

# Generals' Delivery



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George Rogers Clark after being bought and turned into Safe Harbor Community Church. *photo by Emma Hedrick*

## George Rogers Clark Elementary students, staff reminisce over closing of 111 year old school



by Emma Hedrick

George Rogers Clark Elementary School has been shut down for nearly 7 years. The last fifth grade graduating class who went through the entire elementary are now the graduating Class of 2017.

The Clarksville Community School Corporation school board decided to close down GRC in a vote of 4 to 1 in 2010. GRC was 111 years old at the time of the closing, opening in 1899 to the children in Old Clarksville. The school corporation had to cut nearly \$1 million from the general funds. Cutting George Rogers Clark would help get rid of half a million dollars worth of funds.

After that, Greenacres would be called Clarksville Elementary and the fifth graders would be moving to the middle school.

Currently, the last fifth grade graduating senior class is on their last quarter of high school and looking back, students have said that George Rogers Clark was a lot better than other schools they went to. "It was better than Silver Creek because at GRC I had a lot of friends and the lunch was better, and so were the people and the atmosphere," senior Brian Claudio said.

Another point brought up was the rivalry between GRC and greenacres, and how many students who went there also had family members in the past to go. "GRC was so much more personal because there were smaller classes. I have a lot of good memories about it. It have a nice feeling to it. It should have stayed open because it's good to have two different schools and then come to-

gether in middle school because it was a way to turn what was once a GRC and Greenacres rivalry into long-lasting friendships at Clarksville Middle School. All of the games between the two schools became huge events that took a lot of preparation. Also, it was the type of school that most of someone's family went to, a generation thing. The teachers taught there for years and were all very close. Only two teachers from GRC still teach in this school system, because many teachers couldn't imagine teaching anywhere else," senior Shyanna Wright said.

GRC left a mark on students that went there, whether it was good or bad, it was still memorable. "It was a decent school and didn't only care about ISTEP+ and the student's scores, but also cared about the student's futures. They decided to rebuild on greenacres instead of helping GRC and that was the worst decision they made. They should have kept it open because it was an excellent school," senior Cayla Powers said.

It is not just the students that miss GRC, but the teachers as well. Losing the school meant losing a community. "I miss all the people that I worked with. I miss the students, as well. I miss the loving feeling in the school and how we all cared about one another. I miss how we worked together to give our students the best education possible. I miss all the fun times we had as a school community and family. I was devastated when it was closed. I felt that I had lost my second family. I felt like a part of me died when they closed it. I remember my last day at the school. I just stood in my classroom and cried. I did not want to leave because I knew that I would never be back. I could

not drive by the school for a year or more because it was too painful. Even today when I think about GRC, it saddens me. The students lost such a treasure as did all of Clarksville," Sharron Girtten said, a former George Rogers Clark teacher.

Closing the school was controversial in the Clarksville community, with everyone to their own opinions. Some people were hurt more than others is this process. To some, it was just another school closing. To others, it was losing a family. "I think that closing it was detrimental to the GRC community. There were many rumors as to why it was closed. Some said it was because of money. Others said it was to combine the two elementary schools to prevent competition between the schools. It bothers me that the school was sold for an amount way below the market price. It also bothers me that they had the money to build the Renaissance school a few years later. I taught my final year at Clarksville Elementary and it was just not the same. I finally retired after 38 years. GRC was a very special place to work. You could feel the love. I worked for 2 great principals who valued the teachers and respected their opinions. They listened to us and worked with us as a team. All the staff members were friendly and kind to each other. All the staff worked together to give our students a good education and to make each child feel special," Girtten said.

After being closed for almost 7 years, George Rogers Clark Elementary School has been kept in the hearts of students and teachers who spent their time inside the school. Memories were made between rivalries and families that will live in the past.





A creative teacher must be able to determine how to engage the interests of students as well as continue progressing their knowledge. How this is to be done can only be determined by the individual teacher. Students must collaborate with their teacher to further develop classroom understanding in order to avoid the most common stumbling blocks.





# Seniors experiment with new school activities



by Morgan Radlein

Senior year is the time to do everything that someone hasn't already done. No one wants to look back to their high school years and regret not doing a sport, joining a club, or being in a play. This year, moreso than ever, there are seniors who decided their senior year was the year to get more involved and try new things.

In high school, there are opportunities around every corner. There are a variety of sports and clubs to join. With the renovation of the theater, theater director Dan Bullington was able to draw a more broad variety of students for this year's two shows. The renovation and Bullington's announcement that he was doing a play and not a musical in the spring brought new seniors into the program such as Griffin Foley and Hannah Morris.

"I have always thought about being in a theater production. However, they did a lot of musicals and I cannot really sing. When I heard that we would be doing a comedy festival for the spring production, I offered to take a small yet funny role and I do not regret it," senior Griffin Foley said. This play was able to bring more students out of their comfort zone.

Seniors also came out this year and joined teams on which they have never played before.

