

Students, vets visit D.C.

By Gabrielle Horowitz

Senior Elizabeth Ratliff, junior Sydney Smith, and sophomores Ben Penrose and Mitchell Sommers took a bus to Washington, D.C., on Oct. 6 to spend time with veterans.

The students had to fill out an application and turn it in to science teacher Nate Whaley, who is also a veteran. Whaley picked the students for the trip by attendance, grades and the paragraph they had to write.

“The students learned a lot while interacting with the veterans,” Whaley said. “The bond that happens goes beyond the trip.”

A good example of the bond they have is when a veteran from a trip in 2016 passed away, all of the students who went on the trip that year made an effort to come to his funeral.

“I thought that the veterans would be quiet, but they opened up to us really fast,” Penrose said. His favorite part of the trip was



Photo by Nate Whaley

Sophomore Ben Penrose helps local Vietnam veteran Larry Booth on the last day of the trip to Washington, D.C. Penrose said the trip gave him an opportunity to get to know the veterans as more than just veterans, but all aspects of their lives.

sharing stories and playing games with the veterans.

“They were all our best friends by the end,” Smith said. One veteran opened up to Smith

and talked about one of his worst experiences. He was fighting in the Vietnam War when a bomb dropped and most of the soldiers died.

“It was an emotional experience,” Smith said.

See VETS on page 9

Scholarship in honor of Swanbeck

By Kristina Toczek and Leighton Steele

Margaret Swanbeck had a passion for art and lots of love for the NHS marching band. On Nov. 9, 2016, she passed away from a severe case of Stevens-Johnson syndrome. When Margaret passed, she left a mark on Norwalk High School.

Now, her parents want to create a scholarship in her memory to give to a senior every year.

Margaret transferred to the high school her freshman year and instantly made friends. The

NHS marching band called her the “band mom” and she never missed a performance no matter the weather. This year the band’s halftime performance was dedicated to Margaret. The songs included “Holiday” and “21 Guns” by Green Day, and “The Time Warp” from the Rocky Horror Picture Show.

“I was working the brat buggy [at the football game] one night and I heard it [the band’s halftime show dedicated to Margaret] and loved it,” her mother said.



Margaret Swanbeck

She said Margaret was a huge Green Day fan and loved “Time Warp,” even though her

mother was not a big fan herself. Margaret was very involved with the school’s art program and many people said she had a true talent.

Margaret worked at Plum Brook, a banquet hall, during the summer of 2016, where she did things like set tables. She saved up all her money for things like a car and college.

“Margaret’s big thing was going to college. She wanted to go college no matter what. She liked Oberlin College because of the small town. She didn’t look at any other colleges at the time so I think that’s where she would have gone,” her mother said.

See SWANBECK on page 4

Students get creative in Makerspace



Photo by Kristina Toczek

Junior Gerardo Enriquez and his partner, freshman Kelsey Dickerson, work on their bottle rocket and make sure everything is in the correct place so their egg can safely land. Sophomore Kaleb Harris (left) also checks on his rocket, while teacher Chris Jackson observes. The Makerspace class is preparing to go outside to launch their eggs.

By Kristina Toczek

A brand new elective called Makerspace has been introduced to the high school this year.

“Makerspace was a very expensive class to add due to the 3D printers and vinyl cutters,” Principal Brad Cooley said, adding that he wanted to show the value of giving students an opportunity to have a real world engineering experience.

“I thought it’d be something ex-

citing and new. I also like Mr. Jackson [who teaches the class] and I’ve had him before,” senior Andrew McGinn said, explaining why he scheduled Makerspace for next semester.

Some freshmen may have taken it in middle school, but the high school’s program is more advanced and the projects have added details, Cooley said.

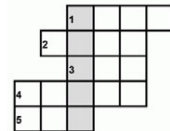
A program called Project Lead The Way (PLTW) gives high school students a real world experience with engineering and requires five classes to complete, but in Makerspace, students get a short semester of the field itself.

“It’s a good way to figure out what you want,” Cooley said.

The class started off by learning how to make rocket launchers out of pop bottles.

See CREATIVE on page 9

Be sure to check out page 14, fill out the Winter Sports crossword puzzle, and enter the crossword contest in Mrs. Leffler’s room!



Military recognition



Read about students with siblings in the military and a first-person story on page 3.

A Day in the Life



An editor spent the day with her second grade teacher and documented the experience. Read more on page 4.

Concussion caution



Read about students who have had concussions while playing NHS sports on page 12.



Staff Editorial

The right to speak out

Recently, the National Football League and its players have been making national news surrounding their protests during the pregame playing of The Star-Spangled Banner.

The protests started with former San Francisco 49ers quarterback Colin Kaepernick, kneeling during the national anthem, voicing his opinion concerning racial inequalities and police brutality. His protests took place during the 2016 NFL season. This season, an abundance of players from

other teams across the country have started kneeling during the anthem in solidarity, and supporting Kaepernick's original cause.

Following the recent protests, President Donald Trump has been very open with his opinion on the matter, and has been quoted demanding that NFL team owners fire their players who disrespect the American flag. Athletes across all sports and even anthem singers for sports have been kneeling during the anthem to show their support for the cause

and the First Amendment freedom of speech.

In the First Amendment, five freedoms are guaranteed: freedom of religion, press, assembly, petition and speech.

The fact of the matter is that they have the right to protest against something they feel is unjust in our country. Whether or not you think the protests are disrespectful, the freedom of speech is guaranteed and has been since the Bill of Rights was adopted in 1791.

The only thing not protected by the First Amendment is inducing panic. Running into a movie theater and yelling, "fire," for example, is not protected, and probably is not the best idea. But freedom of speech protects speech from all viewpoints, including hate speech and protest.

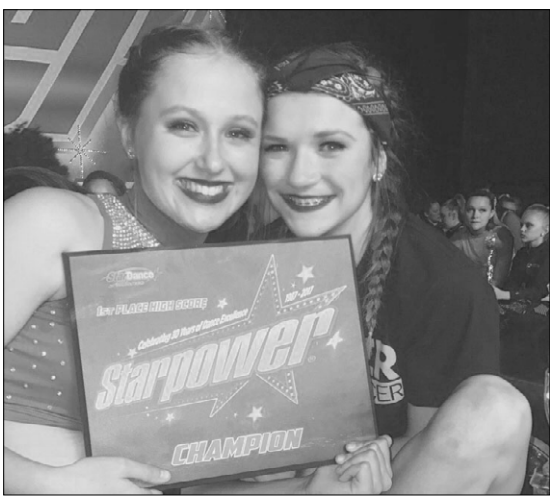
The best way to approach this issue is speaking to people with different opinions with an open mind, and letting people speak theirs.

'Dancers are athletes too'

By Kristina Toczek

Whether it's ballet, jazz, tap, modern, lyrical, contemporary, acro or hip hop, everyone can agree that dance is pleasing to the eye. It's been around longer than anyone can recall, and continues

to change and bring something new and exciting to the table. People all over have their own style of dancing whether that be in a kitchen or studio, but when it comes down to the art and sport (yes I said sport) of dance, it's a whole other story.



Submitted photo
Junior Kristina Toczek and her freshman duo partner Madison Shutt teared up when they found out they had won first place last year at a Starpower dance competition at Kalahari. This year they will compete again with their new duo at multiple competitions and plan on performing in the 2018 NHS Talent Show.

Dancers are athletes too.

I find it frustrating when people tell me to "skip dance," or challenge me to a dance-off. They imitate ballerinas by holding their arms in the air and turning in a circle, or call pirouettes "twirls." We leap, turn, lift, flip, kick and fall, but ask anyone who's been to a dance class: It's easier said than done.

Ballet is by far the hardest style of dance. It requires lots of patience, focus and grace. Although most who perform ballet do not compete, that does not make it any easier or less physically demanding. Their performances are truly the most beautiful form of art.

While I do take my mandatory ballet classes, my main focus is competitive dance. When I was younger, I always wanted to dance, but instead I chose to try other hobbies. In 2012 I was enrolled in a hip hop class and a year later joined Northstar Dance Center's competition team. I instantly fell in love and learned more than I expected in a short amount of time.

There's honestly no scarier feeling than competing and watching the soloist, duo/trio, or group go before my next dance and I think all dancers can agree. The announcer welcomes me on,

plays the music, and then magic. Muscle memory does my dance for me. It feels like there's no one else in the room but me. This feeling of peace washes over my body for those two to four minutes on that stage. But now it's time to change into the next costume and do it all over again from 7 in the morning to 10 at night for two to three days straight. Tell me how that is any simpler or less athletic than a football or basketball game.

A sport can be defined as an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment. Dance meets all those "requirements" and more.

Any athlete could tell you how draining practices can be, especially after a long day of school or a restless night, and dancers have classes that could start at 4 and end at 9 weekdays and even weekends.

Dance involves non-stop movement and lots of exercise. Most sports are a few months long and then they have a break. I know that other athletes train on their off-season, but dance is a year-round sport. It never ends; the dances just get replaced with new dances.

Not to mention the amount of makeup and costumes required. Most sports have one specific uniform that is well-equipped for the game, but dancers have to wear all kinds of different outfits.

Playing volleyball in a flowy shirt and fake eyelashes would be a little hard. Dancers must not forget to smile while remembering to point their toes, tuck their hips under, turn out, keep shoulders pressed, chin up, remember the counts to the dance and the dance itself. Dance requires memorization just like other sports involve plays that need to be remembered.

The only difference between dancers and athletes who participate in sports is that they play a game and we tell stories.

I respect all sports and the passion and dedication that go into every single one of them. Dance is not the only sport that is underappreciated and all should be recognized for their hard work. I have to admit, I love coming out to support sports, especially the ones played at my school, but next time you want to make fun of dance, tell me it is "easy" or not equal to other sports, have your facts straight, try it out for yourself and take a class.



Where are they now?

Katlin Roberts

New for the 2017-18 school year, "Where are they now?" is written by former editors of the Trucker Imprint. This one was written by 2015-16 editor-in-chief, Katlin Roberts.



By Katlin Roberts

Since I graduated from high school in 2016, my life has been challenging, but amazing at the same time.

After I graduated, I decided to take a year off from school to focus on myself and decide what I want to do with my life. After putting some thought into it, I

finally decided I wanted to go into nursing. I took a class at EHOVE Adult Education and got my state tested nursing assistant (STNA) license. I'm currently working full-time at Admiral's Pointe Nursing and Rehabilitation in Huron as an STNA, and I'm working part-time at The Freight House Pub and Grill here in Norwalk.

I plan on going back to school for nursing in the near future, but for right now, I'm enjoying a break from school.

I recently got engaged to my high school sweetheart, Justin Sanchez. We started dating my freshman year of high school and have been together ever since. We moved into our first apartment together in May. We are moving in the right direction and

I couldn't be happier with our relationship.

I actually miss high school more than I would like to admit. I don't miss the part about drowning in homework, but I do miss the daily routines of being in school. I feel like I was more organized

"My biggest piece of advice I could give to students would be enjoy it while it lasts, because it's over in a blink of an eye."

than I am now. The thing I actually miss the most about high school is newspaper class, because it was a lot of fun and you got to know your classmates more than you would in a regular class.

High school was a great time in my life, but there are so many opportunities once you graduate. My biggest piece of advice I could give to students would be enjoy it while it lasts, because it's over in a blink of an eye.

I'm so happy with the way my life is going and I'm excited to see what the future holds for me.

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Editorial Policy

The *Trucker Imprint* is a paper by, for, and about students at NHS. Unsigned editorials are the opinion of the Editorial Board. All reporters strive to be objective. Views expressed in the paper are those of the writer and do not necessarily reflect the views of the entire staff, school, or community.

