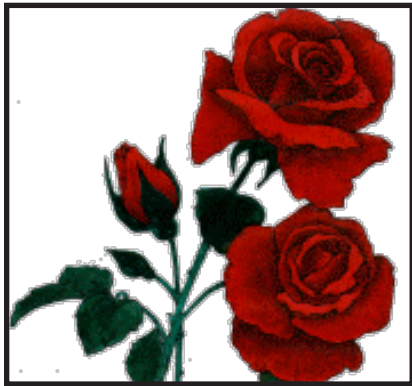




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# The Spotlight

February 2019

Vol. 68 Issue 4

## Poetry Out Loud: A New Olmsted Falls Tradition

Katelyn Leaver

Olmsted Falls has never been one to miss out on the fun and that isn't stopping now as National English Honor Society just recently hosted an event called "Poetry Out Loud." Poetry Out Loud was a night of students reciting poems for an audience while teachers served as judges to score the students' readings. Around 40 students attended, and more than half contributed and recited a poem themselves. The ELA Department helped by judging the poems that were recited based on their tone, how they read the poem, and their body language toward the audience. Additionally, Mr. Zrenner from the Math department came and recited one of his personal poems.

It wasn't only an exciting night for the teachers but for the students

in attendance as well. When asked about her experience at the event, junior member of NEHS Summer Stevens said, "It was a chance to delve into new genres and unexplored arts with a fantastic group and environment." NEHS believes in this for many reasons, an important one being that it helps relieve the fear of public speaking while being surrounded by people you're comfortable with. It also allows for people to express themselves in a different and special way. Senior Taylor Jones was another student who reaped the benefits of the event: "It was a really great experience with the possibility to change someone's entire mindset. To be able to use poetry as an expression of meaning is such a unique thing not many people seek out."

Taylor was not the only person who felt this way, and due to the success of the event, there is a Slam Poetry night in the works for this upcoming Spring. The Poetry Out Loud night was a great activity to bring together people and poetry, and it is a new tradition that NEHS is looking forward to continuing in the future.



## The Great Vape Debate

Emma Barnard and Ellie Goetz

In recent studies more and more light has been shined on the before unknown effects and dangers of the e-cigarette. In an article from WebMD, author Regina Wheeler elaborates on the harm that can come from using e-cigarettes. She talks about nicotine in and of itself being very dangerous because it can affect the memory and development of the teenage brain. Nicotine is not the only chemical used in vapes, however. Wheeler brings up the chemical formaldehyde, which is in vapes but also used to entomb the dead. She then cites the assistant VP for the national advocacy at the American Lung Association, Erika Sward, who mentions yet another cancer-causing chemical in vapes called Diacetyl. This chemical is primarily found in flavored vapes and causes a lung disease called "popcorn lung."

Almost scarier than lung disease is a newfound side effect that effectively shuts down a cells' mitochondria so the cells can't heal and the vapist is left with wounds that won't ever fully heal. Sometimes they're open sores in the mouth and other times they're stuck in the lungs. Accompanying the unhealing sores is smoker's, or vaper's, cough. Science News for Students talks about a study they conducted in an urban high school, "About 500 students said they had vaped at some point. And about 200 had vaped within the past 30 days. Those recent vapers were about twice as likely to have chronic bronchitis as were kids who had never vaped...Students who had

vaped in the past, but not in the last month, also were about as likely as current vapers to have bronchitis." Even though vapes might seem safer than cigarettes, they have just as many risks as smoking. In addition to the few mentioned here, there are thousands of other chemicals in vapes that lead to bigger side effects and diseases, not to mention that the juice bought to fill vapes could've been tampered with, which could cause effects.

A major discussion regarding vaping at Olmsted Falls High School has been the closing of bathrooms in the Language Arts hallway. To get more information on the administration's stance regarding the bathrooms and vaping in our school, we interviewed Dr. Schafer. First, we asked her when they plan on re-opening the bathrooms in the Language Arts wing. She answered that for this month they will remain closed. Every month at the building leadership meeting they discuss the bathroom situation, and they haven't decided when to open them again. We followed up by asking how students signing out with their assignment notebooks will help to improve the vaping situation. She said it helps pinpoint if students are using the restroom multiple times a day every single day. It displays the pattern of behavior each student is showing, and it also helps monitor how many students are using the restroom at any given time. It serves as a universal hall pass, so all students in the hall should have

an assignment notebook. Dr. Schafer emphasized that when it comes down to it, we have to start somewhere, and closing the bathrooms in the Language Arts wing is a good start. Those particular bathrooms were the ones they received most complaints about, possibly because they have doors, whereas the other restrooms do not. The only people monitoring those bathrooms are people in that hallway, but the whole school can monitor the other bathrooms. Each location has its faults, but that one was a starting point. We finished our interview by asking Dr. Schafer if she believes the school administration can fix this problem. She replied by saying that is a multi-layered problem and in order to fix it, everyone has to do their part.

