

Successful seasons

Girls' basketball team dribbles to districts

By Emily Smith

The girls' basketball team had a record-breaking season.

They advanced to regionals where they fell to Norton High School with a final score of 50-55. They finished with an overall record of 21-6.

"This year's girls' basketball team was more than record-breaking; it was a group of girls with an unbreakable bond. Seeing the community come together and supporting all we've done was amazing. Every girl that's part of the Lady Trucker basketball team has something to be proud of," junior Alayna Warren said.

Senior Jiselle Thomas, broke the school scoring record and passed the 2,000 point, finishing with 2,023 points. She holds the city scoring record for both boys and girls.

"It was amazing and I'm happy I got to do it with my sisters by my side," Thomas said.

No girls' basketball team from Norwalk has ever passed districts, until now.

During their tournament run, they knocked out Bellevue and Shelby who were both tied for first in the NOL.

Outside of the tournament run, they have only beaten Bellevue once in the past four years.



Photo by Alayna Warren

Junior Kaelyn Harkness dribbles on offense on the way to set up a play.

Cheerleaders tumble to state

By Alayna Warren

Go! Fight! And win at state!

For the first time in Norwalk Trucker history, the competition cheerleading squad made its way to state.

The competition took place at St. John Arena at The Ohio State University. The girls competed at 10:46 a.m. March 5. There were 18 teams competing in Division II; the Lady Truckers came home with a 14th place trophy. The girls



Photo by Alayna Warren
The Norwalk cheerleaders walk down the halls as students cheer them on.

were one point away from 12th place.

"It was so nice to see us girls come together and get all the support we could and see that people were happy for us for what we accomplished," said junior Maya Reineck.

See CHEER on page 9

Pinning down a place at state

By Luke Kelley

The wrestling team placed second in the NOL. At sectionals, they placed third as a team. And two wrestlers – senior Abdullah Silmi and freshman Ethan Hernandez – went on to compete at state. Hernandez is the first freshman since 2010

to compete at state. Silmi wrestled in the 220-pound weight class, placing third overall.

"My brother got me into wrestling when I was little,"



Photo by Luke Kelley

Freshman Ethan Hernandez (left) and seniors Lyndsey Sheldon and Abdullah Silmi make their way down the hallway during their send-off for state. Silmi is holding Hernandez' young brother Creighton.

Silmi said, adding, "I'm not sure if I will wrestle in college, but it's a possibility."

See WRESTLING on page 9

NERDS advanced with robots

By Kylee Edney

Three NERD Nation robotics teams competed at the state level on March 10-11 at Marion Harding High School.

One team placed in the top eight, and came within one match of going on to the world competition. It was Team R, which consists of senior Rilee Horowitz; juniors Jordan Cotterill and Dhairyra Patel; and freshmen Jack Bowles and Caleb Lukasko.

"It's a great accomplishment just to be able to compete at state, and I'm content with how the season went," Horowitz said.

There are three ways to qualify for state: winning the note-



Photo by Kylee Edney

NERD Nation juniors Darren Raymond (left) and Jordan Cotterill high five their fans at their send-off.

book design award, winning the tournament and winning the excellence award.

Team Z robotics team member Devin Nunez said his team qualified by winning the notebook design award, an award on the design of their robot.

"I'm super excited," Nunez said before the competition.

See NERDS on page 9

A dozen artists win regionals

By Luke Kelley

Norwalk High School submitted 52 works of art from 30 students and 14 pieces were selected, created by 12 students, as winners at the regional level.

These students are sophomore Michaela Rush; juniors Elliot Adkins, Danielle Ashakih, Ali Brennan, Chase Kluding, Cassidy Smith and Emily Swanson; and seniors Max Berry, Chloe Kramer, Raeanna Ramos, Mya Ray and Ethan Ward.

Their artwork was selected for state judging. Although none of the students were state winners, all of them showed



Submitted photo

Senior Raeanna Ramos created this regional art winner in fibers and glass class. It is made entirely out of blue jeans cut and glued down. She took the reference photo for this piece in Kansas

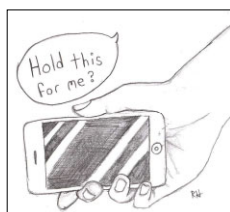
great effort to advance to this level. "Overall, I am proud of how well we ranked this year. All of the students involved in this competition worked hard and their efforts paid off," said art teacher Tracy VanBuskirk.

"I was pleasantly surprised with the number of students selected to move on to state judging [this year]," art teacher Rachel Hipp said. Adkins' digital art piece was among those selected.

"I am happy because not a lot of people are chosen to go," he said, adding, "Other subjects are boring; I draw in every class."

See ARTISTS on page 9

Habits and hobbies



Students confess and address their habits and hobbies. Check it out on pages 3, 4 and 5.

Babies on the way



Two Norwalk High School teachers are expecting! See page 8 for more details.

Girls' basketball shows generosity



This year's record-breaking girls' basketball team raised money for their trainer, who was diagnosed with breast cancer. Read more about the "play for Kay" game on page 13.



Staff Editorial:

Don't suppress the press

Many people read the school newspaper. If you read our paper, you see our news and feature stories, our crisp pictures, our crossword puzzle and our editorials. But what exactly is an editorial? An editorial is simply an article in the newspaper that expresses an editor's opinion on a specific topic. When an editor chooses a topic to write about, it's usually because he or she has a strong opinion on it. That editor is allowed to write what he or she pleases. There are no limitations on the opinion he or she wishes to express.

Our responsibility as a newspaper is to publish the news and get it out to the public. The news may be interesting and fun to read, but unfortunately it can also be embarrassing and, at times, ugly. News is any noteworthy information about recent or important events.

People tend to take things personally these days. They instantly feel targeted by what the news says or assume things are about them. As a newspaper, we do not purposely target anybody. That is not professional journalistic style nor is that our goal.

We publish news, regardless of whether it upsets people or not. If someone were to contact us and ask us not to print something that is factually correct, we would, in turn, have to do it for everyone else who complained about something. So please do not assume that anything we publish is bashing on anyone specifically. It is just the news and belongs in the paper.

You are welcome to respond to an article with a letter to the editor.

Letters to the editor must be signed and can be submitted on

Twitter, in an email to imprint@norwalktruckers.net or given to Mrs. Leffler in room 6208 or to a staff member.

As a school, we are lucky that we get the chance to have a newspaper class. We are always looking for new people each year to speak their mind and put their writing skills to the test.

If you have an open imagination or love taking photos, maybe this class is for you. We are all just students working together to create a better future for ourselves.

Cursing can be controversial

By Madeline Roche

Whether you stubbed your toe, forgot something important, realized a mistake or wanted to insult someone, there are many things that may bring curse words to your mind.

We hear people swear all the time; it's in plenty of songs, in movies and at school. These words slip out of all of us at times, but it's important to keep them in your head instead of using them.

Honestly, what is the point of saying words that society considers to be "bad"? I know that everyone has the right to say whatever he or she wants because we live in a democracy and we have freedom of speech. I appreciate that, especially because it allows me to express my opinion in this editorial. However, we should care more about how we act around other people because we don't need to create unnecessary problems by using words that offend people.

I remember when I was little and I thought "shut up" and "stupid" were bad words. When someone said something like that, some of my classmates would always look shocked or call out the person who said it. I'm not sure what happened, but at some point, it seemed like the majority of students at my school started adding swear words to their everyday vocabulary and there was no turning back.

It's important to remember those younger days because there are children going through that phase right now. If we don't watch our language, especially in public, we may expose those young ones to curse words too early, which can cause problems for their par-

He said...

She said



ents. So, it's considerate to keep curse words to yourself.

For some reason, bad words seem to be many people's go-to when they're upset with someone. Do you really think that adding swear words somehow makes your point more valid? If anything, it lessens your credibility.

It's one thing to use those words when upset, but many people use them just to use them and that's when maturity is needed.

You sound more professional and sophisticated if you don't use swear words. It's good for your reputation and it will help you appear better educated and respectful, which is especially good when seeking employment or other opportunities.

Just watch your language, be aware of your surroundings and be careful with what you say. There are more than 171,000 words currently in use in the English language to choose from. You don't need to rely on the "bad" ones.

By Logan Hurst

Is swearing really as bad as people make it out to be?

As Henry Drummond in the famous play *Inherit the Wind* once said, "I don't swear just for the hell of it. You see, I figure language is a poor enough means of communication as it is. So we ought to use all the words we've got. Besides, there are damned few words that everybody understands."

Of course there is absolutely no room for unnecessary hatred in this world, and these words should never be used to put another person down. But, a lot of times, these "profane" words are needed to add emphasis or make a strong point.

If you think about it, how do "bad" words really come about? Someone at some point in time had to think, "that word should not be socially acceptable," and it all of a sudden became "bad."

If this is the correct origin of "bad" words, each person could have his or her own set of "bad" words. I know I have my set of words that I simply don't say, but only because they can be interpreted in a degrading and hateful way. The words themselves are never bad, but their use can be malicious.

As cliché as this may sound, we really do live in a free country, and that means we have the simple right to make a point using whatever vocabulary we feel is necessary.

Although we are taught from a very young age that having the "mouth of a sailor" can make us seem uneducated and rude, numerous studies have shown that swearing to add emphasis can make someone more persuasive and even relieve stress.

According to the British Broadcasting Corporation (BBC), "Swearing may involve a completely different part of the brain than the rest of our vocabulary," suggesting that people who swear have broader vocabularies.

BBC also stated, "Swearing can increase the heart rate, according to researchers – which suggests an emotional response," correlating with people who swear being more dedicated to a certain point they may be making, causing them to be more persuasive.

In the words of English teacher Debbie Leffler, "There are bad people and bad actions, but no such thing as a bad word."

I say as long as your words are not rooted in hate, speak your mind!

Standardized testing takes a toll

By Logan Hurst

We all know the famous Albert Einstein quote, "Everybody is a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid," but how relevant is this quote to the public school system?

Everyone has his or her own strengths and weaknesses. Some students excel in their sport more than in the classroom, and basically all students have a favorite and least favorite subject, as well as ones they do well in, and others, not so much.

I will admit it; history has always been my least favorite subject, with math being my favorite. I have always struggled in history classes, and always get frustrated with the material.

I would find myself memorizing the information just long enough to pass a multiple choice test, and then basically forgetting everything within weeks after the test.

School should be about growth, not the ability to memorize information. When lawmakers are a bunch of men with business or law degrees and no educational experience, school loses the effect of expanding students' minds.

The definition of proficiency is "a high degree of competence or skill; expertise." When the state-mandated tests revolve around a proficiency scale, it can

be quite degrading to some students. Proficiency and growth are not the same. Standardized tests should be scored relative to previous scores, to show this growth.

Along with this atrocious testing system, teachers are expected to prepare their students to become test-taking robots. Teachers deserve so much more recognition for the work they do.

A doctor has the ability to physically save someone's life, but a great teacher has the ability to touch a student's life and save his or her future. It blows my mind that their performance as educators is graded by their students' test scores.

Lawmakers should look closer at their standardized tests, and stop grading fish on their ability to climb trees.

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.

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Habits and hobbies can be harmful

By Madeline Roche



We all have something that we love to do. It might be running, shopping, eating, drawing, playing video games, tweeting, competing in sports or sewing. Finding something that makes you happy is wonderful.

Your hobbies can help you when you're having a bad day or make your good days even better. But what's the difference between a hobby and a habit? And when does something you love become an unhealthy obsession? How far is too far?

A hobby is something you enjoy doing in your free time and a habit is something you do every

day, to the point where you don't even have to think about it. There are good habits and bad habits. Some of them are even dangerous, such as drugs and alcohol, but hobbies are not as serious.

The more you do something, the more you need it. This is how addiction works.

When you find yourself spending too much time on your hobby and neglecting responsibilities, you may have a problem, even if you don't want to admit it. Addictions can cost you your job, friends, sleep or even your life, so make sure you aren't overly attached to the things you spend time on.

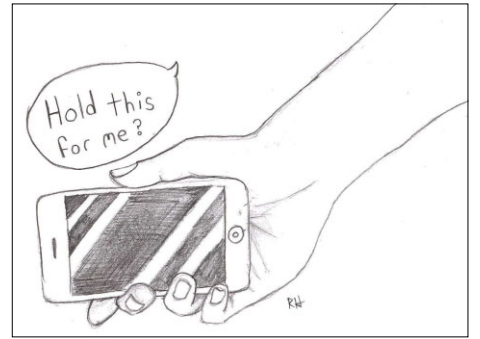
I have a problem with managing my time; that's something I know I will always have to work on. My phone, computer and other devices contribute to that problem. I realized that I needed to

make some changes if I was ever going to make it through senior year and I found some awesome suggestions.

Setting time limits, providing rewards and asking someone to hold on to my phone while I finish an assignment have helped me to have more control over my life. Doing similar things can help you with whatever you need to spend less time on!

There is a time and a place for everything and our common sense helps us figure that out. We usually know when we have a problem; the hard part is admitting it and doing something about it.

Never hold back from asking others for help. Find people you know you can trust and depend on when you need support. This is important for so many aspects of life, not only addiction.



On the other hand, be willing to support others. We are part of a school and community. We need to work together to overcome these trials before it's too late.

Take a stand to do what's right and do it for yourself. Respect your life enough to know when you've crossed the line and do something about it. Do yourself a favor and stay in control of your life. Make good choices and keep everything in its proper place.