Missing my military brother

By Kylee Edney

Not many people can say that their best friend is their sibling but I can. My brother Caleb Edney, a 2017 Norwalk and Ehoove graduate, is closer to me than anyone else.

Caleb just recently joined the army and I couldn't be more proud of him.

Caleb swore in sometime towards the end of his senior year and I never knew the time for him to leave would come so soon.

He left for boot camp June 26. We drove up to MEPS (Military Entrance Processing Station) in Cleveland to see him one last time.

It was different than I expected.

There were so many people there and they were all there to say their goodbyes to all the future soldiers.

Watching him leave was the worst part and it gives my stomach butterflies just writing about it.

I'll always remember it because all the other families didn't seem too upset.

When I gave Caleb one last hug I couldn't help but burst into tears (and I mean loud tears).

I couldn't believe my brother was moving on to bigger things.

Watching him get on the bus was the scary part and I was

speechless but I knew he'd be fine.

The drive home from MEPS was the most awkward part because it was mainly a silent drive home.

I couldn't process the fact that I would hardly have any communication with the person I did everything with. Ten weeks was too long.

After 10 weeks of Caleb's boot camp we got to drive down to Georgia where his base was located. The day after we got there was family day. We got to spend time with Caleb and go wherever we wanted as long as it was within the town of Columbus, Georgia.

Caleb had to be back to his base by a certain time. Otherwise he and all the other soldiers would get "smoked" which is a physical training punishment.

Although we got to see him again the next day, bringing him back was upsetting because the whole day was filled with laughs and happiness and we were sad that it was over. Caleb kept saying that he didn't want to go back. He just wanted to stay with us.

The next day was his basic training graduation.

We got up pretty early to watch the ceremony, and after the ceremony he got to spend the day with us again.

This time he got to be with us a little longer.

That trip was amazing and I learned so much. I'm extremely proud of Caleb.

After he graduated he got his phone and other things back and he got moved from Fort Benning, Georgia, to a new base in Fort Gordon, Georgia.

I am now able to talk to Caleb on the phone whenever he is not busy.

Caleb is at AIT (Advanced Individual Training). His MOS (Military Occupation Code) is 25L, which means he's a cable installer.

The next time I see Caleb will be around the end of this month when he graduates from AIT.



I can't wait to see him again. He is the one person I can tell everything to.

Things aren't the same without my best friend.

Caleb and I have always been super close. We would do things together that most siblings don't.

Now that he's gone, I don't have the one person who always brightened my day and made me laugh.

I miss Caleb more than anything.

Siblings serving the service

By Mascie Horner

Growing up with a sibling, you may have never thought he or she would leave for months at a time someday.

For freshman Jason Duncan, sophomores Zach Keefer and Corbin Ott, and junior Kaden Livingston, they describe what it's like having a sibling who is serving our country.

"It gives me something to look up to," Duncan said.



Tyler Rocker

Duncan's brother, 2017 graduate Tyler Rocker, is serving in the United States Army.

Rocker left in early June, and doesn't plan to come home for the holidays.

"He always picked on me for being the youngest in our family," Duncan said.

But now, Duncan admits that he doesn't enjoy doing more around the house and he misses Rocker's sense of humor.

For both Ott and Duncan, they've thought about following in their sibling's footsteps.



Samantha Flew

"I want to protect my country just like my sister," Ott said.

Ott's sister, also a 2017 graduate, Samantha Flew, is serving as a Marine.

"She is more obedient, polite, and she cares about a lot more since she's become a Marine," Ott said.

Keefer and Livingston have different thoughts.

"I think it's cool what he's set out to do, but I'll never be that brave," Keefer said.



Ian Keefer

Keefer's brother, 2017 graduate Ian Keefer, is also serving in the Marines.

Livingston's 2017 graduate brother, Keegan Livingston, was stationed at Parris Island for boot camp and is now attending weapon training as a Marine.



Keegan Livingston

"I miss him being around. Having someone older with me was always nice too," Livingston said.

Ott, Keefer and Duncan all attended boot camp graduation.

"It was awesome. It was slow but it was neat seeing how every one of the Marines was in sync," Keefer said.

Livingston and Duncan shared what they fear knowing their brothers are gone.

"I think I have the same fear as anyone else, him getting hurt," Livingston said.

Duncan's biggest fear is his brother getting hurt and him not being able to help.

All four of the boys enjoy hearing from their siblings while they're away.

"While he was at boot camp, we would get letters weekly," Livingston said.

Now that Keegan is out of boot camp, Livingston said they text all the time since he can have his phone.

Ott has few worries and is happy for his sister.

"I have full confidence in her and I'm really happy for her," he said.

Where are they now?

Carlie shares Air Force story

New for the 2017-18 school year, "Where are they now?" is written by former editors of the Trucker Imprint. This one was written by 2015-16 news editor, Carlie Conney.

By Carlie Conney

For those of you who don't already know, I decided to join the United States Air Force after high school.

I left for basic training on Aug. 1, and graduated on Sept. 22. Basic and graduation were both held at Lackland Air Force base in San Antonio, Texas.

After graduation, I stayed here in Texas to continue to educate myself in my career field to become a military police officer. I am currently in technical training, also known as tech school.

A typical day for me consists of me waking up at 4 a.m., working out, going to class later in the morning and then some type of progress check on weapons or combative.

Within the last few weeks of training, I have shot an M14 assault rifle, a grenade launcher and two different machine guns. I have also progressed in combative moves, pepper spray, tazing a suspect and much more.

For those of you considering joining the military, I highly recommend it. I have met so many great people.

Instructors and physical training will put you in the best condition you've ever been in.

You get great benefits, and you get to travel all over.

The only problem I continue to have is how homesick it makes me.

I miss my sister Kennedy more than anyone I've ever come across. She's my rock.

Leaving my father and my fiancé was definitely extremely hard too.

Once I got to basic, I had to learn how to overcome tough situations, and it has truly changed me as a person.

Joining the military definitely makes me miss high school, or even going to college.

But in the long run, I won't be in debt, I will have a very stable career and I get to do things and see things that some people will never experience.

This experience is all about what you take from it and how fun you make it.

Only one percent of the U.S. population joins the military; I am beyond proud of my accomplishments and I can't wait to see where my career takes me.



Gaston flies his planes



Submitted photo

Freshman Evan Gaston stands with his model plane at a competition in Ohio on a beautiful day. He enjoys meeting new people at his competitions.

By Madisyn Alt

Many students here have unique hobbies, and one of those students is freshman Evan Gaston. He builds and flies model planes and drones.

“The best thing about it is meeting people from all over the states. I enjoy hanging out with everyone at events more than flying. The most difficult thing is getting my stuff ready for events to make sure it all works,” Gaston said.

It all started when Evan’s dad had his private pilot license. Evan was always at the airport with his dad surrounded by aviation. When his dad got rid of his license, they started to do remote control flying events.

“My dad builds a lot of his own planes but normally we just buy them built and put our equipment in them,” Gaston said.

The cost varies on the plane or drone, but what Evan and his family have can cost anywhere from \$50 to \$2,000.

“My family and I have been to more contests than I can count. We have been to contests in Ohio, Indiana, Kentucky and Florida. Sometimes, depending on how large the contest is, there are cash prizes but normally it is just trophies or equipment,” Gaston explained.

“I practice my drone racing a few nights a week, probably about 30 minutes each night. I just use trees, the barn, and silos as gates and see how fast I can make my laps,” he said.

The flying season usually ends in the winter, but then he does maintenance on anything that is broken or needs to be replaced. Evan has small electric planes that they are able to fly in gyms over the winter.

A Day in the Life

Flash back to elementary times

By Alayna Warren

Ten years ago, I started my journey through the Norwalk City Schools at League Street Elementary as a second grader. It seems like just yesterday I was being chosen as Student of the Month and reading books with Ashley Hillman.

I will never forget my first year at Norwalk. Mrs. Hillman was Miss Brady at the time before getting married. She was and forever will be my favorite teacher. She made me feel special and welcome. I loved going to school just so I could spend the day in her classroom. I even got the honor of being part of her wedding.

On Nov. 7, I was able to go to Maplehurst Elementary where Hillman is teaching first grade now and experience some time at the elementary school.

I don’t think I’ve been around so many little kids in a room that were all quiet. When they came into the room, no one said anything. They had no idea who I was. I watched their morning routine. They placed their book bags and coats on their personal hooks

and stood in line while Hillman checked their homework.

The morning started with a sentence read by Hillman. She would say a few words and then the children would repeat. After explaining that November 7 is an important day because adults get to vote, Hillman said to her class that they have a new friend in the room which was me!

Something interesting I noticed was that Hillman would say a sentence and incorporate sign language into it. I asked her later on if that was part of the new curriculum and she said it was just something she learned through classes so she decided to teach her students and that they have done a very good job at comprehending it.

Hillman displayed some words on the board and as she would say them, she and the students would sign to them. This was followed by a race. The students split up into two lines and there was a special signer, who was the student who won the game the day before. The signer would sign a word and the student in the front of the line had to

race the other student to see who could shout out the word first.

I was surprised to see how well the children behaved. They all listened to directions and focused on their work. A few of them came up to me and asked me how to read a word or help them understand a sentence. There was one boy who came up to me and gave me a hug and told me he liked my shirt. In return, I told him I liked his Superman shirt and he responded, “SUPERMANNNNN.” It made me smile.

I personally don’t think I could be an elementary teacher. Someone really special is suited for that job. Elementary teachers need great understanding skills, and a whole lot of patience. Working with young students I’m sure isn’t easy.



Photo by Alayna Warren

Maplehurst Elementary teacher Ashley Hillman helps one of her first grade students.

Hillman is a great teacher. She engages with her students, she has enthusiasm when she teaches, and her heart is so big.

I couldn’t think of anyone else I’d miss a school day for other than Hillman. It’s all like I remember. I hope that when all her students became seniors like me, they’ll never forget her. A good teacher will leave an everlasting impact on a person’s life, and she left a big one on mine.

SWANBECK

Continued from page 1

Her parents decided to start a scholarship fund because of Margaret’s passion for college. They wanted someone to get the opportunity she could never have. Her mother said that the scholarship would be best suited for someone who was interested in going to college for the arts.

“Something like singing, dancing, drama, drawing or any kind of art. That’s what she probably would have gone for,” Mrs. Swanbeck said.

A scholarship from the 20 general endowment fund scholarships was given in Margaret’s name last year to 2017 graduate Miranda Ewell, who guidance counselor Sandi Stewart said is a truly talented artist. The goal now is to create a main memorial scholarship that can be given to a senior annually.

The scholarship fund has about \$2,000 right now but for Margaret’s memorial scholarship to be named with the other memorial scholarships on the endowment fund website, it needs to reach \$10,000 in two years.

“The Music Boosters have donated lots of their sales to her scholarship fund,” Stewart said.

Stomping Grounds decided to donate all tips this school year, November through May, to the scholarship fund as well.

Mrs. Swanbeck was pleased to hear about all the donations going on at the school and continues to find ways to add money to the fund to speed up the process. She mentioned how she noticed that most students receiving scholarships typically only got \$500 to \$1,000.

“That will only pay for your books. I wanted to give those kids who usually wouldn’t get that much of a chance to go college a big boost,” she said.

She wants to set up something during Christmas time where people can donate in the holiday spirit. For now, people can donate to the scholarship fund in Margaret’s memory by sending cash or writing a check made out to The Endowment Fund for Norwalk City Schools, noting it should go to Margaret’s scholarship fund. Send donations to P.O. Box 445, Norwalk, Ohio.

