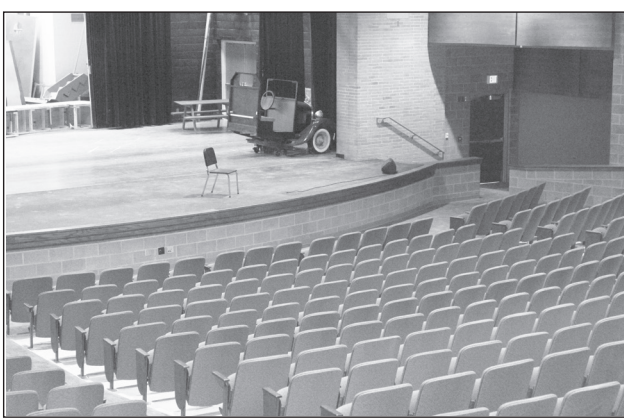


new bowling teampage 6



Theater renovations completed close to deadline



by Emma Hedrick

Grand opening of the new auditorium was on November 10th. Some new additions were made to the auditorium. A few additions that were made to the auditorium were brand new seats, floors, equipment, catwalk, and much more. The renovations cost the school corporation \$2 million. The school corporation has been pushing for the renovation and it is finally complete.

The project started after the curtain had closed for "Grease". Spring break was the beginning of the renovation process. The actors were overly excited about the new auditorium being built. "It's absolutely the coolest. The acoustics are way better and it is easier to hang the lights than in the old auditorium. The speakers are new, which helps make the music sound a lot better," senior Tristan Davis said. The new additions, such as the lighting and sound systems, to the auditorium allow the theater program to put on more extravagant productions with more intense and spectacular special effect.

There were quite a few things that were renovated to help enhance the theater. The new

stage was built out 10 feet from the original. The catwalk was renovated and the lights are now easier to hang. There are two lighting booths on each side of the auditorium and the sound booth was also renovated. There are concrete walls separating parts of the seating from one another. They installed new and more comfortable seats after taking up the old floor and replacing it with a shiny new white crystal floor. There are "clouds" above the theater to help reflect the sound back, which are also included on the sides of the auditorium, and these help boost the actors voice so they are more easily heard throughout the new theater without the use of microphones.

The new theater space also benefits the band and choir while they are performing their concerts. "I feel like the auditorium will make us sound stronger and more amplified. I am excited for the concert and I hope it sounds better," Davis said. The theater's new equipment and systems will allow the performers to be heard all throughout the theater even in the very back thanks to the add the name of the little speakers above the stage.

Dan Bullington, theater director for the high school, is also in awe over the theater. "The sound quality is magnificent. It actually looks like a real theater from the stage on out. The new equipment is state of the art deluxe. I am so grateful for this project and I am so grateful for Dr. Knott who has been pushing this through for all these years," Bullington said. The new theater will allow him to put on more spectacular shows due to the new equipment he is able to use.

"Bonnie and Clyde" will be the first show to be performed in the new auditorium starting on January 18th through the 28th. January 18th -19th are going to be regular shows, but on Friday, January 20th, there is going to be a student matinee, then a show on the 21st. After that, they are going to skip a couple days and continue the show from the 26th -28th.

The new auditorium welcomes the community with open arms. "Just remember, no food, drinks, or gum in the auditorium," Dan Bullington said. Bullington hopes that people will respect the rules for the shows to keep the new theater clean and looking good as new.

Trump's plan on filling current President's legacy



by Leyden Kelley

Republican candidate Donald Trump became the president-elect on November 9, when it was determined that he will win 306 votes from the electoral college, over Democrat Hillary Clinton's 232. Although Clinton is expected to end up with about 2,600,000 more votes than Trump overall, close victories in Michigan, Wisconsin, Pennsylvania and Florida gave Trump the necessary electoral votes to win, according to the Associated Press. The result came as a surprise to many, as polls suggested victories in Michigan, Wisconsin and Pennsylvania, and Ohio was predicted to be a closer race than the actual result.

According to CNN, soon after his victory, Trump announced his goals for his first 100 days in office will be to withdraw from the Trans-Pacific Partnership, a trade deal supported by Obama which would further link the economy of the United States with those of Japan, Vietnam, Australia and other Pacific nations, cancel restrictions on pollution from energy extraction, removing many regulations for large corporations, establish a team focused on countering cyberattacks from other countries, eliminate illegal immigration, and make moves to counter the effect of lobbying on the political process. Trump will also likely attempt to begin the construction process of a wall along the U.S-Mexican border and revoke the Iran nuclear deal, two major focus of his campaign.



photo from www.usmagazine.com

Trump has announced several choices for who will be a part of his transition team and who will be serving in his administration. Many of these choices have drawn criticism. These include lead strategist Stephen Bannon, executive chairman of Breitbart News, a news source which often posts content which, according to CNN, detractors consider racist and anti-semitic, and attorney general nominee Jeff Sessions, a senator from Alabama who has often been accused of racism by detractors, most famously when colleagues argued against him receiving a federal judgeship during a Senate hearing because of his comments on the Ku Klux Klan. The New York Times states that this is "very

likely to become an issue" in his Senate hearing.