Drugs and alcohol: a local problem

By Madeline Roche and Luke Kelley

Drugs and alcohol are illegal for teenagers to use, but that does not stop many students from abusing them and experimenting, even locally.

STATS ON DRUG USE

"It's a huge problem. We're going to have to tackle it as a community," Norwalk Police Chief David Light said.

Fentanyl, a specific type of opiate, and fentanyl-laced heroin are especially on the rise. Fentanyl can be prescribed as a pain medicine but it is now being produced in labs and is very dangerous. It is highly addictive and too much of it can stop breathing and lead to death.

Huron County Public Health Educator and Outreach Specialist Elaine Barman compiled results to demonstrate consequences of the drug problem in Huron County.

According to one of her graphs, Huron County had 163 overdose complaints in the emergency room in 2015. Of those, 68 of them were in Norwalk. That's 41.7 percent! In 2016, from January to October, Huron County had 214 overdose complaints and 84 of them were in Norwalk.

Another graph showed that in 2015, the most fentanyl-related deaths were males aged 25-34 years old.

Heroin use has significantly increased too. In Ohio, the amount of heroin overdoses increased from less than 200 a year in 2000 to more than 1,400 a year in 2015, according to the Ohio Department of Health.

Although the amount of drugs in Huron County is high, there are other counties in Ohio with a bigger drug problem.

"We've got a great community. I love this town. It's got a lot to offer but, man, if you go around and talk to other chiefs in Ohio and talk to other towns, we've got so much to be thankful for in this town," Light said.

These results are a partial representation of the consequences using drugs can bring and it is clear that the drug problem is only getting worse.

CONSEQUENCES OF DRUGS

Many people do not realize the consequences of using drugs.

There are legal consequences, which can ruin a record, reputation or chance of being hired. It can also result in losing a driver's license or losing the opportunity to work in the medical field.

"Employers can't take a chance on someone who has a drug problem," Light said.

Possession of heroin is a fifth degree felony.

There is no jail time but there usually is time required to be spent in rehab. Light said he does not think this is doing much good.

"It's not our local judge's fault, it's the state's. The state says we're not going to arrest our way out of this," Light said. "If someone's selling this poison to our students right down to middle school, my opinion is they need to be put in prison."

He added that with the way the system currently works, addicts and drug dealers come in and out like fish being caught and released by fishermen. When they go back, they keep doing the things they got arrested for.

Drugs have harmful side effects on the body, which can include death. However, drugs also have harmful side effects on family life, morals and the economy.

"Some [addicts] have a \$500 a day habit. Most have a one, two or three hundred dollar a day habit. Where are they going to get that money? Dealers try to get heroin free by dealing and stealing. There is theft, credit card fraud, bad checks; all of this stuff is out of control and it seems like

"You have your whole life ahead of you. Life is a wonderful thing. Enjoy it. You can't enjoy it if you're stoned all the time."

-Police Chief David Light



law enforcement is like a dog chasing its tail," Light said.

Addicts may even sell themselves to pay for their addictions, which can result in STDs. The number of babies born as addicts has also increased, which Light said only used to be found in big cities and it is now being seen locally.

"Now there's a big dilemma. If you take somebody into a county jail who's pregnant and they're an opiate addict, the baby in the womb is already an addict," Light said.

This means the baby has to go through a detox period immediately after being born, which includes cold sweats, vomiting and diarrhea, and will have to fight addiction for the rest of his or her life, which Light said is very sad.



Light added that the detox period addicts have to go through is horrible and those going

through it will say it's the worst flu they have ever had.

"The ones who have no self-worth or no self-respect are the ones who go through experimenting with this stuff," Light said about drugs.

"Many people don't know what they're getting anymore. For students who think they're only smoking 'nature's herb' [marijuana], there's a 50/50 chance it's laced with fentanyl and they will instantly become an addict. That's the danger they're facing. These people [selling the drugs] are trying to get you to come back, to get *their* marijuana," Light said.

He said marijuana off the streets of Norwalk was tested and found to be laced with heroin or fentanyl.

"As students go off to college, you know they're going to drink most of the time. It's an expected thing. If you're going to drink, don't get behind the wheel; have somebody with you. But don't experiment [with drugs]. This is a whole new era, with drug use. There are way too many people getting addicted to that stuff. Students from the best families in Norwalk are turning up addicts or dead," Light said.

A video of former Norwalk High School student Jessica Skelton, who overdosed and died while in jail, is often shown to health classes in Norwalk.

"People that want to legalize marijuana should come in and watch Jessica's video. She's not the only one," Light said, "No matter what excuse they give, it all comes back to the same thing. Our students have got to get tougher. It's insane to experiment with this stuff at all knowing this is the pathway they're going to end up on."

HOW TO GET HELP

The Norwalk High School guidance office is willing to provide information for anyone who is struggling. There are other places to turn to for help, too. Dr. Jennifer Prince, assistant director of The Huron County Board of Health and Addiction Services, provided the information below for several local ways anyone struggling with an addiction or substance abuse can receive help.

- **Crisis Text Line** — free, 24/7 help for ALL people in crisis: Text 4HOPE to 741741
- **Crisis Hotline** (through Firelands Counseling and Recovery Services) — provides confidential access to behavioral healthcare professionals at all times for those with chemical dependency crises. The number to contact is 1-800-826-1306
- **Firelands Counseling and Recovery Services**, a contracted treatment provider for Huron County Mental Health and Addiction Services Boards can be located at 292 Benedict Avenue and can also be contacted by using the phone numbers 419) 663-3737 (voice) or (800) 826-1306 (hotline)
- **MHAS** (Huron County Board of Mental Health and Addiction Services, previously known as ADAMHS Board) — assists with resources and information, although it is not a treatment provider. It can be found at 130 Shady Lane Drive, Bldg. or contacted by the phone number 419-668-8649
- **Family Life Counseling & Psychiatric Services** — serves all ages in the areas of mental health and addictions and can be reached by calling 567-560-3584 or visiting 87 West Main St, Suite B
- **Local Churches** are often willing to help. Another option for an approach in a spiritual direction is teenchallengeusa.com
- **Starfish Project of Huron County** — offers help by providing funds to enable older teens with "life-controlling issues" such as addictions, to participate in a 12-14 month Christian faith-based residential recovery program at Teen Challenge. If interested, contact 419-706-1161

ALCOHOL

Drinking alcohol is not illegal if someone is 21 years old or older. But, it can still be dangerous if consumed in large amounts.

Anyone driving with a blood alcohol concentration at or above .08 percent is breaking the law and can be charged with DUI (driving under the influence). Not only is this illegal; it can be deadly.

According to Centers for Disease Control and Prevention (CDC), "About one in three traffic deaths in the United States involves a drunk driver."

Some

people consider themselves to be "social drinkers." This means they only drink alcohol when people around them do or at social gatherings. This can still be dangerous on teenage brains.

-Foundation for a Drug Free World

"Drinking during this critical growth period [adolescence] can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills and coordination."



The Foundation for a Drug-Free World's website explains that since the brain is not fully developed during adolescence, "drinking during this critical growth period can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills and coordination."

See ADDICTION on page 6

Handling habits and hobbies

Stingy students or money spenders?

By Alayna Warren and Kylee Edney

Money, money, money. That's what the world revolves around. Everyone wants money, everything costs money, we simply cannot live without money.

But what do you do with your money? Do you put it away in the bank and save it for life events such as college or buying a car?

Perhaps you head to the mall and buy a pair of shoes and some jeans and next thing you know, the money is gone.

Saving money can be hard. Being a teenager, there are so many things that you want to get and being involved in sports and other activities means there is not a lot of free time to work and make money to buy them.

We don't always realize how money adds up. On your way to school one day, you may drop two dollars on a coffee and then later that evening you spend four dollars on ice cream. But do you ever stop and think that spending a few bucks here and there is what takes the majority of your money? Since we spend it so frequently but in smaller amounts, it doesn't click in our head and make us aware.

"I don't ever have money, but if I do, I spend it on coffee," junior Leah Malson said.

We have to be smart and learn how to balance our money. Staying organized is a major key. Save your receipts and always check your bank account. You always want to know how much money you have. They may seem like a waste of time and not worth it, but coupons can save a lot of money.

"I try to put \$50 in savings, I fill up my gas tank and then the rest I just spend on whatever," said junior Sydney Castle.

There are many ways that you can reduce your spending and save your money.

Figure out how much you spend. Keep track of all your expenses -- that means every coffee, snack, and clothing item you purchase. Once you figure all of that out, organize your numbers based on the category and total each category so you can get a feel for what you spend more/less on.

Once you figure out how much you spend each month, you can set a budget worked around your income. In addition to monthly expenses, you need to also consider your regular payments such as car or phone bill.

Now that you have a budget, consider saving some of your

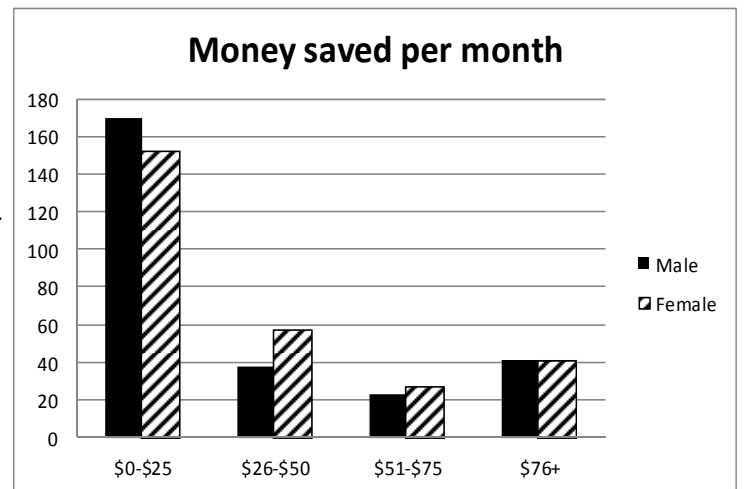
money. Figure out a percent to put away each time you earn money. If you realize that you don't have enough money to save, you may need to cut back on your monthly expenses.

Focus on the nonessentials such as entertainment and fast food.

Aside from your budget, focus on choosing something to save for. Nothing is better than having a goal and conquering it. Think about something that you may want and figure out how long it will take to save for it. Set aside money here and there for whatever it may be.

After your expenses and income, your goals are likely to have the biggest impact on how you save money. Be sure to focus on long-term goals. Prioritizing goals can give you a clear idea of where to start saving.

Make your savings automatic. Most banks offer automated



The graph above explains how much money students save per month. On the vertical axis, the graph lists the number students that save money. On the horizontal axis, the graph shows how much money people save.

transfers between checking and savings. You can choose when, how much and where to transfer money. These transfers are beneficial because you almost forget that money is automatically going into your savings and it reduces the temptation to spend the money. After all this, you get to check your progress every month. Not only will this help you stick to your savings plan, but it also helps you fix a lot of your financial problems quickly.

So be smart with your money. Don't ever feel like since you have it that you have to spend it. Set goals for yourself. Being smart with your money now will lead to success later in life.

Get gains or remain the same

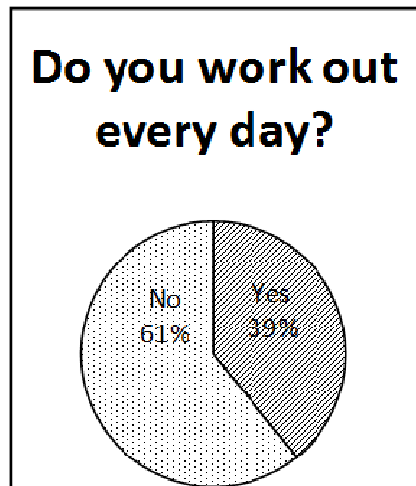
By Emily Smith and Chloe Kramer

Whether working out is a fun thing or a chore, it seems to be a familiar topic to the average millennial.

Is working out a hobby, or is it becoming an addiction?

Addictions are defined as "the state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming," according to Dictionary.com.

Some people will argue that working out is an addiction and others will say it is not. Health teacher TJ Thomas thinks work-



The pie chart above shows the percentage of NHS students who work out.

ing out has become an addiction. Along with working out, she

thinks supplement intakes are becoming a problem for teenagers.

"I worry about all of the supplements they take in. It becomes dangerous, because the brain is still growing up to the age of 25," Thomas said.

One issue that came up in the State of Ohio rules was wrestlers being forced to cut weight.

"Over the last couple of years they have gotten better monitoring weight, and wrestlers are actually eating instead of starving themselves," Thomas said, meaning wrestlers are not allowed to cut as much as weight as they were previously.

One wrestler who cuts weight is sophomore Deyer Graffice. He said he cuts an average of eight pounds.

"It's probably not healthy, but I usually have to do it every weekend," Graffice said.

Not everyone thinks working out is an addiction.

"Most people don't have to work out. If you eat right, you'll be fine. People take it too far," sophomore Alyssa Morgan said.

Morgan said she still works out once or twice a week, but she knows her limits when "too far is actually too far."

Food can hurt or harm

By Logan Hurst and Paige Maurer

According to health teacher TJ Thomas, sugar is a serious addiction.

"There are tons of studies to show that sugar lights up the same pleasure centers of the brain as cocaine and meth," Thomas said.

Thomas also said that the body does not process sugar very well, and it turns into fat fairly easily.

Excess sugar can also cause horrible mood swings, digestive issues and brain fog, thus affecting academic performance.