Poetry lesson



Photo by Kylee Edney

Professor Jami-Lyn Fletcher, from Bluffton University, came to NHS on Oct. 20 and she taught a lesson about writing “apologetic poetry.” Here, she helps senior Tyler Horning with his writing.

Boose visits



Photo by Kristina Toczek

Huron County Commissioner Terry Boose talks to Derek Pigman’s seventh period government class last month about growing up in Norwalk himself, his 18 years in politics and how he represented farmers on property taxes.

STUDENTS AT SCHOOL



Name: David Martinez
Grade: 10
Age: 16
Favorite band/artist: Imagine Dragons
Three words that describe me: Nice, goofy, helpful
If I could travel anywhere in the world, I would go to Fiji because it is beautiful.
Most embarrassing moment: I lost my mom at Walmart, so I went to the women's bathroom and screamed "Mom? You in here?"
If you could change one thing at NHS, what would it be, and why? It would be that school starts at 9:30 so I could sleep in.
If you could teach any class, what would it be and why? It would be health. I think it would be fun to teach.
Biggest pet peeve: When someone tells me they don't like something, then all of a sudden that person wants to try it.
If you were dying, what would your last words be? Depending on who is there, it would be "I love you."
If you won the lottery, what would you buy first? I would buy a baby pug and a kitten.
Five things you'd like to have on a deserted island? Food, water, Internet, my phone and a house.
Where do you see yourself in 20 years? Married with two kids.
Weirdest fear, and why? I'm scared of really soft beds because it makes me think the bed will eat me.
Something people would be surprised to know about me: I'll be there if you need me. All you have to do is talk to me.

What's in your lunch?

By Kristina Toczek



Sophomore Xander Borgeson had:

1. A peanut butter and jelly sandwich on a white bun
2. A baggie of Doritos
3. A cheese stick
4. A pack of Gushers
5. A peanut butter chewy dip granola bar



Senioritis Check-up



How are you doing at this point in your senior year?



Photo by Paige Maurer

Senior Cassidy Risner feels a little uneasy about her last year of high school. Editors Logan Hurst and Alayna Warren make sure she will survive.

"I want to make it big in the architecture industry, but I don't know where I'm going or how to get there."

"I've been late so many times, Kaiser asked why I'm never here."

– Cassidy Risner

"I want to study finances, but I don't know where."

"I don't know, I just don't – you know – care."

– Ethan Byrd

"I want to be a radiation therapist, and I'm going to study nursing at Cleveland State."

"I have late arrival, and I'm usually still late."

"I'm only here for softball."

"I don't do my homework until the period it's due."

– Alyshia Leimeister

"I want to be an illustrator, but the only place I'm going is into debt."

"I'm in the guidance office more than my classes."

– Elliot Adkins

- Interviews by Logan Hurst and Alayna Warren

Students reveal bad habits

Interviews and photos by Kiersten Phillips

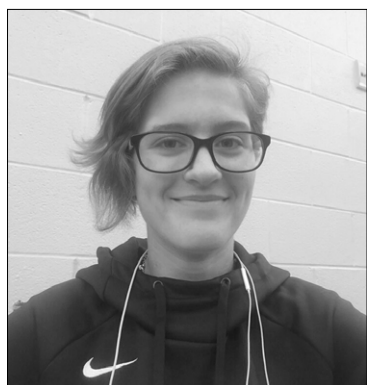
What is a bad habit of yours and why do you do it?



Freshman Kelsey Dickerson: "I bite my nails when I get nervous."



Sophomore Sydnee Patterson: "I say bad words because I am a very angry person."



Freshman Kaiti Wenzel: "I constantly sing. It helps me keep my anxiety down."



Senior Devin Nunez: "I procrastinate a lot because I don't have time to do things."



Junior Nick Marsh: "I eat a lot of food because food is delicious and necessary for survival."



Junior Kyle Prince: "I call Nick Marsh a pear because he eats a lot of food."

TEACHERS AT WORK



Name: Samantha Roberts
Subjects taught: Biology, Physical Science, Integrated Science 1
College attended: John Carroll
First job: Grocery store cashier
Favorite high school memory: Anything with the golf team -- winning state tournament in 2004. Sophomore English trip to Salem, Mass., over Halloween!
If you weren't a teacher, what would you be? Counselor/psychologist/Food Network chef
If you were a student here at NHS, what clique would you sit with at lunch and why? I wouldn't. I was a "floater" in high school. I would likely have one or two close friends in various groups -- I got along with a variety of people. I belonged everywhere and nowhere.
Most embarrassing high school moment: Too many to mention! You are only as embarrassed as you allow yourself to be! Embrace the moments and laugh about them. Don't let them keep you from living your life!
Craziest thing that ever happened during class: Student pulled the "shower" in class... yes- they do work. Yes, it is a lot of water. No, he didn't need it -- he got expelled.
I became a teacher because: Give back -- make a difference -- support -- mentor -- help, as many of my high school teachers did for me...
Advice for seniors? It goes fast -- soak up the moments! Respect your teachers and parents.
When not sitting behind a desk in school, what do you do? Hang out with family and friends, house projects, cooking.
What would people be surprised to know about you? I played collegiate golf.
Biggest weakness and strength: Strength- Level-headed and open-minded. Weakness-shopping.
Favorite part about your job? Watching students grow/mature over the four years. Seeing them come in as kids and leave as young adults.
Biggest pet peeve: I'm not telling... once students know it will be non-stop!

10 things you didn't know about me



Sophomore Davis Wilkinson

1. My favorite show is Scooby Doo
2. I'm the best trombone player.
3. I'm always friendly.
4. I'm open about my feelings.
5. I'm really hot.
6. I have a YouTube channel.
7. I'm really smart.
8. My favorite class is lunch.
9. I enjoy sports.
10. I'm single.

New ELL aide at NHS

By Logan Hurst

A new face at NHS this year is English Language Learners (ELL) aide Brenda Kraus.

Kraus started working with the Huron County Board of Developmental Disabilities as an interpreter and translator, and still works with a few of those families after school hours.

However, she wanted a more consistent job, and thought working in the schools would be a great opportunity.

She is the daughter of two first-generation Mexican immigrants and is bilingual, because her childhood household in Fenton, Michigan, was very connected to Spanish language and culture.

At the University of Michigan, Kraus studied biology and got a master's degree in marine science, focusing on diseases of marine life.

She worked in a marine lab and used to oversee laboratory studies at a university for the professors.

"This job gives me the opportunity to combine that experience [teaching in the labs] with my knowledge of the Spanish language," Kraus said.

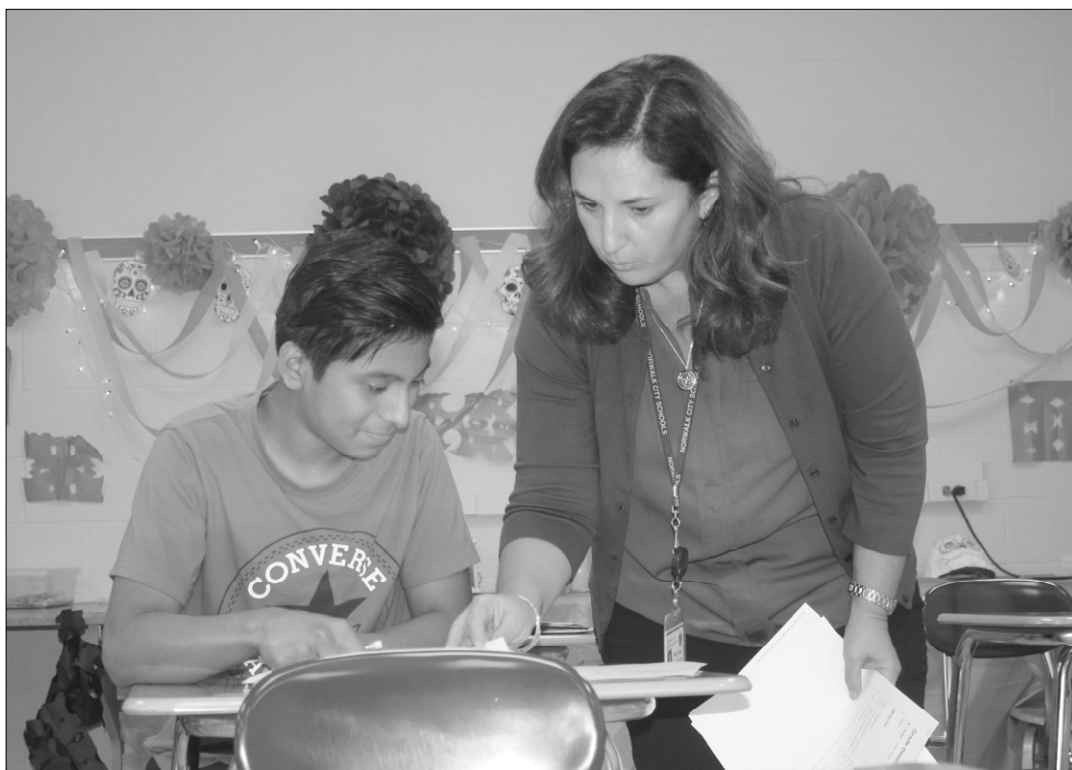
The ELL program is new this year, and consists of a director

and two aides. Kraus starts and ends her days at the high school, and is at Pleasant Elementary from 10:15 a.m. to 1:30 p.m. every day.

Although she pulls the elementary students from class, Kraus has a different approach at the high school, trying to help teachers with the use of visual aids and other strategies to keep the students in the classroom, while administering tests to the students outside of class and tutoring them at study tables if need be.

"Having Mrs. Kraus is very beneficial. She does a great job collaborating with teachers and encouraging the students," English teacher Jennifer Lark said.

Seventh period in Spanish teacher David Snell's room is where ELL students get the most help.



New ELL aide Brenda Kraus helps sophomore Kennedy Morales with his homework in Spanish teacher David Snell's room. Photo by Gabby Horowitz

There are eight students who currently get help from Kraus, and there are bilingual students always ready to help as well.

The most difficult part of the job for Kraus is feeling like there is never enough time to give each student the attention he or she needs.

"I feel like the work that I am doing is making a difference in these kids' ability to be successful in school. The students really appreciate working with someone who can speak their language," Kraus said.

"The kids are always excited to work hard, considering the language barrier."

Jad Oglesby lives life to the fullest



Photo by Kamryn Guerrier

Sophomore Jad Oglesby (left) runs for the ball at basketball practice with help from freshman William Gehlhausen (middle) while senior Jacob Roth (right) is on defense with Assistant Coach Tom Foster.

By Cesar Gonzalez

Sophomore Jad Oglesby has lived in Norwalk his whole life, but he has traveled to 16 countries, plays four sports, is bilingual, is an Academy Soccer player, and is a second degree black belt in karate.

His talents include playing soccer, speaking Arabic with his mom, and his karate skills.

His Academy team is called International Academy and he is excited to play for them again in the spring. In addition to soccer, he runs cross country and track, and plays basketball.

Oglesby said he would like to travel to China to see the Great Wall of China and walk on it.

He has already traveled to Mexico, Canada, Chile, Peru, Argentina, England, Scotland, France, Spain, Portugal, Neth-

erlands, Germany, Jordan, Egypt, Italy and Sweden. Oglesby said his favorite place is Barcelona, Spain, because he enjoyed the beaches, the people and the weather.

His advice for travelers is to pack as few bags as possible.