Once sports started practicing in the fall three new seniors joined the boys' tennis team. "I decided to play tennis my senior year because, why not? I just wanted to have some fun my senior year and I actually ended up falling in love with the sport. I now plan on managing for the girls' team once their season starts," senior Alex Taylor said. Fellow seniors Jonah Lemonds and Alex Spencer also joined the tennis team, both wanting to try something new.

Starting the girls' basketball season in October, some of the returning players encouraged girls to come out for the team. The girls ended up with a full JV and varsity team for the entire season, including new players such as senior Kendall McKinney.

"I decided to play basketball this year for the experience and I also had friends on the team who helped me learn about the sport," McKinney said. Due to a mid-season injury Kendall was unable to play for the last half of the season but still being a part of the team and cheering on her teammates for the games she could not participate in is something she still loved doing.

This year saw the creation of an entirely new school sponsored activity--bowling. Senior Nicky Williams contacted the administration earlier this year inquiring about starting a bowling team. The administration loved the idea of a new sport for students to get involved in so they ap-

proved the bowling team. The interested students started practicing right away. With more than three competition teams at each match, the bowling team was one of the largest and most successful teams here winning its sectional.

"I was the one who actually went and asked the administration to add bowling as a sport this year because I have actually played the sport for a few years and really enjoy it. I am glad there were many people who came out and joined the team when we announced it and I am very proud of our season we had. We won sectionals and advanced on to state our first year as a team and I couldn't be more proud," Williams said.

More seniors such as Hannah Morris, Brooke McDonald, Sam Carroll and Emmanuel Bough all joined the team after hearing about the new sport. The Clarksville bowling team went through the whole season only losing one match and the team also advanced onto sectionals and regionals.

Joining new sports and activities can open students up to new ideas and skills. Seniors who joined these activities their last year of high school ended up saying they wished they would have started it earlier. Encourage friends and classmates over the years to try new activities and sports because in a blink of an eye it will be graduation.



Alex Taylor and Jonah Lemonds going up to the net to talk. *photo by Brittney Andres*

Varsity bowling team members after sectional win. *photo by Laura Morris*

Griffin Foley during his scene in Check Please. *photo by Brianna Brown*

Kendall McKinney running down the court for offense. *photo by Hannah Morris*



# Early graduates learn about new policy, struggle with hardships along the way



by Juliana Johnson

Early graduates at Clarksville High School feel left out by not being able to participate in senior activities. Students have expressed their feelings of being neglected and punished by being told they can't do what the rest of the 2017 graduating class can.

In the Class of 2017, there are three early graduates. "I think that students should be rewarded for graduating a year early. It almost seems as if we're being punished because the school administration will not let us be involved in anything that the seniors do," early graduate Tabatha Schwartz said. Schwartz was promised her freshman year, by the previous administration, that she would be considered a senior and be able to participate in all senior events.

The graduating juniors feel that it is unfair that they can't participate in all of the senior activities. "It's unfair that we are being punished for being intelligent and graduating early," graduating junior Allyson Richey said. Early graduates feel that since they are doing the same work as the seniors, they should be able to be involved in all senior events.

Graduating early was not just a choice for all the graduating juniors, it was something they had to do. "I had to graduate a year early to take care of my daughter. It sucks that I don't get to have a senior year like everyone else because I needed to get through school faster than most people," junior Breanna Marks said. Marks wanted to graduate before her actual senior year to take care of her family.

The new administration has changed the guidelines for early graduates. "I am constantly being told by the new school administration that this is the choice I made when I decided to graduate a year early," Schwartz said. The new admin-

istration has changed what the policy for early graduates is.

When an administration is changed, there is always the possibility that rules and guidelines will be changed too. To avoid any conflict, admin-



Early graduates (left to right) Tabatha Schwartz, Allyson Richey, and Breanna Marks. photo by Juliana Johnson

istration should tell the students exactly what to expect so there is no confusion. "It is my opinion, there needs to be set guidelines for early graduates. Stating the advantages and disadvantages, also what privileges will be given to the early graduate. If this is stated upfront, then there won't be the hard feelings that there has been in the past," math teacher Connie Holstine said. Setting guidelines would let students know exactly

what to expect.

Telling early graduates what the policy for graduating early is should be done before they make that decision. Guidelines have changed and should be followed. "Promises made by past administration are just that, past promises. The terms that were set by the new administration for participating with senior events need to be honored," government and English teacher Kristin Payne said. Although some of the guidelines have changed, the early graduates were not informed in advance and some of the administration could have come off more accepting to the old guidelines.

A list of set guidelines for graduating early is being worked on. "Mrs. Allred, the counselor, is making a set list of guidelines to inform early graduates of what to expect," Principal Adrian Goldman said. The new guidelines will tell students exactly what they are forfeiting when they make the decision to graduate early.

Early graduates will be able to go to the senior picnic. "They will be able to go to the senior picnic, just not all senior events," Goldman said. The senior picnic is at the end of the school year and by then, the early graduates will have everything they need to graduate, just like the seniors.