Trump's legislative agenda seems to largely be a negation of the policies pursued by Barack Obama, putting much of his legacy in a precarious position. Although Obama's two terms as president were marred by obstructionism in Congress, Obama presided over important events, and his actions relating to them will ensure a presidency worth analyzing by the future. In particular, his attempts to limit involvement in Afghanistan and Iraq, the emergence of the Syrian Civil War, the rise of the ISIS, and the legalization of same-sex marriage will be related to him. However, the lasting impact of leg-

islation backed by Obama will likely be minimal due to Trump's opposition to the Affordable Care Act (Obamacare) and the Trans-Pacific Partnership. Despite approval of his performance being mostly based on partisan lines, Obama's position as the first black president, as well as the president who, in 2008, won more votes than any other candidate before or since means he will not be forgotten by history.



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New guidance assistant settles in mid-semester



by Tabatha Schwartz



Lisa King helps print transcripts for graduating seniors. photo by Tabatha Schwartz

Lisa King is the newest secretary to join the Clarksville family. King lived in England for about 3 years; she was the manager of a graphic design studio in Oxford as well as doing photo work free-lance. While King was living in Oxford, Princess Diana passed away. She traveled to Paris one week after Diana’s death and witnessed the mourning of the people of that great city as well. During her ten years of living in Germany she owned and operated her own art and design studio and taught English to the university students. While living in Germany King witnessed the removal of the Berlin Wall and saw the unification of the two Germanys. King speaks German very well. She also lived in Alexandria, Egypt off and on for over seven years. There she taught at a private school for the rich Egyptians, taught university students English and was a business woman for import and export for the Alexandrian harbors on the Mediterranean Sea coast.

While living in Egypt King saw the beginnings of the revolution that the Egyptians were staging, due to political danger King had to return to America quickly. “Each and every place has different superstitions and beliefs but all of them have very old cultures. Even though you may not agree with what they are practicing you have to let them go on with it and just take a step back. You just learn to live with their way of life,” she said.

King is currently working on writing a book about her life and living and traveling around the world. King is also working on finishing her 3rd degree which is about Human Resources and State and Federal Law. King will use this education in law to help her patients in her private psychology practice with issues they encounter in their careers. King is creating and launching a “LIVE” from America virtual classroom for the Egyptians and Europeans. Most mornings King is up at 4 am to have business meetings the Egyptians discussing the Virtual English class. The class will have the capability to be viewed from little old Indiana to the pyramids.

She has her Associate in Arts, Bachelors in Psychology and is working on her masters in HR Law. She is certified in anger management, negotiation, drug and alcohol, organizational psychology, ethics, cultural diversity, emotional intelligence, suicide assessment, positive psychology, therapeutic boundaries, operations and leadership, health and safety, building self-esteem, HIV prevention, addiction and relationships, bullying, coaching and mentoring and life coaching. While doing all of this King still continues to practice psychology through her private practice. “I enjoy how small and cozy the school is, it gives me the chance to get to know every student one on one,” said King.

What you need to know about seasonal jobs



by Juliana Johnson

It’s that time of year again. Many stores are hiring for seasonal work. If an individual decides to do seasonal work, they will most likely only work for a period of 90 days. After the 90 days, employees may be let go but there is a possibility that the place of employment might keep them around.

Having a seasonal job is great because it allows individuals to improve their skills or even learn new ones. Seasonal jobs are also a good way to add to resumes. Having multiple previous job records might help later by proving an individual has experience when applying for another job. Although there are many benefits, there are also some downfalls. It is only short term and employees might not be able to call off or have sick days as often as other times of the year. As the holidays get closer, stores can sometimes get super busy and need lots of employees to help keep the store running smoothly.

All seasonal jobs are different. Some may be a lot more difficult than others. It depends on what kind of establishment it is. Working in the back or stock room of a store can become hectic and disorganized during this time of year. Stores are getting new shipments in frequently and everything needs to be put away.

Working in retail can also get quite busy. Most stores have Black Friday sales and get a lot of people in and out of them during the sales. Employees have to be prepared to multitask and help multiple people at once when the stores get real busy.

