

THE TROJAN TRIBUNE



illustration by A.J. Shaheen

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Opening Night for David and Lisa



photo by Katie Burfoot

The play, *David and Lisa*, premiered last Thursday night and will continue to run until the fifteenth. From left to right are Andy Spring, senior, Leah Richter, junior, Carrie Butulia, senior, Ellis Scherer, junior, Georgia Pellkofer, senior, Tyler Strech, senior, Zane Zinkl, senior, Marvin Roca Jr., junior, Lana Spring, sophomore, Jack Sesto, senior, Madi Gibson, sophomore, Anastasia Rodriguez, sophomore, Natalie Emanuele, freshman, Lauren Smagalski, freshman, Hadley Deardorff, senior and Madi DeBel, freshman.

First comic convention to hit Petaluma in January

by Katie Burfoot

Come one, come all! Come geek, come nerd, come artist, come writer; everyone is welcome at LumaCon, Petaluma's first ComiCon! Run by librarians and students across Petaluma, LumaCon plans to have everything. Of course, there will be cosplay, and there will be food provided. In addition, the event will be hosting panels of comic writers, such as Stephan Pastis,

the writer of "Pearls Before Swine" and the writer of the graphic novel, "My Mother's Cancer." All around Herzog Hall at the Petaluma fairgrounds, where LumaCon is being hosted, there will be artist alleys, students and small businesses selling their merchandise. It will be of no cost for students to have a booth to sell things. School clubs can come and sell their items

to raise funds. The event will be held on January 17th from 10:00 a.m. to 4:00 p.m. "Our goal for putting it on is to have a fun event that encourages reading and fandom and just all things creative, not just comics," said Ms. Williams, Petaluma High School librarian, who is assisting with all aspects of the event. Although this LumaCon will be mainly focused around teenagers and

high school students, everyone is welcome. If any of this sounds fun, or if there's anything that could be improved, there will be meetings every Thursday at 5 p.m. in the Petaluma Regional Library. Participants even get community service credit for going to these meetings. To learn more, see Ms. Williams in the library.

Science Department participates in annual county exposition

by Victoria Leoni

The Petaluma High Science Department was well-represented at this year's annual Northbay Science Exposition, a county-wide event which attracted approximately 10,000 visitors.

Several PHS classes and clubs participated, including physical science, chemistry, marine biology, honors biology and HOSA. The marine biology class featured its traditional whale exhibit, along with baleen whale skulls and bio displays, while representatives of the physical science and chemistry courses taught anyone interested, primarily elementary-aged children, how to make a reed instrument

out of a straw. In addition, honors biology students and HOSA members demonstrated resuscitation on baby models.

According to chemistry and physics teacher, Mr. Brazil, the purpose of the exposition is to "showcase Sonoma County science opportunities, and, most importantly, to inspire young children to pursue science." In participating, PHS hopes, as he explains, "to expose the public to the great science department at PHS, and to attract prospective students."

Liana Clary, senior, has participated in the exposition for the past two years. On

the experience, she says, "I love interacting with the public and teaching people about science. Science is kind of my thing, and so is teaching, and I especially love teaching the kids and seeing how excited they get when they can get their straw flute to work or that yes, that bone is just one vertebra of a whale." On the event in general, she adds, "Everything is so cool, and you can take home free stuff and win prizes and eat liquid nitrogen ice cream. It's actually really incredible, even if you aren't a huge science geek like me. It's a free event that everyone should come to!"



photo courtesy of Ms. Boyes

Ms. Smith, physical science and chemistry teacher, helps students build reed instruments out of straw.

Trojan Tribune Briefs

Upcoming Events

November 10: Holiday Cheer Drive begins

November 13-15: Showing of David and Lisa

November 17-21: Rowdy Rough Volleyball Tournament

November 24-30: Thanksgiving Break

December 1-5: Winter Spirit Week

Students visit SF Opera

by McKenna Watson

The students from the art classes, drama department and music departments are heading to San Francisco to see La Boheme Opera on Wednesday, November 12. The students are getting an opportunity to go see the dress rehearsal of the play La Boheme two days before its opening night. The play is directed by John Caird, composed by Giacomo Puccini, and its cast includes Michael Fabiano and Greek soprano, Alexia Voulgaridou. It is set in Paris during the 1840s and follows a love story between a struggling poet named Rodolfo and a seamstress named Mimi. Students from the choir classes, band classes, drama classes and art classes bought tickets to this optional field trip during October.

Holiday Cheer kicks-off

by Sierra Mancuso

The Petaluma High School holiday cheer drive starts November 10th. Canned food and non-perishable items will be collected in fifth period classes. The Food and Toy Program gives families frozen chicken, canned goods and fresh produce. The program also fills toy bags for children. The community is invited to donate canned goods, toys, books, games and sports equipment. All donations are given to residents that live in the Petaluma area. Last year, 649 families were given food and cards. Also, 978 children were given books and toys. The Food and Toy Program is volunteer-based and has no paid staffers. Donations can also be dropped off at 939 B Street starting December 1st at 10am.

The Band honors veterans

by Sydney Redfearn

The band is currently preparing for the Veterans Day Parade in downtown Petaluma. The band will perform "Kings Glory." On performing in this particular parade, Mr. Eveland, band director, says, "It is always an honor to perform for our veterans." Sarah Burfoot, senior, says, "I really like playing in the parade, not just because it is really fun, but it is also exciting for a younger generation to honor the veterans." Burfoot considers all parades "a fun challenge." On this being her penultimate parade, she says, "It's weird being a senior. I remember when I was a freshman and sophomore how much I looked up to the seniors. Now being a senior and knowing the underclassmen look up to me so much, it's a lot of pressure." Burfoot has played in the band all four years and says, "I like knowing I can help the freshmen and sophomores."



The Troy’s Logo on the side of H1. The Trojan Head was painted on the side of the building in 2010. The classroom now serves as the central location of the student store.

TROY’S GOES 21ST CENTURY

ENTREPRENEURSHIP INTRODUCES NEW ONLINE SHIPPING PROCESS

by Sydney Redfearn

This semester, the student store, Troy’s, is revamping to attract more customers. Troy’s is now selling online; Mr. Jackson says the purpose of this is to sell only what needs to be sold. “It is nice to only sell what was ordered. Before we would have to order 100 t-shirts and hope they sold.”

Jackson says the purpose of the entrepreneurship class is “to teach how to start, own and run a business.” The students learn to advertise and sell the items.

To order t-shirts, sweatshirts and tanktops, go to the main Petaluma High School website, click under the “parents and students” tab onto Troy’s Student Store. That will bring up the Troy’s webpage where the teespring.com/phstroy url is used to order the clothing. Your items will then arrive at PHS for no shipping costs and customers can come and pick it up.

Assorted spirit gear is available for sale as well. All items are under \$30. However, only clothing can be bought online.

APES STUDENTS EXPERIMENT WITH ECO-COLUMNS

by Kelly Galten

Ms. Camacho’s AP Environmental Science (APES) classes have built and are observing eco-columns. The columns are a simulated ecosystem; they are made of different levels fabricated from 2-liter plastic bottles. The students constructed the eco-columns several weeks ago, and have been testing the ecosystem’s vitality every week, using a variety of measurements from pH levels to oxygen content. “The end goal of this experiment is to have a better understand-

ing of the interactions with the different nutrient cycles that happen,” says Camacho. “It helps us have a better idea of the biogeochemical systems at work.”

The top level of the column is the precipitation level, where water is poured in through a perforated bottle top. Below this is the terrestrial zone, containing soil, fertilizer and plants such as flowers and succulents. Next is the decomposition layer, containing leaves, grasses and often

pillbugs. The very bottom layer is the aquatic area. This is the level filled with aquatic plants, snails, pond rocks and several different kinds of fish. The students test the water from this layer for dissolved oxygen, carbon dioxide, pH, ammonia, nitrite, nitrate and temperature levels once a week. “I’m very impressed with the experiment this year,” says Camacho of this year’s columns, “They really took care of construction this year.”

FELLOWSHIP OF CHRISTIAN ATHLETES: FELLOWSHIP, FOOD AND FOOTBALL

by Connor Filippi

The Fellowship of Christian Athletes is a club led by students in affiliation with the Petaluma 360 Church. The club meets on Fridays at lunch in room D-1 under the direction of presidents Emily Herbst, sophomore, and Jeff Boulware. The club’s purpose, Herbst commented, is to “bring together a community of kids who want to stay away from drugs and alcohol.” Boulware added, “We exist to serve, strengthen and encourage Petaluma High School students in their

walk with Christ [and] aid any student that wants to learn and grow in their relationship with Jesus.” The club’s newest effort in doing so is by co-hosting Monday night football events along with the 360 Church. That, Boulware says, includes coming together for “fellowship, dinner and football” and to “learn about the good news of Jesus Christ in relation to athletics.” The events are held at the Petaluma 360 Church, located on 879 Lindberg Lane, and will take

place every Monday from now until December.

Boulware also added that the event includes opportunities for students “to hear from college athletes, pastors and many others” about how the “ministry is an outlet to all students that are seeking balance and mentorship through the difficulties of life.” For more information about the club and its football events, come to the club’s meetings in D-1, or visit the Petaluma 360 Church website.

THE BAND MARCHES ON THE BOARDWALK

by Katie Burfoot

While most of the school spent Saturday, October 19th, getting ready for homecoming, around 60 dedicated members of the marching band, drum line and color guard came to school at 6:30 in the morning to take the three-hour bus ride to the Santa Cruz Beach Boardwalk Band Review. The band entered the competition zone at 12:20 p.m. and performed the march, “King’s Glory,” before spending the rest of the day having fun in the warm California sun at the Boardwalk. “The band played wonderfully and marched wonderfully. The color guard was wonderful, drum line was exceptional and everyone had a ton of fun! I did at least!” said Mr. Eveland, the marching band’s conductor. Despite their high hopes, the band as a whole came home with only a second place trophy for percussion.



The marching band performs in front of an audience of judges and spectators in Santa Cruz, California. They placed 2nd in percussion.