Some of the early graduates would like to be able to sit with the seniors at the pep rallies. Not everyone agrees that they should. "At this point, they are still considered juniors and can still have a change of heart," Holstine said. Letting early graduates participate in one thing might be a compromise.

Compromising with the graduating juniors could help ease the situation. The students feelings are hurt because old administration had made promises that new administration doesn't agree with. Students should still listen to the new guidelines, but maybe administration could do something to reward these students for all of their hard work.

## Instructional assistant returns to CHS to coach, teach



by Hannah Morris

Aiden McEwen graduated in the class of 2013 from Clarksville High School. He is currently a Paraprofessional at the school while he is working towards his masters degree in Athletic Administration. The McEwen family is heavily involved in the school system. His dad and uncle are both coaches, and his youngest brother and cousin currently play varsity basketball.

This town is such a small and welcoming community that almost anyone can feel at home just due to the atmosphere. "Clarksville has and always will have a special place in my heart and I will always do anything I can to help out the school and town. This was a major influence into me trying to get another job here at the school. I can only do so much as a basketball coach so I thought that maybe helping the kids out in the classroom would allow me to have a larger impact on the high school careers of the kids here at Clarksville," instructional assistant Aiden McEwen said. His previous experience with Clarksville and the high school allowed him to make the decision to better future graduates.

McEwen helps out in the classroom by allowing students to have someone else available

when needed. "The extra help in the classroom is invaluable because he is able to help some of the students get extra attention that they wouldn't normally get in a class of 28-33. He does a wonderful job of helping these students out and being a comfort blanket so to speak with these kids," teacher Joby Turner said. With Aiden's help the classroom can function more smoothly and more kids will get the help they need.

He is also the junior varsity boys basketball coach here at the high school. "It helped me stay focused on my school work and stay out of trouble knowing that he would be in the school," junior Da'Shawn Baker said. Having a coach in the classroom allows the students to have a better connection on and off the court.

Being able to come back and help out a school or community that has made an impression on someone's life is a great opportunity. "I believe that my job here at the high school helped my ability to coach. I was able to interact with the kids outside of the gym and get a better idea of what they were going through on a daily basis instead of just seeing them during the short time we spend together at practice," McEwen said. With his

background at the school it just allows for him to give back to the school and community and help make our town a better place with a better image.



Aiden McEwen coaching the JV boys basketball team at the Providence game. photo by Bethany Johnson



# School clubs sufffer due to inactivity, apathy



by Tabatha Schwartz

Being involved in school activities looks good on college applications. It’s a fact of life. Activities like after school clubs are suffering from lack of participation. CHS has clubs that help the community, plan school events and to help the teach more about other cultures.

Clubs such as Key Club and French Club have a small numner of members who are actively involved. Key club has a total of 3 members, Key Club misson is to volunteer and help out in the community. Often the club will go to places such as the Falls of the Ohio and clean up trash and things like that. “I have a thing for helping people and make differences in the world. Even if it’s the smallest difference. It’s still a change and that i just that there should be more people like that,” junior Jacquilynn Hinkebein said. Key Club was created as a high school off shoot of the Kiwanis Club.

French Club, also, only has about 2 or 3 students who show up with regularity. “Originally, I had about 7 students enrolled in French Club. I think students do not show up because many of them have jobs and cannot. Also, sports and theater take up a lot of time. Everything competes for times and all are good activities. If we could have meetings during school we would have a better participation,” French teacher, Amy Clere said. French Club strives to show what the French culture is like.

One of the more successful clubs is Span- ish Club. This club was made to teach students