"The worst thing about traveling is the flight," he said, and the best is seeing monuments in real life.

The most interesting thing that happened to him while traveling was in Toronto when he missed a flight and had to sleep in the airport with his dad until another flight came.

Oglesby speaks Arabic. He learned it when he was little because his mom spoke to him in the language and he picked up on it.

Oglesby said he would like to get into an Ivy League school or go D-1 for one of his sports.

Libros nuevos en la biblioteca de la escuela

By Logan Hurst

If you have been in the library recently, you might have noticed a new section of popular novels written in Spanish.

According to librarian Lucy Hokes, the issue was brought to her by English teachers Jennifer Lark and Alyanna Tuttle, who said there are quite a few students who do not speak English in their classes, and who needed silent reading material.

Using her library fund, Hokes ordered an initial 50

books in Spanish, and now has a subscription with the Junior Library Guild for one or two new Spanish books every month, along with the pre-existing subscription for seven or eight new books in English every month.

Hokes said that the Junior Library Guild picks the books to be sent to NHS, after requesting certain genres.

"Percy Jackson has definitely been a favorite [among the Spanish books]," Hokes said, referring to the *Percy Jackson & the Olympians* series written by Rick Riordan.

Along with fiction, the new Spanish addition to the library features a few non-fiction books.

Hokes also said that the only other books featuring languages and cultures besides English in the NHS library are reference books and nonfiction, and the number of non-English speakers seems to be greater than in past years, so this is a big change.

Photo by Logan Hurst

The new Spanish books in the library are located in the back right corner by the encyclopedias.



How other countries celebrate Thanksgiving

By Lacey Tatum

Thanksgiving is a holiday when people give thanks for the blessing of the harvest.

It is not only celebrated in the United States, but in other places around the world.

The only differences between the countries are the dates, rituals and the customs with which it is celebrated.

Other places that celebrate a holiday of thanksgiving are China, Canada, Africa and Korea.

China celebrates thanksgiving with the August Moon Festival on the 15th day of the eighth month, which can be between Sept. 8 and Oct. 7.

They don't celebrate with the American tradition of pumpkin

pie but they do have moon-cake, which has a thick filling usually made up of red beans or lotus seeds and it has a thin crust surrounding it.

It is given to friends and family members to convey regret for the past. Canada celebrates on the second Monday of October.

They celebrate with parades, customary feasts and turkey.

They celebrate to show they are thankful for the past harvest and they pray for the upcoming

year. However, it is not celebrated throughout all the regions of Canada. Some parts of Africa celebrate thanksgiving.

It happens in August when they have the Festival of Yams. There are ceremonies and offerings to their god and ancestors. It's a religious holiday that usually has dancing and singing.

The Festival of Yams features dancing and beauty contests for fun, but also

includes bull fighting and bird fighting.

Korea has the Chu-Sok festival which means "the fall evening" on Aug. 15. It really begins on the 14th and last for three days. They have a dish called Songp'yon.

It's made up of rice, beans, sesame seeds and chestnuts. Before they eat the Songp'yon, the family gathers beneath the moonlight to remember their ancestors and forefathers.

For fun during the celebration they have archery, wrestling and singing competitions.

Information for this story was gathered from the websites thanksgiving.org.uk and thanksgiving-day.org.



Students battle lack of sleep

By Sydney Smith

According to the National Sleep Foundation, teenagers need eight to 10 hours of sleep a night, but students here don't always get that much.

Freshman Kayla Cring usually gets the appropriate amount of sleep a night. She said she sleeps seven to nine hours a night.

When Cring does not get enough sleep, she finds that she has a lack of motivation to do her school work.

"It's hard to focus when I don't get enough sleep," she said.

Sports, her cell phone and homework are what keep Cring up when she does not get enough sleep.

Senior Ethan Byrd said he gets an average of five hours of sleep a night.

"I definitely do not get enough sleep," he said.

Byrd does not think a lack of sleep affects his performance in school.

Although a lack of sleep does not affect his quality of work, he

does think it is harder to focus during class.

Homework and school projects are what usually keep him up too late, he said.

Math teacher Chris Higgins said he tries to get six hours of sleep a night; however, he does not always achieve this goal.

If Higgins does not get enough sleep, he said periods one through three are more difficult to get through than usual.

Higgins can easily tell when a student did not get enough sleep the previous night.

"They look like the wind would knock them over or their mommy just took their candy. They also keep asking, 'What?'," he said.

Guidance counselor Sandi Stewart has students tell her they do not get enough sleep and are tired during the day.

The causes of the lack of sleep vary. Some work late and some just cannot relax and shut their brain off at night.



Photo by Sydney Smith

A student has fallen asleep on her computer during class because she did not get enough sleep the night before.

Stewart said lack of sleep is definitely an issue with students at NHS.

Her advice to students who work late is to be sure to decide how much is too much.

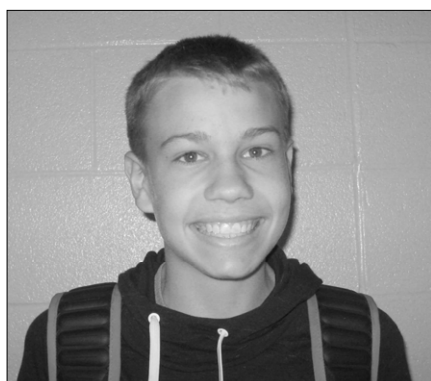
She suggests that students who find it hard to juggle school and work talk to their bosses.

For students who find it hard to relax, Stewart suggests living a healthier lifestyle. She said it is important to exercise, drink less caffeine before bed, and give oneself quiet time.

"Quieting your mind before going to bed is important. It could be yoga, meditation, prayer, whatever," Stewart said.

Popular reasons for procrastinating

Photos and interviews by Beth Stockmaster



"Video games and sleeping."
-Freshman Jakob James



"Not remembering."
- Junior Maria Rodriguez



"My printer broke."
- Junior Alysha Ziemba



"Too lazy."
- Senior Adrianna Mock



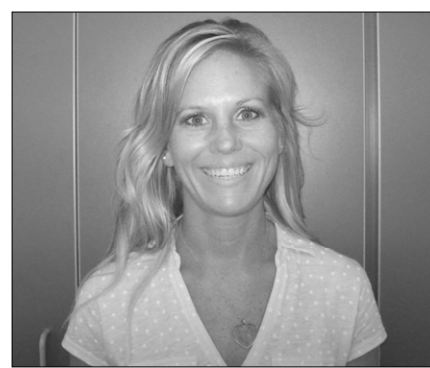
"My computer broke." or "You did not get my email?"
-English teacher Leah Schuster



"I didn't have enough time."
-English teacher Jennifer Lark



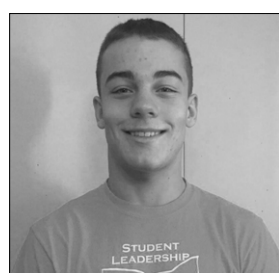
"I work and the Internet at my house was down."
-Social Studies teacher Derek Pigman



"I had to work last night and did not get home till late."
-Math teacher Allison Sellers

What motivates you?

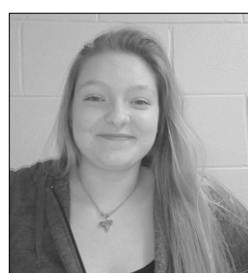
Photos and interviews by Brenna Mock



"Wrestling motivates me because it makes me get good grades so that I can continue doing it."
-Sophomore Gabe Phillips



"My soccer team motivates me because I love playing. The players are my friends and motivators."
-Senior Andrew McGinn



"The thought of the school year ending motivates me because I love summer."
-Junior Caitlyn Duncan



"Sleep motivates me because I know after everything I do, I can sleep."
-Freshman Jayda Ramos Esparza



"Food motivates me because it keeps me moving and gives me energy."
-Sophomore Kyle McKay



"My dad wants me to get good grades. My grandma likes to brag about my honors classes."
-Freshman Amellia Copenhaver

Time management: An important key to getting things done on time

By Kamryn Guerrier

Time management is one of the reasons students in high school struggle to get assignments done on time.

Guidance counselors Michelle Sandor and Sandi Stewart explained most students chose time management as the thing they need help with most on the e-mail quiz they sent out to all students in the school.

Stewart said high school is a "training ground" for the real world. Some students still rely on their parents to do time management for them, so when they move out they won't know how to manage their time wisely.

Some advice from the guidance counselors for time management is to keep a planner (paper or electronic), have a set routine, and schedule the most important things first.

Senior Leah Malson said she has poor time management skills. Her schedule is always

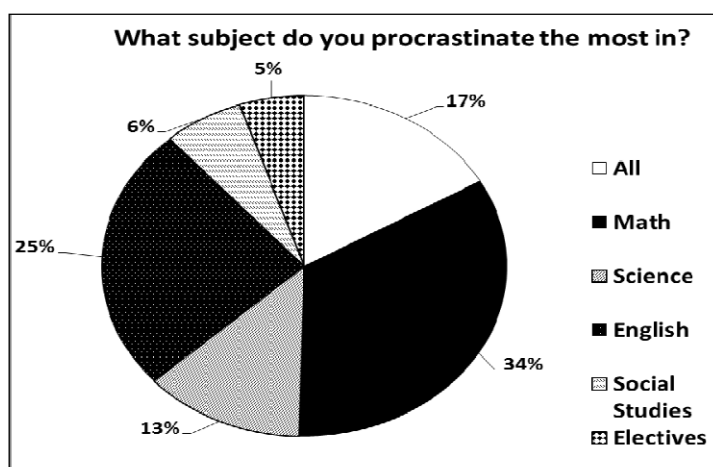
changing, with something being added or removed from the list of things to do.

Malson's advice for others is, "Try not to have too much to do because then you can have more time to watch Netflix."

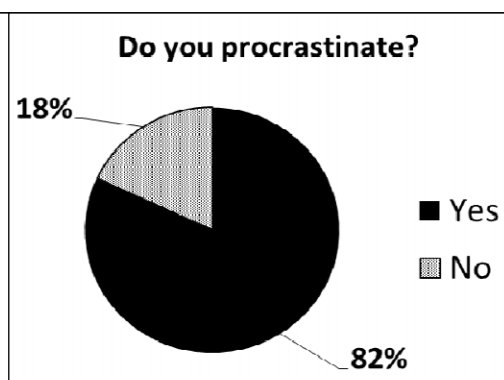
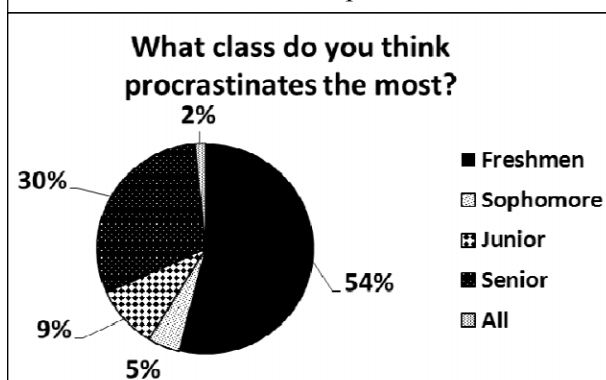
Junior Alyssa Faley says she has good time management skills by working on things beforehand and not procrastinating. When she has a lot of things to do in one day, she said things may get mixed up for her.

English II and IV teacher Al-yanna Tuttle explained teachers can tell which students take more time on assignments and which students do it right before class.

Her advice to students is to plan out homework and projects that will take longer first, then do other assignments that won't take as long. Time management is an important skill students need, but not a lot of students have.



