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The Spotlight

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To Announce Or To Not Announce? That Is The Question

Morgan Ciolek and Emma Barnard

“You don’t know what you have till it’s gone,” a phrase used often in life, but no students thought it would apply to their morning announcements. The morning announcements have always been a staple at OFHS, and this year it seems as though they cease to exist. With the 8:10 start this year, the announcements have been shortened to only the Pledge, leaving the first period teachers to read the announcements sent to them in an email every morning. According to administration, leaving the reading of the announcements to first period teachers will prevent cutting into their class time. Teachers, however, must still take the time out of their classes to inform the students about the events occurring around the school, and in the end a majority of students are left not knowing what’s going on. We interviewed Dr. Schafer to learn more information about this pressing issue.

Why were announcements cut from the morning in the first place?

“We were hoping to eventually transition into video announcements so that it was similar to the Falls Lenox morning show. The idea of digital news is meant to give a real world ex-

perience. Announcements in the past have also taken a lot of time and students stopped listening.”

Will the video announcements ever be played throughout the classrooms in the morning?

“There won’t be TVs in the classrooms, but the hope is that we could have the announcements playing through the projectors or whatever digital technology they have in the classroom. I also know that the cafeteria is prepared to scroll the announcements on the screens so we could hopefully catch you all during 4th, 5th, or 6th. However, right now our technology is not at that point.”

Doesn’t having the first period teachers read the announcements in their classes cut into their class time the same way having them read over the PA would?

“I think our goal was to give first period a little bit of time so that announcements could be made; however, I’m not so sure how consistent those announcements really are. I haven’t really gotten feedback from the students yet about this issue.”

Currently in Student Council, there is one freshman member. When asked

about the decrease in numbers at the meetings, many freshmen claim they weren’t even aware the meeting was taking place. If this decrease in club numbers continues, by the time the current junior and senior classes graduate, how will the freshman and sophomore classes be made aware of these clubs occurring at OFHS?

“The video announcements were meant to streamline and to utilize Mrs. Cleary’s Digital Marketing class. You can also use the app or twitter. This hopefully will be able to reach all the students so they can be aware of what is happening. I think what would be beneficial in this situation is getting data of how long it does take to read the announcements each morning because we can then recognize how this issue may need to be addressed.”

Last remarks?

“I will definitely bring this up at our department chair meeting on December 10th. Our department meetings are meant to address issues with the structure of the school and I think the feedback from this interview will give us something to think about.”

Angst: Opening Up About Teenage Anxiety

Katelyn Leaver

Anxiety is one of the highest diagnosed mental conditions within high school students across the country. Students in this generation are pushed to focus on themselves and take care of their own problems. Mental conditions are often silenced because of students’ fear that they will be labeled as an outcast or seen in a different way. The screening of the movie *Angst* helped parents and staff members better understand the kind of pressure their students and children are under and what triggers their anxiety, while encouraging students to open up to their families about something important that is affecting their daily lives.

Angst focused on the point of anxiety taking over, with students not knowing how to function daily without a sense of anxiousness, no matter what they do. Assistant principal Mr. Griffis commented, “The idea of showing a film that focuses on anxiety struck a chord with us because of our perception that anxiety is an increasing issue that we see students struggling with. The main goal was to start a conversation about anxiety in a safe environment and eliminate the stigma that so often goes along with mental health concerns.” This screening interviewed several students about

their experiences with their anxiety and how every form is different. *Angst* followed the students on their journeys as they faced their anxiety. The movie sets out to help students across the country open up about what specifically causes their anxiety and what happens when it is triggered. Senior Taylor Jones went to the screening of *Angst* and said, “It was really eye-opening to see how you may never know what some people are going through in their own minds, and it gives a good example as to why you should always be nice to everyone you come in contact with!”