Not just the typical shopping places get busy. Working in restaurants and fast food can get busy too. “So many people are out going to stores and shopping, and those people get hungry. They all come in and get food but I assume it isn’t quite as busy as retail.” said senior Jeremy Moore. Jeremy worked at Little Caesars last year during this time.

Seasonal jobs are easy to find. Stores put

out ads in all kinds of different sources. They could be on TV, newspapers, online. or even on the radio. Companies spend a lot of money on ads to get the attention of potential employees. It cost approximately \$25 per one thousand views for TV ads. Newspaper ads vary depending on what size the ad is. Full page ads in popular newspapers can cost up to \$163,000.

It isn’t very hard to get hired for seasonal work. Almost everywhere is hiring around this time. They all need a lot of people to manage the stores while people get their holiday shopping done. A lot of places will hire even if someone doesn’t have much experience. “I never had a job before and Target called me back within a week of when I turned in my application to set up an interview and orientation.I started working two days after orientation.” said junior Haley Morris. They try to get everyone trained and ready to go pretty fast in order to get as many people helping customers as possible.



Josh White checks prices of toys for customers at Toys R Us. photo by Juliana Johnson



Dylan Messmer helps stock shelves at Toys R Us. photo by Juliana Johnson

‘Tis the season to

Caring means sharing, especially throughout the holidays



byDestiny Robinson

Food drives are part of the local charity foundations that provides food supplies for families or individuals that cannot afford their own. There are events every year that bring the communities together to collect canned goods and boxed foods for the unfortunate. Organizations rely on donors to provide the food and gifts to give to the disadvantaged.

When looking at the statistics for the Clark County area the overall amount of people who struggle with having enough to eat is 15,090 in 2014. This comes from the database featured in Feeding America. Feeding America is the largest hunger relief organization that sets up food banks all over America for struggling individuals.

The main food bank location near this area is the Dare to Care association. The whole backstory for this group is that on Thanksgiving Eve in 1969, a nine-year old boy by the name of Bobby Ellis died of malnutrition. This happened in the Kentuckiana area and stunned the community into action. Thus, Dare to Care was born.

They have served the local area for more than 20 years and supplied more than 19.5 million pounds of food to the 13 counties in the surrounding districts. In the 13 counties, the to-

tal amount of people who need help food wise is 191,970 in the multiple districts. “We gave away 21,000,000 pounds of food last year alone to around 200 agencies that then distribute them out. Soup Kitchens and Pantries then give them to the people in need. We have a pretty big volunteer group with about 3,000 volunteers every year. When people call they are given a list of surrounding sites where our food is given out. All they need is proof of address and a photo I.D.,” Annette Ball, Programs Director, said.

Another source that provides edibles for this area is food pantries. These are the “middle mans” for distributing the food. The food banks are like the storages for the food while the pantries are independent organizations that usually once-a-month will give it away to the residents in need. Several of these are well within the surrounding area.

The Center for Lay Ministries has been around since 1963. They are dedicated to helping residents in Clark County with hunger problems. “Anyone once a month can come by and receive help. They just need proof of address for everyone in the household and picture identification. Our setup is like a grocery store where we tell our clients what type of foods they can get and they shop

for their specific interests. We make sure everything is weighed so that we know just how much everyone is given. For our records we ask questions like do the families receive SNAP or how

much income they have as a whole, but they don’t need proof of it. The thing is, is that we’ve been around since 1963 and there’s still a whole lot of people who don’t know that we’re even here,” Dana Dusdy, book and record keeper, said.

Soup kitchens are also another way to receive food assistance in times of need. They are for emergency cases where the families or individuals are very malnourished and are in danger of starving. These places are popular for people who are homeless and destitute. “Every Saturday is we open up the Soup Kitchen for everyone. From 12 to 1 pm the kitchen’s open and about 150-170 meals are giv-

en out for free. We also provide free clothes on the same days. The maximum amount of clothing articles for each person is 8. A few times a year we receive grants and give out free blankets to the community. On one is turned away except if they have bad behaviors. They don’t need any proof or anything. Feeding the community in need is what we strive for,” John Manzo, head Pastor of St. Mark’s Soup Kitchen said.

Whether it’s volunteering for working in a soup kitchen or just donating a couple of canned goods or nonperishable items every now and then, it will greatly impact the community in a positive way. Finding ways to give back and provide a family with just a little bit of food will create a better place to live in the future. Now is the time to get out and give a little bit back.



