

Candidates debate



By Olivia Wingader

The 2019 mayoral debate between democrat Dave Light and republican Rob Duncan was held on Oct. 30 at the Ernsthausen Performing Arts Center.

Light was born and raised in Norwalk and he said this city has always meant so much to him.

As a local business owner he saw a need for better law enforcement, eventually leading him to a 34 year career in the Norwalk Police Department.

Duncan is the current mayor. He touched on the importance of his family, and is serving on the Mental Health Board and the Goodwill Board.

Students were highly encouraged to ask questions and show concerns that they personally have as citizens of Norwalk.

Senior Jad Oglesby asked, "How do you plan on raising the median income?"

Light responded, "By going out and aggressively pursuing jobs" and "building economic development."

Duncan responded by saying, "We need to use the technology we have to create more I.T. jobs."

Many students also wanted the candidates to explain the ongoing drug issues Huron County suffers with.

Light, as a past officer and chief, said he truly saw the issue first hand and he is very passionate about starting new programs for those suffering with addiction. Duncan said the city is taking appropriate actions, but did not state what the actions are.

After the debate, junior Thomas Gfell said he would vote for "Duncan. There has not been anything wrong in Norwalk... If it isn't broke, don't fix it." Senior Cobey Kromer said he would vote for "Light -- for something new and refreshing in Norwalk."

Photo by Olivia Wingader
Candidates Dave Light (left) and Rob Duncan talk before the mayoral debate at NHS on Oct. 29.

Students honor vets

By Jayda Ramos

Four students attended the honor trip to Washington, D.C., on Oct. 11-13.

The four students are juniors Zachary Thrash and Thomas Gfell, and seniors Carly Bilton and Elyse Balduff. These four were chosen because of the applications they turned in, science teacher Nate Whaley, a veteran who organized the trip, said.

Gfell said he really enjoyed the trip. He got to know the veterans.

He said he enjoyed going to the memorials and seeing how the veterans reacted toward them. However, he said he did not enjoy the ride there because it was very long.

Thrash said the trip was overall amazing and he enjoyed going to the monuments with the veterans. He also enjoyed helping the veterans and learning how to be a leader.

Bilton said she had a lot of fun on the trip. She said it was "eye opening" and she had an overall good experience.

She enjoyed seeing the veterans' reactions at the World War II

memorial, and enjoyed talking to the veterans and listening to their experiences.

However, she said she did not enjoy unloading and loading the wheelchairs.

Bilton said she learned that a smile can change everything.

Balduff said the trip was a lot different than she expected.

"I was fortunate enough to be able to push this lady and get to know her and push her husband," Balduff said.

She enjoyed learning about building relationships; she also enjoyed going to the memorials and being able to hear the veteran's stories one on one.

She learned through the veterans' stories how hard their times in the wars were and how it impacted the country.

Her favorite thing about the trip was building relationships and doing something for others.

"I went there to help them, but they helped me," she said.

However, she said she did not enjoy when they went to Arlington Cemetery and pushed the veterans up the hill.



Submitted photo
Accompanying local veterans to Washington, D.C., on Oct. 11-13 were (from left) seniors Elyse Balduff and Carly Bilton, and juniors Zach Thrash and Thomas Gfell. They said they enjoyed the trip and learned from the veterans.

Kromer places 63 in Ohio



Photo by Sierra Irven

Sophomore cross country runner **Kyler Kromer** (front, second from left) was sent off to compete at state on Nov. 2. Here he is surrounded by teammates (front from left) seniors Mitchell Sommers, Cobey Kromer and Gabe Hainline, (back) freshmen Ethan Holstein and Nick Lukac, and senior Colin Bement. Kromer placed 63rd out of 186 runners.

By Sierra Irven

Sophomore Kyler Kromer went to state in cross country on Saturday Nov. 2.

The competition was held at Hebron, which is near Columbus.

Kromer placed 63rd out of 186 runners.

What was it like there?

"It was exciting because you're running against the best in the state," he said.

He said the best thing about it was the atmosphere.

"There were a lot of fans, and it was very loud," he said.

Among those fans was his brother Cobey and a few of his teammates.

Before going, he said he was excited, especially making it as a sophomore, and it's a runner's number one goal to make it to state.

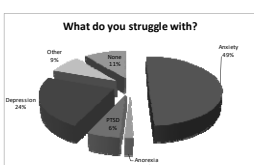
He said he has been running since eighth grade.

"I've just always had a natural talent for running," he said.

Kromer said he practiced every day except for Sunday. To prepare for state he maintained a proper diet and got the sleep he needed each night.

Next year, he hopes to make it to state again and to do even better – to make "All-Ohio," which means placing in the top 30.

Mental Health Issues



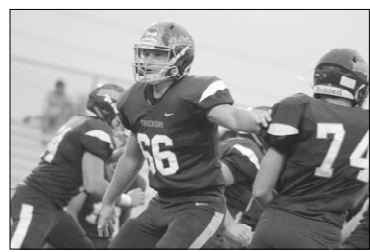
Read about mental health experiences and getting help on pages 4-5

Mr. Ford tribute



A tribute to the late Mr. Ford on page 7

Record Breakers



New school records set by four athletes on page 12

VOICES

Bullying: It's a huge issue



By Madison Pelham

Bullying is a very touchy subject for me, and is something I am very passionate about.

Growing up in the early years of school, I was constantly picked on for having messed up teeth and being tall for my age.

I remember feeling the worst, and feeling like an outcast from the rest of the kids in my grade. It came to the point where I would start to believe the things people said, and because of that I started to hate myself.

All because of a few bullies, these memories will always be with me. It's weird because, to this day, I believe it still has a part in how I feel.

Even when I was a child, I wanted to make a difference.

I remember when I was in fourth grade, I made a Facebook page called "Bullying is bull," where I would post short inspirational videos and pictures to help others. I even made pins and passed them out to teachers and my friends at school.

I never really talk about this because it was in first or second grade, but for some reason I still remember every detail.

As I started to grow up, it occurred to me that bullying is still a huge issue.

Around a month ago, I witnessed it firsthand in the high school lunch room, and it took me a minute to realize what was happening. A boy was being made fun of and laughed at for sitting alone.

All I wanted to do, more than anything, was to get up and talk to the kid. Seeing his face and his immediate reaction brought back the same feelings that I had once felt. I recognized the look and it hurt me as if I was in his shoes.

Our school doesn't address it very often, which is unfortunate because I believe we could make a difference.

You should never be afraid to come forward and seek help. You may feel like nobody cares, but in reality they do.

If you have gone through it in the past, then congratulations, you made it.

"I know it may have been hard at times, and you may have wanted to give up, but you didn't and that's all that matters."

- Junior Madison Pelham

You did not let those bullies said tear you down. I know it may have been hard at times, and you may

have wanted to give up, but you didn't and that's all that matters.

But if you are currently being bullied or teased, I hope you find the courage and strength to push through the hard times.

I promise you that once you get out of the dumps and realize that peoples' opinions don't matter, it will feel like all the weight and constant pressure will be off your shoulders.

I've been there and I have felt how you feel. I have been through it all and more.

I know you may not know me, but I will always be here for anyone who needs the reassurance I once needed.

Just remembers haters are going to hate, but that's only because they're jealous of you. You will get through this.

Time heals everything.

I hope this helps. Don't forget, if you need anything, I am here and I want to help, and so do others.

You matter.

Nothing wrong with getting help



By Alex Nolan

I've been on medicine for depression, anxiety and OCD for a little over a year now. I haven't

always been overly depressed but I have always had anxiety and OCD and they just became worse over time.

In 2016, my grandma passed away and that's what really kicked my depression into overdrive. My grandma was one of my best friends.

I have never been one to talk about my feelings with anyone so I just kept it all in for the longest time.

As time went on, things kept getting worse and I stopped acting like myself.

I was in the worst place I have ever been. All I wanted to do was sleep and isolate myself from everyone I knew.

I stopped getting close to people because I never wanted to feel the pain of losing someone ever again.

One random day though, my mom wanted to have a talk with me about how weird I had been acting.

We talked and I told her how I had been feeling. I said I felt sad all the time and it felt like a chore just to get out of my bed and talk to people.

This was very unlike me so we went to the doctor and I let all of my feelings out and cried a little bit, but it felt so good to finally tell someone so I didn't have to go through it all alone anymore.

The medicine I'm on has made the biggest change in my life. If I had not spoken to someone and if my mom did not notice how much I

"I was in the worst place I have ever been."

- Junior Alex Nolan

had changed, I honestly couldn't tell you if I would be here writing this article right now.

I still get anxiety attacks sometimes but they aren't nearly as frequent or as bad, and I don't feel sad every waking moment now.

A lot of people would never have guessed what I was going through because I was so good at hiding it and the changes were subtle but kept getting worse as time as went on.

If you are going through something, I highly recommend talking to someone about it.

You don't have to know them - you just have to talk about it. It changed my whole life.

Staff Editorial

Speak up about sexual assault

Many students struggle with mental health issues. There are students here in the high school who have been sexually assaulted, which has caused mental health issues for them.

Students are afraid to speak up after being sexually assaulted for reasons like feeling as if it is their own fault.

Some students feel like they have nobody to come to when they have been sexually assaulted. They have seen many shows or movies on TV where the girl is always to blame -- things being said like "how much skin did you have showing?" These make it hard for people to speak up because they will always feel as if they are to blame.

We believe that you are not to blame, and you are not alone. When you have been sexually assaulted you should talk to someone. It may

"We believe that you are not to blame, and you are not alone."

even be really helpful just knowing that you have someone to talk to and someone there by your side in a situation like sexual assault.

You should speak up because you will have people who will understand where you are coming from, and you may even prevent someone in the future from being sexually assaulted by the person who harmed you.