Anxiety is one of the leading factors in school absences. The anxiousness some students get from talking in front of the class or simply having to do a presentation disables them. Some students choose to be home schooled or do online schooling to avoid public speaking and asking questions, and to avoid the risk of answering a question incorrectly and being judged by their peers. *Angst* brought parents and kids together by showing them that it is okay to speak up and ask for help. Julianne Allen, parent of junior Ainsley Allen and president of Olmsted Falls PTA Council, hopes this movie will get people thinking about how to help those

struggling with anxiety or other mental health conditions: “As a parent of two teenagers, I see the stress and pressure kids are dealing with today. The purpose of bringing this film to Olmsted Falls was to start a dialogue about how we as a community can support our young people in school, at home and beyond. My hope is that those who suffer with anxiety will see that they are not alone, and that help is out there for them if they need it.” Anxiety is one of the most common conditions among high school students, and *Angst* brings awareness and gives comfort to people, allowing them to open up to the people they care about.

Spotlight Special: Video Game Club

Kelley Shiltz

Olmsted Falls newest club is being focused on this month as we call attention to all gamers. The video game club meets every other Friday in Ms. Wible's room 611. Come and play, or bring your own games. The video game club is a newer club addition to Olmsted Falls High School and it is open to all students in every grade. Even if you have no idea how to play, come and learn; they're always on the lookout for new gamers and new friendly competition!

Christmas Scrambler

Casey Schmidt

Have yourself a merry little Christmas and unscramble this Holiday song! You better not pout and you better not shout, but if you can unscramble the whole song, you can come around the chimney to Mrs. Pickenheim's room, room 612, before school to be entered into a raffle for a holiday treat. Hurry, this Christmas raffle will take place on December 20th!!

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Midterm Tips and Tricks

Sara Tonissen

Winter is a stressful time for students, especially those taking their midterms. Due to construction, the high school's midterms will be taking place on January 23rd, 24th, and 25th. This means, however, that students get the chance to fit in some extra studying during their Christmas break, while not having to give up their entire vacation to school. Here are some helpful hints for freshmen and anyone else looking for tips on how to study for their midterm exams.

- 1.) Study what you know you need to work on, and don't be afraid to get help from teachers.
- 2.) Pace yourself so you don't overload your brain with too much information.
- 3.) Take part in tutoring hours during your study halls to get in valuable studying time.
- 4.) Take breaks when you need to rest your eyes and mind to help you reset. According to studies done at Case Western University and Boston's Brigham and Women's Hospital, taking an hour long nap between studying subjects helps with memorizing important names, facts, and dates.
- 5.) Go to bed early before the exams so you are focused during your tests.
- 6.) Find a study pattern that works for you, such as notecards, study groups, rewriting notes, etc. Notecards can help when you have a lot of vocabulary words to memorize. If you work better in groups, studying with people from your classes will greatly benefit you. There are many different study techniques, so you just have to find the one that works best for you.
- 7.) Study in a quiet environment that will help you focus.
- 8.) Find ways to motivate yourself and/or find ways to make studying fun for yourself so it's less of a boring task and more of a fun learning experience. (Colored pens, drawings, candy, etc.)
- 9.) Focus on more than one subject per study session to help your brain hold more information.
- 10.) Eat healthy foods and do something active between study sessions so you have the energy to reach your studying goals.

If you are looking for another way to get one-on-one peer tutoring, the guidance counselors host an annual event called Cocoa and Cram. This event is where upperclassmen use their knowledge to help underclassmen study for their midterm exams. This year Cocoa Cram will be taking place January 17th from 7 to 8am.

Putting the Spotlight

on: Roasted

Laney Ventimiglia

No need to fear the cold, December weather because Roasted Coffee Shop has got you covered! Roasted is a recently opened Olmsted Falls business, located in the Shaker's shopping plaza. Roasted is the perfect place to cram for midterms, meet with friends, or finalize your Christmas list, all while enjoying your favorite coffee drink! We interviewed Lauren, one of the owners, to get the scoop.

What are your most popular selling items?

"I would probably say a Mocha or a Caramel Macchiato."

What other items do you offer besides coffee?

"We sell breakfast burritos, breakfast sandwiches, muffins, oatmeal, and granola bars. We sometimes have speciality cupcakes and cookies, but those are usually weekend specials."

Do you have any flavors or items unique to Roasted?

"I think all of our coffee is pretty unique because it comes from Alpha Coffee in Salt Lake City, Utah. However, I would say that our Charlie Don't Surf, which is a kona blend, is probably our most unique. We also have a couple organics that are Task Force Organic that we also get from Alpha Coffee."