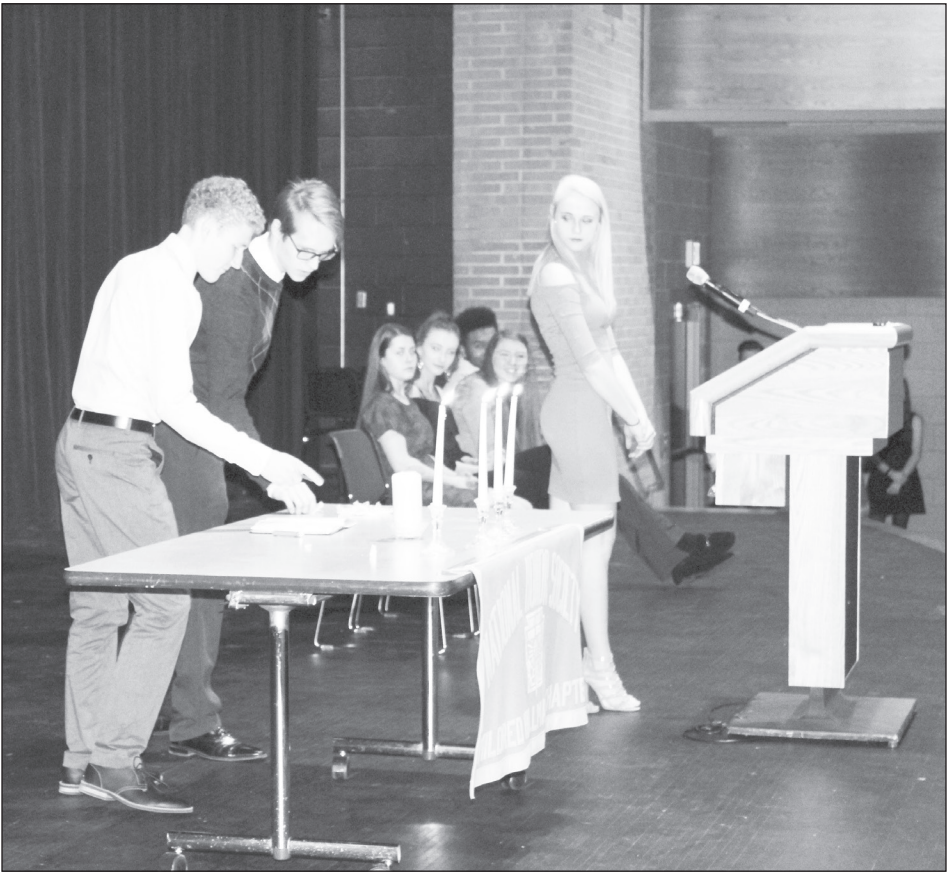
that wanted to learn, more about the culture. There are about 30 members in the club. “Spanish is my favorite foreign language, we do a lot of fun things to learn about the culture. In April, we are going to learn how to salsa and go out to eat at a au- thentic Spanish restau- rant. People should join so they can learn different things about the Latino community,” junior Lashay Weather- ly said. Trying Spanish foods and drinks are a popular thing in Span- ish club. The celebrat- ed Day of Dead with an event where they creat- ed sugar skulls.

Student Council was set up so that stu- dents could be involved in events that happen

at the school. There are about 15 to 20 people in Student Council and about 10 people show up regularly at each meet- ing. “I think that more people should join Student Council because our school needs more school spirit and we do a lot to promote school spirit, like decorat- ing, getting the word out about games and themes and spirit week. And I feel like we bring the student body together to help get everyone involved,” Student Council President Lauryn Young said.

National Honor Society is the larg- est club/organization at CHS. Since it’s a widely recognized organization, it is known by college admissions officers and scholarship committees what the group does and what it stands for.

“NHS is one of the most effective clubs we have. We are able to help our community and neighboring commu- nities out and better the environment when peo- ple come visit. We are able to do good in people’s



Keegan Allred, being escorted by Ethan Tackett, signing the National Honors Society chapter book at the NHS indcution ceremony. *photo by Selena Wolf*

lives. The amount of people in NHS amazes me. It is so good to see how many people wanna better the community and do good in people’s lives. It is by far one of the most prosperous clubs and I urge everyone to attempt to be in it and to help the community out. One act of kindness can go a long way,” NHS President Hannah Morris said. Helping others and the community is the mission of NHS. Students interested in NHS should start perform- ing community service in order to have service hours for the application process.

Jobs and sports are often a economical- ly necessary distraction causing students to be- come less involved in school activities and more involved in at work. Involvement is higher at the beginning of the year, as the year goes on things come up or students start to drive or get jobs. Al- though a job might be necessary, colleges want to see that students can balance school, activities and work.

In addition to looking good to colleges, club membership gives its members a way to learn new things and make new friends.



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# 6 sports

## Spring sports updates



by Hannah Morris

### Baseball

Baseball season starts the season with a home run. The Varsity team pulls out two wins at a doubleheader on Saturday April 1st against Shoals. This season will be an away season with only 13 home game. Although they hope to have many victories, a loose can help them learn from their mistakes and play harder for the next team.

The varsity roster has six seniors on it, Josh White, Matthew Hauber, Clayton Haus, Shane Philpot, Alex Spencer, and Jonah Lemonds. "We have prepared for this during the whole off season. We worked out and hit the gym almost everyday to better ourselves. I am pretty excited for this season because we have put so much time and effort into preparing," Lemonds said. The upcoming season may be tough due to the amount of traveling they will have to do, but their hard work and preparation will hopefully pay off.

### Softball

This season starts a new year with a new coach all over again. In the past three seasons the girls have had three new coaches. They have wokred against the odds and accpeted thier new coaches to create bonds with them and as a team.

With the new coach the season started off a little late due to the timing of Mr. King's hiring. "Since our new coach, Patrick King, wasn't our actual coach until last minute, we started later than usual in preparing for the season, but that didn't stop us from getting right into the game," senior Victoria Torrez said. Although this was a setback they didn't let that stop them from getting into the swing of things.



Kaitlyn Page batting against Crawford County. photo by Brittney Andres



Shaelin Bruner pitching during the game against Crawford County. photo by Brittney Andres

### Tennis

The Tennis season had its first match on April 10th, which they They have a team of 6 girls to almost make a full team. The team consists of Ari Heart, Bethany Johnson, Carissa Guffey, Neftali Chavez, Mataya Watts, and Morgan Radlein. Although they do not have a full roster they intend to practice and work hard to have a winning season.