Along with sugar, caffeine can have the same effects on the body as a drug, and both sugar and caffeine can have some withdrawal symptoms, similar to most drugs.

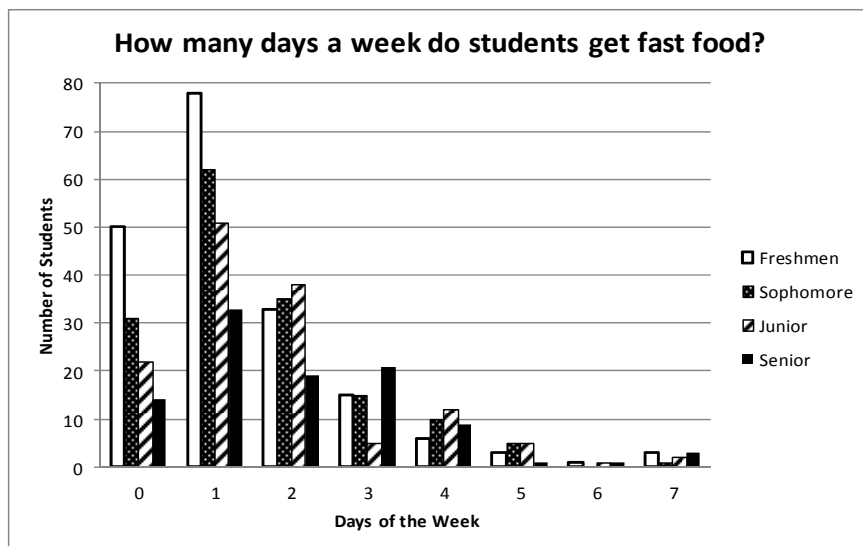
Another issue that can arise with students and teachers with busy schedules is fast food.

Fast food is not the healthiest of options, but it can seem like the only option if you are short on time.

The majority of students at NHS said they eat fast food once or twice every week.

A problem that is becoming more common in teenagers is eating disorders.

"The most common eating disorder today is anorexia nervosa, which is also the most deadly, unfortunately," Thomas said.



The bar graph above shows how many days during the week NHS students get fast food.

Anorexia nervosa is when the victim starves him or herself, keeping vital nutrients from the body.

Along with this, some sufferers exercise excessively.

With anorexia, the heart takes the biggest toll, and heart attacks can be a risk.

Thomas added that eating disorders can be classified as a form of obsessive compulsive disorder (OCD), or can go along with OCD as well as other mental illnesses like depression and anxiety.

"It is literally terrifying to eat, and when they do, they feel disgusting," said Thomas when asked about what goes on inside the minds of people with eating disorders.

Thomas said that these disorders haunt survivors for the rest of their lives. They can be in and out of therapy and go through certain rounds of medication throughout their lives.

FACE THE FACTS

FOOD

"In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life."

-The Official National Eating Disorders Awareness website

WORKING OUT

"Extreme, long-term endurance exercise puts equally extreme demands on the cardiovascular system. Experts found that after finishing extreme running events, athletes' blood samples contain biomarkers associated with heart damage."

-Cleveland Clinic website

HOWEVER: Dr. Phelan, a doctor on the Cleveland Clinic website added, "all in all, despite the concern about extreme exercise, there is not much reason for the average person to worry. Exercising is far better than being inactive."

ELECTRONICS

- "Texting while driving makes a driver 23 times more likely to crash.
- "5 seconds is the minimal amount of attention that a driver who texts takes away from the road. If traveling at 55 mph, this equals driving the length of a football field without looking at the road.
- "Teens who text while driving spend 10% of the time outside their lane.
- "11 teens die every day as a result of texting while driving."

-Edgarsynder.com

SPENDING MONEY

A research study by statisticbrain.com in 2016 found that out of 26,873,000 teenagers in the United States, a total of \$258.7 billion was spent on products bought by and for teens.

Handling habits and hobbies

Drama drags students down

By Brandi Braker and Mascie Horner

Drama occurs in many forms and places.

One place where drama is inevitable is school. Staff and students share their perspectives on how drama affects experiences at school.

Assistant Principal Patrick Kania said he believe most of what happens in school that is labeled “drama” is actually just “student conflicts.”

Kania said he believes “drama” is a “buzzword” and the conflicts are mainly an issue of maturity.

He said he sees a pattern in which the majority of the issues occur within the freshman class.

“Once you’re a senior you deal with things [the conflicts] on your own,” Kania said.

Science teacher Angela Farmer and intervention specialist Brock Manlet agree that drama is a distraction in the classroom.

English teacher Jennifer Lark and social studies teacher Nick

Lee both said they think students are getting better at hiding drama.

“I try to stay out of it unless students approach me individually to talk about issues,” Lark said.

Farmer, Manlet, Lark and Lee all said that technology and social media have caused changes in the drama that occurs over the years.

“Drama moves faster because social media communication is faster and involves more people because it’s public; nothing is private anymore,” Farmer said.

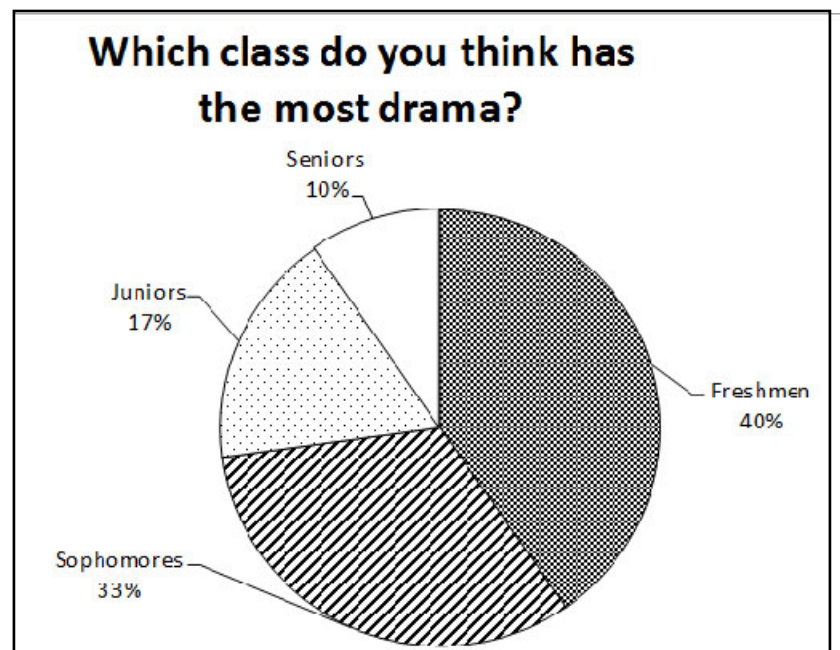
Lee said he has noticed that drama causes some students to be unwilling to work together on group projects.

He added that he believes that adults need to foster a good environment for students to focus on priorities.

Senior Eboni Barbee and sophomore Owen Moore said they think drama is worse outside of school.

“People are too afraid to talk face to face so they do it online,” Moore said.

Barbee also thinks that drama occurs more online.



Based on a survey of all students at Norwalk High School.

“People do it for attention,” she said.

Sophomores Hailey Sholes and Gerardo Enriquez have a different view. They said they believe more drama occurs in school.

“More people are around to hear and spread [drama],” Sholes said.

Enriquez had a similar take. “Everyone’s closer together and we all share too much,” he said.

Other students said the most common causes of drama are relationships, rumors and the way people dress.

Video games and addicted brains

By Rilee Horowitz

Electronics are a huge part of modern life. They make communication faster and make our lives easier. They are so useful that some people have developed habits and addictions to them.

It’s safe to assume that most people have some form of smart phone, and use it to access social media. These smartphones have revolutionized and changed the way we communicate with one another.

Sophomore Jalyn Moore thinks that change has been for the worse.

“Most people I know text instead of communicate face to face,” Moore said. She added that phones have caused people to develop different communication skills.

Both senior Garrett Burke and junior Bailey Mesenburg said that they don’t use their phones that much.

Mesenburg said that he only uses it for “sports stuff” and Snapchat. He also said that communication has become a lot faster.

When asked how phones have changed communication, Burke pulled out his phone and texted this reporter his response.

“It makes things easier,” the text read.

Video games have also been a large influence on everyday life for many people. Burke said he plays all kinds of games, aside from mobile games.

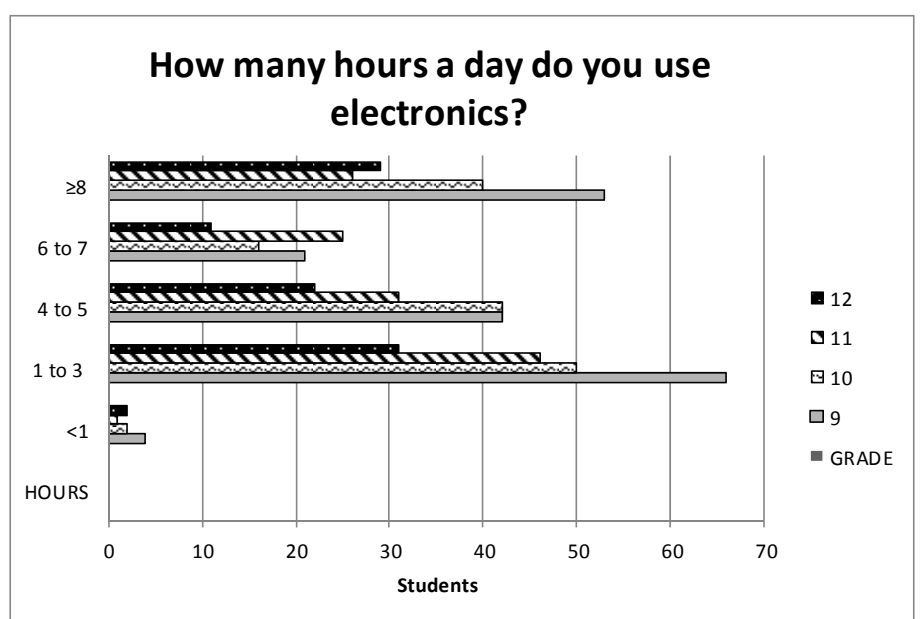
“I think you mean ‘do other things in my life get in the way of video games?’,” Burke said when asked if gaming gets in the way of things in his life.

Moore said that some people spend too much time on video games and don’t get enough done.

Moore doesn’t play video games, but she does frequently watch Netflix.

Netflix is a popular streaming service that is the source of hours of entertainment for many people.

Moore said that she watches Netflix a lot in the summer, specifically the show *Grey’s Anatomy*. She also added that she has binge watched entire shows on Netflix before.



Based on a survey of all students at Norwalk High School.

“I get really bad migraines if I watch for a long period of time,” Moore said.

She said that her migraines are affected by how much she watches, and she has learned to limit her time.

Burke and Mesenburg said they spend far more time on YouTube, the most popular video sharing site on the Internet.

“There are a lot of a different channels to watch, from science to gaming to other nonsense,” Burke said.

Mesenburg enjoys YouTube’s comedy.

“Whenever I’m having a bad day I can just hop on YouTube and watch some funny videos and make my day a little better,” said Mesenburg.

Peers getting pushed to the edge

By Logan Hurst

Peer pressure can affect people in different ways, and can lead people to do something they would not normally do or something they will regret later.

Teachers and students at Norwalk High have mixed feelings about peer pressure; some feel it can take over a person’s life and cause him or her to make decisions outside of his or her power,

and others feel that peer pressure is fairly easy to deal with and can be overcome.

“Peer pressure is for the weak. Your own will should control you, but if you do not think about it and just follow the mob, you are bound to make

“Peer pressure is for the weak. Your own will should control you....”

- sophomore Anna Little

bad decisions,” sophomore Anna Little said.

An anonymous junior said, “People suck, but you need to have a backbone for yourself. Don’t do something just to fit in.”

Social studies teacher Nick Lee says that peer pressure can be overcome with willpower.

“Peer pressure can be countered by self-confidence, but it’s always there to a degree... even in adulthood,” Lee said.

“It requires goal-setting, commitment, dedication, desire and support from family and friends to break a habit.”

Help is here when habits get harmful

By Amber Montana

Dealing with habits is difficult. Habits such as video games, cell phones and social media can start to get in the way of schoolwork and jobs. When dealing with habits starts to get in the way, many students are left to wonder where to find help.

Guidance counselors Sandi Stewart and Michelle Sandor said they are willing to help students.

“It’s our job to help students succeed,” Sandor said.

“I’ve had a few students come to me for help” Stewart said, adding that students who have many distractions can work in smaller intervals.

“If you’re more productive taking breaks, do that,” Stewart said.

Both Stewart and Sandor agree that when students with more serious addictions seek help, they can refer students to counselors.

“It’s okay to get help,” Sandor said.

Though it may be hard to not spend your money, if you set goals, be smart, and stay organized, it’ll all go smoothly.

Drugs and alcohol are dangerous; students need to be aware of the consequences that come from using these substances and learn how to reach out and help those who are struggling.

Substances like sugar and caffeine can be just as dangerous as drugs, and we need to take care of our bodies. On the other hand, eating disorders are also very se-

rious, and it is important to supply necessary nutrients to your body.

Working out is harmful if you don’t know your limits. Also, be sure to monitor calorie intake and realize how far is too far.

Electronics are extremely useful and have changed the way we communicate, but it’s easy for these electronics to become a powerful and bad addiction.

Drama is harmful when it is spread and blown out of proportion.