How did you get the idea to open Roasted?

"The community needed a coffee shop and my husband and I both love coffee, so really it was as simple as that. We thought why not open one up and give everyone what we want too. So, as soon as this spot opened up, we kind of jumped on it and here we are."

Are you offering any holiday specials or promotions?

"Yes, we have gift cards and we always have our coffee bags and t-shirts for sale. But, we do have our speciality drinks which include a peppermint mocha, a gingerbread latte, an eggnog latte, a s'mores latte, and a snickerdoodle latte."

Is there anything else you would like people to know about Roasted?

"We are veteran owned, which is very important to us because we do give back to the community. Every sale of Alpha Coffee's coffee, who we get our coffee from, goes toward the military in some way. In addition, they always send coffee overseas to active military personnel. So, when we order from them, we are giving back in turn. Our t-shirts are also twenty-two dollars, which represents suicide awareness for veterans, because an average of twenty-two veterans commit suicide a day. We chose the number twenty-two because we donate two dollars of every t-shirt sold to the Veterans Suicide Awareness Foundation."

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Grand Pacific Popcorn Co.

Laney Ventimiglia

Whether you are craving a sweet treat or are just looking for something to do, head over to Grand Pacific Popcorn Company! Located in Grand Pacific Junction, this popcorn shop has 37 flavors to choose from. Grand Pacific Popcorn Company offers sweet and savory flavors to satisfy your winter appetite. We interviewed the owner of this tasty, new business to learn everything you would want to know about this popping shop!

What is your most popular selling flavor?

“I would say Caramel Corn, Depot Delight, which is a mix of Cheddar and Caramel, and Birthday Cake, which is our most popular sweet flavor.”

Can you walk us through the process for how the popcorn is made?

“It depends on the flavoring. We have sweets and savorys which are made in two different ways. Both of them get popped the same way; we put coconut oil in our kettle, heat it up, add the popcorn and some salt, and then it pops. We then sift it out to get all the kernels, unpopped pieces and shells out so we just have good popcorn. Then, if it’s a savory mix, the popcorn gets put in a tumbler and coated with the savory flavoring. If it’s a sweet flavor or the caramel corn, we put the flavorings and sugars in one of our caramelizers, which heats up and melts everything down into a gooey coating. The popped popcorn then goes in the caramelizer, which mixes it around and coats the popcorn. Then the coating on the popcorn is dried so it doesn’t clump together.” This whole process is all done in the shop at Grand Pacific

Junction!

Do you like working in Grand Pacific Junction?

“I do. We picked this place specifically because we liked the historical aspect of it and that is was part of other shops as opposed to a store that was off on it’s own. I like being in this area because it is really close to home. We live in Olmsted Falls and my kids go to school here, so it’s nice to be part of the community.”

What gave you the idea to open a popcorn shop?

“I had always thought it would be fun to have a store here. When we decided to open a shop, we looked at the store front and wondered what was missing. Grand Pacific Junction has great ice cream and restaurants, lots of antiques and nick-nacks and boutiques, so we thought popcorn would be a good fit to match the old fashion feel. People always ask how we learned to open a popcorn shop and I kind of laugh and say we googled it.”

Do you have any promotions for the holidays?

“We have Candy Cane Popcorn right now, which is a chocolate and peppermint coated popcorn. We also have Gingerbread and Santa’s Snack Mix, which is red, green, and apple cinnamon flavor.”

How do you pick out your flavors when you come in?

Well, when you come in, you can sample anything you want so you’re not just trying to decide out of the blue. You can then basically put any flavors together. Most people do single flavors, but

we can mix and match, layer, or mix any flavors you want to make your own custom mixes.”

Is there anything else you would like people to know?

“We have a special Olmsted Falls Bulldog Blend which features Blueberry and Banana popcorn. We also do fundraisers, party favors, and special events where we have a popcorn bar. We are more than just the in-store experience.”

Go check out our newest edition to Olmsted Falls and help support local businesses!



Quiz: What Holiday Movie Character Are You?