Due to surgery that senior Morgan Radlein had on March 23rd she will be out until April 24th for the providence game at Providence . She had surgery due to an injury to her back and shoulders from her breasts. "The surgery allowed me to have better use of my body. I can now swing my arms across my whole body to hit a ball in tennis. The surgery allowed me to play better for the matches during the rest of the season," Radlein said. Once she returns they will play for spots to see who will bench each game.

### Track

Ready. Set. Go. The track team started off their season by placing 2nd at the meet at henryville on April 4th. This season there are around 15 students that came out for the team, including 2 seniors, Orlando White and Tyler Martin. This year they even have enough girls to participate in a relay.

With the amount of students who have come out for the team they are able to be more successful. They are able to have more kids involved in different distance runnings. "I think we will do really well in the meets because we have more potential this year. We couldn't do that last year because we only had four boy sprinters last season," White said. This season will bring new talent and new opportunities to the table for Clarksville's track team.

## Fitness trackers or apps: what's the difference?



by Destiny Robinson

New technology can now help people with their daily struggles to try to keep up with exercising routines. Step counting is a positive key to being able to see someone's progress in having a quota to meet their health goals. Fitbits and Apple Watches both provide multiple apps that make them unique in their own way.

Fitbits are developed to track a person's sleeping habits. They have the advantage over Apple Watches due to being able to go up to five days without charging. Apple Watches only have up to 18 hours and the sleeping app has to be personally programed into the watch for it to be used. Fitbits are more detailed in the data that it uses to tell the progress of someone.

The Apple watch was designed with other things in mind while the Fitbit is more used for just the fitness aspect. The Fitbits allow people to challenge their friends, log in the amount of data they have done for that day, receive badges based on the activity accomplishments. "Looking back on buying the Apple Watch I probably wouldn't have done it. I wish I could get the \$180 that I spent back. I don't really ever wear the watch so it was a pointless purchase," said senior Clayton Haus.

The different features that make up the Apple Watches are that they can be used in large bodies of water. The Fitbits are splash-resistant and can only be in the shower and definitely not in a pool. The Apple Watch can be taken to the pool, up to 50 meters in water. Not only this, but it can count a person's number of laps and even play

music underwater through the speaker. While the cheaper versions of the Fitbit can receive notifications, but can't tell who sent the messages or what the messages say, other more expensive versions can. The Apple Watch can not only notify someone of the messages, but they can tell who the sender is and let the person respond.

The Apple Watch has GPS just like the Fitbit, but the Fitbit needs to be synced with smartphones in able to work properly. The watches can go on their own and work fine. The problem that the Apple Watch has is that with it being Apple, it only works with iPhones unlike Fitbits that can work with all smartphones. The Apple watches are more designed for an individual's taste and people can mix and match the bands, faces, and cases. Fitbits are made more for the general populations and have limited accessories to go along with the band.

The cost between the two types of bands are greatly different though. The Apple Watch is more costly and can be up to \$1000 for the newer models. The Fitbits seem to run at a lower cost around \$250 being the highest amount. The Apple Watches have two series with five watches in total that add apps at higher prices. The Fitbits have seven different kinds of models that range from just being able to just tell time and count steps to being able to being able to control music and

heart rate.

The main difference between the two are that the Fitbits are more designed for tracking a person's health while the Apple Watch has a wider variety of abilities. The watch is described as being a mini smartphone in watch form. Fitbits can count the amount of steps a person takes a day, the calories they burn, and the person's heart rate. "What I like about the Fitness Watch is that I don't have to keep charging it every night like I would have to do for an Apple Watch. I mostly use it for counting my steps but I also appreciate that it just has the exercising data instead of all of the other

apps that the Apple does. This helps me focus on exercising and not have other distractions as well," said science teacher, Sarah Vaughn.

Depending on what someone wants the bands for is an important deciding factor when trying to determine which

one is the better fit for that individual. Someone should consider the amount of actions that they want the watches to do. If someone wants a watch just to measure and keep track of their daily exercising then the fitbit would be better adapted for that. On the other hand, if someone wants to have a smartwatch with the capabilities that a smartphone has then the Apple Watch is the way to go. Both watches have the abilities to track people's personal data and help them try to set up new





staff editorial

# Even strong community schools don't always stay open

What is a community? The textbook definition of the word community is people living in the same region or share a common characteristic, which is true. A community is a group of people who live in the same place, being a part of the same neighborhood. Whether or not that neighborhood is in Miami, Florida or Clarksville, Indiana, each place has something in common. They each are a community. Being part of a community is something to be proud of. Not everyone gets the chance to say that they were apart of something as powerful as a community. With that being said, community schools are important too. Neighborhood schools can be or maybe even more beneficial than private schools or more larger schools. Community schools are more of a family, they stick together. With bigger schools, the students would be less likely to form a bond with each student and teacher unlike neighborhood schools.