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Editorial Policy

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

Letters to the Editor



Hey Truckers, we are starting letters to the editor! This means you can give your opinions, or give suggestions for our issues. Just sign your name and send a dm to our Twitter and Instagram, or to my email 20steelele@norwalklearns.org. It may end up in our next issue which means we have the right to edit. We all hope to hear your responses!

VOICES

Student deals with stress



By Morgan Risner

School is a very stressful place, with waking up and being here before 7:30, homework every night and also being involved in extracurricular activities.

Many students in high school also need to have a job. It is very stressful trying to find the time to do homework while being involved while also working.

High school is for education purposes, while it is also to teach young adults how to be independent. If we have no time to have responsibilities like work, then

students will be stressed because of having no time. If we had little to no homework, then we would have more time to learn to be independent.

Personally, I have no time to have a job while being involved in cheerleading on top of having homework every night.

On most days I'm up until at least midnight doing homework after cheer practice.

Not getting enough sleep because of school and then having to be here on time and expected to be alert and awake ready to learn is, in my opinion, one of the most stressful things I've had to deal with.

I believe that if teachers gave less homework or homework only on a few days, every student would benefit. This would give us time to study for tests and be involved.

Also I believe that school should start later in the day. Many students do not get to sleep until 11 p.m. or even later. This

results in not getting enough sleep which makes it harder to focus in the morning.

If school started later, that would give students time to study and also be involved, which would result in less stress.

In an article I read, "Wake-up call? Later school day urged in Ohio as 'public-health issue,'" the author Alissa Neese wrote, "Chronically sleep-deprived students are susceptible to unhealthy body weight, poor memory, mood disorders and weak immune systems..."

Many students would have an advantage from starting later in the day.

Schools have many ways they can change to help students and



even teachers reduce stress. The time for change is now.

How do you de-stress?

Photos and interviews by Sierra Irven



Senior Amber Dellinger
"I don't manage stress, it manages me."



Senior Zach Crane
"I write down everything I need to do, and then go from the easiest to most difficult thing."



Junior Clarice McCabe
"I take hot baths."



Junior Andrew Epperly
"I sleep when I'm stressed out."



Sophomore Sierra Zurcher
"I take naps a lot and I cry."



Sophomore Xavier Sweet
"I listen to music, sometimes I read, I take naps, and sometimes I go for a walk."



Freshman Elliot Brown
"Deep breaths. That is the best thing you can do."



Freshman Briana Myers
"I listen to music."

Senioritis stress strikes

Interviews by Leighton and Keanne Steele

What's your favorite way to de-stress?

"Playing Sims and listening to music."
Senior Alyssa Pheifer

"Eating."
Senior Lucas Braker

"Sleep and draw and spending time with my baby (William Rapp)."

Senior Cale Ours

"I don't."
Senior Sara Spooner

"I nap."
Senior Janel Norman



Seniors (from left) Alyssa Pheifer and Amanda Piscitelli sleep as a way to de-stress.

Photo by Keanne Steele



F E A T U R E S

Therapist suggests help

By Emily Meagrow

What do you do when you are struggling things like anxiety, depression, or stress? Where can you turn for help?

Counseling with a therapist is one answer.

“It is a very brave thing to go to counseling... because you are admitting you need or want help,” said Dan Higgins, the owner and clinical director of Cornerstone Counseling Offices in Bellevue and Sandusky.

“There are so many reasons people seek help,” Higgins said.

If it is not something that you were born with in your brain, trauma or other events could be a reason to seek counseling. Higgins calls these the “not-organic” reasons. This could mean a number of things depending on the person, but examples include divorce, school stress, stress with friends, break ups, the death of a loved one, or surviving an assault.

Higgins said that a very significant amount of issues are caused by social media, whether

“A very significant amount of issues are caused by social media, whether it be fighting or shaming publicly.”

-Therapist Dan Higgins

it be fighting or shaming publicly.

Therapy gives clients a safe place to work on and examine themselves, according to Higgins, or even to “practice” how to react to events. It helps people grow and develop themselves in a safe environment.

Counseling helps people to get to the root of the problem with or without medication. Counselors are trained to understand behavior, motivation, the way clients can respond to certain events, and to recognize negative thinking patterns.

Higgins said that there are many reasons that one would go to therapy. The most common cases in adults include anxiety, depression, and relationship stress. In children, the most common are oppositional behaviors, life stressors (which could in-

clude pretty much anything) and ADHD.

Therapy has no age limit or specified time in someone’s life when they can go. According to Higgins, the youngest age that has been counseled at Cornerstone is 4, and the oldest is senior citizens.

According to Higgins, all therapy has three unique parts:

1) Come in and begin getting to know each other (intake portion). This may take a few meetings to get to understand one another.

2) The working stage. Identifying goals and working together with your counselor. Higgins says that this can take weeks, months, or even years depending on the situation.

3) Termination phase. This is coming together with goals the

client wanted to achieve or has successfully achieved.

However, sometimes for teenagers the hard part is getting into therapy, which means telling parents or guardians. It can be really difficult, but hang in there, Higgins said.

What can students do?

“If they are comfortable, talk to parents about counseling and set up an appointment. If not, talk to even a school counselor and maybe they could help,” Higgins said.

“The stigma has changed about therapy... it doesn’t mean we’re broken, we just want to get better,” he said.

If you or someone you know is seeking counseling or considering it, Cornerstone Counseling has an office in Bellevue and Sandusky.

Here are the numbers to call:
Bellevue Office: (419) 483-9411
Sandusky Office: (419) 621-8773

Students share struggles

By Leighton Steele

Many students deal with depression, anxiety and PTSD. Some students shared their experiences.

The first student decided to remain nameless. He has depression and anxiety. He realized that he had these kind of problems at the end of freshman year.

He has not gotten help from a professional because being around friends and family helps and he said he would rather deal with it by himself.

“Having a disorder doesn’t mean you’re crazy, so you shouldn’t be ashamed to say something about it.”

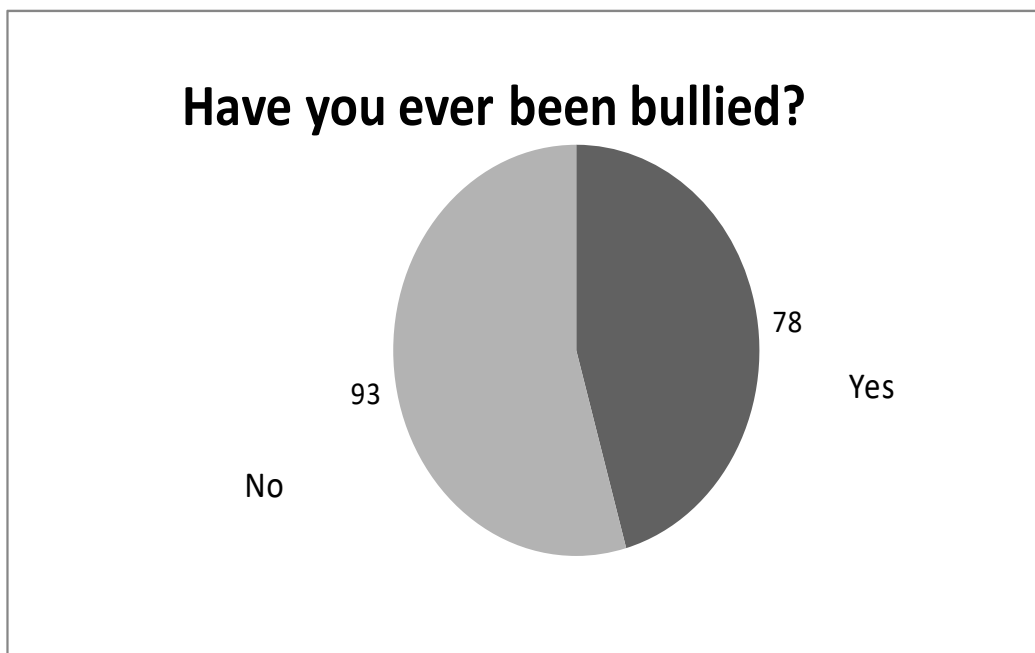
- Mimi Serotko

Sophomore Xavier Sweet said he has stress and anxiety. He noticed this during eighth grade when everything got super stressful. One of his relatives is a therapist so sometimes he’ll talk to them.

He gave a piece of advice: “Don’t mess up things by not talking about your problems,” he said.

Sophomore Mimi Serotko also spoke up about her anxiety and personality disorder (dissociation). She realized this last May. She has just gotten help recently and thinks it’s going well but it hasn’t been long enough to really know. She likes to clean to help cope when she starts to feel her anxiety.

“Having a disorder doesn’t mean you’re crazy, so you shouldn’t be ashamed to say something about it,” she said.