POTENTIAL STUDENTS LEARN ABOUT PROGRAMS

by Connor Filippi

The program showcase is being held on the 19th of November and will take place in the gym. It will be held from 6:00 pm to 8:00 pm. The program will feature presentations from the core class departments of math, science and English, as well as the athletic, STEM, leadership, business, SSA and AG departments, who will showcase their classes to encourage junior high students to attend PHS. Vice principal, Ms. Bass, commented, “The purpose of the event is to try to get those who would not normally attend our school to come here for our programs like AG.” They will then be invited to tour the campus for further consideration. For more information, check the PHS website or the flyers around campus.

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Letters to the editor are welcome. Contact us at PHSTrojanTribune@gmail.com.

Opinions

School’s early start is bad for students

by AJ Shaheen

Sleep is not only a comfort enjoyed by everyone, but a necessity of life, and this necessity is cut short by the early dawn of school each morning. Sleep is crucial for physical and mental health, focus and basically every aspect of any day. Yet somehow, this activity that is so important seems to be overlooked by high schools. The truth is that meeting sleep requirements is just unreasonable in high school circumstances. Teens generally need 8½ to 9 hours of sleep each night. It does not seem like too much to ask, right? However, with school starting at 8:30 am, it actually is.

One generally wakes up around 7:00 am to prepare for school, meaning he/she would have to be asleep by 10:00 p.m. to get a full night’s sleep (yeah, right). This is excluding the large number of students who take a zero period. In fact, a 2006 poll taken by the National Sleep Foundation showed less than 20% of adolescents getting 8½ to 9 hours of sleep. Classes in the present day give quite a large amount of homework, especially AP classes. Also, if a student wants to participate in sports or other extracurricular post-school

activities, it is virtually impossible to finish everything, sleep enough, and get to school on time.

You may be thinking, so what if I (or any teenager) does not get “enough” sleep, nothing is wrong with me because of it. If so, you are wrong. Lack of sleep is linked to depression, and getting less than eight hours a night increases the risk of suicide by threefold. If you get less than 5 hours of sleep 3 nights in a row, your immune system will be twice as weak. Also, the less sleep you get, the more vulnerable you are to obesity, diabetes and heart problems. Many problems are caused by sleeplessness, and sleeplessness is caused by schools starting too early. So stop telling kids to sleep more, and start telling schools to start later.

Schools should take this into account. They must notice that students are simply too tired all the time. It is not a complicated problem: teenagers need more sleep. A simple problem also has a simple answer: school should start later. School starting just one hour later would do wonders for the well being of its students.



photo by Katie Burfoot

Eating disorders and the modeling industry: Who is really to blame?

by Katie Burfoot

It is no secret that the modeling industry creates an improbable and unrealistic perception of beauty and perfection. It has been proven that many of the pictures seen in magazines are Frankensteinian creations, pasted together from different people’s body parts. In addition, studies show that 25% of Playboy models meet the weight criteria for anorexia. Because of this, the modeling industry is often blamed for causing eating disorders such as anorexia, bulimia, and some forms of EDNOS, or Eating Disorder Not Otherwise Specified, especially in teens and young adults.

While some of the factors contributing to the development of eating disorders include constantly being pressured into having a perfect body and the glorification and idolization of bodies with little to no body fat, much of the cause of eating disorders is psychological. Experts believe that eating disorders are a way of dealing with emotional issues in people’s lives. Common factors include a history of physical or sexual abuse, feeling a lack of control in one’s life, difficulty in expressing feelings or emotions, and strained or troubled

familial relationships. Eating disorders are not always about weight; they are about feelings, and therefore are caused by emotional distress.

In addition, genetic and chemical factors make up many of the causes. Some scientists have been researching possible effects of the chemicals in our food; it is a possibility that they cause imbalances in our brain, affecting our appetite and digestion. Only about a third of the factors causing eating disorders are social, the category modeling would fit into. I am not saying these photoshopped phonies are guiltless. The modeling agency definitely does affect us in a negative way, there’s no doubt about that. By presenting an impossible standard as normal in terms of beauty, that leaves the average citizen feeling inadequate, and the modeling agency should be held accountable for that. However, we need to focus more on treating the main causes of eating disorders, rather than pointing fingers and forcing all the blame on one factor that is only part of the problem. For more information on eating disorders, go to www.eatingdisorderfoundation.org.



photo by McKenna Watson



photo by Katie Burfoot

The great plastic problem

by McKenna Watson

In America alone, we throw away about 100 billion plastic bags every year, and only 1 to 3% of those actually get recycled. The rest ends up in the ocean to be eaten by animals, or put in landfills where it takes thousands of years to decompose. Plastic pollution is a great threat to our world and will have serious consequences to our planet.

Plastic product makes up approximately 90% of all trash floating on the ocean’s surface, with 46,000 pieces of plastic per square mile. In fact, there is so much plastic and trash in our ocean that there is a giant patch of garbage under the surface of the Pacific Ocean. The so-called Great Pacific Garbage Patch can be compared to the size of Texas, and contains billions of pounds of garbage. It can affect humans because of the toxic chemicals that come from the plastic waste. These harmful chemicals have also been found in many fish in the ocean, causing further damage to humans that eat fish.

The consequences of plastic pollution could be extremely harmful to our planet in the years to come. The death rate of

some marine mammals will go up as they get caught in plastic products or consume them. Certain plastic particles can cause diseases in both humans and animals. It also damages our water systems because of the trash in the systems.

It is important that we all take steps to help reduce the amount of plastic we use each day. Some easy alternatives to the use of everyday plastic products are not to use plastic water bottles and instead buy ones that can be reused. Also, take your own reusable bag when going shopping to save plastic bags, and use reusable lunch containers.

California has already taken steps to help cut back on the amount of plastic we use, recently becoming the first state to put a ban on plastic bags in grocery stores and convenience stores. This law is a step in the right direction and will help reduce the flood of plastic on our beaches, parks and even the ocean itself. If we continue to make changes like this, we can potentially fix the planetary plastic pollution problem.



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FALL SEASON WRAP UPS

VARSITY FOOTBALL

by Sydney Redfearn

The Varsity football team is currently 7-2 (4-1 in league), with only one game left to play. They started their season with a 13-12 win against Santa Rosa High School and are currently undefeated at home. Coach Krist says he was happy with how the team “got better every week.” He adds that their commitment to practicing and strong preparation was a main reason for their winning record.

JV FOOTBALL

by Sallie Hollingshead

The JV football team has an overall record of 5-4. Their league record is 3-2. The team had a “pretty good season” according to freshman Jonathan Thompson. When asked how the team did this year, Thompson replied with “our team has done well working under pressure and overcoming adversity throughout the season. Coming out with as many wins as we have after going 0-9 last year shows how much we have improved.” Adam Andewiel, freshman, commented, “the team made a great change from last year, and not letting the other teams score was even better.” The team improved this season by “coming out ready to play” instead of how “they started off every game slow,” according to Thompson. Andewiel believes that the team improved because “the offense got stronger in blocking and making yards. The defense has been stopping the other teams from getting yards or touchdowns.”

FRESHMAN FOOTBALL

by Kelly Galten

The freshman football team is in the last throes of the season this week, with a successful run under their belts. “The win over Casa was probably one of the best freshman football games I have ever seen,” commented coach Gregg Gehring. He was proud of his team’s showing this year, adding, “I think the boys are ready for the next step in the program where some might go to the varsity team...and we should have a very good JV team. It was the coaching staff’s honor to coach them this year.” The team finished the season with a record of 4-3.

VARSITY BOYS SOCCER

by Sallie Hollingshead

The boys’ Varsity soccer team had a league record of 9-1-1. Their final game of the season was against El Molino. (They won the game, which means they have the best record of their league.) They had an overall record of 14-4-2. According to MaxPreps, the team is ranked 50th in the entire state of California. Jordan Santia, sophomore, commented that the team “did pretty well” and “only lost one game.” “Instead of just kicking the ball forward, we’re actually playing soccer.” According to Santia that is their biggest improvement. Head Coach Greg Lamansky commented that their season “so far has gone really well. We lost that game to Analy and the boys learned from it and we’ve improved a lot. We played them again and beat them 2-1.” Coach Lamansky believes they most improved upon “defending the set pieces.” Lamansky later commented, “I am really proud of the way that they came together. They really are a team and they look out for each other. They play with a joy of the game that you don’t often see.”

JV BOYS SOCCER

by Sallie Hollingshead

The boys JV soccer team finished with a record of 4-3-4. The boys’ last game of the season was against El Molino. They won by 4, with the score 5-1. The JV team ended up with a winning/losing record, which was their goal according to Grant Henderson, freshman. According to head coach, Aidan Franco, the team “...did really well. We didn’t meet every single goal we set for ourselves, but we hit most of them.” Hayden Dennis, freshman, stated that “[The] team definitely improved throughout the season with a couple of strong finishing games.” Henderson commented that “... overall as a team, we are pretty good. There were games throughout the season where we didn’t perform as well as we could and we would end up losing or tying.”