That's why George Rogers Clark was so special. There was a bond with each student and teacher who went there five days a week for seven hours. Having a relationship with people that saw each other everyday made it fun and easy to learn from teachers that could be trusted. Having trust in someone who is trying to teach and fill the minds with information to help further the lives of children is important. All the teachers asked what they missed about GRC said they missed how they were all a family. The students, teachers, facility, and the Clarksville community came together to help one another. A former teacher from GRC had given examples as to how the community came together to help each other out.

She cited that a boy, his brother, and their mother came to enroll at George Rogers Clark. Driving from the other side of the country, they didn't have much. The staff got together beds and other resources to help out. The counselor got in

touch with different agencies to help the family. They also bought food and clothing for many students, even paying bills for the parents. It has been said that the families had trust in the teachers which is why the parents opened up to them. Whether or not other schools did this, GRC did without ever wanting something out of it. They did it out of the kindness of their hearts. These situations wouldn't have happened if the parents didn't have trust in the teachers and staff members.

The words 'community school' might also have a bad sense to some people. With community comes the words small, unfunded, run down. Whether or not the school is small, run down, or low on funds, that doesn't mean there isn't any love or passion for teaching in that school. A school is as good as its community and without a hardworking community, a school won't prosper as much as it could. Even with the strongest community, that doesn't save a school from shutting down.

At GRC, the hallways were covered with student's work and other items that showed how proud the teachers were of the school and the students and it was a close-knit community that cared for each other deeply. The teachers had a passion for teaching and their kids and that isn't seen everywhere. With as much love as that school had, it was shut down.

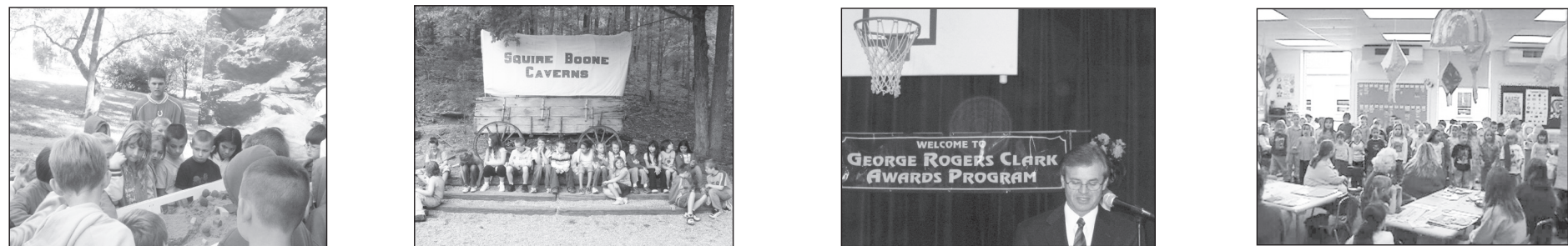
George Rogers Clark was an example of a strong community and will be known as a great school to many. It was a school that supported and was supported by their surrounding members. The love the school members had was showed on the bulletin boards in the halls and by their actions, and that isn't shown everywhere.

## Birthdays April

- |                      |                             |
|----------------------|-----------------------------|
| 01 Daveon Miles      | 11 Jacquilynn Hinkebein     |
| 02 Stephanie Purcell | 13 Zach Martin              |
| Ally Richey          | 16 A'dame'eyon Burton-Rawis |
| 03 Michael Love      | Kearra Greene               |
| Maura Nieto          | 19 Destiny Robinson         |
| 04 Jacob Jones       | 20 Andrew Maranto           |
| Summer McDowell      | 21 Alex Trimble             |
| Bryce Strong         | 22 Trevor Jewell            |
| 05 Jonathon Kustes   | 23 Hannah Morris            |
| 07 Kaitlynn Lee      | 24 Clayton Christie         |
| Selena Wolf          | Gradi Cunningham            |
| 08 Brian Hopkins     | Mallory Foote               |
| Trinity Linnig       | Wayne Leffler               |
| 09 Aly Weber         | Richard Wheatley            |
| Sydney Wood          | Caitlyn Wright              |
| 10 Savannah Grant    |                             |

## May

- |                        |                     |
|------------------------|---------------------|
| 01 Donovan Price       | 20 Kirsten Cummings |
| Samantha Skelton       | 21 Kassandra Smith  |
| Amiee Steininger       | 22 Dawson Berry     |
| Devyn Weathers         | 23 Alexis LaMarr    |
| 02 Daveona Miles Brown | Samuel Soto-Mendoza |
| 03 Shelby Henninger    | 24 Stormy Iglehart  |
| Olivia Speth           | Logan Tennison      |
| 05 Emmanuel Baugh      | 25 Caryn Workman    |
| Khyra Finley           | 26 Alexandria Cole  |
| 06 Molly Sparkman      | Kimberly Pavelka    |
| 07 Zoe Duggan          | Hannah Pirtle       |
| Kayeli Taylor          | 27 Leyden Kelley    |
| 08 Zachary Leonard     | 29 Jordyn Fowler    |
| 09 Brittney Andres     | Darian Lang         |
| Evan Cissell           | Brooke McDonald     |
| 10 Cody Robbins        | Lucas Vest          |
| 11 Paul Soto-Mendoza   | Nicholars Williams  |
| 13 Brayden Miller      | 30 Jacob Druin      |
| 15 Cierra Angela       | Hannah Ledford      |
| 16 Zane Trusty         | Jeremy Moore        |
| David Witten           | Jordan Moore        |
| 17 Kayla Isgrigg       |                     |
| Eliana Maglione        |                     |
| Ethan Tackett          |                     |



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# First step to keeping hydrated starts with just a sip



by Destiny Robinson

Are sports drinks actually better for the body? The charming look of colored, sugary water may be great for the eyes and taste buds, but while drinking sports drinks for a long period of time is a good thing, water is better for short amounts of activities.