The Trucker Imprint asked 400 NHS students, grades 9-12, questions about procrastination. Here are the results:



Students make mural



Photo by Brenna Mock

Senior Petie Adamos and junior Kaden Livingston work on the tile mural. It is expected to be finished by the end of the first semester.

By Brenna Mock

The sculpture classes are in the process of putting together a tile mural that will be mounted above the new water-bottle filler near the cafeteria.

The class, which is led by Tracy VanBuskirk and consists of about 20 students, has been working on the project for weeks.

“The school is in need of a new tile mural,” VanBuskirk said.

The mural consists of three panels with several pieces of clay, designed in smaller shapes, to create a design on each panel.

Sophomore Emily McKenzie has contributed a lot of thought and work into the mural, like picking the glazing colors, and

has been experimenting with different patterns.

“I worked a long time and I think it will be good,” she said.

After the clay dries, the students will start to glaze the pieces of clay tile together.

The clay must take the proper amount of time to dry before being fired, or it will crack, VanBuskirk said.

Senior Petie Adamos has been fixing the tiles and revising the students’ work.

“I’m excited to become a part of this artwork that will be a part of the school forever,” he said.

The tile mural is expected to be done by the end of the first semester.

NHS graduate takes on tech

By Luke Kelley

Kyle Scheid, a new technical support specialist here, graduated from NHS in 2009 and worked here at Norwalk in 2010 as a part-time job over the summer.

“I had no intention of coming back,” he said, adding that he loves it so far. He has a Computer Networking degree and a minor in business from Bowling Green State University and Firelands College.

Before this, Scheid was a full time lab technician at Bowling Green.

Scheid’s daily routine here includes checking tickets and making sure all of the computers in the district are working properly.

Scheid said he enjoys finding new ways to improve technology.

“I love it. It’s a blast being able to work with these guys, and [Director of Technology] Aimee [Swope] is the coolest boss,” he said.



Photo by Luke Kelley

Former student Kyle Scheid works in the tech department.

School Briefs

Bennett wins Terrific Teacher Tuesday award

By Hailey Sholes

Sandy Bennett, one of the band directors at Norwalk High School, won an award from the radio station Mix 102.7.

Bennett won their Terrific Teacher Tuesday award. She was nominated by eighth grader Mya Binkley.

Bennett sounded surprised during her phone interview when she learned she had won the award.

The host of the show said that Bennett is a tough person to find because she is all over Norwalk per day.

They then talked a little bit about the girl who nominated her.

Mya Binkley is an eighth grader who plays the alto saxophone at Norwalk Middle School.

For nominating Bennett, Binkley was given a \$20 Sandusky Mall gift card.

Bennett’s fellow band director, Will Kish, said that he is happy for her winning that award. Bennett’s students are also happy that she earned it.

Key Club gains more new members

By Madisyn Alt

Key Club has a record number of students joining this year. The club went from 28 members last year to more than 100 this year, although not all of them have paid the \$10 dues required.

“I feel like the group involved this year will do well in choosing plans for the year,” Kim Majoy, key club adviser, said.

Some plans this year include Pennies for Pasta, Valentine lanyards, Clothe a Child, nursing home activities and visitations and Norwalk preschool Christmas parties.

Last month, Key Club held a “Socktober,” where students brought in hats, socks, scarves and gloves to give to a donation center in Norwalk.

Meetings are held after school and during Trucker Time.

“I am assuming the first Trucker Time meeting was students just trying to figure out what the club is.

I think they will find hope in the club with the former members giving a pretty good idea of the

community service we do,” Majoy said.

Students can sign up for Key Club until right before Thanksgiving break. Students who want to join Key Club can go to Majoy’s room and talk to her about paying dues and request information.

Stomping Grounds plans for protein shakes

By Kylee Edney

Starting next week, Stomping Grounds will have a new addition to the menu.

Monday, Nov. 20, protein will be available to add to any frozen frappe for \$1.50 extra.

The idea to add protein to the menu came from intervention specialists Cari Beers and Stephen Andres. Beers said they thought student athletes would appreciate having protein in the morning.

Protein is expensive so adding more to the cost of the drink isn’t making stomping grounds much of a profit. “I’m doing it for the students, not to make money,” she said.

The type of protein is 100 percent Whey Protein with 24 grams

per serving. One scoop of protein will be added per drink, Beers said.

“It’s a work in progress,” she said.

Veterans will receive \$300 from NHS

By Lacey Tatum

This month, Stomping Grounds is donating \$300 to the local chapter of Wreaths Across America.

Students were to present the donation at the veterans assembly last week.

They are buying wreaths to give to the Blue Star Mothers of America. The Blue Star Mothers are mothers of veterans and soldiers who are sent off to fight in the Armed Forces.

“On December 16, a few students and I are going to the Ohio Veterans’ Home in Sandusky to lay wreaths on the gravesites,” inclusion teacher Cari Beers said.

Stomping Grounds has been donating to the veterans for three years.

The coffee shop donated \$150 for Trunk or Treat last month.

Seeking out snow days

By Sophie Ward

Snow day -- a kid's favorite thing to hear about first thing in the morning during the winter, especially if it means getting to stay in bed longer.

Staying home, eating, sleeping, or even watching Christmas movies -- but who determines when students get to be lazy for a day while the desks stay empty and the school stays quiet?

Superintendent George Fisk, in collaboration with Dustin Brown, director of support services, makes this decision, which comes down to how well the roads are looking that morning.

Fisk said he and Brown do early morning trips around the city to determine how well the roads are or what the visibility is that day.

When it comes to ice and snow, they have to determine if

the roads are drivable and safe for the students and parents. They need to make sure that people can drive on the busier roads and stop safely at stop signs, lights, and even behind a bus that picks up a student.

A tricky weather situation, Fisk said, is a fog day. When it comes down to fog, nobody is really able to determine when it will go or how long it'll stay for sure. This is why Fisk finds it complicated to make the call on a fog day.

Norwalk has many students who walk to school. They are

also included in whether school gets cancelled that day. When students walk to school, it could be dangerous if the temperature gets low enough.

With wind-chill taken into account, Fisk said if it gets to about negative fifteen degrees the call will most likely be made.

Fisk said he wakes very early to determine

how the day is going to go. When he decides to cancel school, the call goes out at about 5:30 that morning. However, the call takes about 30 to 40 minutes to get out to every student, which

may not always reach every student in time before they already wake up and start getting ready.

The school gets five calamity days, which means that it can cancel for five days without having to make those days up. After the five days are used, then the school can use "blizzard bags" for three days with no makeup days required if participation is adequate. After that, makeup days are added to the school year, starting June 1.

Fisk describes a perfect school year as having "zero calamity days," which students may disagree with since so many favor the idea of staying home.

Although Fisk hopes to not have to call off numerous days for school this year, students may feel differently. Some may even hope for an extra day to stay inside and binge watch a series or sleep for a few hours longer.



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Christmas around the corner



Photo by Gabrielle Horowitz

Twenty-two boxes were filled with school supplies, toys and coloring books for Operation Christmas Child in room 6200 by the Focus 4:12 Club.

Honors happen now

By Lacey Tatum

For the first time this year, Norwalk's chapter of the National Honor Society inducted its new members in the fall instead of the spring.

Honor Society is starting earlier this year to give students more time to be involved and to volunteer longer in the blood drive and other opportunities it brings. Also, it looks good on college applications, Nancy Gfell, adviser, said.

"The organization started around 1921 to recognize students who have excelled in their grades but also in their characters and their leadership skills, not only in their high school but in their community as well," said Gfell.

To be accepted, students who meet the GPA requirement can choose to apply. On the application, students answer general questions as to what they do in school like clubs and sports. It also has questions as to what are students' activities outside of school like work. Students write

a short essay about anything that interests them but it can't be about anything that's on the application, Gfell said.

Once the application is turned in, staff members look over a list of the applicants and they decide on the students that they have actually taught if they should be in honor society. The only staff members who can't vote are the principal, assistant principal and Gfell herself, said Gfell.

Juniors have to have an average staff vote of 10 and seniors have to have an average staff vote of nine. Once the staff has their votes in, then it goes to the Faculty Council that has five teachers who have the final say, Gfell said.

Students who are accepted take an oath. If the oath is violated, then the student can be removed. Once accepted, then to stay in students must keep up their grades, stay out of trouble and keep helping out, explained Gfell.

"I have always enjoyed being adviser for the National Honor Society," she said.

CREATIVE

Continued from page 1

Students were supplied with a cardboard tube, plastic parachute, yellow plastic insert, ping pong ball, string, foam tray, transition cone template, and cardboard/paper for the fin. They messed around with different strategies and used their mistakes to build a better rocket later on, according to one of the class's instruction sheets.

"The class is doing fine. We are working on bottle rockets and more projects are to come. The art program might even put the computers to use," Jackson said.

The class had a delayed start while waiting for equipment to be set up. What did the students do while waiting?

"We did stuff like worksheets and some hands on work that didn't involve the machines. I like the class better now and wish I had more than one semester," junior Gerardo Enriquez, who has the class third period, said.

Since October, the class has been finalizing their project and working on a new objective with partners.

The class is using the rockets to launch an egg into the air and land it safely on the ground. They will also have to present to the class pictures, sketches and predictions of their success. The students all used their materials differently and the class will be moving on to bigger and more elaborate projects through the rest of the semester.

Ways to cope with hard times

By Sophie Ward

High school is a roller coaster of emotion, and with every ride there are times people may go downhill, but nobody has to endure this ride alone.

There are definitely ways to push through the hard days. Several people were interviewed on this topic.

Junior

Macy Love told of having bad times

through her life. The way she copes is by "watching Netflix and sleeping," she said, which seems very effective for her in hard times.

Her advice to other students is just to think about what makes you happy and "all the great things you've done in life."

Dylan Castle, a sophomore, told of what he does to cope.

When Castle feels sad or upset, he "lays down" and reads or draws, and, like Love, he looks at the positives in life.

Bad feelings are always there, even when people are older and out of school.

Inclusion specialist Melanie Zerman told what she does in the time of troubles.

"I learned to find things that make me happy. I go for runs now and reflect on how lucky I am," she said.

Michelle Sandor and Sandi

Stewart, guidance counselors, gave their advice.

"Do something positive, or

even join a group," Stewart said. Sandor talked of having better time management skills in order to avoid stress and negative feelings.

Many people have their own ways of coping and listed here are only a few ways that some deal with stress, sadness and hard times.

This ride may have ups and downs, but take time to enjoy it and remember how much fun it can really be.

"I learned to find things that make me happy."

-Melanie Zerman

TLC conference



Photo by Elizabeth Stockmaster

The Teen Leadership Corps convention was held at the Ernsthansen Performing Arts Center on Oct. 25. Senior Annie Hiler (left) and junior Lindsay Rinner are pictured above announcing speakers and where the groups will go during the conference. Students from approximately 20 schools attended.

VETS

Continued from page 1

"If you get the chance to go, you should take it," Sommers said. "The first day the veterans were learning more information about us and our lives. After the first day, they were very open."

Sommers said his favorite part of the trip was when he got to lay a wreath on the Tomb of the Unknown Soldier.

"It was such an honor to go," Ratliff said, adding that she has been to D.C many times, but this was a different experience for her. It was more emotional and meaningful.

"I expected the veterans to be quiet, but they were very talkative," she said, adding that the veterans were amazing and deserve respect and love.

Ratliff said everyone should try and apply for the trip next year.

Restaurant Review

Teens find great shakes

By Logan Hurst and Alayna Warren

Maple City Nutrition, located at 57 Benedict Ave., has been open for about 15 months, and is a great addition to Norwalk.