Dr. Schafer wants students to know that they have to be passionate about the fact that we as a school will no longer be tolerant of vaping, and if they see this behavior happening, they need to let someone know. Students need to know not to start vaping because of the problems associated with it, and parents need to be aware of the signs of a vaping addiction. When asked about her last remarks, Dr. Schafer encourages students to tell the administration or a teacher if they've seen things going on. Everything has been anonymous and will continue to be in the future. Vaping is highly dangerous and addictive, and it's a problem that we as a school can work together to shut down.

## Cheap Date Ideas For This Valentine's Day

Olivia Candow

As Valentine's Day is creeping around the corner, you may feel like you are running out of time to find a perfect date idea that can stay within your tight budget. No need to fear! I am here to guide you along the way of choosing the perfect option for your date and your wallet. Here are some of the best unique and cheap date ideas that are bound to make memories.

### 1.) Ice Skating:

From your local rec center to traveling downtown, ice skating is a great date idea that won't burn a hole in your pocket. Who wouldn't want to watch and laugh as your date slips and falls on the ice? Ice skating is a solid choice and it gives you a great chance to get to know each other even more.

### 2.) Bowling:

Bowling is a great date that is cheap enough to make the cut. Not only do you get to wear those funky clown shoes, but you get to show off those bowling techniques. A little competition never hurt anybody!

### 3.) Art Museum:

You can never go wrong with visiting the Cleveland Museum of Art, especially because it is free! Who knows, walking around and seeing all of the beautiful pieces of art may inspire you to create your own (another date idea).

### 4.) Walk in the Park/ Picnic:

Not only is going on a nature walk free but it is also a great opportunity to have conversations while taking in the beautiful view. There are endless possibilities, like walking your dog, having a picnic, going hiking... you name it, it's a date!

### 5.) Zoo

Making a trip to the zoo can be a perfect date, especially with free zoo admission on Mondays! When it comes to seeing all of your favorite animals and exhibits, this idea cannot be beat! This could also be a great date in the cold or rain because of the accessibility of the indoor rainforest exhibit.

## Your February Love Horoscopes

Lauren Gumney

**Aries (March 21 - April 19):** Okay, let's be honest here, your naturally stubborn and jealous nature has made it kind of hard for you to keep someone for more than the first date. However, if you are bold enough to give love another chance (and we all know you are) this Valentine's Day your fiery energy will be appreciated by a special someone.

Most compatible with: Gemini

**Libra (September 23 - October 22):** Your charming personality has made you the apple of someone's eye. You might not know it yet, but someone just as hopelessly romantic as you is going to ask you out. The stars warn you not to let your perfectionist nature get the best of you. Imperfection is beauty; what may seem flawed on the surface is the best for you.

Most compatible with: Leo

**Taurus (April 20 - May 20):** You have always been a fan of stability and security, which is JUST what you and your ex had...but clearly, that was not the case. Although it may be against your nature to drop a few dollars on self-care, you deserve it! You have always been so kind to others and this Valentine's Day is going to be all about treating yourself.

Most compatible with: Scorpio

**Scorpio (October 23 - November 21):** Taking risks has never been something that has made you uncomfortable. Your passion for adventure is not for everyone, though, including your boring ex...who, for some reason, you're still a little hung up on. This Valentine's Day you'll realize that your wild heart deserves better and that you are so much happier without that negativity in your life.

Most compatible with: Taurus

**Gemini (May 21 - June 20):** You are a busy body, and lately your life has been extremely overwhelming. There is never enough time in the day to get done with everything you'd like to finish, and adding a relationship to that does not sound like the best idea. However, the person you'd least expect is crushing on you. Take a minute to slow down and you just might find what you've needed all along.

Most compatible with: Aries

**Sagittarius (November 22 - December 21):** You're a big dreamer, and that's just what your significant other loves about you. Your positive energy gives your relationship the power to grow strong every single day. But be warned: do not let your idealistic nature get the best of you. You may develop some doubts, but you are exactly where the stars want you.