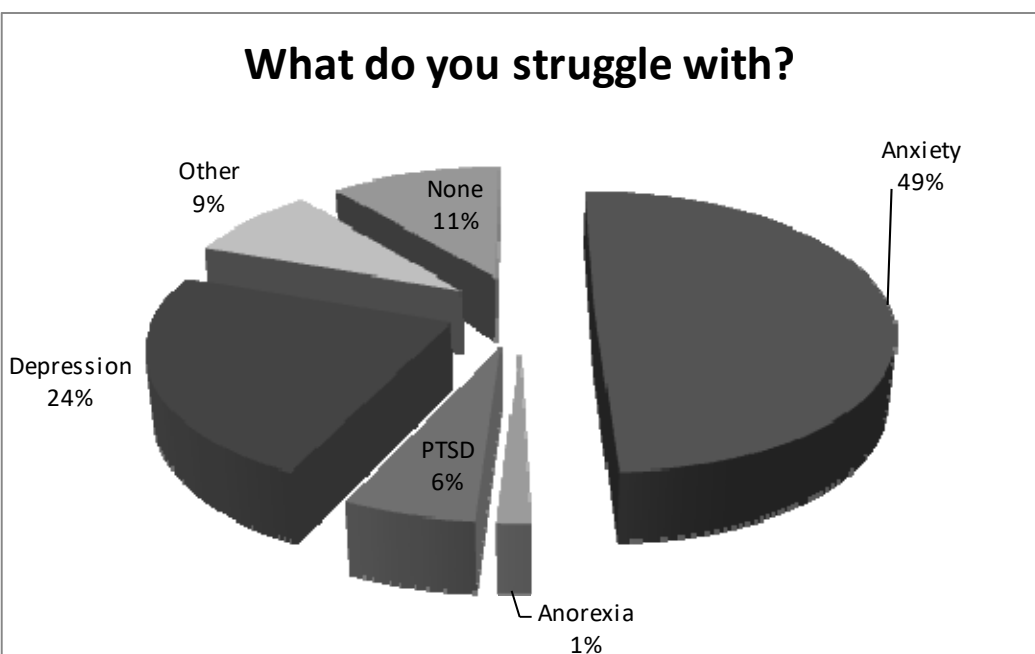


Help Hotlines

By Madison Pelham

If you ever feel alone or just need someone to talk to, these hotlines are always open.

Mental and Substance abuse: 1-800-662-HELP
Crisis and Suicide: 800-273-TALK
Rape and Sexual Assault: 800-656-HOPE
Domestic Violence: 800-799-7233
Running Away: 800-RUN-AWAY
Disaster Distress: 800-985-5990



Getting Help

By Leighton Steele

Many students have mental health issues and do not get help. But there are many ways to get help with problems.

There are multiple counseling services nearby, including Norwalk Counseling Services, Family Life Counseling and Psychiatric Services, and Firelands Services.

A tip to students from guidance counselor Michelle Sandor: “Have someone to talk to and tell someone how you are struggling. Not just friends, but some adults.”

Tabulation and graphics by Keeanne Steele
These graphs are based on a survey given out to English class students. About 200 students answered the survey.

“What mental health needs is more sunlight, more candor, and more unashamed conversation” — Glenn Close

F E A T U R E S

Tuttle spreads positivity



By Jayda Ramos

Walking around the hallways, students will notice index cards on many lockers with little notes.

Sophomore Chyanne Tuttle is the person taking the time out of her day to put them around.

Tuttle said she put them everywhere because the school needed to be more “positive.”

She said many people have come up to her to tell her how happy the notes made them. Some students even cried to her with tears of joy, because they have never been told the things Tuttle has said to them on the cards, like being called beautiful and wonderful.

Tuttle said she likes to bring smiles on kids’ faces and that’s what she strives to do every day.

She plans to do other helpful things around the school, like making posters or even putting notes on teacher’s desk and doors.

Tuttle plans on going into the Navy in the future, and then after that she said she wants to become a physical therapy assistant for mentally handicapped kids.

Photo by Jayda Ramos

Sophomore Chyanne Tuttle holds one of the index cards she has placed on lockers. She plans on helping spread more positivity around the school.

Students vs. social media

By Madison Pelham

Social media has slowly become a rising issue in the world today.

Many studies have shown that social media causes mental health issues in teenagers and adults. Kids end up spending hours on their phone, and are addicted to apps such as Snapchat, Facebook, Twitter and YouTube.



Junior Hayleigh Mills does have issues with social media because “pretty girls make my heart throb,” she said. Mills said she spends at least three hours a day on social media. “I spend the most time on Twitter for sure,” she said.

“It causes stress and how people feel about themselves because they compare themselves to others,” Mills said. She suggests taking some time away and finding your self-worth.



Junior Bailey Alten has mixed feelings about social media; however, she spends the most time on Snapchat. She believes social media stresses people out when they post negative posts.

“I think social media has a positive impact on people because they get to express themselves,” she said. “If people get stress and anxiety with it, they should take time off of it.”



Sophomore Seth Weisenberger said he does not have a problem with social media.

“It does not affect me,” he said.

“I’m on my phone for seven hours a day texting my lady friends,” he added.

He believes if you have a problem with it, you should take time off social media, go outside, and stay off your phone.



Freshman Jose Lopez said he does not get affected badly by social media because he has good friends and has stable grades.

“I don’t spend much time on social media; three hours [a day] probably,” said Lopez.

Lopez said he spends the most time on Instagram. He believes if people have issues with it, they should stay off of it or uninstall the app.

Schools can help relieve stress

By Savannah Grant-Bell

Stress. It is a common feeling students have during their school career, whether it be at the college level or elementary level. However, there are ways for the school environment to minimize the feeling.

According to Meteoreducation.com, which is a leading educational services partner which works with education professionals to help them create “High-impact Learning Experiences,” there are several ways teachers can help.

First off, teachers during the school day can teach time management, since being more organized means less stress. Teachers

“The Mayo Clinic in 2016 found that keeping laughter and humor in the classroom lightens the mental load.”

can also allow for flexible due dates for assignments and projects, which lowers the anxiety level.

Or on the other hand, they could teach mindfulness, which develops moment to moment awareness of the environment, which in the end leads to a reduction in stress and improves focus.

Another example of supporting less stress is acknowledging the students’ efforts and giving students a grade for effort and/or

providing extra credit, which boosts the students’ positive thinking. Along with this, the Mayo Clinic in 2016 found that keeping laughter and humor in the classroom lightens the mental load. This activates and then cools down the stress response, since laughter releases dopamine.

Another website called Communityforaccreditedonlineschools.org, which consists of current and former teachers, data analysts, financial aid experts, educa-

tional administrators and journalists who are committed to helping students make informed decisions on their journey to a college degree, released more ways teachers can help reduce stress, including the use of exercise balls and/or standing desks.

A big factor that takes a toll on students is the amount of homework.

Teachers can work together as a team to avoid piling on too much homework on the same nights or scheduling tests on the same day.

Teachers can also take breaks in class to listen to students talk about issues that are bothering the students and come up with solutions.

Students deal with peer pressure

By Leighton Steele

Students are under so much pressure from many things -- from work, to school, to strangers. One of those pressures is from their peers. A few students, while they remain unnamed, talked about how they were peer pressured.

The first student went somewhere with a bunch of friends with a vape. She is still friends with those people because it was a one

-night thing. The only consequence was that she coughed and choked on the smoke.

Another student was at work and a co-worker told her to hit his dab pen. They were so nervous for weeks that they did not join drug free club even though it was more than a month later.

They are still friends but not as close “because his girlfriend doesn’t like us being friends,” she said.

One other student did not handle what happened to her well at all.

“In third grade I had my eyes closed and another student touched me in front of a whole group of people when we were going to lunch,” she said.

That student still has many problems because of what happened. She shut people out after that happened.

“Don’t let other people ruin your life. Stand up for yourself and be a bigger person,” she said.

NEWS

NHS wins home match

By Karley Miller

The Academic Challenge home match took place on Oct. 9.

The Norwalk Trickers took first place against Danbury and New London.

The Trickers scored 42 points while Danbury and New London both had 14 points.

Adviser Angie Farmer said her goal for the team is to be in the top five to end the season.

"I think it is very possible, too," she said.

Farmer said she thought the team did very well at the home match because they beat the other teams.

Farmer also mentioned she was happy with the team because they stole a lot of points from the other teams.

Sophomore Isabelle Borgeson said she joined the academic team because she likes studying.

"I like showing what I know in a competitive way," she said.

Borgeson's favorite thing about being on the team is the matches.

The most difficult thing, Borgeson said, is keeping up with all the current events.

She said she was excited at the home match because the team won.

After three rounds of play, Norwalk was in fifth place out of 18 teams -- only four points behind the fourth place team.

The next academic matches are on Nov. 21 and Dec. 10.



Photo by Cale Ours
Members of the Academic Challenge team (from left) seniors William Rapp and Crimson Stuckert and junior Braden Lloyd smile as they get a question right. The Academic Challenge team won this match on Oct. 9.

DFCA receives gift cards

By Riley Dickerson

There are 239 students who joined Norwalk's Drug Free Clubs of America this year, up from 190 who joined last year. The first testing date was on Sept. 17.

Health teacher TJ Thomas is the adviser of the club this year, and she has intentions for it to be run more efficiently than last year.

The club is meant to prevent the use of drugs, and in return for being drug-free, rewards are given to the students participating.

Some rewards that are offered are free admission to every home sporting event and a chance to win a gift card to a fast food place. Candy and free donuts from Miller's are rewarded to every member. There are lunch room games as well, to help keep students involved and enjoy being drug free.

Sophomore Morgan Cummings is a student who was in Drug Free Clubs of America last year. "They could've done more testing, because I was only tested once, and that was for the first test everyone had to do," Cummings said.

Another student, sophomore Rebecca Jones, said, "I don't do drugs, so I wasn't really worried. I just got a bunch of free stuff for doing something that I already do every day." Jones also mentioned how she was only tested once all year.

Freshman Ashlynn Kerby is a student who has joined the club this year for her first time. "It's hard to pee in a cup. I missed twice and peed on my hand twice," Kerby said.

In addition to the winners in the photo, sophomores Aria Beard and Makenzie Thompson, junior Lauren Metcalf and senior Carter Kluding also won gift cards.



Submitted photo
Winners of the first Drug Free Clubs of America drawing are (from left) sophomore Josalyn Dendinger, who won a Dunkin' Donuts gift card; junior Kara Mosser, who won a Chipotle card; freshman Baylee Chapin, who also won a Chipotle card; and sophomore Mikaylah Konik, who won a Wendy's card.

School Briefs

Key Club makes pillowcases

By Emily Meagrow

Key Club has been up to quite a lot this school year.