VARSITY VOLLEYBALL

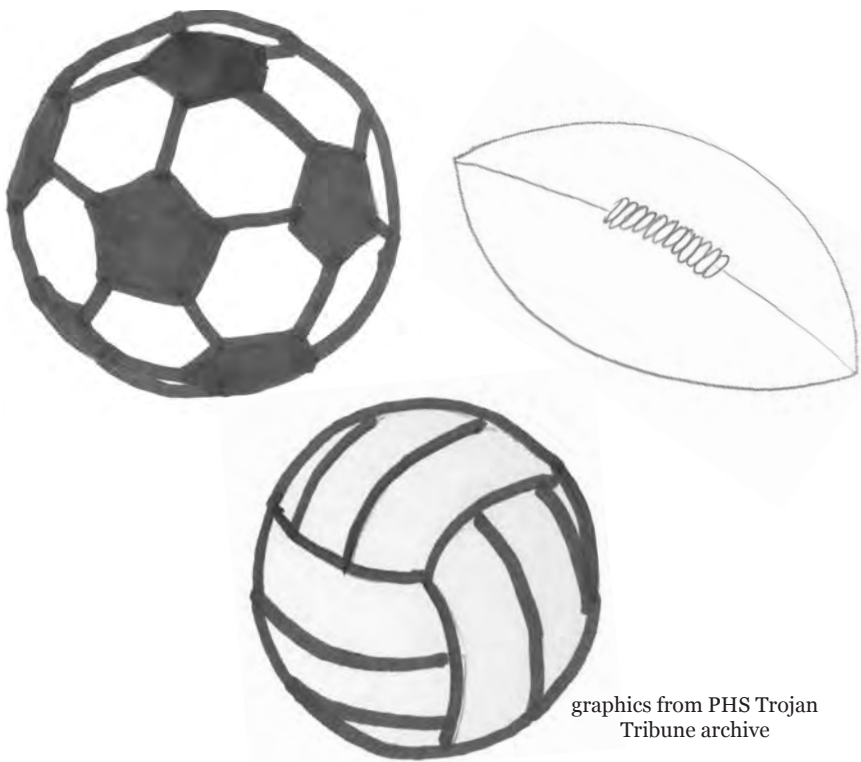
by Tyra McQuilla

The girls Varsity volleyball team finished the season with the overall record of 21-9. Coach Becky Stavropoulos thought the season went well, and said, “The Varsity team had a very successful season. We work as a team and we win and lose as a team. The thing that worked best for us is focusing on the team and not the individual. Whether players are on the court or not, they play a huge part in our successes.” Sianna DeCarli, sophomore, commented on her season as well: “The season was really good. I would say our best game was against Maria Carrillo. Even though we lost we still kicked butt.”

JV VOLLEYBALL

by McKenna Watson

The JV volleyball team wrapped up the fall season with a win against Elsie Allen on Tuesday, October 28th. Coach Becky Stavropoulos stated that “the JV team did a great job all season playing heads up volleyball and taking a lot of teams to three games.” Hannah Wheless, sophomore, agreed that the season “went very well” and said, “We improved on our team dynamics.” Stavropoulos also noted, “They were very good at competing and not letting the score dictate how they played.” The team’s best match of the season was a two-game win against Analy at home.



graphics from PHS Trojan Tribune archive

GIRLS GOLF

by Emma Kuykendall

The girls’ golf season ended with a league record of 7-5. They placed third as a team in the league and at the SCL tournament, the same placement as last year. However, the top two individuals in the league, determined at the SCL tournament, were Sarah Jane Catarozoli in first and Tara Thomas in second, both athletes from Petaluma High School. The team had three seniors, three juniors, two sophomores and one freshman. Of these participants, three were completely new to the sport. Coach Chris Jones commented on the team’s season, saying, “We made extremely good progress and our scores were way below last year’s.” As mentioned before, Catarozoli placed first in the league. In agreement with Jones, Catarozoli added, “I think we did really well this season. We placed third in our league. While that’s the same as last year, our scores really improved and we got a lot better.”

VARSITY GIRLS SOCCER

by Sierra Mancuso

Petaluma High School girls’ Varsity soccer wrapped up the season. Their last game, on October 29th was against El Molino at PHS. Their final score in league was 8-2-1, which means they have won eight games, lost two and tied one. The coach, Chris Daly, reports, “I think we have a pretty good seat going into play-offs.” There are twelve games in the Varsity girls’ soccer season. This year there are seven school teams in the North Coast Section. The schools they play in league are Analy, Healdsburg, Sonoma Valley, Piner, El Molino and Elsie Allen. Girls’ Varsity soccer will go into the playoffs after their last game. Daly says, “We ended on a good high note and now we have playoffs to look forward to.”

JV GIRLS SOCCER

by Electra Holberton

The JV girls soccer team had an “awesome season,” according to Sicily Barry, freshman. They ended with 8 wins, 6 losses and 1 tie. Barry commented, “I’m most proud that we tied Analy because they were undefeated and unscored on, and we scored on them twice.” Barry says they “improved a lot” on “connecting passes and building up onto the goal.” Coach Josh Nazzal commented, “The girls improved most in playing as a team, creating chances in front of the goal for their teammates and not just for themselves.” Coach Nazzal’s favorite thing about coaching the JV girls soccer team this year was, “they all wanted to be there, they showed up everyday ready to work hard.”

GIRLS TENNIS

by Connor Filippi

The girls’ tennis team finished their season at the end of September after a game against Santa Rosa, ending in a 4-3 score, according to MaxPreps. The team, consisting of three freshmen, two sophomores, three juniors and six seniors, ended with a record of 12-0 in league and 15-1 overall. Coach Kelly DeCosta commented, “Throughout the season the girls were really consistent and stood up to some difficult teams.” Kim Garcia, freshman, stated, “I felt like it was a really fun experience and we all became a family. All in all, a great experience.”

CROSS COUNTRY

by AJ Shaheen

The cross country’s 2014 season is nearing its end, and as of the beginning of November, they were 4-2 overall. This has been a successful season for both the boys’ and girls’ teams, as coach Cole Yungert says, “I feel pretty well about how our team’s done.” Edden Yashar, junior, believes that “we have a lot of depth, we are a very young team.” Yungert comments on the team’s benefit of being young, saying that, “We’re young on both sides [boys and girls], and our boys’ team has three freshmen right now on Varsity.” The team just has to make it through finals for the championship, and there are high expectations for that.

Varsity Football

Fall Playoffs

by Sydney Redfearn

The Petaluma Trojans are currently preparing for their first playoff appearance in years. Coach Krist says the team wants to take the playoffs “one win at a time,” and right now all he wants to focus on is that first playoff win.

Hunter Williams, senior, believes that he and his team will do “well and be competitive throughout the playoffs.” Williams says the playoff games are reaping rewards for the team in multiple ways. It is “exciting” to be playing longer than the rest of the teams and it also validates “giving up my summer for football camp.” Shane Maxwell, senior,

is also excited to be playing in the playoffs. He adds that greatest strength of the team is their “great bond.”

For Greg Thomas, senior, one of the best things about being in the playoffs “is playing more games as a team.” According to Williams, “the season actually went by really fast.” Williams adds it is “weird to be celebrating senior night because last year we just watched, and now it’s us in the senior position.” All the players agree “all the hard work off the field” is acknowledged with a playoff appearance.



The Varsity football team huddles during their game on October 3rd, 2014 against Piner High School. They won the game 23-12.

Varsity Volleyball

by Tyra McQuilla

The Varsity volleyball team heads to playoffs in hope of succeeding. They placed 9th in the NCS, ending the year. “We are loaded with great athletes and great volleyball players, so we need to bring all that together as a team. Once we do that, we’re on our way to achieving our goals and having fun doing it,” states one of the coaches, Becky Stavropoulos. Joelle Krist, senior, says, “I think we will do well as long as we stick to our game. An advantage we have going into playoffs is we

have six returning seniors who have played in the playoffs for two years and have lots of experience.” With hopes of being successful, Jill Petersen, junior, commented that, “I think we will do great as long as we work hard! We have great team chemistry that helps work together in games.” Morgan Giraud, senior, says that, “The playoffs are going well; we beat Healdsburg and we have come a long way since we played them. It’s my senior season and my goal was to make it.”



Olivia Baldwin, junior, jumps up to set the ball during a game in late September.

Varsity Boys Soccer

Varsity Girls Soccer

by Sallie Hollingshead

The boys Varsity soccer team entered the playoffs with an overall record of 15-4-2. They had a league record of 10-1-1. The Varsity boys won their league, with Analy coming in second place. “So far the season has gone really well,” according to Head Coach Greg Lamansky. Co-Captain Simon Lindsay, senior, said, “we have done fairly well” throughout the season. The team did not lose as many seniors as they have in the past, so they were not as lacking in experienced players as they have been in other years. Lindsay later said that they “have made a lot of progression” since two years ago when they lost eleven seniors. When asked how playoffs would go, Coach Lamansky was very skeptical. “I have been here a long time, and I can tell you anything can happen in any playoff game, so I won’t make any predictions.” Jordan Santia, sophomore, commented, “I hope we do well, but we lost first round last year, so it could be a repeat.” Lindsay said, “I think we are going to do well. We are confident and we have a good seating... so that gives us a good chance to win our first [playoff] game...” When asked what team would be the hardest to beat in playoffs, Lindsay said, “Well, obviously, Montgomery; they have a really good record. Terra Linda is supposed to be really, really good this year. If we face them we will probably face them in the finals and it’ll be exciting.” Lindsay later commented, “We are a really good team, and we have gotten this far. I think we have the skill, the speed and the strength to make it to the Championship.”



The Varsity boys’ soccer team starts their game off with a huddle and cheer.

by Electra Holberton

The Varsity girls’ soccer team is going to the playoffs after their 2014 season. They ended their season with nine wins, two ties and one loss in league and, including pre-season, with ten wins, three ties and two losses. Goalie, Annie Madden, senior, said, “If we all have good attitudes and confidence, I think we will go far in the playoffs this year.” The playoffs started on November 5th. Madden also commented on how excited all of the players are: “We are excited to play different teams that we didn’t play in league.”

Coach Chris Daly comments on what will help his team go far in the playoffs: “We have a strong defense and we have worked a lot on our offense and creating goals, so I think if we can keep up that momentum of creating chances and scoring, that we should be able to go pretty far in playoffs this year.” The Varsity girls team has made it to the playoffs for the past two years. Daly also commented on how exciting going to the playoffs is: “The excitement of how you win and move on and if you lose you’re done is very pressuring but encouraging at the same time. It is also very fun to play very good teams outside the league.” Daly believes that, “If we keep up our hard work and focus and just keep doing what we are doing, we will go very far in playoffs.”



Ami Keen, senior, slides to the ball, trying to regain possession for her team against El Molino High School.

Girls Golf

by Kelly Galten

Two members on the girls golf team qualified for the playoffs this year: Tara Thomas, senior, and Sarah Jane Catarozoli, sophomore. Coach Chris Jones was most proud of the “team’s progress this year,” and was enthusiastic about the two players’ performances in the SCLs. “There were lots of great moments this season,” he says. “When SJ [Catarozoli] came in first at SCLs again, that was a great moment. I know that she was working hard against another player.” Catarazoli’s opponent was a junior in high school, and Jones explained that winning the match against her was a great achievement for Catarazoli.