Most compatible with: Aquarius

**Cancer (June 21 - July 22):** Oh no! Valentine's Day is right around the corner and your sensitivity and loyalty have left you friendzoned once again. Always the shoulder to cry on, you are sick of watching your crush chase after someone so undeserving and proceeding to forget your entire existence. The time is now, Cancer, to shoot your shot. The one you are chasing is unaware of your true feelings, and when you let your heart speak, you might not end up alone on Valentine's Day after all.

Most compatible with: Pisces

**Capricorn (December 22 - January 19):** Good old Capricorn, you have a heart of gold. Unfortunately, your traditionalist nature has kept you from experiencing all that life has to offer. Always a rule follower, you are honest with everyone - and now it's time to be honest with yourself. Your feelings for your crush have been suppressed due to their questionable reputation. Allow yourself to give this person a chance; you might just be surprised at what you find.

Most compatible with: Virgo

**Pisces (February 19 - March 20):** You have an imagination like no other, and your creativity is unmatched. However, your daydreaming about a Hollywood romance has made your standards much too high. Allow yourself to feel something real rather than the idealistic notion of love that you've constructed in your mind. When you are not comparing your life to a fantasy, you will see that you have had love all along, you just haven't been seeing clearly.

Most compatible with: Cancer

**Leo (July 23 - August 22):** You and your significant other are going strong! It's not every day that you find someone that can put up with your dramatics. Although you two seem to work really well, your bold and opinionated character can sometimes be a bit much. Keep being the natural leader you are, but maybe this Valentine's Day you should let your significant other choose the date.

Most compatible with: Libra

**Aquarius (January 20 - February 18):** You've always been such a strong, independent individual. You do what you feel is right at all times, and your originality is truly admirable. You've had your eye on someone for a while now, and it's time you go for it! You are not usually nervous, and this is no exception. Your authentic style and friendly demeanor will easily attract anyone you wish.

Most compatible with: Sagittarius

**Virgo (August 23 - September 22):** Your attention to detail has led you astray. Although your precision has earned you numerous perfect scores in school, your tendency to pick apart every little situation has made your love life very difficult. Try not to be so critical of the world around you, and you will see more clearly. The one for you is not as far as you may think.

Most compatible with: Capricorn



## Bachelors and Bachelorettes

Morgan Ciolek

Are you lonely and looking for love? Never fear because I've got 8 amazing bachelors and bachelorettes for you to get to know. You might just find your soulmate. So if I were you, I'd keep reading and get to know the Olmsted Falls High School Bachelors and Bachelorettes...



**Allie Gumeny - freshman**

**What is your perfect first date?**  
The newest hot spot of Olmsted Falls... Friendship Kitchen.

**What kind of qualities do you look for in a partner?**  
Someone who can bench more than me (135 lbs).

**Do you have any special talents?**  
I make fabulous "Prison Mike" cakes.

**If you could travel anywhere in the world, where would you go?**  
Paris, France

**Have you ever been in love?**  
No, but all the boys love me.



**Adam Varga - freshman**

**What kind of qualities do you look for in a partner?**  
Good personality, pretty, and funny.

**Do you have any special talents?**  
I can cook.

**If you could travel anywhere in the world where would you go?**  
Australia

**Have you ever been in love?**  
Haha, no.



**Ali Awad - sophomore**

**What is your perfect first date?**  
Dinner, movie, and then just hanging out.

**What kind of qualities do you look for in a partner?**  
Someone who would revive me even if they're in the storm, good at video games, 5 foot 7 and under, nice eyes, and active.

**Do you have any special talents?**  
I can dunk, I'm really good at video games, and I can do a backflip.

**If you could travel anywhere in the world, where would you go?**  
I would go to Bermuda to meet my friend Dustin who I met on PlayStation five years ago. Also Kenya.

**Have you ever been in love?**  
Yes, I used to love playing Call of Duty and Fortnite, but now it's just complicated.



**Mikayla Ellis - sophomore**

**What is your perfect first date?**  
Food, just chilling and getting to know each other

**What kind of qualities do you look for in a partner?**  
Someone who will go on runs with me and film my tik toks.

**Do you have any special talents?**  
Yeah, I can do a really good cartwheel. Also I'm a beast at halo so hmu boys.

**If you could travel anywhere in the world where would you go?**  
Australia

**Have you ever been in love?**  
Probably not, I don't know.



**Talia Del Vecchio - junior**

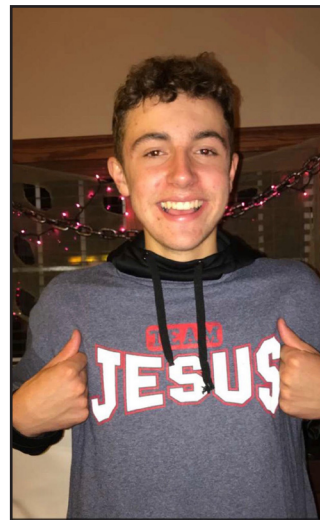
**What is your perfect first date?**  
Summer night walk, go to the fair/carnival, or go ice skating.