Linder takes Ott's spot

By Kyle Edney and Chloe Kramer

Jeanette Ott, who was secretary to the assistant principal for 14 years, has taken on a new job as secretary to pupil services at the district psychologist's office.

"I was ready for something new and different," Ott said. She said she had been deciding for a few weeks on whether to take the new job.

"It's a bittersweet moment but it's also exciting for new adventures," Ott said on one of her last days at the high school.

Sharon Linder has taken Ott's spot in the office.

"Everyone is very welcoming," Linder said.

Linder, Ott and principal's secretary Becky Chapin have many connections besides being secretaries. Chapin and Ott have known Linder for quite some time.

Chapin used to babysit for Linder's children, and Linder was in Ott's wedding.

Although Linder just began her job as high school secretary, she has been in the school system for a while now. Linder has been employed by Norwalk City Schools since 2002, she said.

Linder worked as a secretary at Main Street School for nine years, as Auxiliary Services Personnel clerk for four years, and as guidance secretary at the high school for two years.

Linder said she decided to come back to the high school because she loves the environment.

She also said she enjoys some of the clubs that the high school has.

"Mrs. Hokes is doing such a great job with the library and I wanted to be a part of the book club," she said.

Linder has not only worked in the school system; she once was a travel agent.

Besides working, she said she enjoys spending time with her grandkids and traveling.



Photo by Chloe Kramer
Former secretary Jeanette Ott (left) trains new secretary Sharon Linder.

Get your coffee and donate

By Amber Montana

Donate money to a good cause -- stop by Stomping Grounds.

March earnings from Stomping Grounds are being donated to Dance Marathon, which raised funds for Children's Miracle Hospital. Earnings from April will be donated to The Autism Society, the nation's leading autism organization.

Several specials were served to celebrate Stomping Grounds' second anniversary and for TLC's Dance Marathon. The special for Stomping Grounds' anniversary was a Birthday Cake Frappuccino. Slushies and coffee were served at Dance Marathon. The special for March is a Chocolate Mint Frappuccino.

Team works together



Photo by Emily Smith

Seniors Tieler Crouse (left) and Komal Mohan prepare for their team meeting where they will talk about fundraising for dance marathon.

Seniors: apply for scholarships now

By Adrianna Rodriguez

As senior year is winding down, counselors are encouraging seniors to fill out as many scholarship applications as they can.

On norwalktruckers.net there are links to many scholarship offers depending on majors, personal life and talent.

To get to the link on the school website, click "Norwalk High School," then from there click "guidance" on the left hand side, then click "scholarships."

"Taking your time on essays is very important. Making sure your essay is grammatically correct and turned in on time is very important too," Michelle Sandor, guidance counselor, said.

ADDICTION

Continued from page 3

It also said that if anyone starts drinking alcohol before the age of 15, he or she is four times more likely to develop a dependence on alcohol, compared to someone who waits until turning 21 to drink alcohol.

Drinking may seem like something "everyone" does and some people say that it's OK to make mistakes and party hard while being young. This reasoning does not account for the life-long consequences of those actions.

On HelpGuide.org, it discusses alcohol use and dependence and where to get help.

It states, "It's not always easy to see when your drinking has crossed the line from moderate or social use to problem drinking. But if you consume alcohol to cope with difficulties or to avoid feeling bad, you're in potentially dangerous territory. Alcoholism and alcohol abuse can sneak up on you, so it's important to be aware of the warning signs and take steps to cut back if you recognize them. Understanding the problem is the first step to overcoming it."

NHS OPINIONS

Some students do drink alcohol or use drugs; however, most of them do not broadcast that information.

"I drink every weekend," an anonymous freshman male said. "It doesn't affect my life because most people don't know."

Other students avoid these substances.

"I want to keep my body clean and I don't want to take a risk with the law," senior Hayden Risner said.

Sophomore Sam Vanderpool said he does not use drugs or alcohol because it will take his focus off school and it's a waste of money. He added that the best way to handle peer pressure is to "just walk away."

Staff and students know there is drinking and drug use by members of this school. The difficult part is figuring out how to handle it.

"Alcohol is definitely a problem," senior Tyler Rucker said, adding that students have been caught drinking recently. "Drug-wise I don't think there's as many people getting caught but I know there's a lot of people that do it."

Being aware of the problem, specifically at Norwalk High School, is a place to start.

"Unfortunately I think it's more prevalent than I would care to admit," guidance counselor Sandra Stewart said about drug and alcohol use within the school. "Awareness is a huge key because we might be seeing signs, but we don't know what we're looking for. Pretending it doesn't exist isn't going to make it go away. Having education about it could help people. Awareness and being willing to talk about it is important. The more information we have the better."

Several EHOVE students are working on a project to spread awareness about the signs of drug

"Awareness is a huge key because we might be seeing signs, but we don't know what we're looking for. Pretending it doesn't exist isn't going to make it go away. Having education about it could help people. Awareness and being willing to talk about it is important. The more information we have, the better."

- Guidance Counselor Sandra Stewart

use. They put together a video that shows a high school student abusing heroin and eventually dying from it. Then, it goes through the signs of heroin that no one noticed.

These include environmental signs such as burnt spoons, black smudge marks and small plastic bag corners; behavioral signs such as loss of appetite, sudden isolation and anxiously awaiting phone messages; and physical signs such as sores on arms, hands or legs, wearing long-sleeves in warm weather, having a pale complexion, cold sweats or sudden hair loss and constricted pupils.

ADVICE FOR STUDENTS

There are ways to help the ones who are struggling and there are ways to stop yourself from being one.

"Open your eyes. Don't just say 'it's not gonna be me' before it is you,"

Kim Barman said.

Barman is the mother of Emily Cooley, who graduated from Edison

High School in 2015 and died from a drug overdose Jan. 5 at the age of 20. Barman said she was a parent who never thought this would happen to her child.

"You guys are really, really good at hiding stuff," Barman said, referring to her daughter's generation. "We [parents] don't realize how great peer pressure is and how many pressures are put on your generation."

She said she plans on speaking out in the community more, to bring awareness to drug problems.

"My message is more to those who aren't involved in those practices right now to help them

to reach out. Many who are involved in those practices don't know they need help or they're ashamed or don't know where to turn. It's up to your generation to take the time to reach out and let them know that you're there to help them," Barman said.

Light also thinks it is important to make sure those not involved in drugs know how much power they can have.

"Those of you who don't use drugs and get an education, you're going to be running the world because there are so many people getting involved [in drugs]. Respect yourself. Your life is worth more. There's so much out there. The world is yours, but you've got to start with respecting yourself and having self-discipline. You have your whole life ahead of you. Life is a wonderful thing. Enjoy it. You can't enjoy it if you're stoned all the time," he said.

Light also advised that students need to be strong with life itself and make better choices. He urged the importance of saying no and avoiding street drugs.

For those who do have a problem, there are ways to get help.

"Firelands Counseling has a specific drug unit for rehab. That's a very great local resource to go," Stewart said, adding that students can go to the guidance counselors for help, even if it means saying they are "asking for a friend."

There are still consequences for getting involved with drugs and alcohol while in high school, especially for athletes. However, Stewart said she tends to look at the "big picture" because it is more important to get help now before things get worse.

"If it's something you need to go through counseling for and you're struggling with it, I would hope that you would get help," Stewart said.



Emily Cooley, a 2015 Edison graduate who recently died of an overdose.

Supporting behind the scenes



By Rilee Horowitz

The high school musical is put on every year and is currently directed by Robyn Rogers. Many people love and appreciate the musical for its talented actors, but what many people may not see are the workers who dedicate their time behind the scenes to make the musical happen.

Rich Brutsche explained that his job specifically is to make everything flow backstage and make sure that the actors only need to work on acting. Brutsche explained how he handles moving set pieces on and off stage with a nice flow as they get everything ready for the next scene.

“I fine tune the motion of everything that goes on,” Brutsche said.

Brutsche handles everything from the catwalk above the stage. He said that watching the musical from the audience is “nothing compared to up here.”

“The real show is backstage watching the kids scramble,” Brutsche said.

Brutsche began helping

backstage in 2003 when his children were in high school. He volunteered as a parent, and when his kids graduated he continued to help. He recounted how he had made nice connections with the directors at the time and had an amazing teacher, the late Tom Phillips, to show him the ropes backstage. When Phillips took sick, Brutsche took on his responsibilities.

The kids are what make it enjoyable for Brutsche, he said. He loves their smiles and thank-you’s.

“It gets me through my winter blues,” Brutsche said.

Rogers explained that the show could not happen at all if it weren’t for the backstage crew. Rogers estimated that she had around 40 volunteers in total working backstage.

Crissy Cooperider is in charge of the painting crew, which paints all the sets and scenery by hand.

“We make everything look however Robyn wants,” Cooperider said.

Cooperider also said that her job is to make the kids look awesome. She explained

that her own children were involved when they were in high school four years ago, and said that it’s a great thing for the kids to see adults helping backstage and supporting them as volunteers.

Cindy Casselberry and Kristin Miller both organize feeding the students involved in musical. They also help with fundraising, and are part of the painting crew.

“We all just help with everything,” Miller said.

The two also helped make the locker decorations, set up the display case and type up the show notes.

Casselberry has been helping with the musical for nine years, and this year is Miller’s first.

Miller explained that she likes to participate in what her kids are involved in.

Karen Duncan is in charge of costumes. Her children have been involved in musical and said that it is fun to be a part of it. Duncan said that she does it for the kids. Her son, Micah, is in this year’s musical playing the Cat in the Hat.

Photo by Rilee Horowitz
Rich Brutsche measures a set piece for the musical.

Something fishy



Photo by Paige Maurer

Seniors Mya Ray (left) and Taylor Ritzman pose with their papier-mâché fish for *Seussical the Musical*. In a scene, cast members were in the audience holding the fish that were put on a stick. The fish are made from bubble wrap with a papier-mâché covering and are painted with acrylic paint to match the color on the book cover. The fish are from the book *One Fish, Two Fish, Red Fish, Blue Fish* by Dr. Seuss.

Circus McGurkus



Photo by Emily Smith

Some of the Suessical cast pose in costume while helping out at the Circus McGurkus. Circus McGurkus was a children’s fun fair set up in the high school cafeteria to help raise money to cover musical expenses. The musical was performed on March 9-12 at the Ernsthansen Performing Arts Center.



Photo by Luke Kelley

Band teacher Sandy Bennett directs the concert band at their performance on Feb. 22.

Marking Art Club T shirts



Photo by Chloe Kramer
Art Club members decided to make their own T shirts. Members of the club had the option to choose what color they wanted the letters on the shirt to be. In this photo, art teacher Tracy Vanbuskirk (left) helps junior Danielle Ashakih create the label on the shirt.

Art auctioned for charity

By Chloe Kramer

Three art students will be painting donated furniture. Their finished product will be displayed and then auctioned off for charity.

The three school districts in Norwalk were all given canvas-covered furniture as a gift to celebrate the bicentennial class of 2017. Norwalk High has received an ottoman and a chair, St. Paul was given a chaise lounge chair, and Christie Lane was given an ottoman.

The furniture was donated by

Norwalk Furniture.

Seniors Mya Ray and Taylor Ritzman and junior Emily Swanson will be painting the furniture that was given to Norwalk High School, art teacher Rachel Hipp said.

After the furniture is finished, it will be placed in the art show, beginning May 1. During the summer, the furniture will move locations and will be on display at the Chamber of Commerce.

“Light up Norwalk will be auctioning off the furniture, and the money will be given to charity,” Hipp said.

Caution: Babies on board

By Madeline Roche

Norwalk High School has two pregnant teachers with their due dates fast approaching.

Intervention specialist Callie Baker's baby is due April 13 and math teacher Corrie Kaple's baby is due Aug. 2.

Baker said she thinks the best part about being pregnant is the baby at the end.

"That's the goal," she said. "I'm excited to have the baby; I just get nervous about having the baby, like being in labor."

She and her husband, English teacher Dustin Baker, are expecting a boy, who they plan on naming Lyle. Lyle was the name of Dusty Baker's grandfather and Callie Baker said the name is important to him because "his grandpa meant the world to him."

She added that her husband is very excited and that he is always reading about it and telling her what he finds.

The nursery for their baby is finished, but Baker said she is worried because she feels like she "is going to mess all the parenting stuff up."

Baker said she is not a huge fan of being pregnant.

"Random people touch your stomach; people are weird about it," Baker said, adding that she has an unusual craving for mustard and would even eat it by the spoonful and dip everything in it, including an orange.

Her advice for other women is to search "things you wish you knew before you were pregnant" before they decide to have children.

After the baby comes, Baker said she hopes her husband will be the strict one and give all the discipline so she can get to be the "fun one."

"My main fear is that our cat will suffocate the baby because it is a 12-pound cat and thinks the crib is his," Baker said.

While on maternity leave, the substitute for Baker will be Mark Sindlinger.

When she continues teaching next year, her mother-in-law, who lives next door, will watch the baby.

Kaple, like Baker, is also not a fan of being pregnant.

"I'm one of those people who doesn't like being pregnant but I



Photo by Emily Smith
Intervention specialist Callie Baker (left) and math teacher Corrie Kaple show their ultrasound picture of their babies, with due dates fast approaching.

do it because I want a kid," Kaple said.

She said she does not have a major craving besides really wanting sushi.

"You want what you can't have," Kaple said, adding that coffee was the hardest thing to give up.

Kaple also said the worst part of being pregnant is "throwing up," and the best part is getting a baby out of it.