When you walk in the front door, there is a lot going on. There are boards with countless “before and after” pictures of their clients’ weight loss journeys. Before we could even look at the massive menu, we were greeted with a warm “hello,” and asked how our day was going.

A trip to Maple City Nutrition includes the following: your choice of many different iced teas, all with aloe added to support digestive health; and a meal-replacement shake, loaded with protein, fiber, and plenty of vitamins and minerals. Also on their menu are many hot drinks, like lattes and teas. They also have “cakes and shakes Sundays,”

where they serve healthy pancakes for breakfast.

We were very skeptical about the shakes, and thought they would be bland because of the health benefits, but we were definitely wrong. The shakes are delicious, and served in very large sizes.

Their prices are very reasonable, at \$6 for the tea and a meal-replacement shake together.

Our experiences so far with the staff at Maple City Nutrition have been nothing shy of wonderful. On our first and second visits, the employees had just met us, yet treated us like friends. When we walked in the door, there was definitely an uplifting energy inside.

Inside, there’s a bar customers can sit at, or plenty of tables to sit at and enjoy a shake.

We recommend Maple City Nutrition to anyone, whether you are setting out on a weight loss



Photo by Paige Maurer
Seniors Logan Hurst and Alayna Warren enjoy their protein shakes from Maple City Nutrition.

journey, or just looking to try something new for lunch.

Maple City Nutrition is open from 7 a.m. to 5 p.m. Monday

through Friday, 8 a.m. to 2 p.m. on Saturdays and 8 a.m. to noon on Sundays.

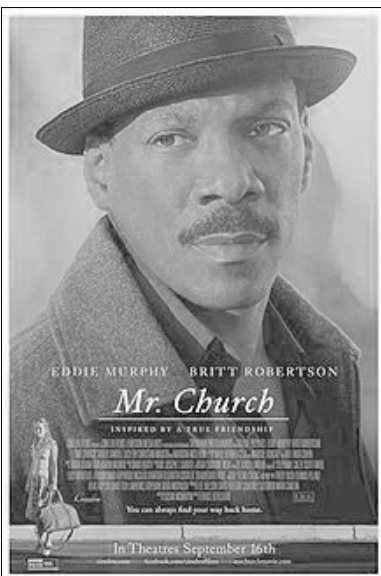
Movie Review

Enjoy adventures with Mr. Church

By Madisyn Alt

Mr. Church, a film produced by Bruce Beresford, is a very emotional and touching movie.

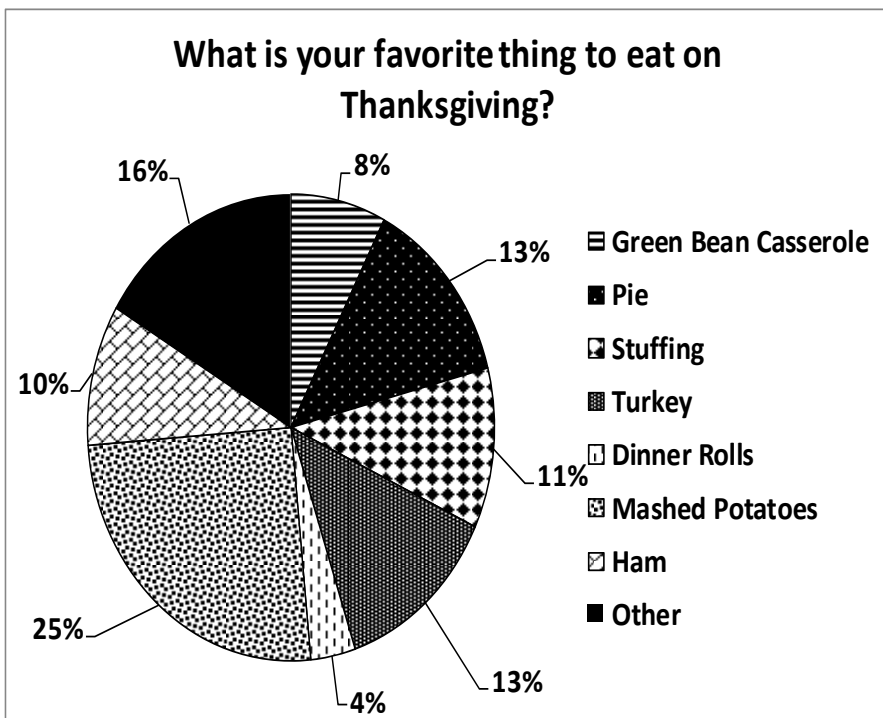
Charlie, a young girl who eventually movie watchers get to see grow up, and her mom live alone until one day everything changed. Mr. Church, an older man who cooks and helps out Charlie and her mom, came into their lives and flipped everything upside down. Charlie and Mr. Church share many sad, happy and exciting adventures over the years. After a tragedy happens, they have to learn how to deal with it and use each other for comfort.



I recommend watching this movie for many reasons. The first time I watched it, I watched it with my mom because she told me I would like it. Eddie Murphy plays Mr. Church. He does a really good job playing him because he is usually in comedy movies but this is more of an emotional movie. It really makes viewers appreciate their family or anyone who is there for someone during times of need.

It is not in theaters anymore but people can go to Family Video or even Walmart and buy or rent it. It isn’t a movie most people look at and want to watch because the cover is not anything special, but it is worth it. Anyone would like this movie but mainly people who like sad movies.

Thanksgiving’s not just about turkey



Data gathered from 400 NHS students in grades 9-12 who were surveyed.
- Survey and graph by Paige Maurer

Cooking with Layn for the holidays

By Alayna Warren

Candy Corn Peanut Butter Chocolate Chunks

*This recipe does not require specific amounts of anything. It’s up to the person how much he or she wants to make. Here are my directions for this tasty, fall-based treat.



1. Scoop 20 oz. of peanut butter into a large bowl.
2. Add 2 large bags of candy corn into the bowl.
3. Mix the peanut butter and candy corn together. (USE YOUR MUSCLES.)
4. Scoop out about a tablespoon and place it on a cookie sheet.

5. Continue step 4, placing each scoop just a couple inches apart from each other until you run out of room on your cookie sheet. (You can use another cookie sheet if needed.)

6. Place the cookie sheet in the fridge for about 20

minutes and let the contents form together a little bit.

7. Pull the tray out of the fridge.

8. In a separate bowl, melt 2 bags of chocolate morsels.

9. Dip each scoop of the peanut butter and candy corn into the bowl of melted chocolate and place it back on the tray.

10. Place the tray back in the fridge and let the chocolate harden. This takes about 25-30 minutes.

11. Take the tray out of the fridge and enjoy!

HAPPY HOLIDAYS

Quote of the Issue



“Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for help.”

-Mark Amend

Thanksgiving Mad Lib

By Alayna Warren

Today we are celebrating **MEMORIAL DAY** dinner at **THOMAS EDISON'S** house. When we arrived, my **FATHER IN LAW** greeted us with a big, **SUPERB** kiss. Kisses are so **SLIMY!** Now we're just waiting for the **BEARDED DRAGON** to

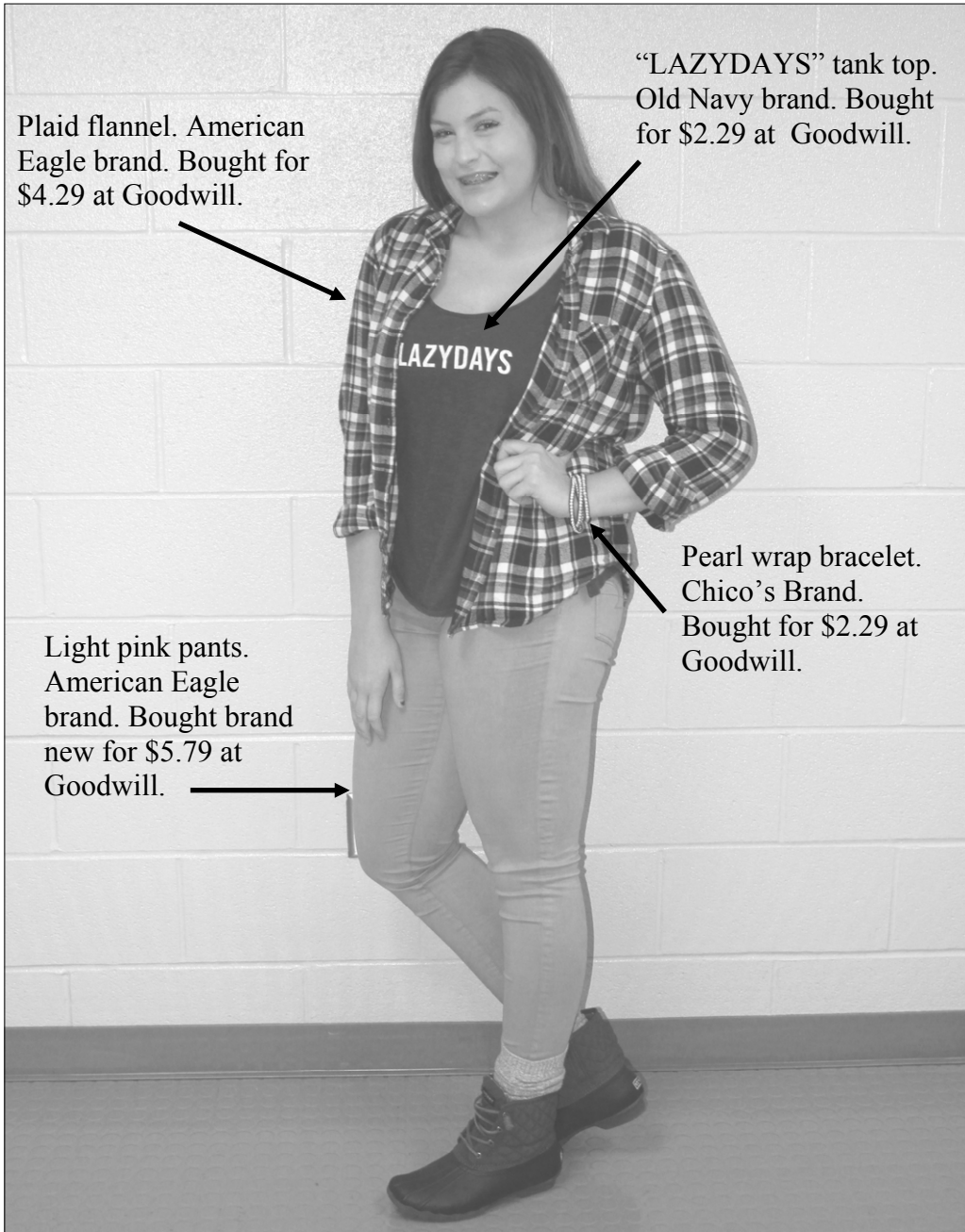
come out of the oven. My dad is watching **HACKY SACK** on the TV. He always shouts "**CAPOW**" when his team scores a **ZAMBONI**. Yesss!! Only **486** more minutes until the **CALF** will be ready to eat. I wonder if my mom will let me try the **ZUCHINI NOODLES** first. My grandma makes the best

CHUNKY MONKEY pie! It smells like a **PARACHUTE**. (Much better than my **NIECE**;

she smells like a **TRAMPO-LINE!**) Happy **CHINESE NEW YEAR!**

Note: For this Mad Lib, random students were asked to supply words that were a certain part of speech, but they did not know what they would be used for. The words in bold capital letters are the words the students came up with. This is the result.