Adviser Kim Majoy said that the group made 32 pillowcases and donated them to Child Protective Services in Norwalk.

The pillowcases were started at the end of last school year and 40 members helped.

"People came to assemble them when they could," Majoy said.

She also said that they did it because they saw other groups donating. Key Club also wanted to make it something more for the community. They will be

given to children who are going to different places with little belongings of their own. Now they will have their own special pillowcase, Majoy said.

Key Club has hopes to repeat the project this school year with a bigger goal. They are also trying to bring in new hats, gloves and socks to donate through the Salvation Army.

This year, the club went to the Carriage House to paint pumpkins, helped with Trunk or Treat and the League family fun night. The Pennies for Patients fundraiser, which benefits the Leukemia and Lymphoma Society, is taking place this month.

Blood drive set for Dec. 12

By Olivia Wingader

The most recent blood drive went smoothly and had a good turnout. "The students and staff were able to exceed the goal of 26 pints by collecting 33 good pints of blood. The Red Cross was very pleased," Nancy Gfell, National Honor Society adviser, said.

The next drive will be held on Dec 12 at 8 a.m. Anyone over the age of 16 is eligible to donate.

NHS plans ACT prep course

By Olivia Wingader

A new program will be offered here at no charge to help students do better on the ACT.

"ACT prep courses normally charge a lot, but a new pilot program at the high school will allow all students to take the course for free," Principal Brad Cooley said.

The course is still in the planning stages and is set to start in January. The course will be several nights a week and last for several months.

Chess Club seeks members

By Gavyn Proctor

Chess Club is a club about one thing, gymnastics.

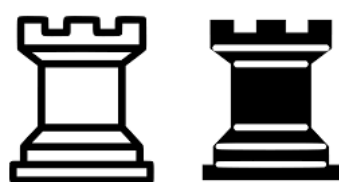
Just kidding. Chess club is a familiar club to NHS students and welcomes all people wishing to play. The club hopes to begin hosting tournaments soon as well.

"Chess is a great game for helping logical reasoning and problem solving," adviser Becky Molnar said. That's why she would recommend students join the chess club.

The club's features include chess and new people to hang

around with. They are lacking in the member department and hope to see more students there. They hold one meeting per month and hope to hold their first tournament one day in December.

Whether you learned from middle school teacher Dan Helton or don't know how to play, you can participate. The next meeting will be this month and they hope to see new faces.



FCA gives to the unfortunate

By Gavyn Proctor

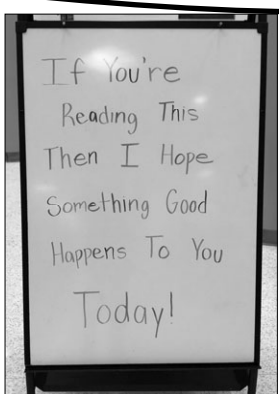
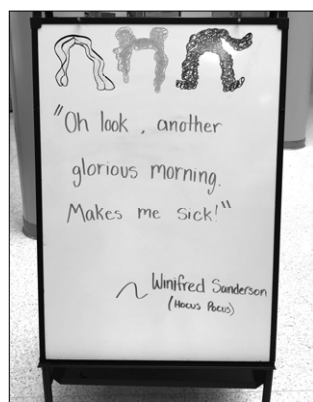
Want to help less fortunate people but don't know how? Well there was a way to do just that -- Operation Christmas Child. This program gives gifts to the less fortunate all across the world.

They accepted donations of cash, personal hygiene items, or small toys and trinkets. All dona-

tions were welcome as long as they fit in a shoebox. These items will go to the less fortunate or people displaced by war. More than 30 boxes were packed.

Fellowship of Christian Athletes, on behalf of Samaritan's Purse (the organization behind this collection), accepted items from Nov. 4-8.

FEATURES



Carissa: write to happiness

By Olivia Wingader

Students may notice the inspirational board as they walk in, but do you know how it gets there every day?

Senior Carissa Link comes to school every day at 7 to start the board.

This is the second year the board has been up, but it is Link's first year doing it. Last year her sister Callie did the board and decided to pass it down when she graduated.

"I do the board to help inspire the school and hope that every-

one enjoys reading them," she said.

The quotes are found on Google images, but if there is a specific picture she needs she specifically searches for that image.

The board belongs to student council and Link believes that

someone will pick up where she left off.

If anyone has a suggestion or wants to see their favorite quote, Link asks that you email her.

Students speak on blessings

By Madison Pelham

Being thankful has been a Thanksgiving tradition since it was first celebrated in 1863.

Thanksgiving started when the Pilgrims were grateful for their first successful harvest.

In today's society, Thanksgiving season means everyone is reminded of what they are thankful for and why they feel that way.

"I am thankful for food because it is healthy," freshman Jacob Wilson said.

Freshman Lane Nolan agreed with being thankful for food. "I



Wilson



Nolan

like to survive. That's good enough," he said.

Meanwhile, sophomore Alena Arndt said she is thankful for her friends because "they are cool and chill gg."

On the other hand, "I am thankful for quizlet for getting me through AP history," said junior Emma Trost.

Senior Janel Norman is thankful for tacos and naps.



Arndt



Trost

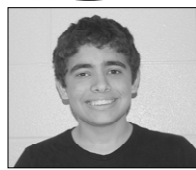
"They make me happy," she said.

Sophomore Adrian Moll said he is grateful for his mom and stepdad because "they're very nice to me."

Along with Moll, "I am thankful for my friends and family because I love them and they're always there for me," said junior Lauren Metcalf.



Norman



Moll



Metcalf



Milbrandt

Junior Kaiden Milbrandt feels the same as Metcalf. "I am thankful for my friends because they push me through and help me out when I need it," he said.

Buddy Baker remembers Mr. Ford

By Sierra Irven

Sophomore Buddy Baker and Scott Ford had a remarkable relationship before Ford passed away on Sept. 23 at the age of 71. The two grew very close over the years.

Baker said he had known Ford since he was 8 years old and started playing baseball.

"I remember him walking up to me being insanely cheerful, making me feel right at home," Baker said.

In Ford's recent years he was

the board president of Lefty Grove Baseball League. He was also an English teacher at Norwalk Middle School for many years.

Baker said Ford was also a father figure to some baseball players and fans at Lefty Grove. Ford made baseball fun and inspired Baker to want to take his baseball career farther than he expected after high school.

"He's the reason why I'm where I'm at now. He had an impact on everyone he came around," Baker said.



Submitted photo

Longtime middle school teacher and Lefty Grove president Scott Ford (left) is remembered fondly by sophomore Buddy Baker. A memorial for Ford, who died Sept. 23, was held on Oct. 14 at the Norwalk Middle School.

Two Europeans experience the U.S.

Essers likes the people here

By Karley Miller

Sophomore Manon Essers is an exchange student from France.

She arrived in the United States Aug. 23 and is going back to France the end of May or the beginning of June.

She said her favorite thing about the United States is the people.

"The people are always wanting to speak with you which is so cool," Essers said.

Her least favorite thing is the food, since the food is mostly fast food. The food is not always homemade.

She said she does not have as much homework here as she did in France, where she went to school from 8:30 a.m. to 6 p.m.

Essers' school has all the same sports Americans do, except cheer, football and softball.

Back in France, Essers said she has a sister who was an exchange student in Michigan.

Essers said that she and her family have traveled to other



Photo by Karley Miller

Sophomore Manon Essers

places in the U.S. including California, Florida and New York.

Essers lives with the Harvey family.

Sophomore Hilary Harvey said it feels normal having Essers living with her.

"Nothing really changed," Harvey said. "She has more of an impact on my brothers because she hangs out with them more."

"We go shopping a lot with her. We also took her to Cedar Point and Kings Island," Harvey added.

Tejerina: Everything is big here

By Karley Miller

Junior Lucía Tejerina is an exchange student from Spain.

Tejerina arrived in the United States Aug. 6 and is going back to Spain June 16.

Tejerina said her favorite thing about the U.S. is that everything is big and there's a lot more to choose from.

Her least favorite thing about the U.S. is the food.

"There's too much junk food. The U.S. doesn't cook as much," she said.

The schools are different in the U.S. than where she lives in Spain.

"The schools are much bigger here," she said.

In Spain, she said the school lunches are not good.

"The lunches make you want to throw up," said Tejerina.

She said she does not play any sports back home in Spain because there are no sports at her school to join.



Photo by Karley Miller

Junior Lucía Tejerina

Here in the U.S. Tejerina said she joined cheer to try something new.

In Spain, Tejerina only lived with her mom.

Here in the U.S., she lives with a family that has four kids.

"I don't have as much space in the U.S. as I do in Spain," she said.

Tejerina has never been anywhere else in the U.S. other than Ohio, but the family she is living with plans to take her to Florida for spring break, she said.

F E A T U R E S

STUDENTS AT SCHOOL



Name: Kate Doyle
Grade: 10
Age: 16
Favorite non-academic thing to do in school: Study Hall
Emoji I would use to describe myself and why: Cherry blossom emoji, because pink is my favorite color.
Most embarrassing moment in school: My short hair phase.
What is the best thing about NHS and the worst thing and why? The best is the teachers, because they're pretty chill. And the worst is the food because it's disgusting.
Biggest pet peeve: Boomers.
If you were dying, what would your last words be? I miss the Soviet Union.
Five things you can't live without: Musical theater, history, music, memes and modern technology.
Where do you see yourself in 20 years? Married with kids.
Weirdest fear: Having my toes stolen.
Something people would be surprised to know about me: I have never been in trouble at school.
What would you tell your past self? Everything will get better. You will find your true friends.
Favorite school necessity: Earbuds and chap-stick.
What in high school is different from how you thought it would be? It isn't as hard as I was told it would be.
Any clubs you wish you were in at the high school? Yes or no and why? No, none of the clubs seem interesting.
Describe high school in one word: Infuriating.
What has been your favorite grade since starting school? Why? Fifth grade, because that was the year of fifth grade camp at St. Paul.