Sweating or dehydration creates an electrolyte imbalance, which can cause serious health conditions. Electrolytes are important for the body to continue functioning properly and most natural occurring waters do not contain them. Tap water and bottled water do contain electrolytes, but Powerade and Gatorade contain more and when sweating you should drink an even amount of both the sports drink and water. This allows the body to replenish its water supply and replenish its loss of electrolytes.

Water is a simple and easy fix to dehydration during sports. “I tend to prefer water for staying focused and attentive to detail. The lack of sugar actually quenches your thirst. There are cases where the others are beneficial, but water tends to be better overall,” history and economics teacher Joby Turner said. Gatorade may help in certain

way like replenishing electrolytes, but it tricks the mind into thinking that the body is still dehydrated and wants more because of the amount of salt and sugar it has in it.

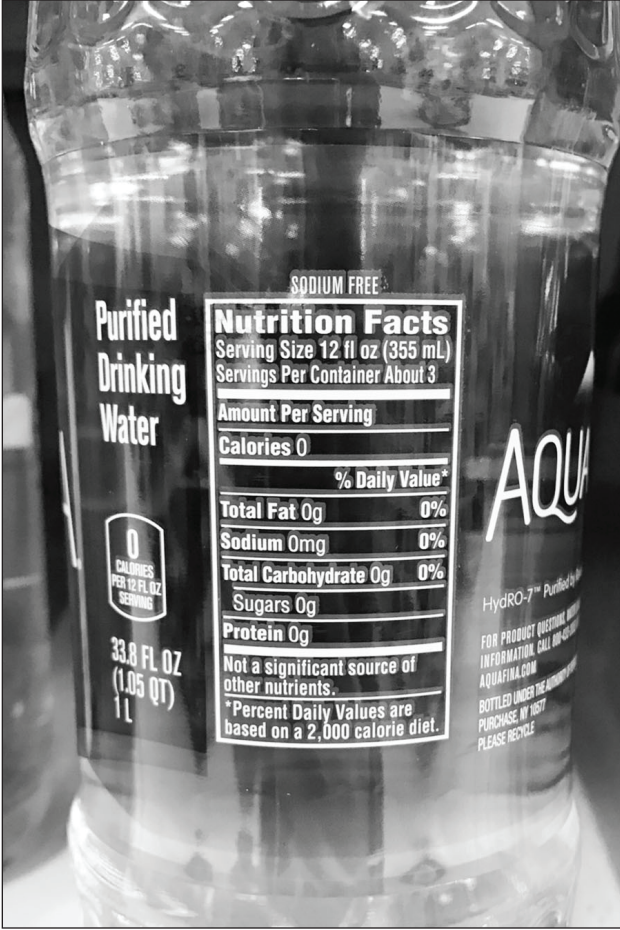
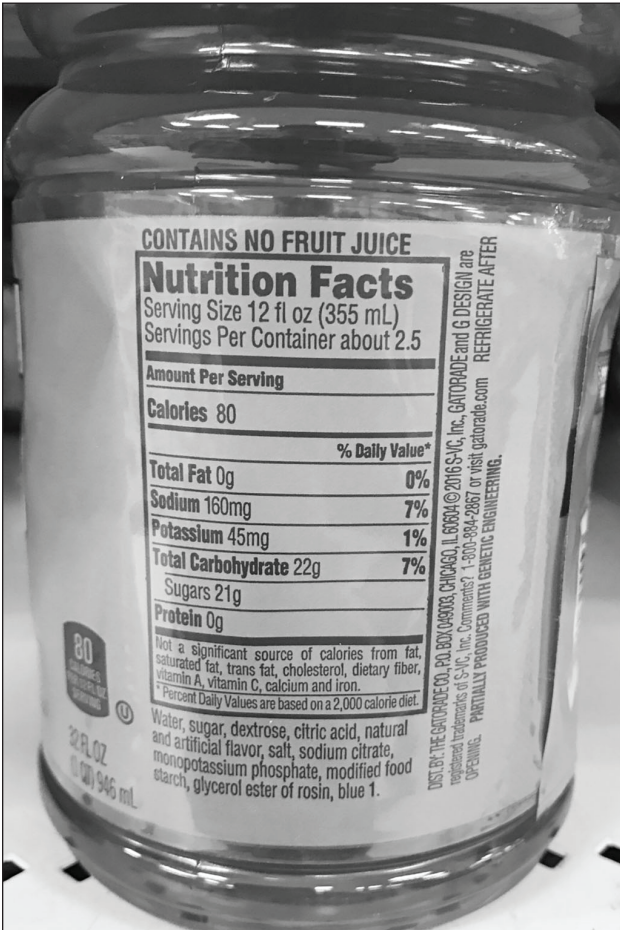
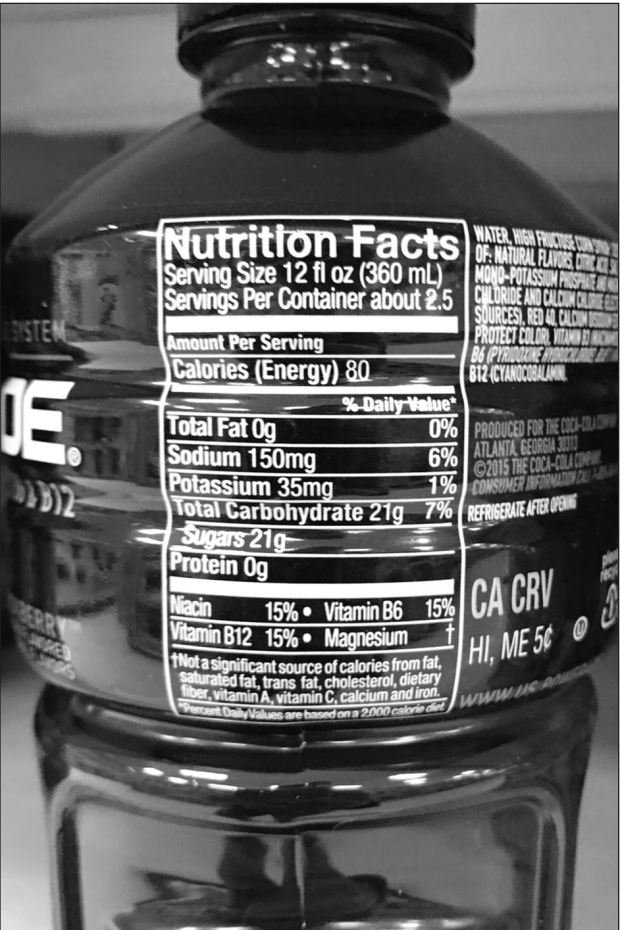
Another view is that sport drinks depend on having a better taste than regular water. When a drink tastes amazing then it will be drank more by someone; thus, encouraging people to drink more to keep hydrated. “I suggest frequently sipping small amounts of whatever you hydrate with to avoid a rare condition called hyponatremia, typically occurring in long distance athletes who drink too much water without the necessary sodium. Another reason to avoid chugging water is that you can actually lose fluid. Drinking a lot of water sends the signal to the kidney that there’s some excess fluid in the blood and blocks the anti-diuretic hormone (vasopressin) which would help you hold on to water resulting in signaling you to urinate,” said nutritionist Heidi Skolnik.