Olivia Candow

Ever wondered what Christmas movie character you are? Take this quiz to find out!

1. On Christmas day you are most excited to...

- A. Spread Christmas cheer around to everyone and maybe belt out a carol or two.
- B. Spend time seeing all of your friends and family.
- C. Rip open all of your presents and ask “Is this it?”
- D. Sleep in and get your beauty rest; you couldn’t care less and Christmas can wait.

2. What is your favorite thing to do during the holiday season?

- A. Baking cookies and giving them to others
- B. Decorating the tree
- C. Going to the ice rink
- D. Having a snowball fight

3. What is your biggest pet peeve when it comes to shopping for others?

- A. Always wanting to buy more for others but never having enough money to.
- B. Figuring out what to get everyone for Christmas is stressful enough. Your goal is to get everyone a great gift.
- C. Spending money. It is always a hassle and that money could be put to better use!
- D. People expecting presents

from you at all

4. How early is too early when it comes to decorating for Christmas?

- A. Never! I don’t even bother taking decorations down because I am always in the Christmas spirit.
- B. Only after Thanksgiving because it’s not too early or too late.
- C. Christmas Eve is the prime time to decorate!
- D. There is no need to decorate; it is too much work to put it all back anyway.

5. If you could have one wish, what would it be?

- A. To make sure everyone is happy
- B. To have no worries
- C. To have an endless supply of money
- D. To never be bothered again

Answered mostly A’s? You most resemble Buddy the Elf from the movie *Elf*. You are always in the Christmas spirit and never fail to make others smile or laugh. You are very selfless and always cheerful.

Answered mostly B’s? You most resemble Rudolph from *Rudolph the Rednosed Reindeer*. You are the life of the party! You never miss an opportunity to hang out with your friends and make memories.

Answered mostly C’s? You most resemble Jack Frost from the movie *The Santa Claus*. To others you might have an icy exterior, but to a select few you have the capability to melt hearts.

Answered mostly D’s? You most resemble The Grinch from the movie *How The Grinch Stole Christmas*. Your unique personality is hard to compete with! On the outside you may be stone cold, but deep down you have a heart of gold.

Twelve Angry Jurors Review

Lauren Gumeny

I can honestly say, I did not know what to expect from a play that was inside of a classroom. Let me tell you, however, I was NOT disappointed. Although *Twelve Angry Jurors* lacked the glitz and glam of show business, its controversial topic and compelling plot were powerful in a way that no amount of theatrics could match. Written by Reginald Rose, *Twelve Angry Jurors* was originally produced in 1954. It follows the story of twelve jury members conversing about the innocence of a suspected murderer. While it was performed by OFHS Masquers 64 years after its original production, the play brings to light societal problems that are still very relevant to this day. Although I am a very inexperienced theatre critic, the performance was nothing short of exceptional. The cast’s acting skills were so convincing that, for the hour and a half of the per-

formance, I saw them as their characters instead of my classmates. *Twelve Angry Jurors* was an exquisite performance that attacked socio-economic, cultural, and racial stereotypes in a way that was intensely captivating and strikingly relevant.

I would also like to give a special shout-out to all of the cast members on an outstanding show! Also a shout-out to the production staff on a smooth and well-delivered performance.

Guard....Justin Andrews
 Juror 1....John Munoz
 Juror 2....Peter Hervol
 Juror 3....Alex Holm
 Juror 4....Cole Zehe
 Juror 5....Michael Hollenback
 Juror 6....Mason Adams
 Juror 7....Jillian Scott
 Juror 8....Dan Fidler
 Juror 9....Jenna Dobos
 Juror 10....Emily Broski
 Juror 11....Colin Clark
 Juror 12....Kristen Miller

Getting To Know Your Senior Winter Athletes

Ellie Goetz

Swim and Dive Team Connor White

If you had to do another sport instead of swim, what would you do?

Tennis; I play tennis for fun sometimes, so I think I would like to do that if I didn't swim.

Who is your favorite professional swimmer?

I gotta go with Ryan Lochte in his prime. He was raw.

How do you keep cool when you're under pressure?

I completely ignore the pressure and just do me.

What is your favorite sports quote?