She said the room for her baby is finished; they just need to put the crib in it.

She and her husband will not know the gender of the baby until it is delivered.

The Kaples have a 3-year-old daughter named Cayleigh, who Kaple said "will be happy as long as it's a girl."

Student teacher takes on science

By Madeline Roche

Student teacher Jennifer Morgan originally went to school to become a veterinarian.

"It's not what I thought it was going to be," Morgan said.

She was a teaching assistant in college, which helped her get into the teaching field. She earned a degree in science from the University of Findlay.

She graduated as one of three valedictorians of the South Central class of 2011. In high school, she competed on the academic challenge team, served as president of a chapter of FFA and sang in the choir. She was a member of National Honor Society, SADD (Students Against Destructive Decisions) and CORE, a mentoring program for seniors to help freshmen. She was also the vice president of her class for two years and president of her class for the other two years.

"I was a nerd in high school," Morgan said.

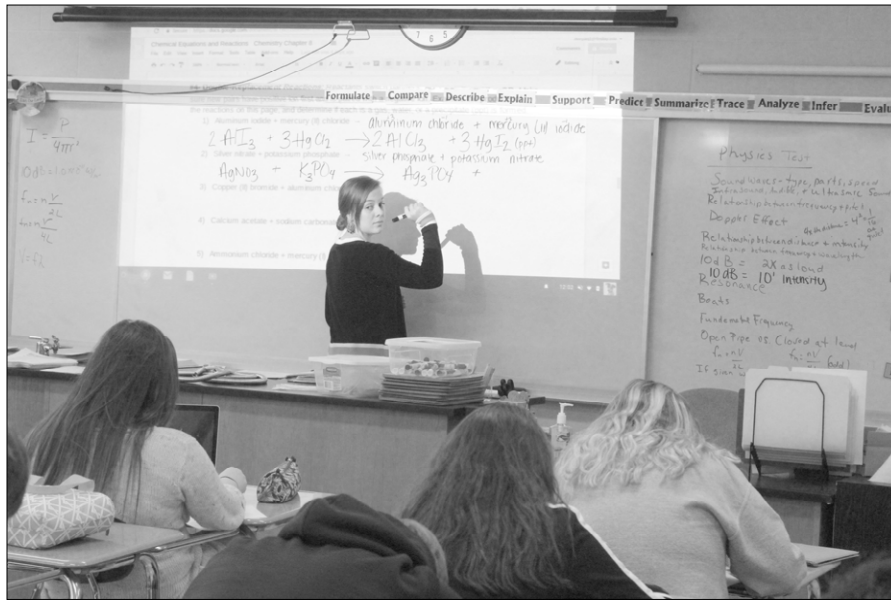


Photo by Madeline Roche
Student teacher Jennifer Morgan teaches a chemistry class about how to balance equations.

In college, she was on the bowling team and they were champs two times. She also played volleyball in college but she said they "always lost."

She did an unusual research project in college, where she collected cow poop to find out more about MRSA (Methicillin-

resistant *Staphylococcus aureus*), which is a bacteria that causes many infections in humans.

Now, she is a student teacher for science teacher Angie Farmer, who enjoys having Morgan teach her classes.

"Not only do I get more work done but I learn stuff too,"

Farmer said about having a student teacher.

Morgan said her biggest pet peeve is when students sleep in class and the best part about teaching is "when people are doing experiments and lab."

She previously subbed for South Central, Monroeville, Norwalk and Western Reserve schools.

When Morgan is not teaching, she stays busy. Her family has lots of goats, which includes at least 20 "mommas" and many babies. They raise meat goats to sell for agricultural projects.

"I watch Netflix sometimes," Morgan added about how she spends her free time. She said she watches *Grey's Anatomy* and *The 100*.

Morgan is the only one in her family who is willing to ride on an airplane and she made her first trip to a beach this past summer when she went to a conference in Florida for NASA.

Substitutes share their stories

Story and photos by Brandi Braker

Most students here are familiar with the regular staff. Few however, know the average substitute teacher, even though many of them are frequently in the halls.

Three substitute teachers shared their stories on why they chose the job and their experiences with it.

"I love education," said Gary Richards, explaining why he became a substitute teacher.

Richards added that he enjoys working with young people.

He said he moved back to Norwalk to care for his father and wanted a job with flexible hours that was interesting and close to home. Richards is a graduate of Norwalk High School and said he thought that substitute teaching at his alma mater was a perfect fit.

One thing Richards said he loves about substitute teaching is that "every day is a little different."

A memory from subbing that stands out for Richards is teaching the book *Night* by Elie Wiesel; he has been to Auschwitz, and that experience allowed him to make the book more interesting for the students.

Richards said he prefers to teach older students and history classes. He minored in history in college.



Substitute teacher Gary Richards

Brent Peterson has previous experience in teaching and is currently a substitute teacher.

Peterson said he likes being a substitute teacher.

"You meet some neat kids and learn something [new] when you teach it... and even if they're bad, you only have them for an hour," he said.

Peterson said he also likes substitute teaching because if he does not want to work, he can say no.

Peterson's favorite memories include having kids say hi to him and "they laugh at my jokes... my wife doesn't." Peterson's wife is Spanish teacher Janet Peterson.

Peterson said he likes subbing at the high school best, while the middle school is his least favorite. He added that his favorite classes to substitute for are music classes, because he was a music major in college.

Peterson said he sometimes struggles



Substitute teacher Sherida Knott

with wondering if he's tough enough on students, or if he's too tough on them. Sherida Knott said she decided to become a substitute because she needed to be working while her son was in school, and she wanted to be involved with the schools so she could help her son with his school work.

Knott said she likes substitute teaching because "when you're in different [class]rooms you don't deal with the politics of those particular kids."

Knott said she likes being at the high school and middle school level because they are "a fountain of youth; they keep you young."

One of the worst things about substitute teaching is "subbing after another sub and not knowing what happened the day before, and when lesson plans go missing," she said.

Knott said she loves teaching history because she started a master's degree in history.

Knott is a graduate of Norwalk High School.

Substitute teacher Brent Peterson

Field trips: A thing of the past?

By Paige Maurer

As students become older, field trips can become a thing of the past, but why?

Principal Brad Cooley said that classes don't go on more field trips because of the expense. The value of the field trip has to justify the cost of getting a bus driver or gas.

"A field trip has to be tied to what a class is doing," Cooley said, adding that field trips help with learning about a subject.

"Club field trips can be a fun activity that is tied to what the club is," he said.

Some teachers take their students on field trips.

Choir teacher Carol Mason takes her students to Playhouse Square in Cleveland.

Before they go to Playhouse

Square, she teaches her students the songs in the musical and the story line. This helps with learning about what they are going to see.

Mason said that if a teacher organizes the field trip and it relates to what students are doing, students should go on more of them.

Sophomore Jalyn Moore is in select choir and went on their trip to Playhouse Square. She said that she enjoyed the trip and it helped with learning about musical.

Social studies teacher Kate Hipp takes her students on field trips all over Ohio like Fremont, Milan and the east side of Cleve-

land.

She believes that field trips are good for visual learners and

they give more experience than learning

just from the book. Students get to interact and see first-hand what they are learning.

Art teacher Tracy VanBuskirk takes the art club on field trips every year. They rotate between the Toledo, Columbus and Cleveland art museums.

She believes it gives her students a good experience to look at artwork in person, instead of looking at it through a book or online.

Senior Eboni Barbee is a part

"A field trip has to be tied to what a class is doing"

~Principal Brad Cooley

of art club and went on their trip to the Toledo art museum. While on her trip, she learned that she really likes glass blowing. She added that the people at the museum were very welcoming.

Senior class adviser Derek Pigman used to organize senior trips but said he doesn't do it anymore because he is a coach for two out of three seasons, adding that students didn't show enough interest.

Sophomore Lindsay Rinner thinks students should go on more field trips, because it "gets us out of school and gives us real world experience."

Sophomore Mayli Austin thinks students should go on more field trips because they just do school work basically all year and "it's nice to take a day and relax."

Sophomore to study environment in D.C.

By Brandi Braker

Sophomore Scarlett Krichbaum has been awarded the opportunity to travel to Washington, D.C., June 25-30 for her excellence in environmental science.

The conference she will be attending is designed to encourage future studies in environmental fields.

Krichbaum was nominated by science teacher Nathan Whaley. She then applied online and was sent a letter to notify her that she had been chosen.

Whaley said he nominated her because she has shown a strong

interest in environmental science and studies. She has been working on projects related to the subject on her own time outside of school. He said he would describe Krichbaum as "very enthusiastic, understanding of how the environment operates, and driven."

She said she plans to see the Smithsonian zoo and museums, as well as some war monuments while she is there. Krichbaum added that she will be attending a gala and a meeting with Congress members about environmental science.

If Krichbaum could choose to

see any one place while she is there, she said she would like to see the White House. Of the activities that are preplanned, Krichbaum said she is most excited about the zoo.

She said she is most nervous about not knowing anyone else.

"It's nerve wracking to meet new people," Krichbaum said.

Whaley said he thinks Krichbaum will learn how to network cross country and about ongoing research and issues involving the environment while she is on this trip

There are 250 students across the country chosen to come to-



Photo by Brandi Braker

Sophomore Scarlett Krichbaum will study environmental science in Washington, D.C.

gether to participate in this week-long study.

Students travel abroad for a good cause

By Amber Montana

This summer, students belonging to the Foundation Church are going on mission trips overseas.

One group is going to Panama; another group is going to Guinea, Africa.

The trip to Guinea will be July 5-16 and costs \$2,500. Senior Sarah Meyers, along with 10 others, will visit orphanages to help the students learn English.

Meyers said she will be going to Guinea for her first mission trip.

"I hope we can make an impact on their lives," Meyers said.

"It is important to help when you get the chance."

In addition to the trip to Guinea, another group is going to Panama June 10-17, costing \$1,200.

Senior Taylor Tanzillo will be among the group going to Panama. Tanzillo has been on mission trips to New York, West Virginia, Kentucky and Philadelphia. Panama will be her first mission trip overseas.

While in Panama, Tanzillo said the missionaries will be handing out clothing and food, and teaching people about God.

Since Panama is a Spanish-speaking nation, the missionaries



will take Spanish classes to help prepare them to communicate with the people.

"I want to become a teacher and do mission work," Tanzillo said, adding that her trip to Panama will give her a good idea of whether mission work is something she'd like to do for a living.

Submitted photo

T shirts are being sold to raise funds for students going on the mission trip to Panama. The back of the shirt reads "Love Speaks All Languages." The front of the shirt has the Bible verse Matthew 28: 19. If interested in buying a shirt, see senior Adrianna Rodriguez or any other student who will be going to Panama this summer. T shirts cost \$20 and are available in light blue and yellow.

What's in your car?

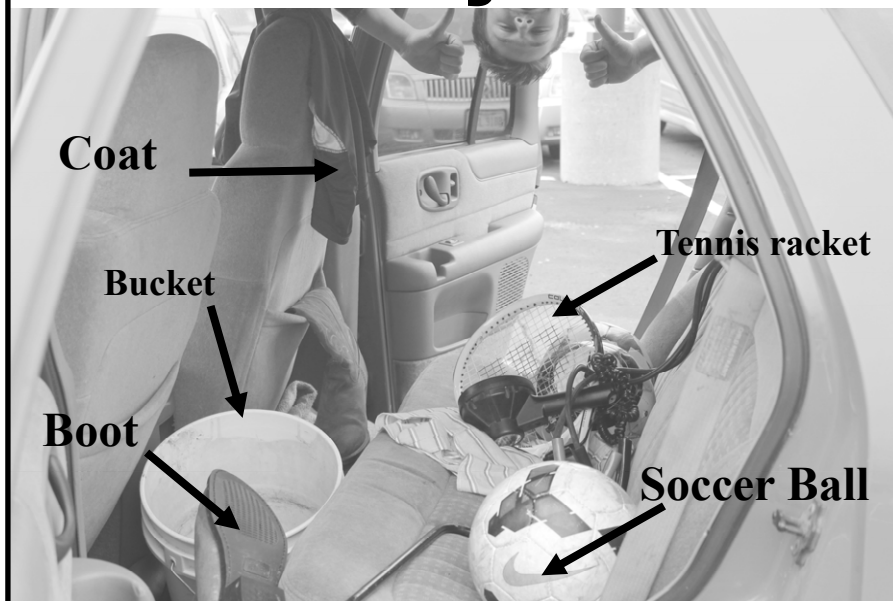


Photo by Luke Kelley

Junior Zach Albright (top) hangs from his messy car.

ARTISTS

Continued from page 1

Adkins said he will continue with art after high school, to become an illustrator.

Ashakih's coral bowl was also chosen for state judging. It is a clay bowl, shaped like coral on the ocean floor.

"I am really happy; it is a good way to showcase your work," she said.

Ashakih will continue with art after high school, majoring in liberal arts.

WRESTLING

Continued from page 1

How did he get so good at wrestling?

"Hard work and dedication got me here," Silmi said.

Hernandez wrestled in the 160-pound weight class and did not place.

"It was a big accomplishment, but scary," Hernandez said about going to state. He said he was able to do well because of "a lot of practice," adding that he hopes to earn a sports scholarship in the future.

CHEER

Continued from page 1

"It was so cool to compete in such a big place," said sophomore Alyssa Faley.

The competition cheer squad consists of three seniors, six juniors, three sophomores and three freshmen.

