," said junior Adam Stover.

State High can't wait to support all of its incredible athletes!

## Kicking it with Kyle Moerschbacher

BY BRANDON GIEDROC AND PHILIP NELSON

Kyle Moerschbacher, a senior and left forward for the soccer team at State High, has been playing the game he loves for 15 years. Growing up watching soccer, he grew to like FC Bayern Munich. FC Bayern Munich is a powerhouse club in Germany that produces some of the best European soccer.

His favorite player is Robert Lewandowski, a striker for FC Bayern Munich. Lewandowski has factored as a major influence for his game. "I made my game after him and I am the same type of player," said Moerschbacher.

Like most great athletes, he has always had the will to win. Playing the game since he could

walk is already impressive, but being able to play at such a high level takes a lot of drive and determination. Kyle credits his work ethic and mental ability for his success.

However, he hit a roadblock this year when he suffered a stress fracture in his foot. "I was just running down the field and my foot began to hurt and when we sprinted I fell down." Moerschbacher, who is one of the biggest goal scorers on the team, was out for the regular season but had the chance to play in the postseason. "It honestly felt amazing. I mean no one likes hearing they could be out the rest of the season more so in their senior year, and hearing I could play just felt amazing," he said. In his first game back, he had

a goal in a 2-1 win over Hollidaysburg; "It felt really good (to score a goal) looking back on it it was a nice little volley on my weaker right foot into the lower corner so it felt good it always feels good to score." However, this goal is different as it helped lead State College to the PIAA opening round and face an undecided opponent. Meanwhile, he has a big opportunity opening itself up in the future "I am being recruited by eight division three schools, three division two schools, and five division one programs. The division ones are Saint Francis University, Penn State University, Notre Dame University, Maryland University and Temple University." Moerschbacher stated, "I am really stuck between SFU and Penn



Photo courtesy of Kyle Moerschbacher

Senior Kyle Moerschbacher

State." Time will tell where he ends up in the future...

## NBA Season Predictions

BY CONOR CAMAZINE

As the NBA season is now underway, it is the time to predict who will win all of the major awards, who will make to the finals, and who will win it all. With that being said, here are my predictions for the upcoming season.

**Most Valuable Player:** LeBron James, Cleveland Cavaliers

A year after falling short of

winning his third NBA title, LeBron James is back with a vengeance. Using that as motivation, he will be the best player in the league and will look to lead the Cavaliers to that elusive NBA title.

**Rookie of the Year:** D'Angelo Russell, Los Angeles Lakers

The rookie from Ohio State University has already shown that he has superstar potential and could be a force to be reckoned with in a few years.

**Defensive Player of the Year:** Anthony Davis, New Orleans Pelicans

At the young age of 22, Davis is already one of the best players in the league. After a season where he averaged 24.4 points, 10.2 rebounds, and nearly 3 blocks a game, Davis will look to have another breakout season

and make his defensive presence known every time he steps on the court.

**Eastern Conference Team To Watch For:** Milwaukee Bucks

After a season in which the Bucks were knocked out of the playoffs in the first round, signs of growth and development were shown. After signing big man John Henson to an extension and picking up Greg Monroe in the offseason, Milwaukee looks to improve on season in which they surprised many people. In addition to that, the return of Jabari Parker will hopefully be beneficial to how successful the Bucks are this season.

**Western Conference Team To Watch For:** Los Angeles Clippers

In what was one of the most bizarre turn of events in sports history, center DeAndre Jordan initially signed with the Dallas

Mavericks and then at the persuasion of members of the Clippers organization (mainly forward Blake Griffin and guard Chris Paul), decided to stay with the Clippers. In what will be a turning point for the Clippers, they will use what happened this past offseason as a learning experience and make themselves a team to be watched.

**Eastern Conference Champion:** Cleveland Cavaliers

In a lackluster Eastern Conference, there are only a few teams that would be considered contenders, such as the Cleveland Cavaliers and Chicago Bulls. Being led by their "Big Three" (LeBron James, Kyrie Irving, and Kevin Love), the Cavaliers have the upper hand in the Eastern Conference.

**Western Conference Champion:** Golden State Warriors

Led by reigning MVP Stephen

Curry, the Warriors are coming off a season in which they won 67 games which is tied for the 4th most all-time. Having returned the majority of the team from last season return, the Warriors should be able to return to championship winning form and make themselves a threat in the Western Conference for years to come.

**NBA Champion:** Cavaliers in 7 Games

For the Cavaliers, last year's finals appearance was the LeBron James show. Playing without Kevin Love for the whole series and Kyrie Irving for all but game one, the Cavs had no other true scoring option to look to in the finals other than James. If everyone on the Cavs stays healthy by the time the playoffs come around, there should be no reason why the Cavaliers shouldn't be able to win the finals.



Graphic by Owen Ache and Brandon Giedroc

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