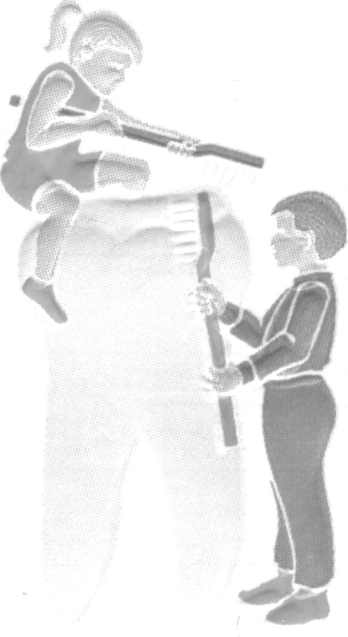
There’s also other factors to consider. Recovering after a long, strenuous workout or marathon run is helped by high sugar sport drinks. If someone drinks these before they run then they will most likely quickly fall to fatigue. So when in the actually process of exercising, then drinking water is more beneficial. After exercising, it would be wise to drink other sport drinks that can raise protein and electrolyte levels.

Something important to keep in mind is that there are several different brands of sport drinks and water. Looking on the bottles to spot what the differences are is a significant step. Certain types of drinks can have more sugar and potassium then other types. If someone is needing sugar then it would be best to choose the right one for that individual.

The decision on whether or not to drink water or sport drinks is entirely left up to the person drinking it. It’s based on individual preference including the way it tastes and on how long someone is being physical. “It depends on what sport I’m playing. If it’s basketball I drink water, it keeps me hydrated. If I’m playing baseball definitely the blue Gatorade,” said junior Ethan Cummings.

When playing a more intense sport for a longer duration of time it might be wise to drink every break. People seem to have different opinions on what they should be drinking when they are participating in various activities. Water is always fine to drink in any circumstance, but if people are running low on varying carbohydrates, proteins, and electrolytes then they need to have something a little extra. They need to beware of not drinking enough and running the risk of becoming dehydrated or drinking too much to quickly and creating dangerous cases of water intoxication for the body.





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