"I felt like being a freshman competing with older girls makes me more confident but it also makes me want to strive to be better for next year," said Freshman Hailey Harp.

The girls had their sendoff on March 3 and left for Columbus on March 4. They drove in separate vehicles with different cheer moms. They stayed at the Hilton Garden Inn in Dublin. Saturday night, the girls got dressed up and went to dinner at Buca de Beppo. After dinner, they went shopping at the Polaris Mall and participated in a scavenger hunt.

"It was an honor being the first squad from Norwalk to go to state. I didn't think we would get this far. It makes it way better for me to be a senior; these are the last memories I will remember from high school. We are so thankful for all of the support we have gotten, and a special thanks to the athletic boosters for their contributions. I can't wait to watch what the girls do next year, and I have faith that you'll be seeing them at state again," Emily Smith said.

NERDS

Continued from page 1

"Before qualifying I was nervous but now I'm super excited because we have three teams going to state," he added.

All of the robots were designed for a game where they throw stars and cubes over a fence. Stars and cubes that go farther into an opponent's side will score more points, and the object is to have more points scored on the opposite side of the field.

The robots took about six weeks to make. The teams have been working on them since the season started.

"I think we'll be a lot more competitive because of the changes we made," Nunez said.

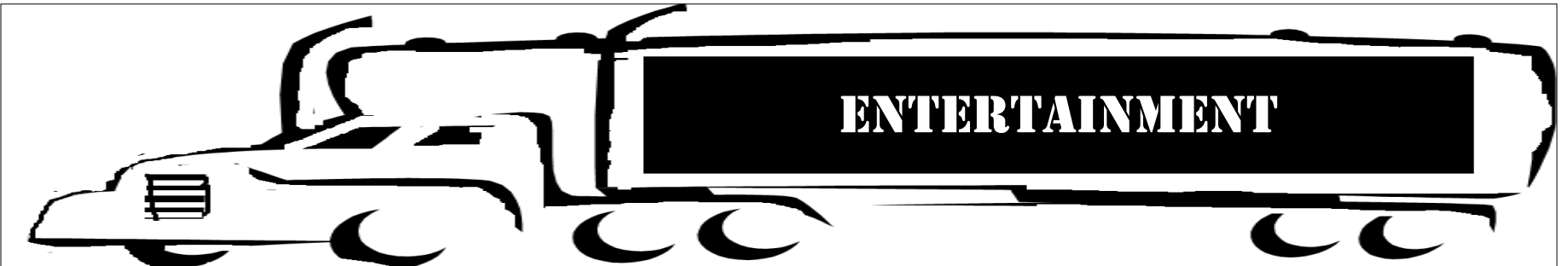
Junior Ethan Byrd is one of the qualifying teams and he said he has high expectations for his team.

At first, Byrd said his team's expectations were low because their robot broke, but after they fixed it they became confident.

"I'm ready to win," he said.

Byrd's team qualified by winning at their first competition.

In addition to Nunez, Byrd and Team R, the students who qualified for state are: seniors Nico Negrete, Alfredo Rangel and Jacob Martin; juniors Orion Green and Darren Raymond; and freshman Dylan Rickert.



Game for thought

PC vs. console: the core debate

By Rilee Horowitz



Video games were first introduced in 1960, created by a man named Ralph Baer. Ever since then, there has been a hotly debated argument in the gaming community that still goes unsolved today. That argument is: PC or console?

The very first video games were played on massive computers, followed shortly afterwards by blocky hunks of plastic and wires that were the first consoles. In modern days, consoles are sleek and user friendly, and PCs are much more powerful and versatile. But the question still stands: which is better?

There are many different consoles, each with its own sleek design and unique features. How-

ever, when compared to a high-end PC, consoles fall short in processing power.

This is a sacrifice for the appeal of a console, though. Some PC's, which can be overclocked and water-cooled and custom built with the latest CPUs and GPUs, can cost more than \$1000. Consoles, despite their lower-end parts, are much more suited to a living room setting and are more cost-friendly.

There are also console-exclusive games that make console gaming much better. The PlayStation has an exclusive game that happens to be one of my all-time favorites: The Last Of Us. These console-exclusive games sweeten the deal of owning and playing on a console, especially when those exclusives are well-made games.

PC gaming is a different story. When it comes to looks, PCs can be anywhere from cutting-edge to sleek to clunky to all things in between. It all depends on who

built it. Generally, higher end PCs look much nicer.

Something that the PC has over consoles without a doubt is processing power. When made with powerful components, a computer can run games at a much higher quality than most consoles can. The only downside to this is the price tag attached to that quality. Cost aside, the PC is much better performance wise.

A downside to the PC is the lack of those console-exclusive games. An emulator can get a PC gamer nearly any GameBoy or Nintendo DS game he or she could want, but a PlayStation 4 or Xbox One game? Forget about it. Fortunately many games that are made for consoles are also ported to PC, but when it comes to exclusives, the PC gamer is out of luck.

There's something that makes up for it, though. There is a plethora of indie-games available for the PC gamer, and a lot of the time these games are free or ex-

tremely cheap. Of course, not all of these games are of the highest quality, but occasionally there will be a diamond in the rough that resonates with most gamers. Take *Minecraft*, for example, or *Undertale*.

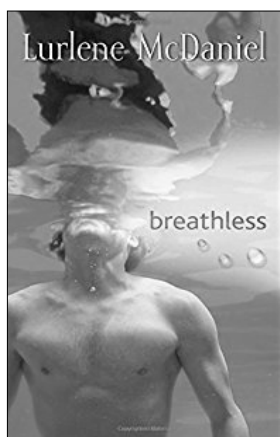
One last thing that makes the PC appealing is the existence of Steam. Steam is a digital distribution platform developed by Valve Corporation, and is the love child of a social media platform and an online video game store. Nearly any game that's online can be purchased in the Steam store, and there's a huge community of gamers that will play, test, review and critique every game that's put up. If you're a PC gamer, it's extremely likely that you have a Steam account.

Now, I've talked much more about PC gaming than I have console gaming, solely because I have more experience on the PC side of this debate. However, that doesn't bias my opinion on the matter.

Book Review

McDaniel tackles tough topics

By Brandi Braker



Breathless by Lurlene McDaniel tackles tough subjects typical of McDaniel's other writing. High school student

and diving champion Travis Morrison has a great life. He has a sister, a girlfriend and a best friend who would do anything for him, perhaps even something they might never forgive themselves for.

The group goes boating together on the first day of summer. Travis dives off the top of a cliff when they stop at an island to eat lunch. Travis thought he would be fine as he had dived from the same location several times before.

This time is different. Before he hits the water, Travis hears his leg break. His best friend Cooper saves him from drowning and they take him to the hospital. The doctors inform him that his leg did not break be-

cause of the dive; he had a cancerous tumor in his bone that caused the break.

Travis's cancer causes him to lose his leg, thus ending his diving career.

Travis tries to remain positive about his missing leg and cancer treatment but towards the end of the book he learns he is terminal. He is miserable and no longer has the desire to live.

Travis enlists Cooper's help in ending his life. His girlfriend, Darla, and sister, Emily, discover his plans and the three of them try to talk Travis out of it, but his mind is made up.

The other three struggle with the decision of whether or not to help Travis, ignore it, or tell someone about his plan.

Breathless tackles the ideas of the difference between living and surviving, and the moral arguments about assisted suicide, euthanasia and a person's right to die if he is terminally ill and in pain.

People who enjoy books that tackle tough, thought-provoking subjects in a meaningful way would enjoy *Breathless* and other books by McDaniel.

Breathless is available at the Norwalk High School and public libraries.

Restaurant Review

Eats N' Treats gains rave reviews from Imprint reporter

By Paige Maurer

Eats N' Treats is a restaurant located on Perkins Avenue in Sandusky.

They serve pizza, wings, sandwiches, subs, wraps and ice cream.

The cost of their food is cheap and it is good quality. Their ice cream is about the same price as H&B's Hop and Vargas.

Their service is good. You order your food at a window and seat yourself and they bring out the food to your table.

I ordered a barbecue chicken pizza. My mom got a chicken bacon ranch sub and my sister got an OSU Buckeye flurry. It cost us about \$24 for it all.

The food was good and I would love to go back again.

Anyone would like this restaurant because they serve almost everything that someone



Submitted Photo
Reporter Paige Maurer enjoys a barbecue chicken pizza from Eats N' Treats.

would want. If you are looking for somewhere cheap but good to eat, Eats N' Treats is the place to go.

Music Review

Unique independent artist rises

By Rilee Horowitz

George "Joji" Miller is an independent New York based rapper, producer and singer. He creates music under the name Joji and has an upcoming album titled *Chloe Burbank: Volume 1* whose release date is still pending. Miller has released two singles from the album titled *Thom* and *You Suck Charlie*.

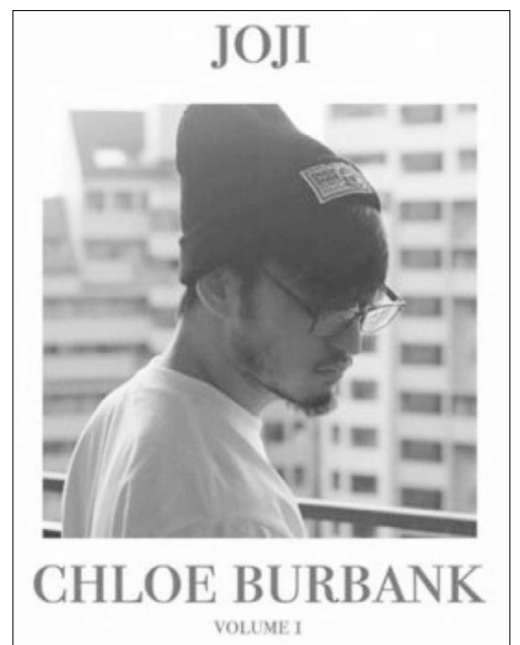
The music is a combination of rapping and singing as well as beautiful instrumentals, mainly piano. The singles from *Chloe Burbank: Volume 1* have a similar style, starting out with a relaxed piano melody followed by rap lyrics, then breaking into vocals and a more dynamic sound.

Miller's music is very different from what is deemed "normal." He makes use of lots of contrasting chords that sound screechy or incorrect at intense moments in songs. These moments help convey the meaning of the song as a whole, which usually involve darker elements. In his song *Old Yeller*, a fairly fast-paced piece, the opening is comprised of a shockingly loud and minor base that serves as a constant presence in the song, highlighting its negative meaning.

Miller's songs cover many topics. Some are easily discernable, while others are harder to figure out. All of his songs, though, take a very creative and artistic approach to the subjects they are about.

Fear and Misery, a song about someone's life being in a constant depression, continuously repeats the same refrain over and over for the entirety of the song. The lyrics ask if someone misses the singer anymore after declaring that he lives in a constant state of fear and misery. This repeating question is accompanied by instrumentals and a strong beat underneath holding it all together. The cyclical nature of the song adds to this idea of a cycle of depression as well as the cycle of life, and gives a bleak outlook on love.

Even though many of Miller's songs cover darker topics, they're still extremely enjoyable



- not only to listen to musically, but to think about lyrically - and have a strong artistic presence. It's obvious upon listening that a lot of creativity and thought went into every lyric and note.

All of Miller's music is available on Soundcloud, where it has more than 5 million plays collectively, as well as on YouTube.

Aside from music, Miller is also well known for his YouTube career under the stage name "Filthy Frank." However, Miller himself said that he created his YouTube channel to promote his music, and when his YouTube channel became popular he rolled with it.

Currently, Miller has two albums released with the alias of Pink Guy, a character from his YouTube videos. These albums are filled with music that is mostly based in comedy and satire. Because of this, many may see these albums as unprofessional or silly despite their quality. Even so, his album released in 2017 *Pink Season* reached number 70 on the Billboard 200.

Listeners be warned: Miller's music does contain explicit content, so if swearing isn't something you're comfortable with, then his music may not be for you.





Oberlin: a place to explore

By Logan Hurst

I traveled to Oberlin with juniors Bella Blaney and Annie Hiler, senior Cole Berry and Western Reserve senior Collin Murdock on Sunday, Feb. 19.

Oberlin is about a 30-minute drive down Route 20 through Wakeman.

Oberlin is a small town with lots of locally-owned businesses and restaurants. For dinner, we chose Lorenzo's, an Italian restaurant.

We ordered a chicken pesto

pizza, a "buffalo moe" pizza – which has buffalo sauce, barbecue sauce, chicken and bacon – and an order of breadsticks. We were definitely not disappointed. The pizza was delicious with very reasonable prices.

After Lorenzo's, we went up the road to Gibson's. At Gibson's, you can buy anything you can imagine covered in chocolate, along with donuts, ice cream, other candy and items you would find in a convenience store, since it is very close to the campus of Oberlin College.

We ended our night by walking around town and simply enjoying the night and the company of each other. The Apollo Theater was a highlight of our walk around town. With its old-fashioned marquee, it definitely caught our eyes.

Oberlin is very close to Norwalk, so it is great for either a day out exploring some of the little shops or a "spur-of-the-moment" night out with some friends.

Photo by Bella Blaney
Juniors Annie Hiler and Logan Hurst enjoy their food at Lorenzo's.



Matter of Style

If you like it, who cares what they think?

By Emily Smith and Alayna Warren

Why fit in when you were born to stand out? Although that's a quote from one of our favorite children's authors Dr. Seuss, it's so true!