10 Things You Didn't Know About Me

Senior Riley Shipman

1. I make jewelry/accessories out of chainmail, scale mail and crochet.
2. I'm good at math.
3. I plan on majoring in computer science.
4. I'm hopefully going out of state for college.
5. I hate talking about myself.
6. I know how to write in some fictional alphabets.
7. I like listening to fiction podcasts.
8. I helped create a Dungeons and Dragons club at the public library.
9. I had the same terrible slide phone for five years.
10. I have a passing interest in music theory and might minor in it for fun.



To Tucker Advice about friendships

Dear Tucker,
 I have been having a difficult time with a friendship and I'm not sure if it is really worth it. Do you have any advice?
 Sincerely,
 Anonymous

Dear Anonymous,
 High school brings a wider variety of potential friendships -- not only for couples. For me, the biggest problem I have as a high school student is balance, especially in my relationships. I feel the best way to have stable relationships is finding time for everyone in your life.
 It is when those simple relationships go south that you begin to have a problem. I have personally struggled with toxic friendships and looking back at it, I wish I would have left sooner. People can be toxic in a relationship with you, but be perfectly fine with others. It truly depends on the situation and I know that deep down you feel that you should not be in each other's lives.
 Your friend,
 Tucker ☺

If you have a question for me, feel free to email imprint@norwalktruckers.net or give it to your English teacher.

TEACHERS AT WORK



Name: Alyanna Tuttle
Subject(s) taught: English II and Modern Novel
College attended: Ashland University
Favorite high school memory? Any day in Honors English III with Mrs. Schuster.
Where did you go to high school and how was it different from NHS? I went to NHS☺
I was influenced to become a teacher because: I've always had a passion for helping others learn. Mrs. Schuster was my role model when I was in high school.
Advice for seniors? Try to avoid senioritis – or at least just wait until May to get it.
How have your hobbies changed since high school? I like to do more art now – painting, brush lettering, and redoing furniture.
What would people be surprised to know about you? I am a very good cook.
Closest co-worker and why: Mrs. Olsen, Mrs. Schuster and Mrs. Lark. We have very similar senses of humor and they are always there for me.
Favorite part about your job? Teaching my students to enjoy literature.
Biggest pet peeve: When people say “ex-presso.”
How many people live in your house? It's just me and my puppy Fitzgerald.
If you could teach another subject, what would it be and why? Anything history – it's always been one of my favorite subjects.
How has high school changed since your time? People can now have any hair color they want.
Least favorite part about being a teacher? Grading.
Hardest part about teaching? Always staying positive and upbeat – I have bad days just like everyone else, but I always want to be a positive part of a student's day, no matter what.

Where Are They Now?

‘Life is all about living in the moment’

By Logan Hurst

When I was asked to write “Where Are They Now?” for this issue of the *Trucker Imprint*, I laughed. Where I am now is only about a mile from Norwalk High School.



Logan Hurst

I am a 2018 graduate of NHS, and am in my junior year at Ashland University, where I am a double major in Integrated Mathematics Education (grades 7-12) and Mathematics, with a minor in Computer Science. “Where I am now” just so happens to only be about a mile from NHS, because this year in particular, I made the choice to be a commuter student. I've been told time and time again that I'm crazy for driving to and from Ashland every day for classes, but housing prices are even crazier.
 Anyone who knew me in high school knows that I liked to stay busy. I can confirm that absolutely nothing has changed in this sense. Currently, I am taking a full 18-credit-hour schedule, complete with four math classes, a computer science class, and the University Choir and Chamber Singers. On top of that, I have two jobs, one at Pizza Post in

Norwalk, and one as a math tutor at Ashland Middle School – which I absolutely love! I am also in the cast of my third show with the AU Theatre department, opening Nov. 20. In the spring, I will tackle my second show with the NHS drama department as an assistant director. I am also in two academic honor societies, and hope to be inducted into a couple more within the next few semesters. I undoubtedly made the right decision in choosing to study education, and in choosing what school to attend in order to achieve my goals.

So, for the age-old question, “do you miss high school?”, my answer is a resounding “no.” There are plenty of fond memories I have from my four years, and I still keep in touch with my closest friends and the teachers that meant the most to me. There are certain parts of high school that I would love to go back and relive. But for me, things have just seemed to make sense beyond high school. Of course, college is stressful, and no one will ever be able to convince me otherwise. However, life is all about living in the moment – taking it one day at a time. I've learned in my 17-ish months since high school graduation to embrace the journey, and I have become so much happier. A few weeks ago, one of my tutoring students at Ashland



Submitted photo
 Pictured (third from left) is Logan Hurst in “Three Sisters” by Anton Chekhov. Hurst played Baron Tuzenbach. “Three Sisters” was put on in February at Ashland University.

Middle School stopped solving an equation on his homework to say, “You know, you make me enjoy doing my homework. This isn't so bad after all.” In that moment, my path in life just seemed to make sense. I cannot wait to have a classroom of my own someday, and hopefully make a change in all of my students' lives.
 My advice to you, the students of NHS, is not necessarily advice, but rather a challenge. I challenge you to take a step back and enjoy the place you are in life right now. Are you stressing over an exam? A Higgins exam, to be exact? (I've been there, I feel

your pain.) Are you pressing yourself over college acceptances? Whatever it may be, I challenge you to see the light in any situation that arises. Be present. Be proud of your accomplishments, regardless of their magnitude. Take your journey one day at a time. One of my favorite quotes may be rather cliché, but it is a great way to live. “The journey of a thousand miles begins with a single step.”
 With that, I wish you all the best with this school year and beyond. I will be seeing some of you very shortly with musical season quickly approaching! And as always, go Truckers!

ENTERTAINMENT

Cook of the issue

Name: Kailani Ilg
Age: 18
Grade: 12

When did you learn to cook?
 I started cooking when I was four; my dad always let me help.

Who taught you to cook?
 Definitely my dad. We've spent a lot of time cooking.

What inspired you to do this? My dad was a chef and he always made cooking look fun.

Who cooks/bakes in your family? We all cook and bake. Now with that being said, some are better at it than others haha, but we all participate.

How long has your family been cooking/baking in your life? When I was younger there were more instant meals but since

I've grown up we've almost completely gotten rid of anything instant.

What is your favorite dish to make? Why? Fried chicken because it is easy and tastes great!

What is your least favorite dish to make? Why? My stepdad's lasagna because it takes two days to make!

Will you/did you take Mrs. Majoy's cooking class in high school and why? I'm currently in Mrs. Majoy's cooking class because I love cooking!

What family tradition dishes does your family prepare? Every year while it's snowing hard my stepdad makes a 25-pound lasagna.

Would you consider being a chef/baker as a career? I think being a chef is definitely a possibility for my future career.

Best/worst cooking/baking memory? After watching hours of YouTube videos I tried to make sushi. It turns out it's a lot harder than it looks but it's well worth the work!

Advice for beginner chefs/bakers? Cooking/baking is kind of like an art. You're supposed to have fun with it. Don't be afraid to make a mess of the kitchen because that's how you learn!

Choose one of your favorite recipes that you would like to share with Trucker Imprint



readers. Why did you choose this recipe?

Chicken Thighs with Orange-Ginger Glaze, because this is by far one of my favorite recipes. Of course we have others I love but those are secret family recipes... haha, sorry.

Ingredients-

- 8 boneless chicken thighs
- ½ tsp. salt
- ¼ tsp. pepper
- 1/8 tsp. garlic powder
- 1 ½ tsp. olive oil
- 1 navel orange
- 3 tbsps. honey

- 1 tsp. grated and peeled fresh ginger
- ½ cup chopped green onions

Directions-

1. Sprinkle chicken with salt, pepper and garlic powder.

2. Heat oil in large non-stick skillet over medium-high heat.
3. Add chicken and cook 3-4 minutes on each side or until brown.
4. While chicken cooks, grate rind and squeeze juice from orange to measure 1 tsp. rind and ¼ cup juice.

5. Add orange rind, juice, honey and ginger to chicken, scraping bottom of pan to loosen browned bits.
6. Bring to a boil, reduce heat and simmer uncovered for 7 minutes or until chicken is done and orange mixture is syrup.
7. Sprinkle with chopped green onions.



Musician of the issue

Name: Ethan Tanzillo

How many years have you been playing? Since 6th grade, so about six years.

Do you plan on playing in college? Yes

What is your favorite thing to play and listen to? To play Russian Dance, and to listen to Haydn's 37th symphony

Teacher's comment: "He is my Principal Bass (section leader), plays electric bass on our fall concert, and plays guitar and bass guitar at his church regularly. He is also our Orchestra Vice President and is someone who helps his section with tuning and playing technique and models good leadership qualities." — Orchestra Teacher Brian Stitak.

Junior Ethan Tanzillo plays bass guitar while classmate, junior Hunter Klein, plays the drums in the back. Photo by Riley Dickerson

App of the issue

By Alex Nolan

On TikTok, users make funny videos that are between 15 and 60 seconds. TikTok is like Vine but the time on the video is longer. Vine was an app where people made and posted funny six-second videos.



TikTok is a fun app with entertaining people on it. It's a platform where people can be very creative and show everyone how funny they are. It's also very entertaining watching what kind of videos other users come up with.

Jay and Sav's Dose of Fashion

Fallin' into Fashion

By Savannah Grant-Bell and Jayda Ramos

The seasons are changing and we are now in fall, where the colors orange, green, red and brown thrive. Chilling winds whistle through the trees that have barely attached leaves.

This month's looks include comfy, soft and stylish outfit sets, in neutral and dark colors. These outfits will be based on Tumblr, Pinterest and Instagram pictures.