“It went pretty good,” said Thomas. “I think I did pretty well for myself. On the back nine, I got a personal record of 50.” The girls played at Lone Tree Golf Course in Antioch. “That was the farthest I’ve ever been,” said Thomas when asked how far the team normally travels. The girls finished the season with a record of 7-5, not including Thomas and Catarazoli’s standings in the championships. “Our girls are always commented on as being really just very nice,” said Jones about his team’s strongest attribute this season. “We are Miss Congeniality.”

Millie Lefkowitz, junior, practices at Rooster Run Golf Club. Her team finished 7-5 and her teammates, Tara Thomas and Sarah Jane Catarazoli, went on to SCL playoffs.



Varsity Cross Country

by AJ Shaheen

As the Cross Country regular season wraps up, the postseason is looking bright for both girls and boys. On entering the playoffs, Will Dunbar, freshman, admits that, “We’re all going into the playoffs nervous, but I think we’ll do exceptionally well and could possibly get a high score because we have a very fast Varsity team.”

“I think we have a really good chance to win league this year... we’re feeling pretty prepared,” comments Emily Herbst, sophomore.

Coach Cole Yungert is extremely confident in his girls’ team, saying, “I expect the girls’ team to win the league championship. If they don’t win, something went wrong, honestly.” This would be the girls’ first good shot in three or four years. He says that the boys, who have a very young team and are primarily “building for the future,” have a chance for an upset win. “I think if they run well, how they do in practice, they could really surprise some teams.”

Herbst believes it is important to remember “to keep working hard in practices and make sure we don’t slack off or lose our edge just because the regular season is over.” Yungert says, “They just have to stay focused, but they also need to find a happy medium where they can stay relaxed, because the looser and more relaxed they are, the better they’ll run.”



Michael Whitt, junior, powers up a hill in Helen Putnam Park during a league meet.

Varsity Girls Tennis

by Sierra Mancuso

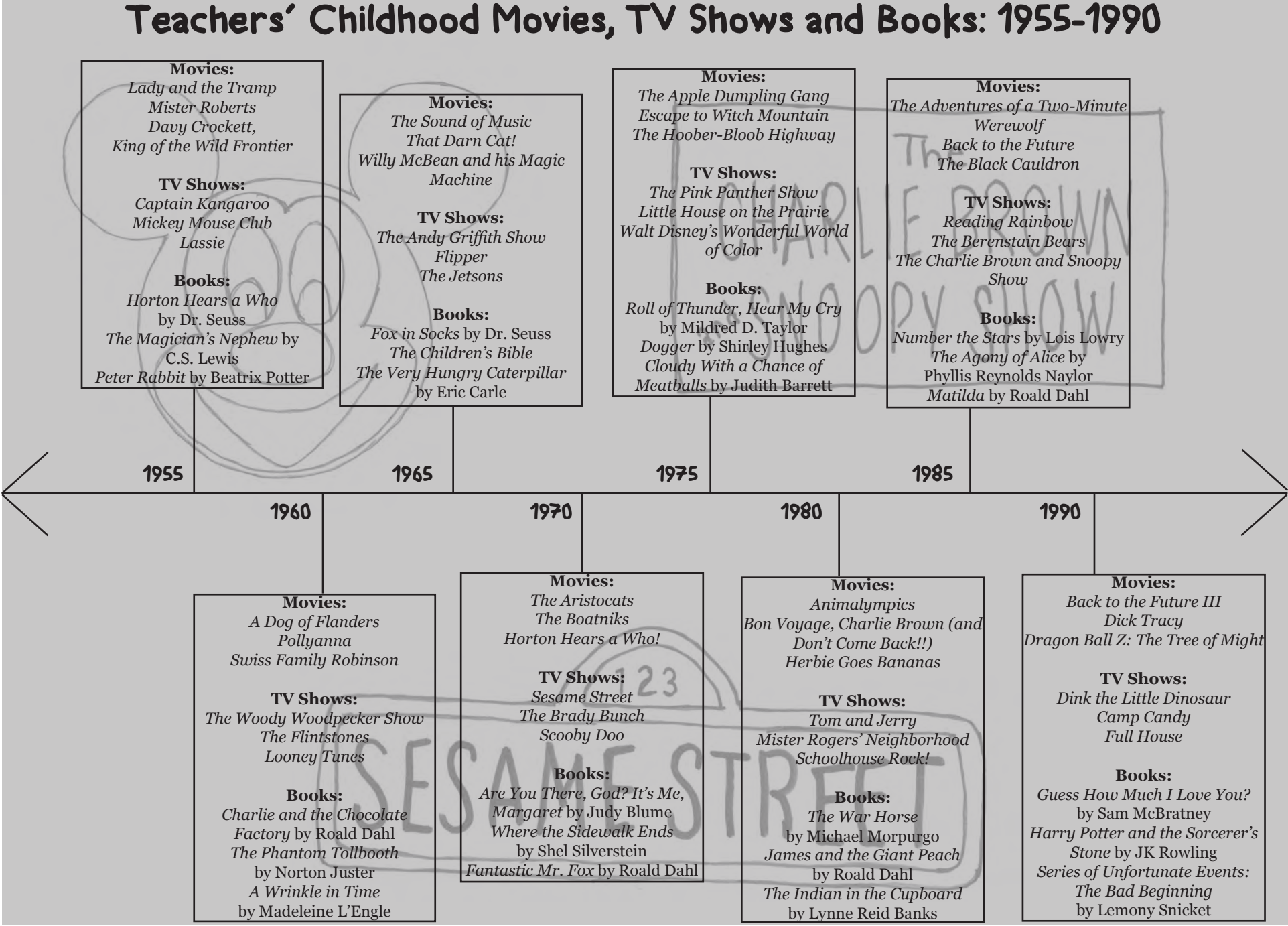
Petaluma High School girls’ Varsity tennis team went to the SCL Tournament and the NCS Championship. This year girls’ Varsity tennis is undefeated in league and the team has been SCL champions for three years running. There are fourteen players on the team this year. Of the fourteen players, six are seniors. The SCL tournament took place on October 30th to the 31st. In the tournament, the number one and two singles players compete and one and two doubles teams also compete. The NCS team championship takes place on the eleventh, twelfth and fifteenth of November. The NCS single and double championship takes place on the 18th and 19th of November. Maddie Thomas, senior, says, “I am very excited to participate in the tournament this year. I have been a part of the tournament for 4 years now.” Nicoline Pedersen, senior, says, “I am very excited to compete in the 2014 SCL tournament with my teammates who have worked so hard this past season. This will be my third year participating in the tournament, but my fourth year playing tennis for PHS.” Thomas says, “I have been number one singles the past 3 years, and I have won the SCL Singles Championship twice.” Pedersen says, “I have played number two singles the past three years and I am so proud of all accomplishments we have had throughout the years.”



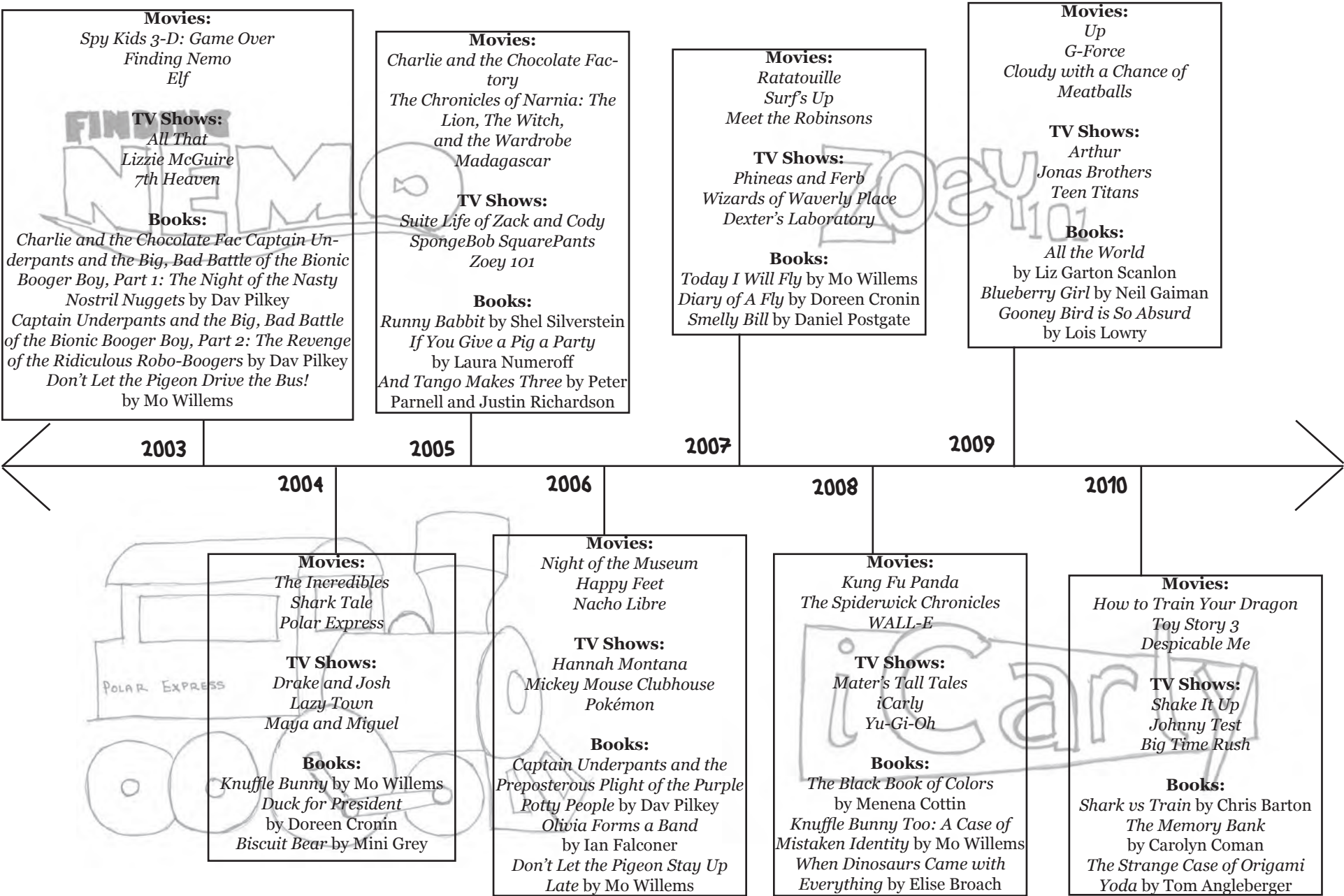
Ada Payne, junior, goes in for a killer volley to the opposing player.