Dare to Care Food Bank

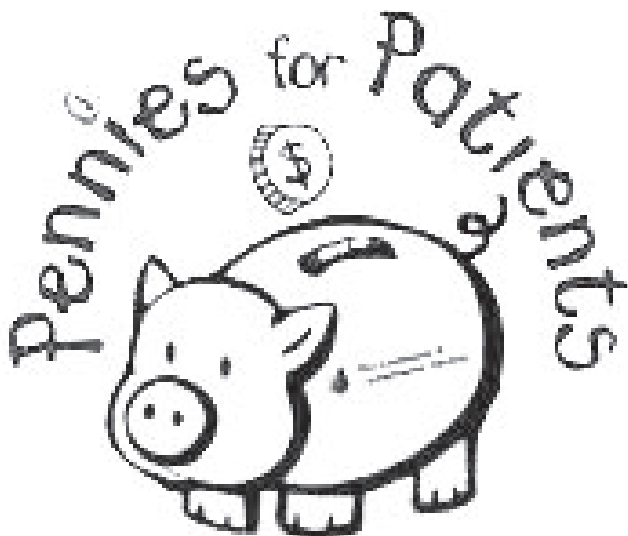


MAKE CHANGE HAPPEN.

Student Council collects change through CCR for Leukemia and Lymphoma Society



byTabatha Schwartz



Giving back to the community is always a positive thing to do. Every community has organizations to help give back and to help others. Someone maybe suffering from a disease or in need of something. The little donations made could make a major impact on someone else’s life.

Pennies for Patients is a project that has been around since 1994. Millions of dollars have been raised in spare change by more than 10 million elementary, middle, and high school students throughout the country. The program lasts three weeks and all the proceeds go to the Leukemia and Lymphoma Society. It also teaches students about service and philanthropy. Prizes such as computers, electronics and sports equipment are presented to the top schools in the area.

There are many different programs like Pennies for Patients that help contribute to LLS. Chores for Charity is another program. Much like Pennies for Patients, it challenges students to serve others by raking leaves, shoveling snow, cleaning houses, selling hot chocolate or babysitting for optional donations. Stuck for a Buck will also help to fund research and find a cure, this is one of the most

popular fundraising ideas in high schools. Each student pays one dollar for a piece of duct tape that they use to tape a lucky staff member to the wall.

Student Council is sponsoring a competition between each achieve and whichever class ends up with the most money will be rewarded with a pizza party. There are boxes placed in every CCR class and each class has an overall goal set.

The mission of LLS is to cure leukemia, lymphoma, Hodgkin’s disease, and Myeloma and to improve the quality of life for every patient around the world. This project is the world’s largest voluntary health agency dedicated to blood cancer.

The money donated will be used to help fund research and raise awareness about the cause. “I chose to do pennies for patients because I think it is good to give back. This type of cancer often attacks kids, I have been blessed with healthy kids and grandkids and if they had this disease I would want to make sure they had the best care possible,” said Connie Holstine. If the Clarksville Community continues with this program over the years, it will help fund for research and to help find a cure for the future generations to come.

give to others



Athletic director Jason Carter shops for the Clarksville Cares program. The shoppers included school administrators and students such as Selena Wolf, Hayden Parks, and Kie'Vonna Bland. *photos by Nikolette Langdon*

Community comes together to help others in Clarksville schools, town



by Tabatha Schwartz

Clarksville Cares is a campaign to make sure that kids do not go without what they need. The overall mission of CC is to serve and care for all needs of CCSC children, specifically those who would go without. CC's donations are used to serve students throughout the year, not just specific times.

The response from the community continues to grow with each collection that CC takes. "Clarksville Cares began with a conversation between Dr. Allred and myself about the needs of students in the community. He told me that he had students at the high school who were dreading the long Fall break because they didn't know where their next meal would come from. I told him that I was not going to let that happen in my own back yard and that I would get something together for what was supposed to be 12 students, even if it was just a cereal bar each day. I put the word out to friends and family and the response was tremendous. We had enough for student's at all three schools," Debbie Hoover said.

The turnout of CC goes beyond what was expected. "We meet the needs of approximately 11% of our total student population across the district. In addition to food we now also provide students with school supplies, winter wear, clothing, professional attire, personal hygiene items and Christmas gifts," Hoover said. Hoover serves as a community liaison as part of an interdisciplinary team that manages the work as well as facilitate the work in the resource room at Renaissance Academy.

CC teamed up with many local volunteers and partners during the 2013-2014 school years to help provide food for students and families over the long school breaks. They also helped

make rent payments, utility bills, and provided hats, gloves, shoes, coats, and other general clothing to the students that would be in need over the long breaks. They also helped supply general school supplies for the upcoming year, helped assist with medical needs, and collected gifts and donations to ensure that the students would have all necessities that they would need.

Although all gifts are appreciated and nothing goes to waste, some donations are more helpful than others. "We do not distribute foods

that require additional ingredients, come in glass containers or cans without pop tops in the food bags," Hoover said. Sticking with the prescribed shopping lists really is the best way to make sure the donations go directly to a child in need.