"Show me a gracious loser and I'll show you a failure." -Knut Rockne

Gymnastics Abbie LaRosa

If you had to do another sport instead of gymnastics, what would you do?

I love running track!

Who is your favorite professional gymnast?

Simone Biles

How do you keep cool when you're under pressure?

I just go out there and try to do my best and have some fun.

What is your favorite sports quote?

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." - Derek Jeter

Hockey Dominic Conte

If you had to do another sport instead of hockey, what would you do?

I would play lacrosse.

Who is your favorite professional hockey player?

My favorite hockey player is Pat Kane.

How do you keep cool when you're under pressure?

I keep cool by taking a deep breath, not getting down on my teammates, and going out to win the next play.

What is your favorite sports quote?

"You miss one-hundred percent of the shots you don't take." -Wayne Gretzky

Wrestling Caiden Fetterman

If you had to do another sport instead of wrestling, what would you do

Hockey

Who is your favorite professional wrestler?

Either Jordan Burroughs or David Taylor.

How do you keep cool when you're under pressure?

Take a deep breath, clear my head, and forget about everything.

What is your favorite sports quote?

"Wrestling teaches you nothing comes easy. Nothing in life comes easy, so you have to work at it."

Girls Basketball Shannon Carr

If you had to do another sport instead of basketball, what would you do?

If I could play another sport instead of basketball, I would play soccer because it seems really challenging with all the foot skills you need to have. It's similar to basketball, just using your feet.

Who is your favorite professional basketball player?

My favorite professional basketball player is probably Zion Williamson. He's super good and I got to meet him last summer in Las Vegas, which was really cool.

How do you keep cool when you're under pressure?

I keep cool under pressure by relying on my teammates and knowing that they always have my back.

What is your favorite sports quote?

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."

-Andrew Carnegie

Boys Basketball Gavin Dietrich

If you had to do another sport instead of basketball, what would you do?

Football

Who is your favorite professional basketball player?

Mo Bamba

How do you keep cool when you're under pressure?

Just breathe and pretend there's no pressure at all.

What is your favorite sports quote?

"Good players inspire themselves; great players inspire others."

Bowling Ash Clark

If you had to do another sport instead of bowling, what would you do?

Basketball or wrestling

Who is your favorite celebrity bowler?

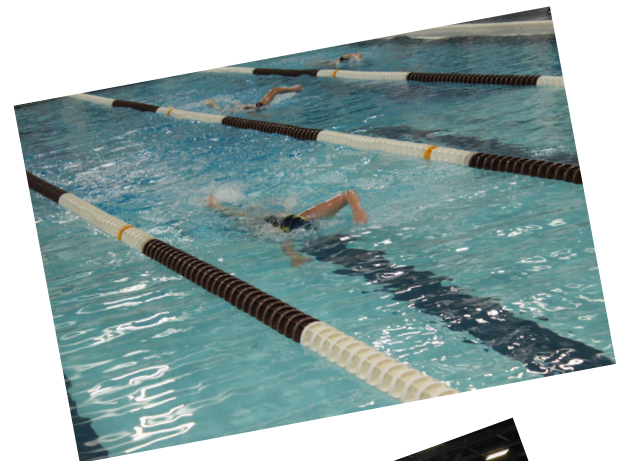
Jason Belmonte

How do you keep cool under pressure?

I normally think of the people that are positively influencing my life and how it would feel if they were watching me.

What's your favorite sports quote?

"Grey boards don't hook."



Wedding Announcement

Mr. Vas and Mrs. Byndas of Olmsted Falls are pleased to announce the marriage of their daughter Taylor Jones, to Noah Thoma, son of Mrs. Rasmussen and Mr. Rivera of Olmsted Falls. The couple plans to be married on January 11th, 2018 in the Olmsted Falls gym. Taylor Jones, 17, is an Olmsted Falls high school student. Noah Thoma, 18, is also an Olmsted Falls high school student. After Taylor and Noah are wed, they plan to take a romantic honeymoon to the Caribbean. This lovely couple has plans to start a new life in New York City. Please be there to bless us at our union and help start our new life together.

Written by: Hanna Dixon