Childhood Nostalgia

Teachers’ Childhood Movies, TV Shows and Books: 1955-1990

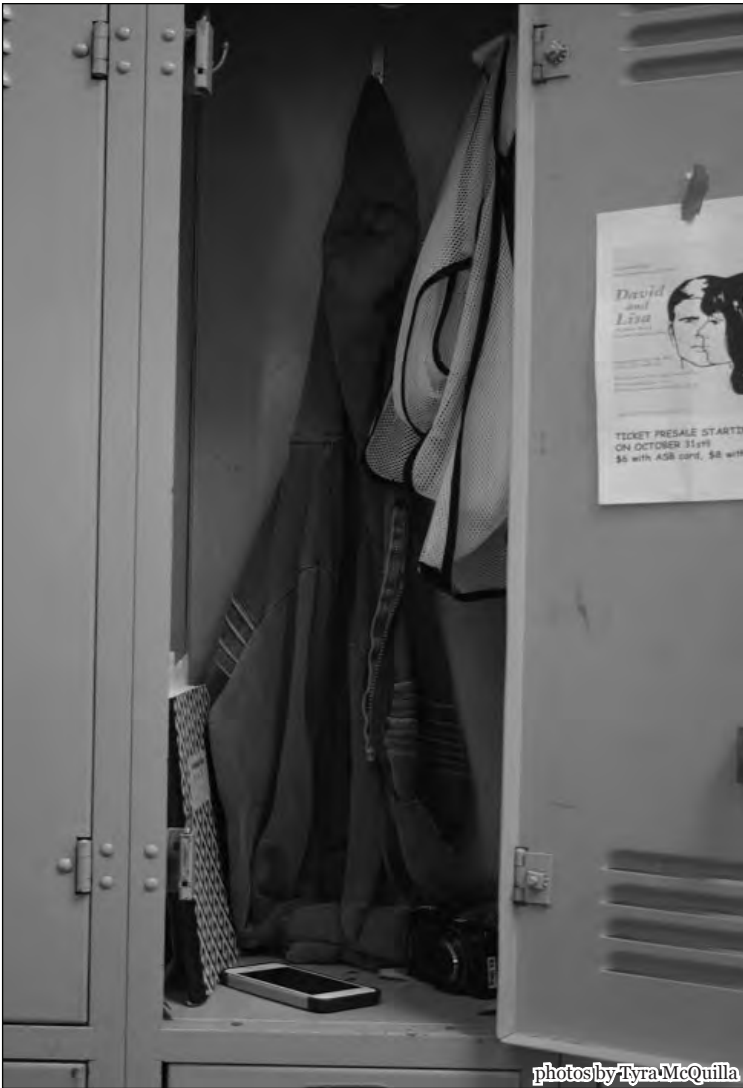


Students’ Childhood Movies, TV Shows and Books: 2003-2010



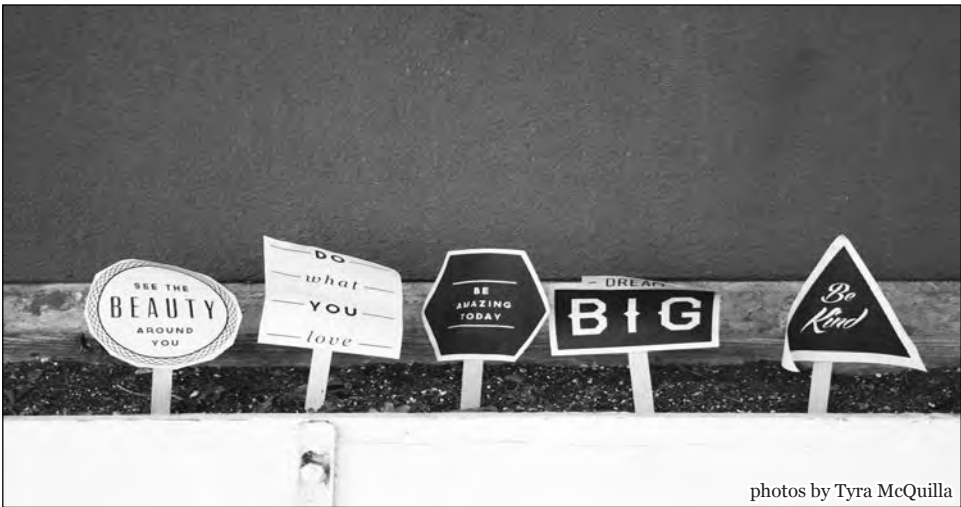
SPOT THE DIFFERENCE

Hidden among the six photos of the locker, signs and people are 17 differences. Can you spot them all? Be sure to look everywhere. *Good luck!*



photos by Tyra McQuilla

Between the two photos of this locker are five differences.



photos by Tyra McQuilla

Between the two photos of the signs in this planter in front of the ASB room are five differences.



photos by Connor Filippi

Between the two photos of freshmen (left to right) Sydnie Siebler, John Questoni Schielein, Chistan Merklin, Kayley Uland, Miles Herndon and Lauren Smagalski are six differences.

↓ ↓ ↓ CHECK YOUR ANSWERS HERE ↓ ↓ ↓

Answers: Locker - 1. The vest is on the other side. 2. The notebook is gone. 3. The second piece of tape on the *David and Lisa* poster is missing. 4. The phone is lying down. 5. The tupperware container is missing. Signs - 1-5. The order of the signs is reversed. People - 1. Sydnie's bag is missing. 2. The milk carton and box are missing. 3. Lauren's glasses are missing. 4. John is posing differently. 5. Chistan's sleeves are rolled up.

THANKSGIVING

DAY SCHEDULE

by Kelly Galten

- 8:30 am - Wake up, look at your phone, roll over and go back to sleep.
- 10:22 am - Actually wake up.
- 1:00 pm - If you are hosting Turkey-day, start cooking! If you are mooching on someone else's food (i.e. going to grandma's), ask your mom if she needs help with the pie or catch your dad up on who's about to play.
- 4:00 pm - Arrive at relative's house. If you are the host, this is when everyone flocks to your kitchen and proceeds to get in the way.
- 7:20 pm - Eat an unhealthy amount.
- 7:50 pm - PIE
- 9:30 pm - Collapse on your bed, and pass out fully clothed to dream of the left-overs you will get tomorrow!

TRADITIONS

by Sydney Redfearn

- Turkey - Although many people believe eating turkey has been around since the Pilgrim days, there was no bird involved in 1621.
- The Wishbone - Although the cracking of the wishbone trend has died out recently, it used to be a huge honor to crack the wishbone of the turkey.
- Macy's Thanksgiving Day Parade - Every year, millions of people line the streets of New York to watch giant helium balloons, thousands of band members and famous singers participate in the Macy's Thanksgiving Day Parade. Although most students will probably be able to remember the parade for as long as they have been alive, the parade has only been around for about a third of the time that Thanksgiving has been around.

ULTIMATE MEAL

by Matias Kunzman

- Everyone loves food, and Thanksgiving sure is full of it. But what exactly makes up the ultimate Thanksgiving meal? Well, here are some things that your dinner would be utterly incomplete without.
- Turkey - White meat and dark meat obviously
 - Stuffing - Doesn't have to be in the turkey, but definitely a must have
 - Cranberry sauce - Whether to put on other food or eat plain, this tart sauce must be present on the table
 - Biscuits - Those flaky, buttery, wonderful little bread cakes are absolutely vital
 - Vegetables - Got to have a balanced meal here everyone
 - Mashed Potatoes - Potatoes in any form just scream Thanksgiving
 - Gravy - Because you have potatoes and turkey
 - Salad - Cesar, tuscan, blue, or even ranch

THE HISTORY

by Connor Filippi

Though accounts of religious thanksgiving services existed in the first Virginia Colonies, the noted "first Thanksgiving" was held in 1621 in the Plymouth, Massachusetts colony. It combined the ancient traditions of celebrating a successful harvest from both the Native American and European colonist cultures. The reasoning for the festivities was attributed to the local Wampanoag Indians aiding the Puritan settlers during a bad winter by sharing their supplies of food, teaching them how to cultivate the Indian maize crop and fish. Because of their help, the Indians were invited to the three-day thanksgiving celebration proclaimed by Plymouth governor, William Bradford. During the meal, the colonists and Indians dined on venison, waterfowl, shellfish, wild turkey, nuts, squash (including pumpkins), corn, beans and berries. However, it was not until the 1800s that Thanksgiving was observed as a holiday by many states and was lobbied to be recognized as a national holiday with President Lincoln declaring it the last Thursday in November. From 1939-1941, President Franklin D. Roosevelt declared it the third Thursday in November to accommodate more time for holiday shopping. However, the decision was met with protest and it was changed back to the last Thursday, where it remains today. Current Thanksgiving traditions include a big meal in the spirit of the Pilgrims, typically with a turkey as the main dish. More modern traditions include the national broadcast of football games and live footage from the Macy's Thanksgiving Day Parade in New York City.