People today will do anything they can to fit in with others. But why? Isn't that boring? Don't you want to be your own person and make your own mark?

Both of us encourage it. Some may wonder how this all relates to fashion, but let us tell you.

As we make our way around the school throughout the day, we

realize everyone is different in his or her own way. Whether it be different hair, different clothes or different skin color, we are all unique and it's so creative.

Tattoos have become more common for the younger generation than in years past. It seems like everyone wants one. Tattoos always have a story behind them.



You don't get inked just "because"-- there's a meaning behind it. They're special to the person getting the tattoo and that's all that matters. Piercings make people stand out. A lot of people have their ears pierced, both guys and girls. Along with ears, people pierce many other parts of their body.

Another trend we have seen is glasses -- not sunglasses, but actual reading glasses.

People who aren't prescribed glasses for impaired vision enjoy the look of glasses, so they buy them! It's all about the look, and if YOU like it, who cares what other people think?

If you want to try something different, go for it.

Life's all about taking chances. Don't let anyone make you feel like you don't belong. Don't think that doing something that not everyone else does makes you weird. People were born to be themselves!



Be the next Snapchat friend of the issue

Within each issue of the *Trucker Imprint*, a "Snapfriend" is chosen. Last issue our Snapchat friends were asked to submit a picture with the temperature filter on it to the TruckerImprint Snapchat (Snapcode far right).

This issue's Snapchat friends of the issue are seniors Mya Ray and Taylor Ritzman!

If you would like to add Ray on Snapchat, add her snapcode (far left) or add her by the username myarayyy. If you

would like to add Ritzman, add her snapcode (center) or add her by the username taylorritzman. If you are interested in being a future Snapfriend, send a picture with the "Norwalk" filter on it.



Movie Review: You're Not You shows real life

By Adrianna Rodriguez

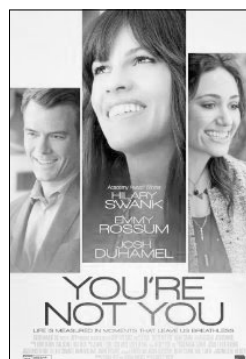
You're Not You is a romantic movie about a pianist named Kate who gets diagnosed with Amyotrophic Lateral Sclerosis (ALS). Her husband, Evan, is a successful businessman who

wanted to hire someone to take care of his wife. Bec, a college student with lack of experience with ALS patients, applies for the job and gets hired. This is the start of a lifelong friendship between Bec and Kate.

People who like romance and

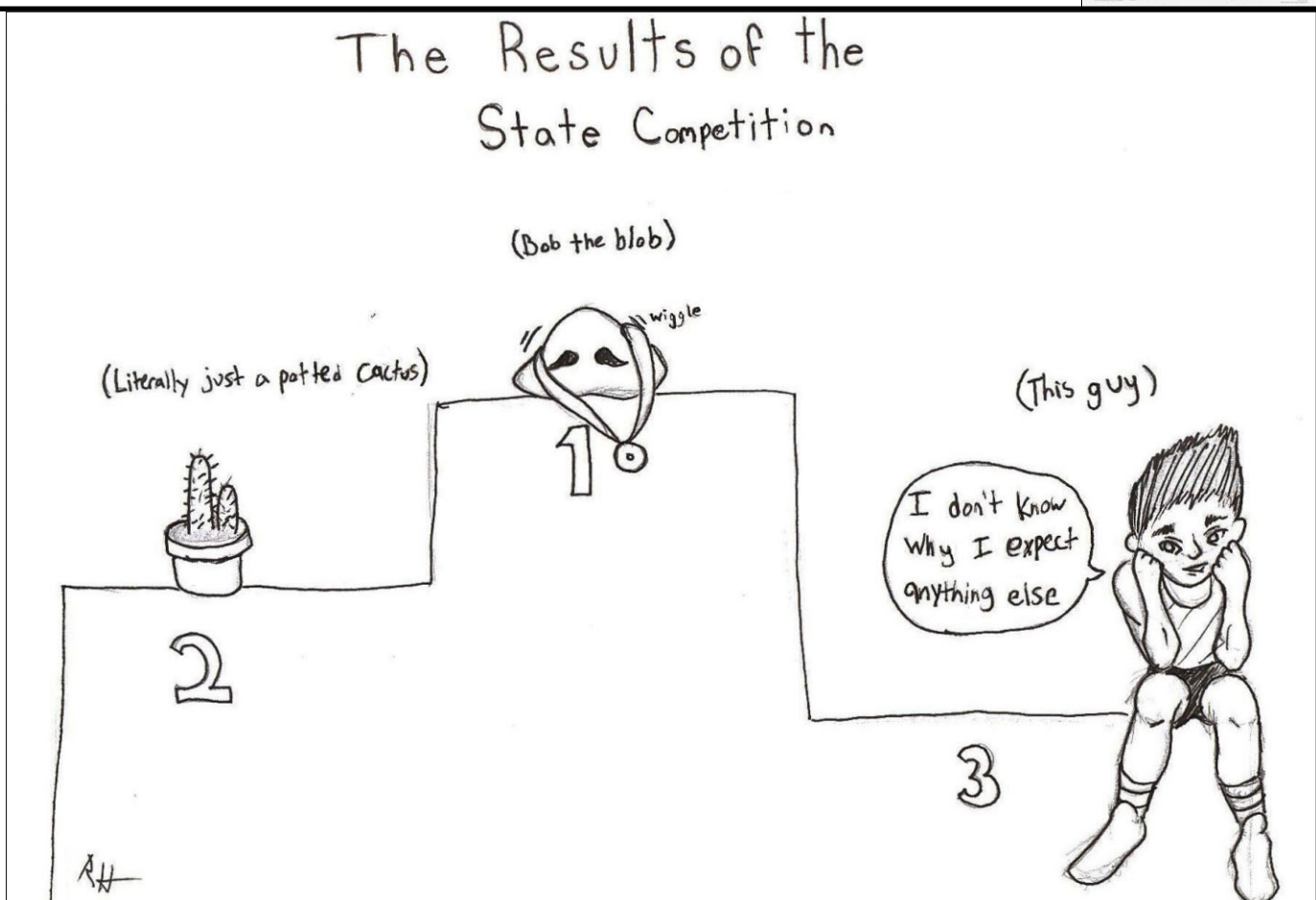
life-changing movies would like *You're Not You*. Since it is from 2014, the movie is pretty updated and new. The acting is one of my favorite parts of this movie because it shows real life problems and genuine love.

This movie is available at Family Video and on Netflix.



Bob the Blob

by Rilee Horowitz





Spring sports shout out

Photos and interviews by Mascie Horner



Front from left sophomores Zach Davis, Carson Shober, seniors Darian Brooks and Connie Yang run at Whitney Field during a late February practice. Joe Kaiser, throwing coach, sees a lot of potential in the upcoming season, especially in the younger athletes. “We have high expectations this year. We should have a good turnout during NOL’s,” Kaiser said.



Freshman Luke Weaver (at bat) and junior Payton Shober (catcher) practice on a cold February day, as third base coach Derek Pigman stands by junior Grant Fisher leading off third base. “The league is going to be very competitive and teams will have to play well to beat us,” Coach Wes Douglas said. The team is counting on senior leadership and a chase after one more NOL title.



In back from left, freshmen Brianna McGlaston and Sydnee Patterson stand behind freshman Skylarr Story as she stops a groundball near third base. First year head coach

Julie Schmidt and her team are ready to begin the season. “This season we have a core foundation of seniors in the infield to lead the way to a successful year. I’m excited to see what’s in store,” Schmidt said.



At left, seniors Jacob Coe and Damon Mohan pose while predicting how their season will go. “We have many returners and we’re expecting a great season just like last year,” Coach Chris Hig-

gins said. The team is an area target and is predicted to finish top in the NOL, he added.

New bleachers or new field?

By Kylee Edney

The Board of Education recently made a decision to make changes at Whitney Field.

Before the 2017 football season, there will be all new bleachers on the home side of the field. This is because the old condition of the bleachers is a major problem, Principal Brad Cooley said.

The substructure of the new stands will stay the same and the bleachers will be aluminum. This is a \$288,000 project; the money is coming from permanent im-

provement funds, Cooley said.

Some people who oppose spending money on bleachers think it would be better to save the money and build a whole new field behind the high school. However, building a new home field would be a three to five million dollar project that wouldn’t be possible without receiving private donations, Cooley said.

Some people also oppose this idea because they think the money should be spent only on education and not athletics, Cooley said.

Building a new field would mean a long process of planning, but is a possibility for the future, Cooley said.

“If we want to have pride in our community, the football field is the corner stone. It should be a top priority as a community, not just the school,” football coach Derek Pigman said.

Pigman said he thinks a new field should be built behind the high school.

Head football coach Chris MacFarland also favors building a new field.

“I don’t think we should fix it, I think we should move it,” he said.

MacFarland said Whitney Field is too outdated and the amount of money it would cost to fix it could be used to build it new.

MacFarland pointed out that there are other benefits of having a field behind the school. Physical education classes could be held on the field, and band and other sports would also be able to practice on the field.

Spring sports senior athletes of the issue



NAME: Ethan Bores
SPORT: Track

What was your main reason for joining your sport? I joined it because it keeps me fit for

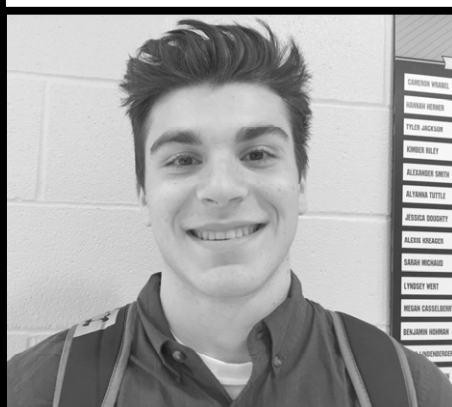
cross country.

Do you have any embarrassing moments while participating in your sport? I’ve fallen down on the track while running on two separate occasions.

Have you had any major challenges during your time participating in your sport? Trying to qualify into state for track.

Most memorable time while being involved in the sport? Running a 4:40 mile.

What is your favorite part of your sport? Making Karnehm mad.



NAME: Jacob Coe
SPORT: Tennis

What was your main reason for joining your sport? My friends convinced me to play for fun.

Do you have any embarrassing moments while participating in your sport? I wore a

crop top shirt to practice and my coach made me change my shirt.

Have you had any major challenges during your time participating in your sport? Yes, I’ve never been able to beat Mr. Higgins in a tennis match

Most memorable time while being involved in the sport? Winning the NOL last year and making it to districts.

What is your favorite part of your sport? Getting aces, beating Damon Mohan, and having good coaches.

Do you plan to participate after high school? No, but I plan on playing for fun with my friends.



NAME: Mitchell Perry
SPORT: Baseball

What was your main reason for joining your sport? I loved the sport growing up.

Do you have any embarrassing moments while partic-

icipating in your sport? Running into the fence face first going for a ball.

Have you had any major challenges during your time participating in your sport? Goon squad separating (Brandon Hafner and Ian Keefer).

Most memorable time while being involved in the sport? Upsetting Shelby.

What is your favorite part of your sport? A lot of games and a chill sport.

Do you plan to participate after high school? I plan to play baseball at a university.



NAME: Kaitlyn Stoll
SPORT: Softball

What was your main reason for joining your sport? I started when I was 6 and my dad was my coach, and I’ve loved it ever since.

Do you have any embarrassing moments while partic-

icipating in your sport? Fielding a ball and ripping my pants.

Have you had any major challenges during your time participating in your sport? I think my biggest major challenge I overcame was my mental game. Freshman year, I was so nervous to be starting.

Most memorable time while being involved in the sport? I think my most memorable time was my freshman year playing against Perkins, hitting my first homerun and seeing Mrs. Baker so happy for me.

What is your favorite part of your sport? Meeting all of the friends I have from softball travel teams and high school.

Making memories with Monica

By Mascie Horner

With lots of faith, love, hope and courage, former athletic trainer Monica Nickoli looks to conquer her battle with stage 3 breast cancer.

On Sep 29, 2016, Nickoli was diagnosed with breast cancer. This being her second diagnosis (thyroid cancer in April 2013) she thought, “what are the chances of being struck by lightning twice?” She said it’s taught her how to “live in the moment” and it hit her hard that being around to watch her kids grow up (ages 8, 5, 2) was not something to take for granted.

March 1 was Nickoli’s last chemo after five months of treatment. After her last chemo, she will wait a month before having bilateral mastectomy surgery, so her immune system will rebuild and she can return to her “somewhat normal self.”

Many people have been a part of Monica’s journey, including the Norwalk Girls’ Basketball program. On Feb. 11, the team participated in the “Play for Kay” breast cancer awareness game to help spread awareness for people battling this disease and even more so, for Monica, someone who had impacted all of their lives in some way.

“I was truly taken aback. The support from the girls, parents and community has been tremendous. To see all of the girls was great and brought back some good memories,” Nickoli said.

Norwalk Girls’ Basketball raised \$1,300 for Nickoli with a bake sale and the 50/50 raffle.



The Norwalk girls’ JV and varsity basketball teams surround former athletic trainer Monica Nickoli at their “Play for Kay” fundraising game against Tiffin Columbian on Feb. 11. \$1,300 was raised to support Nickoli. Both teams ended the day with an NOL victory.

Submitted Photo

The money donated will be used on medical bills that aren’t covered by insurance and any unexpected expenses that may come up while she’s not working.