Clarksville and Renaissance students have also been involved in helping

out with CC. "Clarksville Cares means that there is a sense of outreach in our community. We can help other local people in need and it brings a sense of community for our school. It's important because we need to realize that we can make an impact and a difference in our community," junior Mallory Foote said. The Clarksville community has really come together to this program that helps anyone in need in the community.

Foods acceptable to donate include: cereal/granola bars, microwave popcorn, pop-tarts, instant oatmeal packages, hot chocolate packets, ramen noodles, individual mac/cheese packages, individual peanut butter packages, individual ready-to-eat meals, peanut butter/cheese snack crackers, and small boxes of raisins or Craisins. All donations can be dropped off at Renaissance Academy Monday through Friday from 8:30 am to 4:00 pm. Dec. 9 is the deadline for all food donations for the winter bags.

Those in need of assistance, or who would like to refer a student in need, or would like to make a donation please go to <http://ccsc.k12.in.us/clarksville-cares/>.



Clarksville PD sponsors annual 'Shop with a Cop'



by Dashia Dexter

Clarksville Community Schools does a lot to make sure their students are taken care of throughout the year. The Clarksville Police Department has participated in a national program called Shop With A Cop for 20 or so years to ensure that students are taken care of during the holidays. Four years ago, Clarksville Community Schools began a partnership with CPD to help out with the shopping.

Shop With A Cop is a nationwide program where students are given money to buy necessities such as coats or school clothes. Once their necessities have been purchased, the kids can use the leftover money on a want.

For the students under the fourth grade, the school has the parents fill out a paperwork with the student's sizes and they send volunteers out to pick up what they need. After the clothes are picked up they have the volunteers wrap the presents and send them home before Christmas break starts.

For fifth grade and up the counselors pick who get to go and how they pick is they look at the students that have free reduced lunch or students that have troubles getting what they need. Once the students are selected, they get police officers, parents and other volunteers to meet them at Walmart and help the kids shop around for the clothes they need.

After all the shopping is done, Walmart donates food to the school for the volunteers and students to go back to the school and eat so everybody goes home with a full belly. This program gets assistance from people in the community who want to help others and make things easier for kids that don't have much.

The money spent on kindergarten up to the fourth grade is \$125 on each student and for the fifth grade and up \$175 is spent on each student. A lot of students that might need help don't always get to do so Mike Popplewell does what he can to help. Popplewell said "if there is a student that doesn't get picked go because we have already got all the money set aside for the students going I go around to different business and see if they will donate to the shopping with a cop program so more students will be able to get what they need and have a good time."

When an entire community comes together it can achieve a lot. Clarksville always pulls together during the holidays to help out their own. Clarksville Community Schools and Clarksville Police Department coming together is just another example of what teamwork can do.

New bowling team created for students



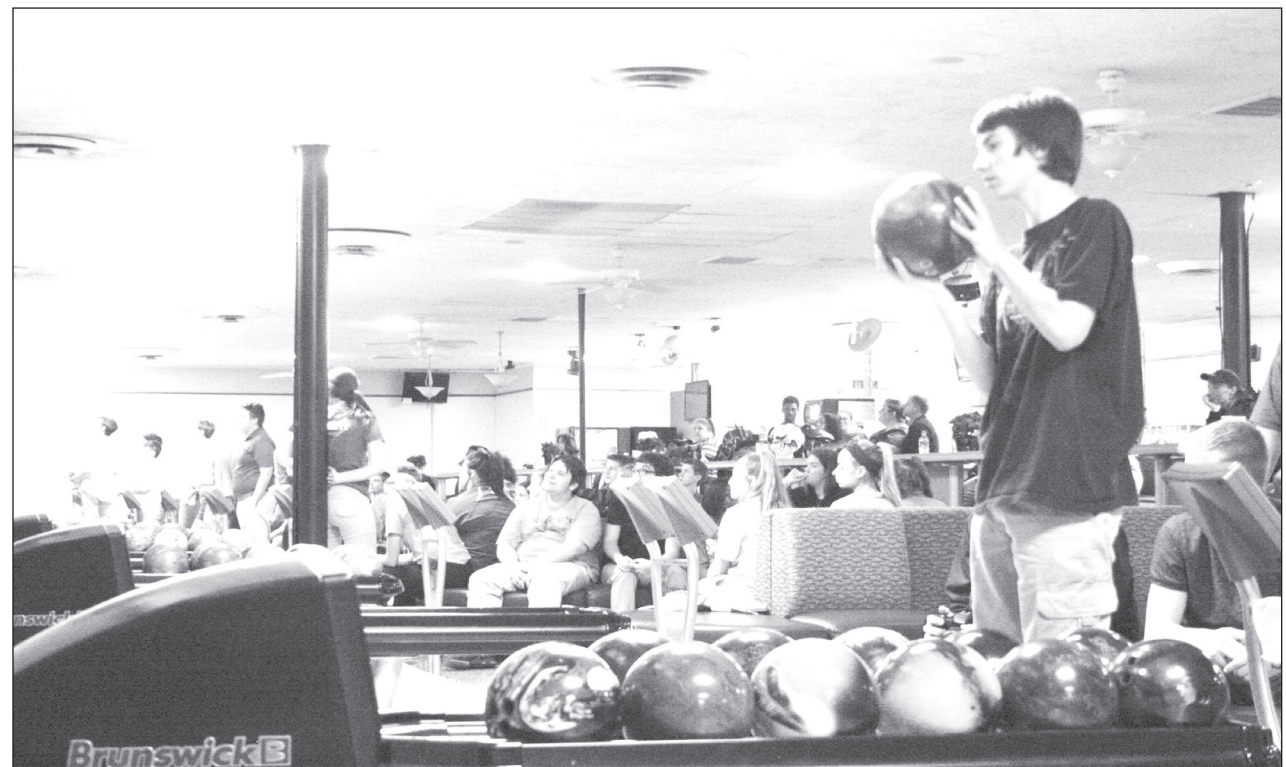
Jason Carter saw an opportunity for students that don't play sports to be able to do something fun that the kids will enjoy. Clarksville Athletics has created a bowling team for the students. It is only five dollars to be on the team and Eastern Lanes provides shoes and the ball the bowler may need. "It was on the back burner for a while, but Adrienne Goldman and I decided that this could be a way for students that don't play sports such as football and basketball or tennis to do something great for the school, instead of just proving it with academics," athletic director Jason Carter said. The generals hope that the bowling team will bring out the kids who have a passion for the sport and who are willing to represent our school.