Holiday Pie Recipies

Why Pie?

by Emma Kuykendall

Pie seems to have always been a part of Thanksgiving and the fall season, but one may question why pie, especially pumpkin pie, is so indicative of this particular holiday and where the idea of pie began. Pie is said to have originated with the early Romans. The first pies were made in reeds instead of with crust; the sole purpose was to contain the filling and the outside was not eaten. The very first pie recipe with edible crust was created by the Romans and was a rye-crust ed goat cheese honey pie. Pies appeared in England as early as the twelfth century. Mainly meat pies, these early versions of the dish were baked in what they called a “coffyn,” as opposed to a crust. In these cases, there was often much more “coffyn” than filling. The first cherry pie has been credited to Queen Elizabeth I, jumping off the meat pie bandwagon for something a bit sweeter. Pie was not, of course, present at the first Thanksgiving with the Pilgrims and Indians, so why is it such a prominent tradition in today’s celebrations? Though pie may not have been on the menu in 1621, as they lacked necessary ingredients such as butter and flour, pumpkins certainly could have been an enticing addition to the table. Pumpkin pie was, however, popular in America in the seventeenth century and may have been around for Thanksgiving feasts as early as 1623. Since then, other pies have been added to our Thanksgiving tables, and the treat is sometimes referred to as the “most traditional American dessert.”

Pecan Pie

Recipe from Monica Kunzman

Ingredients:

Original recipe makes one 9 inch pie

1 1/2 cups all-purpose flour

1/2 teaspoon salt

2 tablespoons white sugar

1/2 cup butter, chilled

4 tablespoons ice water

3 eggs, beaten

3/4 cup light corn syrup

2 tablespoons dark corn syrup

3/4 cup light brown sugar

3 tablespoons butter, melted

1 pinch salt

1/2 cup pecans, finely crushed

1 cup pecans, quartered

1 cup pecan halves

Directions:

Preheat oven to 350 degrees F (175 degrees C). To make crust: In a medium bowl, combine flour, salt and white sugar. Cut butter into flour mixture until it resembles coarse crumbs. Gradually sprinkle the water over the dry mixture, stirring until dough comes together enough to form a ball. On a floured surface, flatten the dough ball with a rolling pin. Roll out into a circle that is one inch larger than pie dish. Place pie shell into dish and refrigerate until pie filling is complete. To make pie filling: In a medium bowl, mix together eggs, light and dark corn syrups, brown sugar, butter, salt and finely crushed pecans. Spread quartered pecans over bottom of refrigerated pie crust. Pour syrup mixture over top of pecans, then arrange pecan halves on top of pie. Bake in a preheated 350 degrees F (175 degrees C) oven for one hour or until firm; let cool for one hour before serving.

photo courtesy of [www.verybestbaking.com](#)

Spiced Apple

Recipe from Sicily Barry, freshman

Ingredients:

Crust:

2 1/2 cups all purpose flour

1 tablespoon of sugar

1 teaspoon salt

1/4 teaspoon mace

1/2 cup chilled unsalted butter, cut into small pieces

1/2 cup chilled vegetable shortening

5 tablespoons of ice water

Ingredients for filling:

3 pounds tart green apples, sliced and peeled

1/2 cup of sugar

1/2 cup packed brown sugar

1/4 cup all purpose flour

1 tablespoon fresh lemon juice

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon grated lemon peel

1/4 teaspoon ground mace

1/4 teaspoon ground cloves

1/4 teaspoon ground all spice

Directions:

Preparation for crust:

Combine all ingredients while gradually adding water by tablespoons to form moist clumps.

Spread out dough into pie pan.

Refrigerate for 1 hour.

For filling:

Preheat oven to 400F.

Toss apples with 1/2 cup sugar, brown sugar, flour, lemon juice, cinnamon, nutmeg, lemon peel, mace, cloves and all-spice. Add to pie crust

Place pie on baking sheet and wait an hour before eating.

photo courtesy of [asmallsnippet.com](#)

Pumkin Pie

Recipe from Monica Kunzman

Ingredients:

Original recipe makes one 9 inch pie

1 recipe pastry for a 9 inch single crust pie

3 eggs

1 egg yolk

1/2 cup white sugar

1/2 cup packed brown sugar

1 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger

1/4 teaspoon ground cloves

1 1/2 cups milk

1/2 cup heavy whipping cream

2 cups pumpkin puree

Directions:

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, combine eggs, egg yolk, white sugar and brown sugar. Add salt, cinnamon, nutmeg, ginger and cloves. Gradually stir in milk and cream. Stir in pumpkin. Pour filling into pie shell.

Bake for ten minutes in pre-heated oven. Reduce heat to 350 degrees F (175 degrees C), and bake for an additional 40 to 45 minutes, or until filling is set.

photo courtesy of [tinyhandsonline.com](#)

Chocolate Pie

Recipe from Whitney Royall, freshman

Ingredients:

1 pie crust, homemade or store bought

4 large eggs

3/4 cup plus 3 tablespoons of sugar

10 ounces semi-sweet chocolate

3 tablespoons unsalted butter

4 cups heavy cream

1 cup coarsely crushed chocolate wafer cookies

1/2 cup creme

1/8 teaspoon kosher salt

Directions:

Preparation: Set oven to 350F.

Line pie dish with pie crust.

Whisk eggs and sugar in a heatproof bowl over a saucepan of simmering water until sugar dissolves and egg whites are warm.

Beat on medium until fluffy.

Beat 2 cups of cream in another bowl until it becomes soft and pillowy.

Add each layer to pie dish.

Sprinkle pie with 2 tablespoons of chocolate wafers and chocolate shavings.

photo courtesy of [jamiemoon.net](#)

Which pie do students like best?

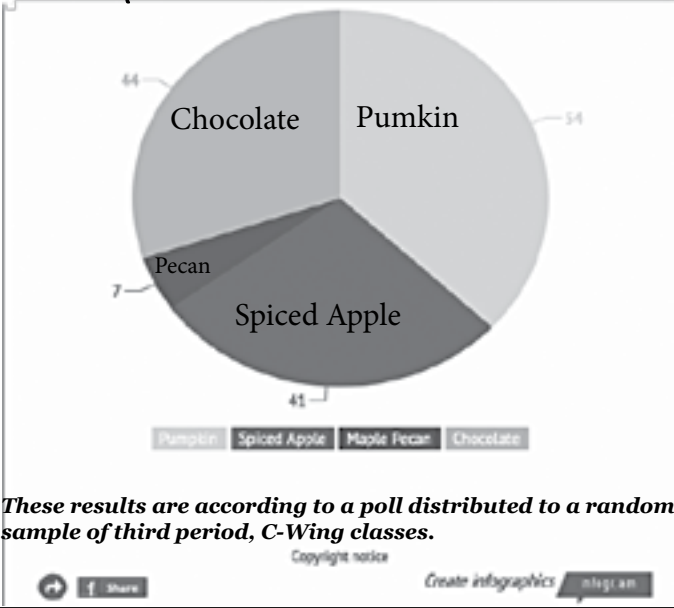


photo courtesy of [www.newportbeachmagazine.com](#)

🛍️ Black Friday Shopping 🛍️

Shopping tips

by McKenna Watson

- Download coupon apps before going shopping to get better deals on items and also compare prices and deals before heading out.
- Try to avoid extremely crowded stores so that you won’t be panicked or overwhelmed by crowds.
- Be sure to familiarize yourself with the store in advance so you are aware of where you need to go.
- Know what you want to buy before hand and make a list to make the experience quicker and easier.
- Bring a friend because you can split the work in half and wait in line for each other.
- You should get an early start by arriving at your location long before the lines start to form outside.
- Be aware that many stores advertise early bird deals, normally between 4 and 11 am and night owl specials, available between the hours of midnight and 4 am.
- Many stores also offer a “lowest price” guarantee, but you may have to bring in a copy of the item being advertised from somewhere else for less.
- Beware of impulse buys; you might end up spending a lot of money on things you don’t really want or need. Stores will shower their shop with impulse buys that may seem tough to pass up.
- Be quick with your shopping because chances are lines for a cash register will become very long the longer you wait. They tend to be shorter directly after businesses open for Black Friday.
- Pay with cash because there are lots of credit card transactions on Black Friday, so you could be waiting several minutes for a transaction to finish.

graphic by McKenna Watson

Safety tips

by Tyra McQuilla

- Keep your hands clean! With crowding and intermingling, keeping your hands clean is very important.
- Bring a buddy. If you are all alone, you could get lost. It’s always good to have company.
- Do not get into an argument with someone. Conflicts with shoppers can lead to something that could be dangerous.
- Wear closed toe shoes because you don’t want your feet to get stomped on!
- Watch your step because you could step on a small child or trip.
- Stay energized because it is very easy to get tired while shopping. Stay energized so you don’t pass out.
- DO NOT text and walk.
- You could easily get injured if you are not paying full attention to where you are walking.
- Wear deodorant because stores are already very crowded and when you don’t smell good, you only add to the chaos.
- *WALMART TIP* Wear ventilation mask. More people go to Walmart than anywhere else, so it gets stuffy.
- Do not go anywhere with strangers because it is common sense, but when you are shopping at one in the morning, you especially don’t want to go anywhere with someone you don’t know.
- Park in well-lit areas.

graphic by McKenna Watson

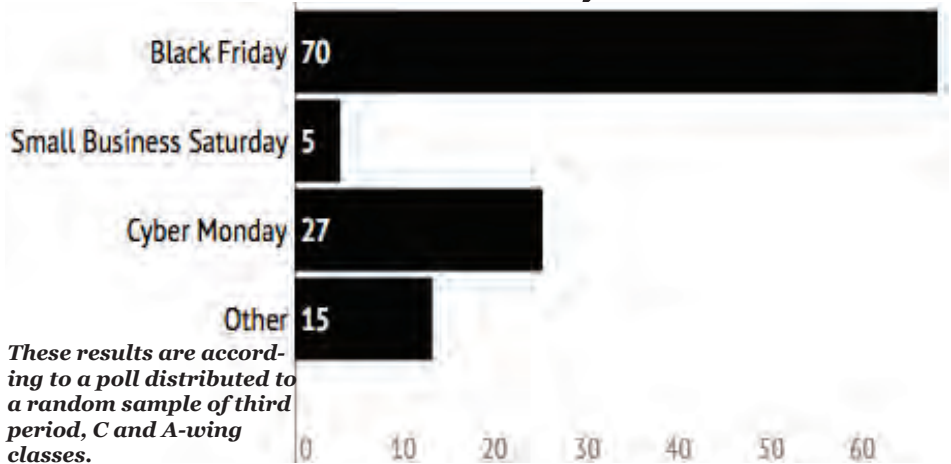
Cyber Monday tips

by Victoria Leoni

- Solidify a reasonable budget and wish list before you begin.
- Find the best cyber deals via cybermonday.com and dealio.com.
- Begin early. The most stock and the best deals will be available in the early morning hours.
- Sign up for retailers’ e-newsletters ahead of time to keep up to date with Cyber Monday promotions and receive subscriber-only coupons.
- Scan for sites offering free shipping and handling.
- Browse currentcodes.com or retailmenot.com for coupon codes. Bookmark retailmenot.com and open for quick access to coupon codes for the site you are visiting.
- Access retail sites through rewards sites like Upromise, MyPoints or Ebates to accumulate points or cash as you shop.
- Use price comparison sites like pricegrabber.com before completing checkout to assure you are getting the best deal available.
- Look for “https” in your browser to ensure secure transactions.
- Print all order confirmation sheets and record your purchases.