No matter the weather, these looks will always be acceptable in fall and can be used for any occasion.

Items include:

- Leggings (black, grey, maroon, brown, crème)
- Overly large sweaters
- Patternized scarves
- Ankle and knee-high boots
- Knee socks or fluffy socks
- Long throw over sweaters
- Dark-colored jeans

- Tee-shirt dresses
- Plaid skirts
- Long simple necklaces
- Long dangly earrings
- Thick headbands that cover the ears
- Birkenstocks
- Over-sized hoodies
- Dark-colored crewnecks



Minecraft or Fortnite?

By Riley Dickerson



Junior Clarice McCabe
Minecraft- "It used to be looked down on, and now the game has made a comeback."



Sophomore Jesse Harris
Minecraft- "Fortnite is for people with no life. Minecraft is coated."



Freshman Harry McKain
Minecraft- "The game has been around longer, and I play it more often."



Sophomore Orren Long
Fortnite- "There's more to do, and there's guns."



Freshman Bryce Fitzgerald
Fortnite- "The graphics are better."



Senior Nate Bland
Fortnite- "There's better gameplay in Fortnite."

Word of the issue

Albatross (al-buh-tros)

Definition:

1. Any of the several large, web-footed sea birds of the family Diomedidae which have the ability to stay aloft for long periods.
2. A seemingly inescapable moral or emotional burden resulting from responsibility.

Sentence:

1. The albatross flew overhead searching for fish.
2. After his mom told him all his chores, John felt a strong albatross wash over him.

Synonym: Stress
 Antonym: Joy

ENTERTAINMENT

Video game review

Borderlands 3: best in class

By Gavyn Proctor

So you want to hear another story eh, one where the fate of your entertainment hangs in the balance? No? Well you picked up the newspaper. *Borderlands 3*, the newest game in the franchise, gives new life into the series. No major spoilers ahead for people who have not grabbed a copy.

The game has both good and bad parts to it. First is the good stuff. The great parts are the gunplay, villains, playable and non-playable characters, and the story. The gunplay involves mostly guerilla warfare tactics with a reliance on cover-based shooting. The villains are God Queen Tyrene and her brother Troy, also their psycho cult the C.O.V (Children Of the Vault). These lunatics are like the enemies of yester-game but with more variety and they want nothing more than to climb into your ribcage and pilot you like a meat mech-suit. The characters you will be controlling include FL4K, the hunter; Zane, the operative; Moze, the gunner; and Amara, the siren. They each have their own set of powers and abilities to



lay waste to the battlefield. They are also voice-acted with flavor dialogue to enjoy during all parts of the game.

The NPCs (non-playable characters) are also a great part of the game. Most make a return from the previous games but some are brand new and amazing. Finally there is the story, which will have you traveling across different planets in search of a vault key to open the Great Vault with the C.O.V hot on your trail.

Now it's time to take off the rose-tinted glasses, however, and look at the bad of the game.

There isn't much but all of it is fairly annoying. Given the newness of the game, plenty of areas of the maps allow you to become stuck in the terrain and force a reset. Also, many sections of the game spawn much tougher enemies as you level up to keep the game fresh. This is bad, though, when you find a great weapon and it must almost immediately be replaced by a new one to keep up with the growing health and damage of the enemies. Also the SDUs (storage device upgrades) no longer cost eridium, which is now used for cosmetics, but in-

stead money which becomes absurdly priced and forces you to save up through multiple levels for one upgrade. This can be good, too, as it enforces a certain playstyle through upgrades.

Balance has always been a problem for Gearbox and their games; case in point is every character but FL4K. *Borderlands* has had two major things they can never balance properly, dual-wielding and sirens. Zane has an ability to dual-wield with an upgrade to his digi-clone, Moze has a giant mech-suit, nothing more to say about that, and Amara has the ability to lock you in place and end enemies in seconds with a button press. I chose FL4K and having to babysit the pet is more of a disadvantage than a powerful ability. The three modifiers are not the best either.

Borderlands may have flaws but the bottom line is this: fun. The game offers something new to diehard fans of the series and new players. Go do yourself a favor and buy the game. All in all the game is a definite 9/10 and worth a purchase to anyone who can play it.

Music review

Happiness Begins: a new chapter

By Madison Pelham

Growing up, the Jonas Brothers took the Disney Channel by storm, and eventually became a real band that sold out tours and created multiple albums.

After breaking up in 2013, the group took a six-year hiatus.

In March 2019, the group announced they were back together, and a few months later released their new album "Happiness Begins."

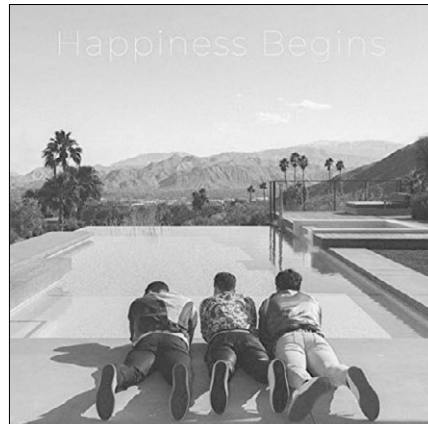
The first time I heard "Happiness Begins" it was midnight and it had just been released. I was instantly brought

back to my childhood. I really enjoy this album because their songs are unique and give me happy vibes.

In my opinion, their new album is underrated and does not get enough attention. If you like up-beat catchy music, you would LOVE this CD!

No matter what music type you prefer, there will be a song for you. You guys probably know the song "Sucker," and if you like it, the CD only gets better.

My favorite song of the album is "Hesitate." This is the perfect song to listen to when you're in your feels. Trust me, I know.



If you want to listen to this album, it is available on all streaming platforms including Spotify, Apple Music and YouTube.

Fact of the issue

Have you ever heard the expression "one's black dog"? If you have not, that would be pretty common as the phrase has ties to the early 1900s. It was coined by the 28th president, Woodrow Wilson, as an expression for the depression he had. The metaphor means that depression is very intimidating and shadows you, but also means it can be dealt with. It stems from the commonplace problem of "black dog syndrome," the very real issue where shelter dogs are overlooked if they have a black coat. This is because, like depression, they are seen as scary and intimidating.

(Information gathered from Google and PsychCentral)

Movie review

After watched, viewers love

By Savannah Grant-Bell

After your first, nothing is the same. That is the motto of the hit movie *After*, which came out on April 12.

The director and novelist of the book series did a phenomenal job casting the main characters. Their chemistry together on set shows through the movie whether it be through romance or friendship.

The two main characters (who are the love interests to one another) are Hero Fiennes-Tiffin as Hardin Scott and Josephine Langford as Tessa Young. Fiennes-Tiffin is a British actor and Langford is an Australian actor.

These two love birds brought young Hardin Scott and Tessa Young to life from the pages of the novel through their dialogue, facial and emotional expressions and their appeal to the teenage audience.

After is mainly for female teenagers. It started as a fanfiction story about Harry Styles on

Wattpad but eventually became the novel many have read today.

Very soon after the first movie, the second movie finished filming in September of this year. The release date of that movie is to be determined, with a handful of new characters.

Moving on to the movie itself, the soundtrack for this movie was by far one of the best I have heard in a long time. It is safe to say I am deeply in love with the songs chosen.

Each song gives more emotion to the scene and fits each character perfectly. Some of the artists in the soundtrack include James Bay with his song "Us" and Pia Mia with her song "Bitter Love." She herself is actually a character in the movie!

The song "Us" was nothing but beautiful during the wedding scene where Hardin and Tessa danced.

The dialogue, on the other hand, could have been a bit more descriptive and a little less romantically basic, but nonetheless the words spoken by the main characters were very poetic during the

points in the movie where it mattered most. It is indeed the actors who brought the dialogue to my heart, with their choked and tearful arguments and passionate romantic moments.

Back to the wedding moment. That scene was what sold me for best acting. Although there was little to no dialogue, the way those two stared at each other while in the other's arms was heartwarming. The song played captured Hardin's feelings and attitude to-



wards the relationship perfectly, and the chemistry between those two was bursting at the seams.

Moving to the scenery, it was very vibrant and perfect for the meeting of the two, and more specifically, the lake might have been one of the most important landscapes of the movie. The lake Hardin brings Tessa to is his favorite place because of the peacefulness of it all, and it was where the romance begins to develop deeper for them since it is the first real scene between the two while they are alone.

The scenery is key to the movie. For example, an important place in the movie is where Hardin and Tessa live together in the little apartment owned by a friend of his family.

This gives them the seclusion they need to become closer and it shows how serious they are about one another.

In all, the movie was amazing and I recommend it to anyone who loves romance. The movie is available on Netflix.

Quote Of The Issue: "Riiiise and shiinne"

– Kylie Jenner

ENTERTAINMENT

Yummy treats for fall

By Savannah Grant-Bell

Fall is wonderful for hot sugary treats and warm drinks. The autumn holidays include Halloween and Thanksgiving, and so the dessert this year is perfect for both holidays, especially after trick-or-treating in the cold.

This year's recipe will be loved by everyone and is highly recommended to anyone who loves desserts. It was invented in Britain during World War II.

This dessert was very easy to create and I had a blast making it. The outcome was better than I expected considering I've never made it before but love eating it. The final product was a perfect blend of ingredients and was better served fresh and hot.

Ingredients for Apple Crisp:

- 10 cups all-purpose apples, peeled, cored and sliced
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 cup water
- 1 cup quick-cooking oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup butter, melted



Cooking Directions:

1. Preheat oven to 350 degrees F.
2. Place the sliced apples in a 9x13 inch pan.
3. Mix the white sugar, 1 tablespoon flour and ground cinnamon together.
4. Sprinkle over apples.
5. Pour water evenly over all.
6. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together.
7. Crumble evenly over the apple mixture.
8. Bake at 350 degrees F about 45 minutes or until you feel it is done.