This could also be a great way for students who are very shy, but have very good skills in bowling to get noticed or have the opportunity to make more friends. For the games the teams will line up with five of their players on one lane and once all five on each side of the lanes get finished with the one frame they switch lanes but the scores transfer with the bowlers. The transfer from the lanes allows the players to interact with the other teams. Providence, Floyd Central, New

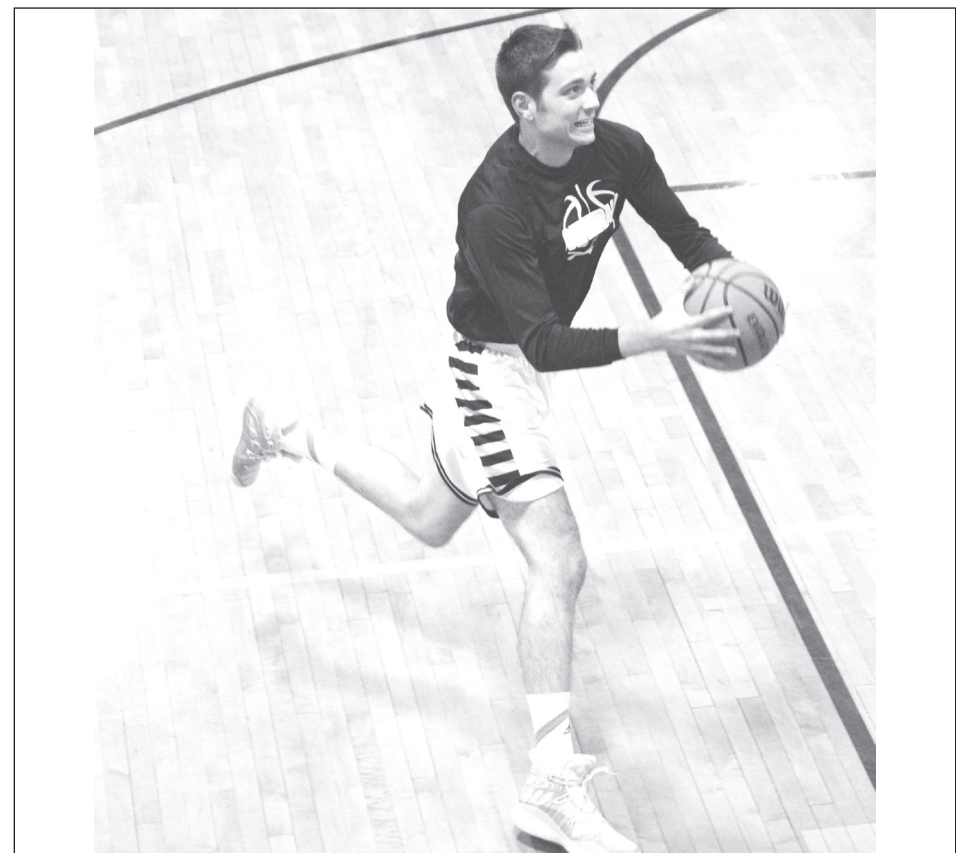
Albany, and Silver Creek are all in the conference. The season takes place during the winter through January. It is expected to be treated just as any other sport would be, such as grades attendance, and good sportsmanship."I bowl most of the time, and playing for the school, that would probably get more people to know who I am at this school and against the schools we will play," senior Samuel Carol said. It's a very positive way people in the community can know who you are.