Nickoli, who has been an athletic trainer at Norwalk, would love to return to her job after all of her treatments are over. Time with her kids while she is at home is something she appreciates a lot right now.

“This time home with my kids has been great and we have made fabulous memories,” Nickoli said.

Nickoli’s caring personality is missed on both the field and the court by many athletes.

“She was really good at keeping a conversation and was even better at taping my ankles,” soph-

omore football, basketball and track athlete Trevon Raymore said.

Senior soccer player Juanita Mancilla and sophomore basketball player Morgan Griffith both agreed that Nickoli is a sweet, caring and funny person.

“She made me laugh when I didn’t want to. She’s flipping amazing,” Griffith said.

“She was always really sweet and very kind hearted,” Mancilla said.

Nickoli suggests to other people to know their body and to take time to get to know what a normal feeling is.

“I went through four doctors before I got a diagnosis as it kept getting brushed off. If you know something is wrong, most likely

your gut feeling is right,” Nickoli said.

Nickoli would like to thank everyone over the past many months.

“The support, well wishes, cards, texts, visits and food have been such a spirit lifter for me and my family,” Nickoli said.

“The Western, Monroeville and Norwalk communities as well as fellow Fisher -Titus coworkers have been amazing,” she added.

Nickoli said she feels very blessed to know she has a number of supporters, and believes there is a light at the end of the tunnel and all of this difficult treatment is for a greater good.

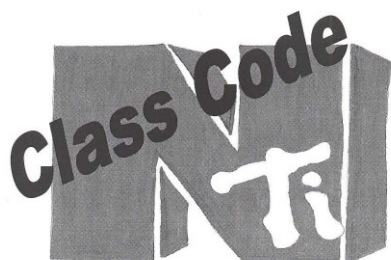
STUDENTS AT SCHOOL



Name: Sydney Castle
Grade: 11
Age: 17
Favorite band/artist: Chance the Rapper or Sam Smith
Three words that describe me: Shy, overly caring and amusing
If I could travel anywhere in the world, I would go to Jamaica because... I was supposed to go but the propellers on my cruise ship broke.
Most embarrassing moment: After paying \$15, I drove off not knowing how to pump my gas. My dad made me to go back to the gas station and he had to show me how to do it. The guy working said I drove off like a “bat out of hell.”
If you could change one thing at NHS, what would it be, and why? The time we start school. Sometimes I’m not even in bed until 3 or 4 in the morning with homework and I have to be up at 6!
If you could teach any class, what would it be and why? Anatomy. The human body is lit.
Biggest pet peeve: When people constantly try to “one-up” you.
If you were dying, what would your last words be? “My boots were always made for walking.”
If you won the lottery, what would you buy first? I would pay off my college tuition and buy some dogs.
Five things you’d like to have on a deserted island? My best friend, my dog Sammy, a canoe, a good book and some music.
Where do you see yourself in 20 years? Married, with lots of dogs and little kids.
Weirdest fear, and why? Puke. I couldn’t tell ya.
Something people would be surprised to know about me: I can juggle potatoes.

What are your tips for substitute teachers?

Photos and interviews by Logan Hurst and Alayna Warren



“Just be cool and roll with it.” – Senior Caila Case



“I wish you were an actual sub, because I am hungry.” – Sophomore Morgan Griffith



“Don’t be annoying.” – Sophomore Marly Geretz



“Don’t pretend you know what’s going on; ask.” – Sophomore Ben Traczek



“If the teacher’s directions aren’t clear, don’t assume the worst.” – Junior Quinn Hipp

10 things you didn’t know about me

Freshman Bree McGlaston



1. I have a half brother.
2. I have two dogs.
3. My middle name is Shae.
4. I’ve played softball since I was 8.
5. I played volleyball in sixth grade.
6. I’m good at Just Dance.
7. I’m part Hispanic.
8. My horoscope sign is Virgo.
9. I’m the youngest person in my grade.
10. I hate squid.

TEACHERS AT WORK



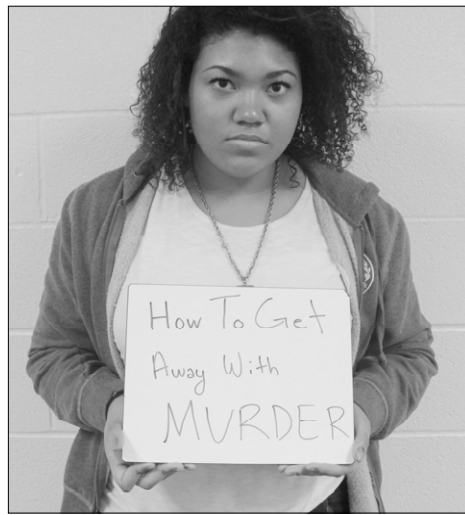
Name: Joe Kaiser
Subject taught: English
College attended: BGSU
First job: Main stacks, BGSU Jerome Library
Favorite high school memory: Heading to the sideline during a timeout in a football game senior year against St. Ignatius and seeing the fans give us a standing ovation. (We were ahead at the time, but eventually lost.)
If you weren’t a teacher, what would you be? Video/film guy in college athletics, or something in IT/computers.
If you were a student here at NHS, what clique would you sit with at lunch? Anyone. I was an athlete, an honor student, and a bandie in high school – I can get along with anybody.
Most embarrassing high school moment: I was late to class one day because I walked to the wrong lunch period (freshman year).
Craziest thing that ever happened during class: A fight almost broke out during a review game, which is why I don’t do many of them anymore.
Favorite genre of music/artist: Depends on the moment. I’ve been listening to Linkin Park and Breaking Benjamin lately.
I became a teacher because: Many of my adult mentors I admired during my childhood/teen years were my teachers and coaches. I wanted to be like them.
When not sitting behind a desk in school, what do you do? I spend a lot of time with my one-year-old daughter, Nora, and I get to watch her grow every day.
What would people be surprised to know about you? I do the laundry and 90 percent of the cooking in my house.
Biggest weakness: Mountain Dew

Around the halls

What is your favorite show to watch on Netflix?



Senior Jiselle Thomas (pictured left) says she enjoys watching *The 100* because it keeps her on her toes and it is very intense.



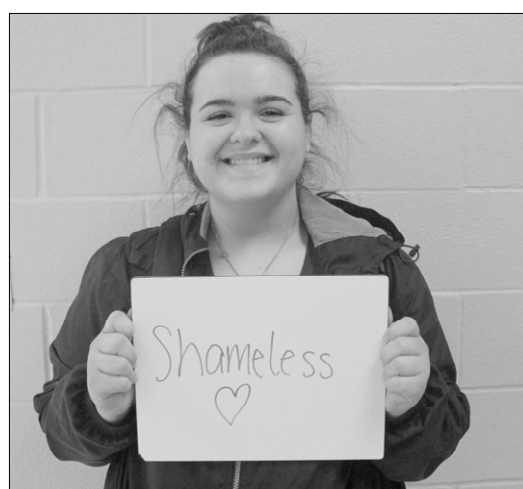
Senior Mya Ray (pictured left) said, "*How to Get Away With Murder* inspires and relaxes me. I'm not a sociopath; I just really enjoy watching it."



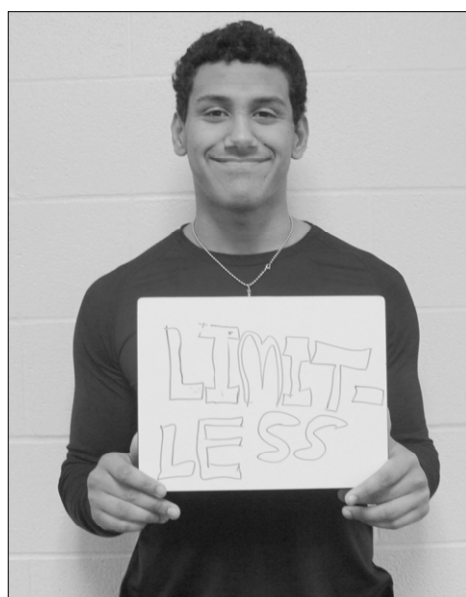
Coach and substitute teacher Tyler Smith (pictured right) says he enjoys watching *Friday Night Tykes* because it shows him how other coaches coach.



Senior Sarah Meyers (pictured right) says she enjoys watching *The Vampire Diaries* because the boys are attractive.



Senior Paige Matzek (pictured right) says *Shameless* is her favorite show because it's based on real life situations and she will know what to do if she is ever put into those situations.



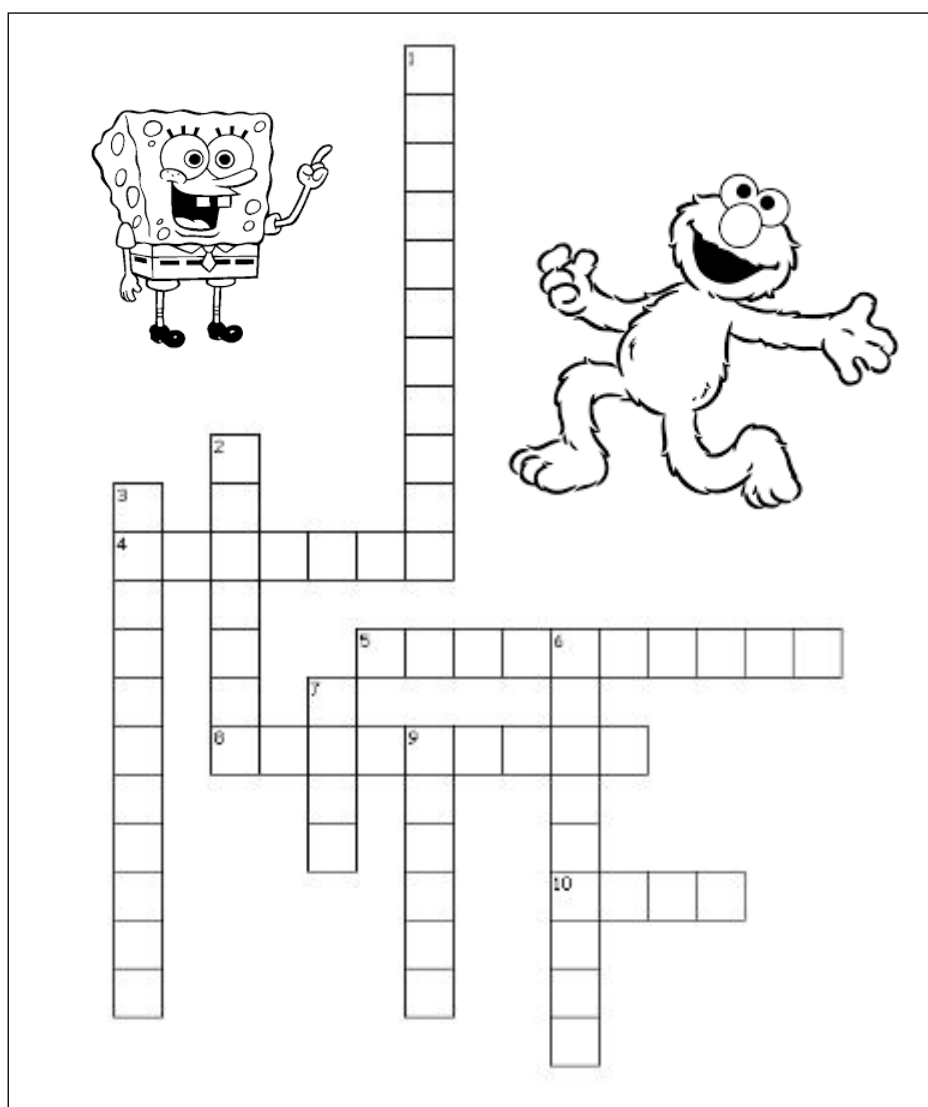
Senior Oscar Perez (pictured left) says he likes watching *Limitless* because it's so intense it makes him want to be in it.



Freshman Haley Shope (pictured right) said *One Tree Hill* is her favorite show after she was told by many people that it's good. She then finished it and loved it.

Interviews and photos by Adrianna Rodriguez

Check out this crossword puzzle!



CROSSWORD CLUES: CHILDHOOD TV SHOWS

Across

- 4. Baby gang as the protagonists
- 5. Blue dog who hangs out with man in striped green shirt
- 8. "If it wasn't for you meddling kids..."
- 10. La la la la, La la la la _____'s world.

Down

- 1. Sun is a baby's face and these creatures are red, yellow, purple and green
- 2. Band that sings and dances from Australia
- 3. "I wish I wish with all my heart to fly with dragons in a land apart!"
- 6. Lives in a pineapple under the sea
- 7. Asks questions and answers them after long pause with a backpack and a monkey
- 9. Purple dinosaur that sings with children



Photo by Paige Maurer

Senior Editor-in-Chief Madeline Roche (right) presents junior Lizzie Ratliff with a \$5 gift certificate to Stomping Grounds, in the library, after Ratliff was selected as last issue's crossword winner. Complete this issue's crossword and turn it in for a chance to be the next winner!! Turn in responses to a *Trucker Imprint* staff member, on twitter @TruckerImprint or in the box in English teacher Debbie Leffler's room (6208).

ATTENTION ALL SENIORS: The deadline to turn in your senior pictures to yearbook adviser Leah Schuster is THIS FRIDAY! Also, senior questionnaires will be due in the beginning of April. "These deadlines are important, so make sure to be keeping up with what needs to be turned in," Schuster said.