Try our word search!

K O B Y F M D Y G A N B H D I
 L C X I F U P D I R S Y T Y V
 G H A B P H L X Q T I V E E C
 Z U Q T O O E A N X I E T Y D
 M H A B T R L L T O K V B I G
 N J I M O A K A M O J S J Y E
 O A Q N G E C Z R D O T H W Z
 I M A F L S M I C K B R Z D Q
 S L O J I O Z Z N F E E W S I
 S C D S T P I P Y A T S F W P
 E D L C F P O A G M P S F C B
 R E C H T L A E H L A T N E M
 P Z P O J W E H Q P X T L S Z
 E J J Z I E U O N F C K Q A I
 D A J L O F H M E H M V W N H

- Anorexia
- Anxiety
- Bipolar
- Depression
- Mental Health
- OCD
- Panic Attack
- Phobia
- PTSD
- Stress

The word search is a competition to win a \$5 gift certificate to Stomping Grounds. All you have to do is find all the words, cut out the completed word search and put your name on it. Place your entry in the box in the cafeteria during lunch.



Photo by Morgan Risner
 Junior Keeanne Steele (right) hands junior Destinee Good a \$5 gift certificate to Stomping Grounds for winning the crossword.

Word search by Keeanne Steele

Memes of the issue



After you get an A+ on a math test you thought you failed.
-With junior Ellyse Mauter



Why don't you date Joe? Joe who? Joe Mama.
-With freshman Joe Dubé



When you walk down the freshman hallway.
-With junior Kaiti Wenzel and sophomore Kate Doyle

Memes by Jayda Ramos

S P O R T S

Males join competition cheer

By Morgan Risner

This year Norwalk High School has two male cheerleaders on the tumble competition squad: junior Justin Seitz and sophomore Carson Bauman.

This is their first year being a part of the team.

"I kind of always wanted to do it and my friends kept begging me to, so I did," Seitz said.

He also said that he's wanted to do it before this year, but he just never did.

"I thought the things they had me do would be more feminine than they actually are," Seitz said.

While Seitz had thought about it in the past, Bauman said he never thought he would have joined cheer.

"No, I thought it wasn't for men, but after doing it I changed my mind," Bauman said.

He also said that he's glad he joined because he thinks it is fun trying something new and being with different people.

Bauman has been tumbling since he was in sixth grade and is self-taught.

Both Seitz and Bauman have things they think are the hardest about cheer.

"The hardest part is memorizing the routine, thinking ahead to where you go next and comprehending every movement you have," Seitz said.

Bauman said the hardest thing about cheer is having to do things in front of his friends because they make fun of him since they think cheering is not for men.

Seitz said the best thing about cheer is practice because it is fun and he enjoys tumbling.

"The highest skill I can do is a double back handspring tuck, but I plan on advancing my tumbling," he said.

Bauman said the best thing about cheer is tumbling because he thinks it is fun.

Coach Kristie Wert is glad to have them on the team.



Photo by Morgan Risner

Junior Justin Seitz (left) and sophomore Carson Bauman do standing tucks during competition practice. The coach says they add diversity and excitement to the team.

"Adding Justin and Carson to the tumble competition team has given us diversity and a stronger tumble routine. Both of them work hard and are very coachable. They add an extra element of excitement since there are so few male cheerleaders at the high school level in our area. I know it

isn't easy for them and I am glad that they decided to join us!" she said.

Both of them said that having another guy on the team makes it easier to participate.

Overall both said they are happy they decided to join and that they enjoy the sport.

Sports have successful seasons

By Sierra Irven

Seven out of nine fall sports teams are SBC champs at Norwalk High School.

The girls' soccer record was 12-0 in the SBC and 19-3 overall.

"We were excited to be SBC champs which we've held for three years. Perkins was our number one challenger but we won the first game and we tied during the second," Coach Michelle Sandor said.

The boys' golf team was also SBC champions. Their record was 11-1 in the SBC and 19-31 was their overall record.

"This was truly one of my favorite teams and seasons I have ever been a part of. Our team was made up of 17 outstanding student-athletes. Led by five seniors that worked extremely hard, they became league champions. Our seniors left a legacy that will hopefully carry on in our program," Coach Wesley Douglas said.

The girls' tennis record in the SBC was 12-0 and their overall record was 19-3.

"It's our major goal in the season to win the SBC and we want to continue that in the future," Coach Chris Higgins said.

The boys' cross country team was also one of the SBC champions. During their regular season, they took first place at the following invites: Smithville, Norwalk, Vermilion and Crestline. Highlights during their journey to become SBC champs were winning fourth place during the Division I District and Division I Regional. Another highlight is Kyler Kromer becoming a state qualifier.

"This year's boys' team has been very successful. It is always a goal to win the SBC team title. They defended their title by having four individuals finish with 1st team All-SBC honors, and a fifth individual finished with honorable mention honors. It always feels good to have a team peak at the right time at the end of the season and to have all of their



Photo by Morgan Risner

The seven SBC trophies sit in a line on the table. The trophies are located in the athletic office.

hard work pay off when it counts the most. This year's team should be very proud of what they have accomplished. They are setting the bar high for future teams to come," Coach Drew Karnehm said.

Boys' soccer record this year was 8-0-2 in the SBC. Boys soccer shared the SBC title with Vermilion. "The season was very good" junior William Gehlhausen said.

At press time the football team had advanced to regional semi-finals with a 22-2 win over Glenville. They were scheduled

to play Sandusky on November 15.

"Everyone is coming together and it's a fun season. We aren't necessarily worried about the wins and losses," senior Trey Leroux said.

Volleyball shared the SBC title with Bellevue and their final record was 19-7.

"I feel very good and wish we could've had a different ending but everything happens for a reason and I'm glad I got the time I did with my sisters," senior Olivia Ward said.

Norwalk hires new swim coach



Photo by Olivia Wingader
New swim coach Logan Brucher

By Jayda Ramos

Logan Brucher replaced Erin Smetzer as swim coach.

Brucher was hired because athletic director Josh Schlotterer said he would be a good coach and would have good relationships with the kids. He also believes he is knowledgeable about swim.

Brucher said he took the job because he loves swimming and he loves the swimmers.

Brucher said he swam in high school and in college. He is a graduate of Norwalk High.

Brucher said he believes the swimmers will like him. He hopes this year the team will get many district qualifiers and for the swimmers to meet their goals.

When Brucher is not coaching, he said he reads a lot and tries to become the best coach possible.

The main change he has made this year is for the swimmers to do more lifting and intense workouts.

Brucher said he enjoys coaching swim and he has a lot of fun with the swimmers.

Record Breakers

By Alexandria Nolan



Name: Nyah Daniel
Grade: 10
Sport: Soccer
What is the record that you broke? The most goals in a single season.
What was the record before? 32 goals.
What is the record now? 40 goals.

When did you break this record? Sept. 21.
How long did it take you to break this record? 12 games.
Did you intend to break this record and how did you feel when you broke it? I was very excited. It has always been a goal for me to achieve.



Name: Megan Berry
Grade: 12
Sport: Tennis
What is the record that you broke? Most wins overall for girls' tennis.
What was the record before? 88
What is the record now? 106

When did you break this record? In September at Vermilion.
How long did it take you to break this record? Four years.
Did you intend to break this record and how did you feel when you broke it? I did not but it was really cool.



Name: Mara Berry
Grade: 12
Sport: Tennis
What is the record that you

broke? Most wins in a single season (boys and girls).
What was the record before? 33 wins.
What is the record now? 34 wins.

When did you break this record? Oct. 9.
How long did it take you to break this record? All season.
Did you intend to break this record and how did you feel when you broke it? No, I had no idea that I was going to (or even could) break it. I was happy to have broken this record, feeling accomplished in my final tennis season. I was also proud, being that I play doubles and could lead my partner, as well as my team, to victory.



Name: Garrison Smith
Grade: 11
Sport: Football
What is the record that you broke? The longest made field goal in a game.
What was the record before? 50 yards (also me).
What is the record now? 53 yards.

When did you break this record? At the Sandusky game.
How long did it take you to break this record? Three years.
Did you intend to break this record and how did you feel when you broke it? Not really, you can't predict or determine when you break the record. You just have to take the opportunities you get.

S P O R T S

The world of sports is changing

By Cale Ours

Sports are not just physical outdoor activities anymore -- they are now brought to high schools through video games and electronic devices.

“We have had a very successful pilot season,” said English teacher and Esports coach Joe Kaiser when asked his opinion on how well he thinks this new addition to Norwalk High School’s extracurricular activities has fared so far.

Varsity League of Legends, captained by senior Lance Young, has finished their season with five wins to two losses.

Varsity Rocket League, captained by junior Josh Nelson, similarly rounded off their season with five wins to two losses, with the JV Rocket League team finishing with five wins to one loss.

Both JV and varsity Rocket League teams were one game off from qualifying for the beta season’s playoffs.

Varsity Super Smash Brothers, captained by junior Hunter Klein, concluded their season with three wins to three losses.

Overwatch’s varsity team, captained by senior Tyler Hall, fell in line with most of the other teams and finished off their season with five wins and two losses.

“It’s been a joy giving these kids a chance to play these games,” Kaiser said. “Esports is going to see many changes between now and the spring season. We hope to continue to get better and hopefully qualify considering we came so close in the beta season.”



Photo by Cale Ours
Junior Kennan Miller participates in Esports. This new-found sports gives many kids new opportunities.

Sports Opinion

Seniors deserve more recognition

By Keanne Steele



Some sports don’t have senior nights. If you read my last editorial then you would know that I run track and field. If you didn’t read it then, now you know.