Student takes on thrift



Musician of the Issue



Photo by Hailey Sholes
Senior Darren Raymond prepares to conduct the alma mater for the band's senior show on Oct. 27. Raymond plays the tuba and has been playing for six years. He plans to continue playing after graduating and is applying to join The Ohio State University band. After high school, Raymond plans on going to The Ohio State University to study material sciences and engineering.

Music Review

Teens are in the feels with Brett Young

By Kristina Toczek

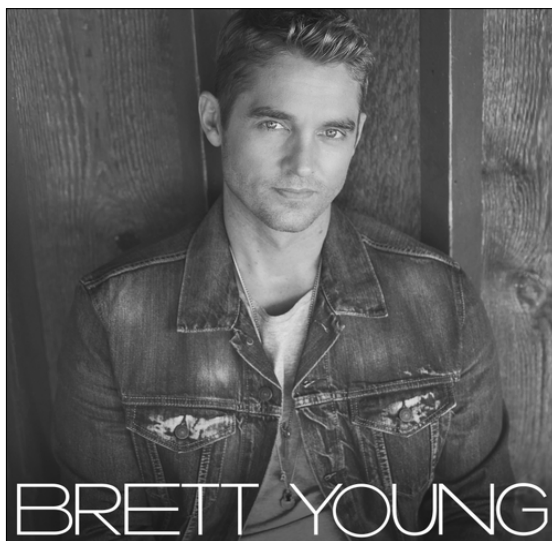
If you like country love songs about heart-break, true love and everything in between, you will like Brett Young.

He is a young singer and songwriter from Orange County, California. Young played baseball in college, but after an injury he turned to music for his career.

He currently has three albums: "Brett Young," "Broken Down" and "On Fire," all of which are amazing.

Famous artists similar to Young are Thomas Rhett, Sam Hunt and Jodi Pardi.

Along with most of country fandom, I discovered him after his song "In Case You Didn't Know" came on my Pan-



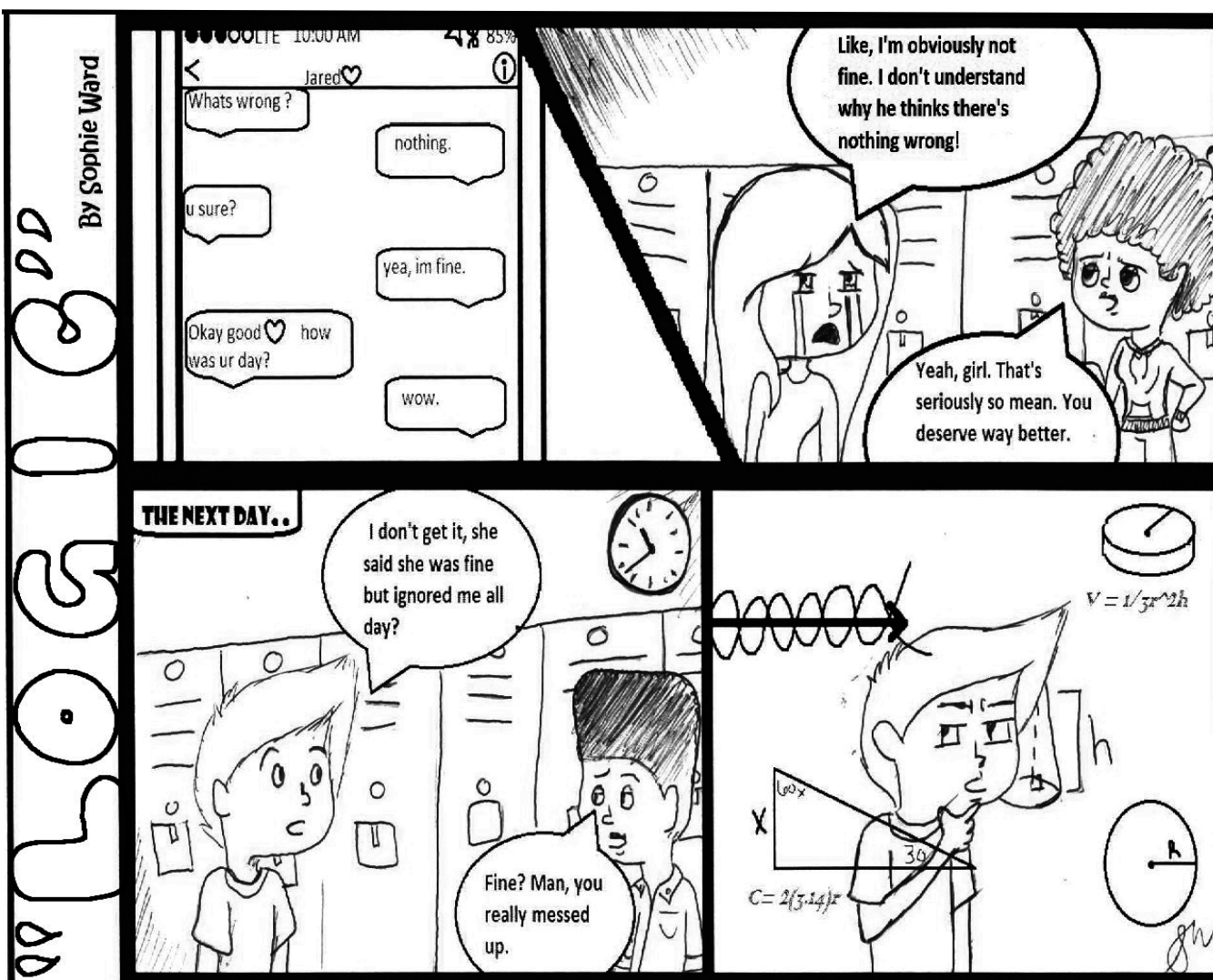
dora radio. Shortly after, my older sister Jessica recommended another song by him called "Sleep Without You" and I instantly fell in love.

He writes many heartfelt songs that are relatable to others' relationships, hardships or even good times. My favorite song by him would have to be "Mercy."

It is about being with someone that he loves and not getting loved by her in return. She still continues to lead him on because she is confused. He just wants to stop getting repeatedly hurt.

My favorite lyrics from that song are, "If you made up your mind, then make it but make this fast. If you ever loved me, have mercy."

He should definitely be considered whenever you find yourself in the feels.



Quote of the Issue:

"You don't have to see the whole staircase. Just take the first step."
-Martin Luther King Jr.

Word of the Issue:

Consecotaleophobia (con-SEC-oh-tal-EE-oh- FO-bee-ah)
Noun
The fear of chopsticks.
Someone with consecotaleophobia should not choose a job at a Chinese restaurant.

Fact of the Issue:

In research settings, people who procrastinate have higher levels of stress and lower well-being.

-www.psychologicalscience.org

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Concussion Caution

By Olivia Schaffer

Concussions are treated very seriously at Norwalk, Athletic Director Josh Schlotterer said.

“They’re going to happen,” he added.

There have been at least 15 student concussions this fall season, Hayley Corso-Szunyog, the athletic trainer at Norwalk High School since January, said.

She said concussions cause athletes to become dizzy, off-balance, slow and eventually unconditioned from sitting out. Healing time can vary from days to months. Corso-Szunyog said that for athletes to heal, they need rest, little screen time, a good diet and a lot of food.

There is a specific protocol athletes with concussions need to follow, the trainer said. First, if there is a suspected concussion, the athlete needs to be referred to a doctor. He or she cannot return to play until cleared by a doctor. Then, there is a five-day exercise progression. On the last day, the athlete can play in a game.

Reporting concussions is very important, Corso-Szunyog said. If a concussion is ignored, the long-term symptoms such as chronic headaches, memory loss, dementia and anger can get worse. If the athlete gets another concussion because he or she did not report the first, the athlete can develop second-impact syndrome (SIS). There is a chemical reaction in the brain which causes it to swell with blood. This could cause a loss of mental abilities or death.



Photo by Olivia Schaffer
A Tiffin Columbian football player lies on the ground after being tackled by Norwalk players at a varsity football game. According to Norwalk’s athletic trainer and athletic director, the sports that are most affected by concussions are football and soccer.

In school, concussions can cause students to struggle to keep up, said guidance counselors Sandi Stewart and Michelle Sandor. Students can struggle with work, attendance, headaches and big assignments. Sandor said to follow the doctor’s orders to heal because some athletes have short-term effects, and some have effects years later.

Schlotterer said that the concussion protocol makes many athletes unhappy because of the time they have to sit out of sports.

Some student athletes who have had concussions are senior Matt Sickinger, junior Aidan Bennett and sophomore Lindsey Koenig.

Sickinger said he got a concussion playing football during the 2016-2017 fall season, a week before school started. He said he



Matthew Sickinger

got the concussion from being picked up and thrown on his head and that he was upset about it because he could not remember his lefts and rights.

Sickinger said he sat out for a week and a half and felt that time was too long because his headache went away before that. To get back in, he said he did a lot of running. He added that there have been no lasting effects.



Aidan Bennett

Bennett said he got a concussion playing club soccer two years ago during the spring season. He said he got the concussion while being the goal keeper and got hit in the

head by someone’s shoulder, fell and was kicked in the head. He said he was mad at first about his concussion and that he was out for two weeks. He said he felt that time was not long enough because he lied about his symptoms to shorten the time he had to sit out. To get back in, his practices were slow and he did less running. Bennett said this process was difficult because his concussion was severe. He said he had headaches, loss of balance and was set back to the basics. In school, Bennett said he could not



Lindsey Koenig

pay attention and was sensitive to light. Some lasting effects have been headaches every day and difficulty balancing, he added.

Koenig got a concussion playing volleyball in the middle of this fall season. She said she got the concussion while warming up for a game by running into another player. Koenig said she sat out five games. She said she did not feel that the time was too long because she still had a headache. Koenig added that there have been no lasting effects.

According to the athletic trainer and athletic director, the sports that are most affected by concussions are soccer and football. Schlotterer said a way to prevent concussions is for coaches to teach the right fundamentals and for athletes to continue to wear helmets and gear.

“Do things the right way” and “be as safe as you can,” he added.

Fall Sports Wrap-Up

By Mascie Horner

Girls’ Soccer

The Lady Trucker soccer team finished its season with an overall 13-5 record. They went undefeated in the SBC and took home the league title.

“We had a rough start. We lost all of our scrimmages and our first two games but we knew we had a good team and we never gave up,” Head Coach Michelle Sandor said.

Throughout the season, the team went on a 10-game win streak led by their 11 seniors.

“All of the seniors were great leaders and set a great example of Norwalk soccer,” Sandor said.

Kaelyn Harkness led the offense while Mara Jaworski led the defense.

Next year the team is heading for a huge change.

“We’re going to have a brand new starting lineup but I think we still can be on top in the league,” Sandor said.

Girls’ XC

The girls’ cross country team finished in fifth place at SBC’s and made it out of the district meet by one point to compete at the regional level.

“Making it to regionals was shocking but it was great,” Coach Stephanie Pope said.

The coach said the team had gone through some ups and downs throughout the season, so it was nice to go out with a bang.

The team was ranked sixth throughout their season and knew they would be cutting it close. The top five teams qualified for regionals and Norwalk came in fifth by one point.

Five of the seven top runners were seniors.

“The seniors left a big impact and we’ll miss them,” Pope said.

Pope said next year, she wants to place higher at SBC’s.

Volleyball

The volleyball team finished its season with an overall record of 17-10, placing first in the SBC with a record of 10-2.

“We had several injuries along the way that we had to overcome and learn to adapt to, but we had a great year,” Head Coach Angie Kalizewski said.

“The girls played just like they always have, controlled and competitive,” Kalizewski said.