**What kind of qualities do you look for in a partner?**  
Definitely funny but not over the top, not afraid to sing in the car, caring, sweet, dresses nicely, and has good hair. \*Must own airpods\*

**Do you have any special talents?**  
I'm really good at losing my phone and/or keys.

**If you could travel anywhere in the world where would you go?**  
I really want to go to Venice, Italy.

**Have you ever been in love?**  
I've had crushes for sure, but I don't think I've ever been in LOVE love if you know what I mean.



**Drew Sagerman - junior**

**What is your perfect first date?**  
Dinner on an elephant's back.

**What kind of qualities do you look for in a partner?**  
Beet farmer, short arms, and large forehead.

**Do you have any special talents?**  
Free styling, keeping it real, and big chillin' with my homies.

**If you could travel anywhere in the world where would you go?**  
North Ridgeville, down south where the sun don't shine.

**Have you ever been in love?**  
No, it started in 3rd grade, never talked to a girl. In 5th grade, I stuck my neck out and got rejected. I offered up my animal crackers and she said no; she was lactose intolerant. In 7th grade, I told myself companionship wasn't worth it.



**Hanna Marysiak - senior**

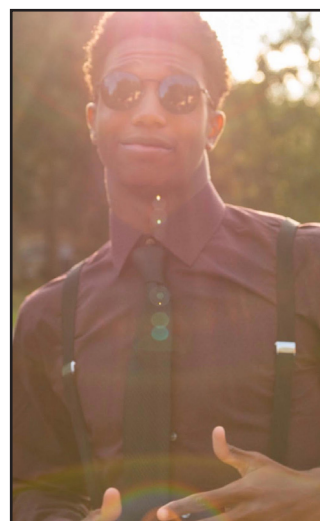
**What is your perfect first date?**  
Going somewhere where we could have a long talk, no movies, maybe walking around downtown then going out for dinner.

**What kind of qualities do you look for in a partner?**  
Good sense of humor, compassionate, loyal, honest, good teeth, and at least taller than me.

**Do you have any special talents?**  
I can wiggle my ears.

**If you could travel anywhere in the world where would you go?**  
Greece, Italy, or Bora Bora.

**Have you ever been in love?**  
Heck no.



**Devin Jones - senior**

**What is your perfect first date?**  
Going out to eat and then going somewhere to talk to get to know each other better.

**What kind of qualities do you look for in a partner?**  
Loyal, supportive, and honest. Someone outgoing and not embarrassed of my loudness.

**Do you have any special talents?**  
Running. I'm only good at running.

**If you could travel anywhere in the world where would you go?**  
Dubai, I really want to ride a camel.

**Have you ever been in love?**  
No, but I want to see what it's like and if it's worth it.



## Winter Sport Superlatives

For this issue of the newspaper, winter sport athletes and their coaches were asked to fill out a paper answering a few “most likely to” questions revolving around their sport.

### Gymnastics:

Most likely to take it to the next level after high school: Colleen Thiel (junior)

Most likely to wipe out: Taylor Schuette (junior)

Most likely to miss the bus: Erin Hofmann (freshman)

Most likely to forget their grips: Annie Gutschow (sophomore)

Most team spirit: Morgan Ciolek (junior)

Most likely to laugh during a serious moment: Naomi Goldman (senior)

### Boys Basketball:

Most likely to take it to the next level after high school: Braden Galaska (senior)

Most likely to wipe out: Drew Sagerman (junior)

Most likely to miss the bus: Michael Fritz (senior)

Most likely to forget their uniform: Kevin Eisenman (sophomore)

Most team spirit: Matt Harris (junior)

Most likely to laugh during a serious moment: Eric Hanna (senior)

### Girls Basketball:

Most likely to take it to the next level after high school: Claire Kelly (senior)

Most likely to wipe out: Lauren Galaska (sophomore)

Most likely to miss the bus: Tex aka Jess Holcomb (junior)