Bringing a smaller sport to a smaller school could benefit us."This is a new sport at our school, so it makes sense to beat everyone, we can put Clarksville back on the map by showing how competitive we are," junior Lashay Wheathery said. And that's the mindset all of the bowlers have. They would love to be responsible for putting our school right back on the map, and are very capable of doing it.

The startup of the bowling team can bring a lot of publicity to the town and Eastern Lanes."This could be a new thing, I like Clarksville and support them. I don't usually come out and watch the sports but I can get to know the kids from playing the sport and spectating. This could also be something to get the business more notice, all in all, it's a win win situation," Jake McFelea said. The bowling team has started the season off with two wins against providence and an excellent match against Jeff. The last game against Jeff, Clarksville won 8-2.



Dylan Buchheit bowling during the Jeff match at Eastern Lanes. Buchheit ended the day with the second highest total of the day. *photo by Kelly Short*



Benett McEwen driving the ball to the goal during warm ups. *photo by Kaitlyn Page*



Abby Martin struggling to keep ball during CAI game. *photo by Hannah Morris*



Girls' Basketball

Although the girls basketball team doesn't have the numbers the hoped for, they do have a full varsity bench which consists of all their players. They have a total of fourteen girls on the team this season. Even though the have a losing season so far the team does have one win which was against Rock Creek.

The team comes together as one and plays to their best ability to achieve one common goal."I wish the size was bigger, but we do have a great group of girls. We all strive for the same goal and that makes us closer as a team. I feel like we are a big family and that really contributes to how we play on the court," junior Abby Martin said. The girls are able to strive after their goal as one, due to the limited girls on the team.

The low numbers allow the girls to gain more experience and allow them to play the sport more that they love. "I wish more girls would have come out for the team, but our low numbers allow the returning players to get more experience and playing time. We worked on coming together as a team even with the low numbers to be able to play better ball and have more fun as a group," senior Destiny Givings said. The advantage of the limited players is the bonds the girls are able to form.

Boys' Basketball

Clarksville's boys have worked hard for the upcoming season and have put in a lot of effort to have a winning season unlike the previous season. The coaches for JV and Varsity, Aidan and Brian McEwen, put the team in three different tournaments to give them more experience and better prepare them for the season ahead of them.

The team has worked hard over the summer and since the season last ended on the mistakes they made last year and on their downfalls."It feels good to know some of the hard work we've put in on the off season has paid off. We have worked on stuff that hurt us last year to improve this year," senior Benett McEwen said. The work that the team has put in has brought them closer together and has prepared them for a better season.

The boys basketball team start off its season with a record of 2-1 with the lose against CAI. "It feels great to start the season off with a win because we have worked on our weaknesses from last year and are doing better this season. I think it will help draw more people to the games and more people will start coming," junior Murphy McEwen said. The team hopes to bring out more fans to support them this season by starting off with some wins.

staff editorial

Helping community year round, not just holiday season of giving

It's the holiday season, and with that comes the season of giving. Whether the season is celebrated by Christmas, Hanukkah, Kwanza or not at all, being able to give to the less fortunate is a great feeling. Knowing that someone has helped a fellow resident of the community creates a warm, fuzzy feeling inside for each person.

Millions of families won't be able to bring home gifts for their children during this wonderful time of year. Some parents can't afford to bring home groceries everyday, or buy their children clothing or school supplies. Bills need to be paid, the car just blew a tire, and a child needs to go to the doctor. Anything can happen in a blink of an eye and poverty is nationwide.

Anyone can give to these families and some don't even think twice about supplying, for example, Clarksville Public Works, known as the street department, works hard to help out within the community. Every year they give bags upon bags of apparel all gathered from each of their homes and give it to the homeless around Clark county.

Giving should be year round, don't just wait until Christmas. Goodwill, Clarksville Cares, and Salvation Army are always accepting donations no matter the season. With donating to those

organizations, a tax deduction is included. There are drop off stations at Goodwill and Salvation Army. The drop off center for Clarksville Cares, for apparel and accessories is at Renaissance Academy. Any financial donations wanting to be donated can be dropped off at any Clarksville school or at the administration building.