The team was led by its four seniors: Aimee Smith, Anne Davidson, Alexis Santiago and Alaina Kelley.

“I cannot say enough about these four young ladies. They are the heart and soul of this team,” Kalizewski said.

The team lost in a game five thriller against Lexington, receiving district runner-up honors in the post season.

“Next year I expect the same as I do each year. We were a young team this year and those players are only going to get stronger and more confident,” Kalizewski said.

Girls’ Tennis

The Lady Tennis Team finished with an overall record of 15-5.

“We were really young this year but we had a great season,” Head Coach Chris Higgins said.

The team depended on its two seniors, Macy Miller and Lizzie Ratliff, for leadership on and off the court.

After the regular season, the doubles team of Miller and junior Jordan Gran, along with singles player sophomore Megan Berry, made it to the district contest.

“They didn’t go far but it was awesome what they accomplished, and getting to that point is great,” Higgins said.

Football

The football team ended its season with an overall 3-7 record and a 1-4 record in the SBC.

“Our record wasn’t what we thought it was going to be, but the kids gave their all every single day,” Head Coach Chris MacFarland said.

The coach said that his team came up close in a lot of games, but could not finish.

Toward the end of the season, the Truckers played new SBC competition Perkins and Clyde.

“Other than those two teams, we’re familiar with teams in the league and they’re tough,” MacFarland said.

MacFarland said the seniors, especially the captains, had great leadership and set a great example for the younger kids.

MacFarland would like to thank his coaching staff and all of his players for nothing but hard work this season.

Boys’ XC

The boys’ cross country team finished third at SBC’s and fifth at districts to end its season.

Junior Chris Mohr and senior Julian Go advanced to the regional level in Tiffin as they placed 24th and 32nd.

“This season went well,” Head Coach Drew Karnehm said.

The team was moved to compete in division one which was not expected, but competed well with the new SBC competition.

“This was the largest group of seniors we’ve had and they’re going to be greatly missed,” Karnehm said.

Next year, Karnehm has high expectations and will have a lot of returners and incoming middle school kids.

“We hope to keep the success with returning talent and plan to win a league title,” Karnehm said.

Boys’ Soccer

The boys’ soccer team finished its season with a final record of 7-10-1.

“Our record wasn’t necessarily where it should have been,” Assistant Coach David Snell said. The coach said joining the SBC made the team stand somewhere in the middle as far as wins go. The team was led by its 10 seniors.

“The seniors had skill sets and strong soccer skills,” Snell said. Next year, the team plans to work on developing better habits and having a better team atmosphere, he added.

Girls’ Golf

The Ladies Golf team had a successful season, as it finished third in the SBC.

“With lack of experience, we met expectations,” Head Coach Chris Jackson said.

Senior Bethany Cring made it to the district golf competition in Bowling Green.

“All teams are dictated by senior leadership and it led us to our great season,” Jackson said.

Next year, Jackson said he’s looking for more girls to play in the fall and the offseason is very important.

Boys’ Golf

The boys’ golf team came one stroke short of making a state appearance.

The seniors this year went out with a bang and left a memorable mark in the years they played.

They were back to back NOL champs, Braden Nunez was named player of the year this year, Cameron Nickoli and Jared Kessler were named first team, Grant Fisher second team, and Jonah Mersereau honorable mention.



Winter Sports Preview

Boys' Basketball

Girls' Basketball



Photo by Kamryn Guerrier

The boys' varsity basketball team runs through plays while the JV team watches. Coach Steve Gray predicts that the team will be the hardest playing team in the Sandusky Bay Conference and they will work to be SBC champions.



Photo by Beth Stockmaster

The girls' varsity team conditions at one of their practices. Coach Brock Manlet predicts a very successful season. "We have five varsity returners and some talented JV girls coming up. Overall we will have a great year," Manlet said.

Wrestling



Photo by Kylee Edney

Sophomores Gabe Phillips (left) and Ethan Hernandez are in a tie-up during open mats. Coach Frank Staley predicts a winning season.

Competition Cheer



Photo by Kamryn Guerrier

The competition cheer team (above) practices their competition cheer. Cheer coach Kristie Wert said "We are going back to state baby!" when asked about competition cheer expectations.

Swimming



Photo by Olivia Schaffer

Preparing to dive at an open swim practice on Nov. 1 are (from left) senior Katherine Westcott, junior Callista Link, junior Nicholas Smith and senior Owen Rhodes. "We expect to grow our boys' team and expect our girls to advance to districts again and hopefully state," said head coach Erin Smetzer.

Bowling



Photo by Kiersten Phillips

Senior Jacob Seitz (above) rolls the ball at bowling tryouts. "My expectation for the season is to move to Districts as a team," Coach John Wade said.



Photo by Kiersten Phillips

Senior Madison Hainline (above) rolls the ball at bowling tryouts. "I'm looking forward to a fun, exciting season as a lot of young girls will need to step up and fill the varsity spots," Coach Ray Scheid said.

Jackson's hard work gets rewarded

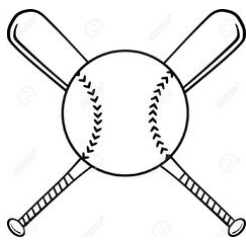
By Hailey Sholes

Industrial arts teacher Chris Jackson was named Assistant Baseball Coach of the Year by the Ohio High School Baseball Coaches Association.

The award is one of the highest awards that can be won by an

assistant coach. The ceremony for Jackson will be in Columbus at the State Clinic from January 18-20.

Jackson said he is very humbled and feels appreciated by winning his award, and is happy that all of



his hard work is being recognized. His fellow coach Wes Douglas said that Jackson is very deserving and that all of Norwalk's staff is proud. Jackson's daughter, freshman

Noelle Jackson, said she is extremely proud of her dad.

Jackson played first and third base when he was in high school here. He has been coaching baseball for 15 years at Norwalk.

Jackson said he is excited that conditioning for the spring season is approaching.

Welcome a-Ward

By Beth Stockmaster

Mia Ward is the newest assistant girls' basketball coach. She is 21 years old and is taking classes through an online college called Western Governors University.



Photo by Beth Stockmaster

New basketball coach Mia Ward

She is engaged and has a daughter named Stella. She graduated from Western Reserve High School and played basketball all four years.

She has coached before, but not basketball. She coached volleyball for fifth and sixth grade.

Ward predicts a good season.

"We have an aggressive bunch with lots of talents. I believe we have the power to win a lot of games and I also think the crowd will be shocked when they see us play because of our talented group of girls," she said.

Coach Ward will also be coaching her younger sister, Olivia.

"It will be exciting because I will be there to watch and support her though everything," the coach said.

Pinning a new coach

By Kylee Edney



Photo by Kylee Edney

New wrestling coach Frank Staley talks to freshman Isaac Scheel during open mats.

Norwalk High School Class of 1988 graduate Frank Staley took on the head coach position of the wrestling team.

Staley said Athletic Director Josh Schlotterer contacted him for the position because he has a background in wrestling.

Staley wrestled in high school and at Wisconsin Superior where he attended college from 1989 to 1990.

He also coached youth and junior high football at Norwalk and was an assistant wrestling coach under Ron DeLuca in 1989.

Staley said he is looking forward to winning.

"I love Norwalk wrestling and I'm an alumni. I want to see the kids succeed," he said.

Seniors 'snap' the dub



Photo by Cesar Gonzalez

Seniors gather for a group picture after their 24-0 win over the juniors in the 2017 Powder Puff game.



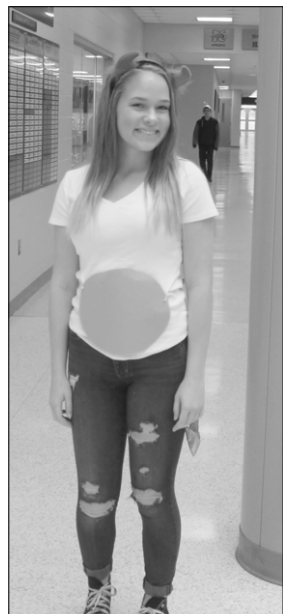
“It’s not whether you get knocked down; it’s whether you get back up.”

Halloween haunts the halls

Photos by Hailey Shoales



Junior Abby Marchione and senior Audrey Harness dressed as Things One and Two.



Junior Kennadi Martin is dressed up for Halloween as a deviled egg.



Industrial education teacher Chris Jackson dressed as a baseball vendor.



Senior Hannah Barnes and her younger brother, sophomore Hayden Barnes, copied the look of band directors Sandy Bennett and Will Kish.



Juniors Heaven Thompson and Mayli Austin with some complex face paint.

"IT'S ALL JUST A BUNCH OF HOCUS POCUS"



Juniors Alyssa Faley, Macey Phillips and Alyssa Walsh dressed as the candy "wrappers."

Pumpkin Painting



Photo by Paige Maurer

Sophomores Bree McGlaston (left) and Elyse Balduff smile with their winning pumpkin for the Art Club.



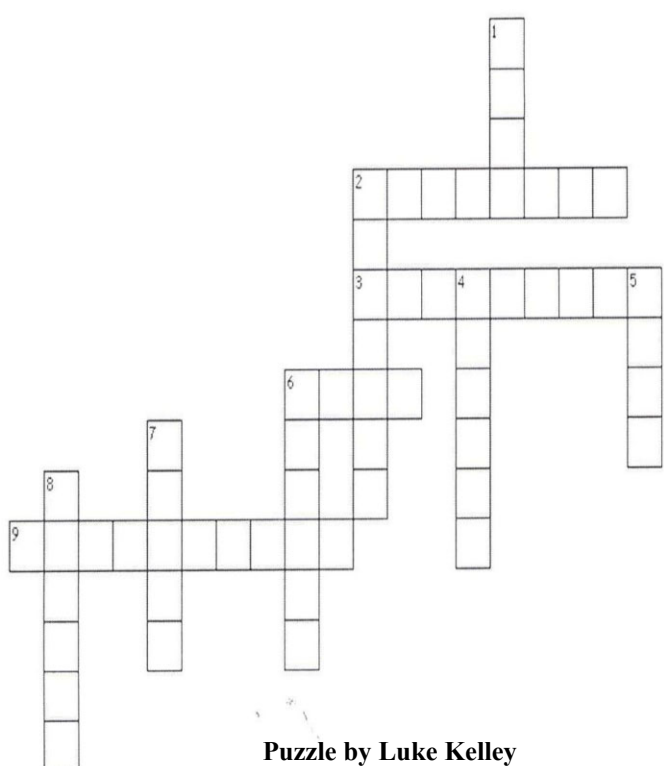
NHS Fall Fest



Photo by Olivia Schaffer

Walking through the haunted house at the Teen Leadership Corps' Fall Fest are (from left) sophomore Lucas Braker, junior Carson Shober and junior Owen Moore. They are followed by TLC and Art Club members. The Fall Fest was held on Oct. 28 to raise money for TLC's upcoming Dance Marathon.

Winter sports crossword



Puzzle by Luke Kelley

Across

- Who did the girls' basketball team beat last season to win districts?
- Sport in which reversals occur
- In what sport would you perform the backstroke?
- In 2014 the boys ----- team won the state title

Down

- Boys' bowling head coach
- Sport in which the following terms (spare, strike, turkey)
- Girls' bowling head coach
- Boys' basketball head coach
- Boys' wrestling head coach
- The ---- team made their first ever state appearance in March of 2017
- Girls' basketball head coach

Solve the puzzle, cut it out, put your name on it and put it in the box in Mrs. Leffler's room for a chance to win a gift certificate to Stomping Grounds.