graphic by Connor Filippi

Students’ favorite Black Friday weekend event



Small Business Saturday tips

by Sydney Redfearn

- Make a list of Christmas gifts needed for family and friends.
- Google local businesses ahead of time and find specialty stores for items such as clothing, cooking supplies, gift certificates, etc...
- Share your experiences on Instagram and Facebook to spread the word using the hashtag, #SmallBusinessSaturday.
- Wear walking shoes!!
- Don’t get your hopes up for a parking space outside of your favorite store; park in one of the garages (by Petaluma Market or the movie theater) and save downtown parking for someone making a Starbucks run.
- Plan to spend the day downtown; get a group of friends together and grab some lunch at your favorite local restaurant
- Don’t feel guilty when you spend a little more money than you would at Target; the items are much better quality and you are supporting local entrepreneurs.

graphic by McKenna Watson

Best places to shop

by Tyra McQuilla

- Macy’s is a store that has everything. Every year you can get free pillows with a down comforter with your purchase. They do not only have home goods, but they have men’s, women’s, children’s, and juniors’ clothing. They all have discounts and prices you can’t beat.
- Victoria Secret is also a good place to go if you are interested in perfumes, makeup and women’s comfortable clothing. You can find perfumes for just 20 dollars.
- Best Buy is another great store to go shopping. You can find all the electronic devices and movies that you want on sale and at a great deal.
- Target is another great place to go shopping. It can get pretty crowded, but it’s discounts are very convenient. You can save up to 60% in most departments.
- Toys R’ Us has great deals for children’s toys such as Legos, Teenage Mutant Ninja Turtles action figures, Skylanders and Hot Wheels.
- Wal-Mart can also have outstanding deals, but it gets very crowded and the lines get very long. It can also get intense when trying to buy something that another person wants. However, if you find the right things, Wal-Mart can be very useful.

graphic by McKenna Watson

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☆ Student Spotlights ☆

⚽ Brady Scott: Soccer prodigy ⚽

by AJ Shaheen

Everybody has a hobby, but only some people are lucky enough to be truly passionate about a sport. Fifteen year-old Brady Scott, freshman, is one of those people. Throughout his entire life, soccer has been his passion.

Scott, a goalkeeper, currently plays for two teams, De Anza Force and the Under 16 National Team. Three days every week, he drives two hours to train with De Anza Force just outside of San Jose, and has games on the weekends. Scott’s national team has a camp in Los Angeles every three to four months, and the team goes on international trips for games and tournaments “every once in a while.” Brady believes that his team has a lot of technical ability, especially in the defense, and that they are very good at maintaining possession of the ball. What his team needs improvement on, Scott comments is, “Maybe not scoring enough goals, just being a little bit more physical, that’s it.” But how did Brady Scott become such a good soccer player, and how did he get this passionate?

At age six, Scott began his soccer career playing alongside Dominic Cristobal, sophomore, with PYSL. “We had a PYSL team called the Petaluma Wolves and we were awesome,” explains Scott. “From that, me and Dom were

really good, so then we went to SCA, which is the decent local club here, until U13. And then I moved over to Marin FC, which is a bigger club in Marin for three years, and then I moved, just this last year, August 2014, to De Anza Force.” The question is, why soccer? Did he know that was his sport since he began? The answer is no, he did not. In fact, Brady Scott says, “I kinda tried everything when I was young, and when I was in fourth and fifth grade, I played CYO basketball and I enjoyed that, but slowly soccer took over.”

Athleticism must run in the Scott family, as Brady’s sister, Riley Scott, senior, is an Olympic swimmer. She has definitely been a motivation to him and had an impact on his soccer playing. “Our family is very competitive, to say the least, so I’ve always wanted to get to a higher level than she has, so that’s one of the reasons I wanted to get good at soccer. She pushes me in many ways,” says Brady.

Scott plans on continuing with soccer in the future. As a sophomore or junior, he wants to go to Holland or somewhere else in Europe to play with a professional academy there and study abroad. He then aspires to play in college or even professionally.



Brady Scott dives to save a ball in a practice for De Anza soccer team, just outside San Jose. Scott drives three hours three times a week to go to these practices.

⚡ Hannah Wheelles: Triathlon superstar ⚡



Hannah Wheelles is running on the Petaluma High School track, practicing for her next triathlon. Wheelles often runs at Petaluma High to keep in shape.

by Electra Holberton

Hannah Wheelles, sophomore, just finished her third triathlon in September of this year. A triathlon is a race combining swimming, biking and running. Wheelles placed fifth out of one hundred and forty eight people in the women’s division. “It was hard because you swim for half a mile, bike for fifteen miles and run for three miles,” she says. The triathlon took place in Pleasanton, California, and it started at eight in the morning. Wheelles says, “It was a very early wakeup for my mom and I. We had to wake up at five thirty.”

Wheelles, being one of the youngest women competing, says, “It was nerve-racking in the beginning because I was the youngest one there; I saw all these older women who looked like they really knew what they were doing. But, once I got going in the race, I was fine.” At the event, there were sponsors posting signs and banners all around the racecourse. “It was cool because all the sponsors were really sporty and healthy,” Wheelles says. She adds, “My favorite part was the swimming because I was a swimmer for two years on a swim team called the Aqua Ducks.”

Wheelles also spends lots of time practicing for her triathlons. She runs at the school track very often. Wheelles comments, “I like running on our track because it is close to my house and it is a good meeting spot in case my freinds

want to run with me.” Wheelles also goes for runs at Helum Putnam. “It is great to run there because the hills challenge me,” she says. Wheelles likes to run with her dog as well.

Annual triathlons with her mom are not the only athletics Wheelles does; she also plays on the JV volleyball team. Wheelles plays setter and defensive specialist. She has played volleyball for a long time. In addition to playing school volleyball, she plays club volleyball. She has played for two clubs, Tower Volleyball and Empire Volleyball. Wheelles says she likes volleyball because “it is a fast moving game” and “it is fun to make a lot of new friends.” Wheelles likes playing club especially because “it is super fun to play with other girls from around Petaluma. I also really enjoy the tournaments we go to almost every weekend during the season. It is great to get coaching from other coaches as well so that you can improve your skills for the school season.”

Wheelles and her mom have been doing one triathlon each year for three years now. Wheelles says, “My mom and I started it one year and kept doing it as a tradition.” The tradition of doing one triathlon a year is a special one that they share, because no one else in their family does it with them. Wheelles comments, “I really enjoy doing the triathlon with my mom because she supports me during the race.”

☆ Student Spotlights ☆



Joelle Krist: Softball star



by Victoria Leoni

Now an Easton Elite 18 & Under Gold utility infielder and University of Arizona recruit, Joelle Krist, a senior, began playing softball at the age of seven and has since gained wide recognition for her tremendous talent and passion.

Krist’s decade-long career of softball accomplishments began in the local recreational league, Petaluma Girls’ Softball Association (PGSA). At thirteen, she took her talent to the next level and began playing in the 18 & Under Gold League, in which she continues to play today. On the primary difference between the two leagues, Krist says recreational softball (PGSA) is “more for the town of Petaluma, [whereas] 18 & Under Gold is for the whole United States, where elite softball players come together and compete.”

The players on Krist’s current 18 & Under Gold team are primarily from the East Bay. The team plays other 18U teams from across the state, often in Southern California, as well as from Arizona, Washington and Oregon. During the summer, tournaments are every weekend, and practices are twice a week. During the off-season, practice is every other Sunday in Martinez.

In addition to softball, Krist plays volleyball and basketball, but says she pursued the former over the latter two because “that’s where I was getting the interest

from colleges and I’ve always enjoyed [softball] the most. It’s a family sport, [in which] everyone comes and everyone’s played.”

Colleges began recruiting Krist early, during her freshman year. Among others, these colleges included Humboldt State University, Loyola Marymount University, University of the Pacific, St. Mary’s College, and of course, University of Arizona, the school Krist committed to a little over a year ago. Just a few weeks ago, Krist visited her future school, and says simply, “It was awesome.”

Throughout the past four years, Krist has also played on the PHS Varsity softball team. In comparison to her experience on the 18 & Under Gold team, she says, “the high school [team] is all my friends. I know everyone and I love that experience; I love to be with them.”

Among other things, Krist says softball has taught her “how to work with other people that I don’t necessarily agree with, both on the field and off the field.”

In addition to playing softball, post graduation, Krist hopes to study physiology for a possible career in physical therapy. Her advice to students currently playing recreational sports or those looking to reach the competitive level is simply to “have fun with what you’re doing and take it seriously.”



Krist prepares to field a ball while playing for the PHS Varsity team. She is a utility infielder, but prefers to play third base.



Eamon Christmas: Pilot prodigy





Eamon Christmas, licensed pilot at sixteen years old, is ready to take off. Christmas got his license at age fourteen and the experience has opened up many opportunities for him.

by Emma Kuykendall

The accepted definition of a high schooler is little more than a teenager who goes to school, does homework and spends time with friends. A high school student’s life is nothing more than high school, high school buddies and high school extracurriculars. But Eamon Christmas breaks the mold.