Most likely to forget their uniform: Tex aka Jess Holcomb (junior)

Most team spirit: Nadia Khalaf (junior)

Most likely to laugh during a serious moment: Kaitlyn Hradek (senior)

### Hockey:

Most likely to take it to the next level after high school: Dom Conte (senior)

Most likely to wipe out: Ethan Ilko (freshman)

Most likely to miss the bus: Jackson McMahan (junior)

Most likely to forget their uniform: Max KG (senior)

Most team spirit: Jake Kerkay (senior)

Most likely to laugh during a serious moment: Mike KG (senior)

### Boys Swimming:

Most likely to take it to the next level after high school: Jack Surtman (junior)

Most likely to slip on the pool deck: Peter Herivol (senior)

Most likely to miss the bus: Thielman twins (seniors)

Most likely to forget their suit: Sam Munoz (sophomore)

Most team spirit: John Munoz (junior)

Most likely to laugh during a serious moment: Luke Trupo (junior)

### Girls Swimming:

Most likely to take it to the next level after high school: Megan Stromenger (senior)

Most likely to slip on the pool deck: Kelley Shiltz (junior)

Most likely to miss the bus: Ashley Rice (junior)

Most likely to forget their suit: Ally Rice (senior)

Most team spirit: Delaney Burton (junior)

Most likely to laugh during a serious moment: Kaye Dregalla (senior)

### Boys Bowling:

Most likely to take it to the next level after high school: Travis Green (senior)

Most likely to wipe out: Kyle Kollum (senior)

Most likely to miss the bus: Logan Sharp (junior)

Most likely to forget their uniform: Keegan Skoczen (junior)

Most team spirit: Scott Mckee (senior)

Most likely to laugh during a serious moment: Chris Burkhart (senior)

### Girls Bowling:

Most likely to take it to the next level after high school: Krislynn Katona (senior)

Most likely to wipe out: Ashley Clark (senior)

Most likely to miss the bus: Heather Prodan (junior)

Most likely to forget their bowling ball: Jamie Bridle (senior)

Most team spirit: Delaney Condosta (freshman)

Most likely to laugh during a serious moment: Mallory Carroll (freshman)

### Wrestling:

Most likely to take it to the next level after high school: Justin Jaeckin (junior)

Most likely to get taken down on the mat: Brandon Burkhart (sophomore)

Most likely to miss the bus: Daniel Holmes (senior)

Most likely to forget their singlet/warm ups: Brennan Stang (junior)

Most team spirit: Caiden Fetterman (senior)

Most likely to laugh during a serious moment: Jacob Toth (sophomore)

### Basketball cheerleading:

Most likely to take it to the next level after high school: Claudia Gulan (senior)

Most likely to wipe out: Natale Giangrasso (junior)

Most likely to miss the bus: Julia Candow (junior)

Most likely to forget their uniform: Addie Quinlian (senior)

Most team spirit: Lily Beaty (senior)

Most likely to laugh during a serious moment: Sara Martin (senior)

Quote: “I don’t even know why I was chosen for this, I never even fall.” - Natale Giangrasso  
\*stumbled 10 minutes after\*

## Olmsted Falls’ Newest Dream Team Casey Schmidt

It's time to talk flips. Not water bottles; gymnastics. This year's OFHS gymnastics team is exploding with new members and loads of talent. Ever since their first meet, Flip for a Cure, this tenacious team has taken a podium placement at every competition. The 2019 gymnastics team has a whopping 14 members, 8 of which are new to the team this year.

These new members range from freshmen to juniors, and they all contribute so much to the team. One of these new members is junior Taylor Schuette. She has been competing for over 10 years and was a member of the 2018 level 9 national gymnastics team. Another newcomer is junior Mara Deselich. She is also a former level 9 gymnast and competed at the 2019 regional championships. Junior Colleen Thiel, another new addition, also has had a very successful past in gymnastics. She has won multiple state championship titles throughout her years. Sophomore Anaisa Comorford has also earned many state titles during her gymnastics adventure. Junior Morgan Ciolek joined the team this year after a long break from gymnastics, but she is coming back stronger and better than ever. Junior Megan Poore has been in this sport for awhile and knows how to handle the pressure. Finally, the freshmen, Abby Schwecke and Erin Hofmann, joined this persistent team with confidence and energy. Overall, with a big help from our already existing members and a strong drive from our new members, this 2019 Olmsted Falls High School Gymnastics team is flipping amazing!

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