Senior night is always on the last home game, meet or match of the season. It’s when they honor the seniors. A majority of sports have senior nights, but track and field and cross country do not.

“The ones that don’t are the ones that don’t have many home meets and or have many kids in the sport. But the coaches have other ways to honor their seniors during the season,” Athletic Director Josh Schlotterer said.

I think every sport should have a senior night. Every senior who is in a sport that does not have a senior night should be able to be honored the way that other sports do.

I know coaches honor their seniors in different ways, but every senior athlete deserves to be honored with a senior night.

Winter Sports Schedule

Boys Varsity Basketball

- Fri, Dec 6 @Clyde at 6:00
- Sat, Dec 7 @home vs. Madison at 6:00
- Tue, Dec 10 @Shelby at 6:00
- Fri, Dec 13 @home vs. Perkins at 6:00
- Sat, Dec 14 @ home vs. Keystone at 5:00
- Sat, Dec 21 @home vs. Willard at 6:00
- Fri, Dec 27 @home vs. Vermilion at 6:00

Girls Varsity Basketball

- Fri, Nov 22 @Ashland at 6:00
- Tue, Nov 26 @home vs. New London at 6:00
- Fri, Nov 29 @Clyde at 5:30
- Sat, Dec 7 @home vs. Perkins at 1:00
- Sat, Dec 14 @ home vs. Western Reserve at 1:00
- Tue, Dec 17 @Madison at 6:00
- Fri, Dec 20 @Vermilion at 5:30
- Fri, Dec 27 @Mansfield Christian at 1:00

Swimming

- Wed, Nov 27 @home vs. Madison at 11:30
- Wed, Dec 4 @home against Oak Harbor at 5:30
- Sat, Dec 7 @Lexington Invite at 10:00
- Tue, Dec 10 @Ontario/Crestline at 5:00
- Thurs, Dec 19 @home vs. Port Clinton at 5:30
- Sat, Dec 21 @Fremont St. Joseph at 2:00
- Fri, Dec 27 @home vs. Sandusky/St. Paul/Willard at 10:00

Bowling

- Fri, Nov 22 @home vs. Willard at 4:00
- Tue, Nov 26 @Willard at 4:00
- Tue, Dec 3 @Vermilion at 4:00
- Thur, Dec 5 @home vs. Tiffin Columbian at 4:00
- Sat, Dec 7 @Star Lanes at 1:00
- Mon, Dec 9 @Clyde at 4:00
- Fri, Dec 13 @home vs. Perkins at 4:00
- Mon, Jan. 13 @Sandusky at 4:30

Wrestling

- Sat, Dec 7 @Northmore at 10:00
- Tue Dec 17 @Madison/Ontario at 5:00
- Sat Dec 21 @ Findlay at 10:00
- Sat Dec 21 @Clyde at 9:30

Games in italics may change due to football schedule.



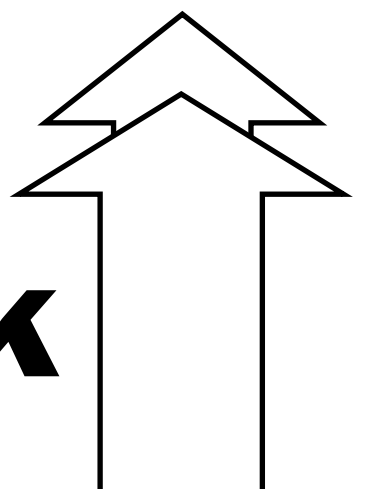
Photo by Karley Miller
Senior Elyse Balduff serves the ball during the volleyball game on during sectionals. The team won the game and moved onto districts.

Photo by Alex Nolan
Students play in the Socktober game on Oct. 25, sponsored by Teen Leadership Corps (TLC). It was held indoors due to heavy rain storms. TLC collected a lot of socks from the game and money to help underprivileged children.



Photo by Madison Pelham
Brian Morales (left) dribbles the ball down the field while teammate Jose Escobedo Montejo helps him out at the Norwalk vs. Edison game.

Sports At Norwalk



Halloween at NHS 2019

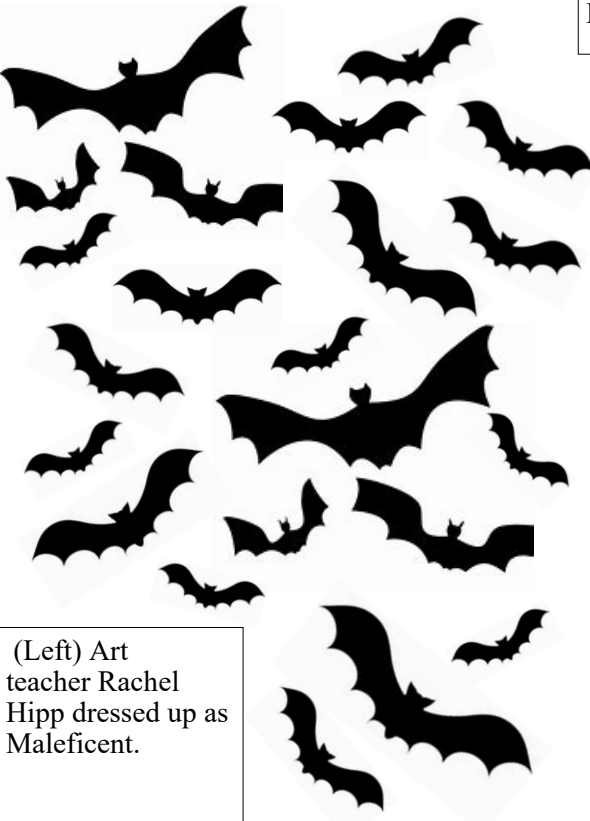
Photos by Madison Pelham and Alexandria Nolan



English teacher Leah Schuster dressed up as the grammar police.



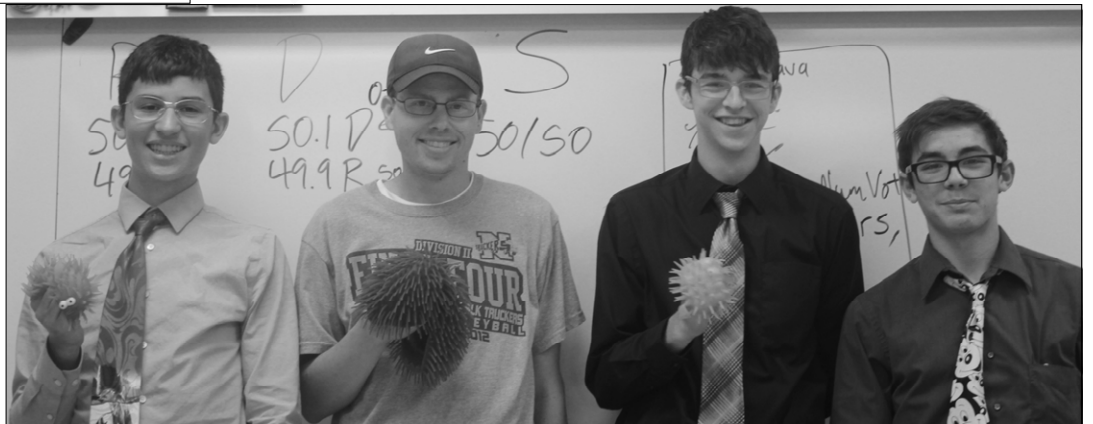
(Left) Art teacher Rachel Hipp dressed up as Maleficent.



(Below) Sophomore Abby Hart dressed as Lara Jean Covey from To All the Boys I've Loved Before.



(Left) Choir teacher Carol Mason dressed as a '50s girl.



(Above from left) David Kraus, Chis Higgins, Joey Holstein, and Douglas Ortner dressed as Mr. Higgins.



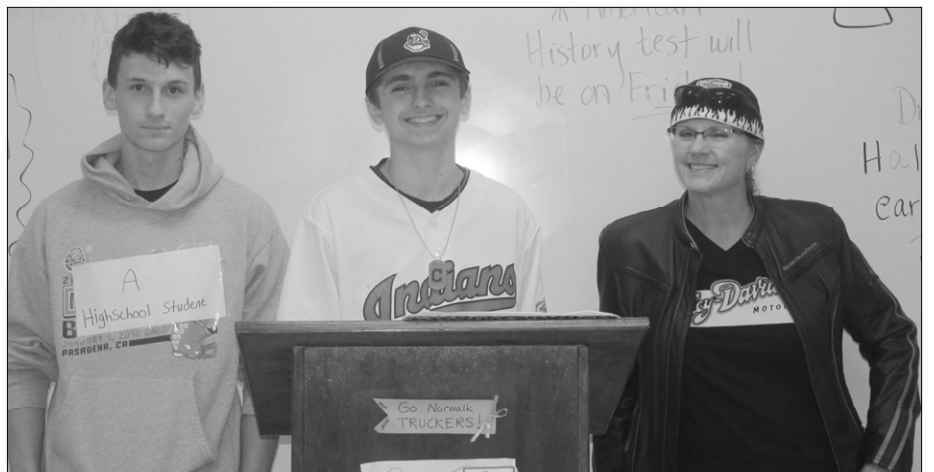
Senior Lucas Braker dressed as a scary nun.



Junior Justin Seitz dressed up as a sugar daddy.



(Left) Junior Kaitlyn Wenzel dressed as Harley Quinn



(Above from left) Sophomore Kaiden Rath as a high school student, sophomore Griffin Peiples as an Indians player and history teacher, Nancy Gfell as a biker.



Principal Brad Cooley (left) dressed as a shark eating lifeguard junior Keanne Steele's leg.



(Right) Sophomore Nick Babka dressed as Saint Nick

(Right) Science teachers (from left) Jeff Burkett, Janet Koch, Tiffany Chandler and Angela Farmer dressed as the hazmat squad.