Even if one is not able to donate items to the different organizations they can still donate their time and effort. One of the most popular ways is working in the multiple different locations being a bell ringer for the Salvation Army. The "Red Kettles" provide families, who otherwise would not be able to have enough, with a sufficient amount to get through the colder months. The easiest way to volunteer is through their online website or contacting the nearest Salvation Army. Other ways someone can help out is making care packages or buying gift cards to certain food restaurants. Also, one can clean and help make meals at the Ronald McDonald Houses.


Helping the less fortunate should always be encouraged no matter what time of the day or year. People should not take their luxury for granted and wish upon others as they would want wished upon them.

Birthdays

January




- 02 Cooper Cain
- 03 Neftali Chavez
- 04 Hannah Raney
- 05 Haliee White
- 08 Nathaniel Ludwick
- 09 Tyler Newsome
- 10 Kennedy Wagner
- 11 Jayla Bellamy
- 12 Ronald Jarnagain
- Annastasia Cole
- 16 Preston Cunningham
- Katelyn Brand
- 19 Makenzie Rhoades
- Kenneth Price
- 20 Baily Gravely
- Michael Kapka
- 22 Samantha Smitley
- 23 Devon Simpson
- Ianna Grafil
- Nathaniel Simpson
- 24 Brandon Wood
- Tanner Page
- 25 Ben Hettler
- 29 Chase Byrns
- 31 Kaycee Grant
- Marvin Martin



MERRY CHRISTMAS

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Holiday blues are right around the corner with little intentions of slowing down



by Kayla Hutchins

Its that time of the year again, lights go are going up and so are the stress levels. Whether it's at the family gatherings or the holiday shopping there's usually an abundance of anxiety. Keeping calm around the holidays is always close to impossible, there's always the "remember when you were younger" stories followed by a million questions about how this school year is going. There's always an uncle/aunt who's bringing up the girl-friend/boyfriend situation.

Over 45 percent of North American's dread the holiday seasons. Christmas and Thanksgiving can be overwhelming and here are some reasons why, people get wrapped up on the idea of perfect more often the not. They become engaged in self reflection, rumination as well as in self-pity. Commercialized(self-induced) level of stress to buy the right gift/spending abundance of money which causes debt. Spending time with family and friends they rather not spend time with also causes a high level of anxiety. There also is death in the family which also causes holiday depression. "Christmas season has become a difficult time for many people in our society. For those of us who don't have difficulties at this time of year, it's an opportunity to reach out to those who become depressed. For those who are depressed, it's an opportunity to take action to think, feel and act in ways that breaks free from the past." Ray Williams said.

There is always a way to try and avoid the holiday blues. Lowering your expectations of how the holidays relieves a lot of pressure on the idea of "perfect". Being grateful for what you have, and not reminiscing on the old days or the bad days is another great way to avoid the big family fight. Setting boundaries as to money and social events or number of gifts. Engaging in Christmas activities and charities, loving kindness, generosity and gratitude are all great ways to keep the cheer alive. If depression is serious, seek a mental health specialist.

Separations in the families are also hard,



HOLIDAY BLUES

easily bringing up old memories of the times when things use to be good. "I don't wanna talk to my family because the second I go to talk they overwhelm me with personal questions. My mom's side of the family isn't on good terms with my dad's and that causes me a lot of anxiety when i get placed with them." Madison Morris said. Being prepared and having set times for each gathering may be an easy way to avoid stress. Do not rush everyone to get them out the door, this causes a certain type of panic and creates frustration. "Having different holidays schedules is stressful, having to work and school and rehears-als. To come home to trying to figure out where I have to be and when I have to be there is always confusing. Thanksgiving is bad because we try to fit it all in one day, you kind of have to just stop by the first couple and then eat at the last one, more food though." senior Jeremy Moore said. Being prepared and having set times for each gathering may be an easy way to avoid stress. Do not rush everyone to get them out the door, this causes a certain type of panic and creates frustration.

Another big part of the holidays is the clean up. "My Grams says 'You should always clean after because they are going to make a mess anyway', but I clean before because I want everything perfect. I really stress out because I want the holidays to be special so everyone can enjoy themselves and have a good time.' Heather Baumann said. A couple of cleaning tips for the holiday season to make it seem less of a chore. During food preparation clean the stations as

you go, this will make the area clean for the next dish made. Keep a trash can in sight, use disposable cutlery leaving only the plates in which the dish was made.

HOLIDAY ANXIETY

Holiday Anxiety Results

Q: Do you have holiday anxiety?

44% Yes
44% No
12% Not sure

Q: What are the main causes of your holiday anxiety?

29% Family relationships
22% Financial issues
13% Stress about buying gifts
36% Other

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