Christmas is not just a “high school student,” but a licensed pilot at only sixteen years old. He got his license two years ago. Similar to a provisional driver’s license, Christmas’s pilot’s license permits him to fly solo or as a copilot. Most people would not even consider becoming a pilot at such a young age and many do not even realize it is a possibility. Becoming a pilot may seem like a much too difficult task to undertake, especially as a teen, but Christmas shows us that it just takes a little confidence and persistence to achieve something big.

When asked how he became interested in flying, he commented, “The thing that really got me into it was my dad and I biking out to the Petaluma airport on the weekends and going to the restaurant there and meeting other pilots.” The connections he made in the piloting community proved useful in getting his license and starting that process. As he put it, “If you fly, you’re usually out at the airport. There’s a community out at the airport and you always go there and hang out with the other pilots. If you get yourself involved with a community like that, they’re almost always going to give back. I’ve gotten a lot of scholarships for flying that

way.” The scholarships were important because Christmas was responsible for the expenses of his flying training and license. With a head start being known in the flying community and a willingness to do anything, even take charge of the expenses in order to fly, he was able to complete the license process in a relatively short time. The length of this process varies from person to person, but Christmas said, “It took me almost no time. I started a lot earlier than most people though, so that helped.” He started the process at only thirteen years old and got his license at fourteen.

Regarding the difficulty of flying a plane, Christmas explained, “If you’re good at math, it’ll be easier for you because there’s a lot of math involved. You have to be good at multi-tasking because you have to manage so many different numbers and information being thrown at you while you’re operating this big machine.” Christmas already flies for a private company. As he explained it: “I’m a copilot on a private jet for a private company and what I do is called corporate flying.” Essentially, people ask the company to fly them privately from one place to another, assuming they have enough wealth to make this request.

Christmas’s biggest piece of advice to those with high-reaching goals is to “just put yourself out there and get involved in the community.” Confidence and passion are key elements to accomplishing big things, especially early on in life, as Christmas demonstrates.

Conspiracy Theories

The truth behind our nation? Or hilarious misconceptions?

The Illuminati: The most secret of societies

by Dimitri Papageorgacopoulos

The world is full of conspiracy theories: Bigfoot, UFO's, 9/11. One conspiracy, however, trumps all of these in both power and potency. I am, of course, speaking of the fabled Illuminati. The Illuminati have been watching us for years, unbeknownst to billions. This shadow organization has spent countless centuries infiltrating both political and religious positions. Who are the Illuminati and what do they want? The former question is easier than the latter to answer, however both are a tad bit tricky with the limited knowledge we have been gifted, by their benevolence.

Some people speculate that the first members of the Illuminati were actually the result of a crossbreeding between a Reptilian alien race and humans. While this does seem incredibly likely, we have yet to acquire genetic sampling of an Illuminati member to prove this. What we do know about the origins of the Illuminati is that their actions became more noticeable beginning around 1760, when this hyper-powerful organization orchestrated not only the American Revolution, but the French Revolution as well.

The Illuminati began obtaining such profound power by infiltrating the banking systems of these countries.

Through such a position, the Illuminati were allocating funds and effectively controlling the economic powers of the world's great nations. From there, it was easy to coerce officials and businesses alike to play into their game. But why would the Illuminati seek to instigate rebellion? "What is their game?" you may ask yourself. The primary goal of the Illuminati is, and always will be, to control the world. The Illuminati plan to achieve such a feat by uniting the world under one all-powerful government. It is only by prying power away from the monarchies that the Illuminati can achieve these goals.

What have the Illuminati been doing since the revolution of the 18th century? Everything is the answer. The Illuminati are the true puppet masters of the world. Nearly any act which seeks to break down the barriers of control and instigate conflict between us can be attributed to their actions. For example, the new pope, Pope Francis, is one of their greatest pawns. What affiliations could our new benevolent pope have with the Illuminati? It's simple if you would just open your eyes. Look at everything the Pope has done. Pope Francis has ruled that gay marriage is valid in

the eyes of God, and has decreed that the Big Bang and evolution both took place through the will of God. Everything the Pope has done has curbed the extremism of the Catholic practice. Since his induction as Pope, walls of prejudice and hate have fallen from between the people of the world. He is heralding in the unification of mankind. The Pope, the leading religious figure in the world, is still nothing more than a puppet to the masters of the Illuminati.

Why would an organization seeking to unify mankind promote wars while simultaneously trying to break the barriers between us? Obviously they are priming us for once they do finally achieve the nation-ending war. Once the Illuminati members successfully cause World War 3 and the world as we know it comes to an end, the Illuminati will emerge from their deep sea bunkers to rebuild mankind to their liking. We will fall under one flag, under one religion, one language. We will converge and mankind will finally become one, and achieve enlightenment. But until then, the Illuminati will be watching and waiting for the perfect opportunity to seize control.

The dark side of the moon

by Matias Kunzman

Of all the technological achievements of our day and age, man's first steps on the moon were perhaps the greatest in recent history. That is, if the astronauts actually were there. Over the years since the Apollo 11 first landed on the moon, countless conspiracy theories regarding the "faked" landing have sprung up and taken hold. These theories range from completely laughable to genuinely a concern. But if people would take the time to look at these little things called "facts", we would all be on the same page for once.

Possibly one of the most common problems conspirators have with the moon landings are the photos that capture the events. Most famously criticized is the photo taken of Buzz Aldrin saluting the American flag that the Apollo 11 team placed at the landing sight. Conspirators claim that during the placement of the flag, there should have been no waving of the fabric, due to the lack of air in the moon's atmosphere. But upon further in-depth, unimaginably strenuous and difficult research from a high school physical science textbook, we see that the incredibly abstract concept of inertia does in fact exist in a vacuum. Therefore, as Neil Armstrong placed the flag, it waved and crumpled do to its own mass and movement. However, this basic understanding of the laws of physics still did not deter the conspirators of the world.

There is only one true evil to blame for the outlandish lies we have been told by NASA: Hollywood. The photos of the landings show obvious signs of background lighting and shadowing that could only be performed by the most experienced and professional of all movie producers... or the lights placed on the moon lander itself. After very careful selection of their acting team, NASA's plan went into motion in the darkest basement of the greater LA area. So this obviously meant that Neil Armstrong and Buzz Aldrin's NASA I.D. and government record were



fabricated in an elaborate cover-up plot. But there must have been people who witnessed the events and could not have been trusted to keep it a secret. Luckily, NASA had a plan for this as well. The systematic assassination of key witnesses such as Thomas Ronald Baron, Theodore Freeman and Eliot See was the final step in the contingency plan. Framing all of the deaths as accidents such as plane crashes and car accidents was the perfect cover-up to keep the public eye off the case.

Now ask yourself: how ridiculous does this all sound? Your answer should be "very," but if not let's go back and look at our little friends the "facts." The flag waved because of inertia and movement, not even Hollywood can alter physics. The lights and background shadowing was caused by none other than the Eagle Moon Lander itself (that little prankster). All of the alleged "actors" had legitimate government clearance and identification as part of the NASA program, and as for all the "assassinated witnesses," no one could organize a man and his family getting hit in their car... by a train. So please, people, open your eyes and accept that technology has allowed us to achieve things we never thought imaginable. I can only hope that when we inevitably walk on Mars, the public will not let their imaginations run wild once again.



photo courtesy of www.illuminatisymbols.info

A sinking feeling: The real story of the RMS Lusitania

by Matias Kunzman

The age old saying "the end justifies the mean" is always ever-present in our lives, even more so during the horrendous times of war. The year was 1915, and the RMS Lusitania was to make a standard voyage with a passenger count of 1,198 souls. However, the standard voyage turned tragic when the ship was hit and sunk by a torpedo fired from a German U-boat, causing the deaths of nearly all passengers and crew. Of course it was the Germans, who else would sink a British passenger ship during a time of war? While the Germans may be the obvious culprit for the attack, it simply was not them this time. The sinking of the vessel was conducted by none other than Winston Churchill and the British Navy themselves. Now, you may be wondering, "why on earth would the British sink their own ship?" The answer, however, is obvious. At this time in the war, the United States had not yet joined the fray to fight the superpower of Germany, for it really had no reason to get involved. Upon discovering that the "Germans" had sunk a civilian vessel with Americans on board, America had no

choice but to enter the war in alliance with a battered and sorry-looking Britain. So, Churchill finally realized that the United States was needed in order to win and covertly organized the entire tragedy in order to drag them in on Britain's defense.

If you are still skeptical about this, here are some facts. The ship was not sunk by the initial torpedo hit; it was sunk by a secondary explosion that occurred in the boiler room just after the torpedo hit. This raises speculation that the British had a secondary bomb placed in the ship in order to ensure the ship's plunge into the ocean. On average, a ship struck by a torpedo would sink in about an hour, due to the single rupture in the hull; the Lusitania sunk in a matter of 18 minutes, much faster than a torpedo-struck ship would. The government knew that the Lusitania and the German U-boat would intercept each other and still failed to divert their course. The Lusitania was given no armed escort through a known war zone, even though British destroyers were available at a nearby port. The ship was also running

at limited capacity (as far as engine boilers go), on only 19 of the 24 available engines, as well as being ordered to reduce speed in the war zone because of "fog." Only a week before the tragedy, Churchill himself had stated that it was "most important to attract neutral shipping to our shores, in the hopes especially of embroiling the United States with Germany."

All of this only points to one conclusion. In a last-ditch plan to win the war, the British government solicited the help of the United States by organizing the sinking of a passenger vessel that was carrying US citizens. This tactic was later utilized by Nazi Germany in the lighting of the Reichstag fire, which was used by Hitler to direct public opinion towards him and to stir hatred for the communities that they blamed. So to the British, the end really did justify the means. They won the war and defeated Germany with the United States' help, but at the cost of almost 1200 lives. It all comes down to whether it was worth the loss or not, and apparently to the British, it was.

Conspiracy Theories Continued

Cover-ups upon cover-ups

by Kelly Galten

It seems as though humans, when faced with the slightest bit of uncertainty, go wild and create stories around an event. But are they always so wild? What if there is such discrepancy between what the government tells us and what the evidence shows, that a conspiracy theory might be true? Shut up, you say? No. There is an event so debated that involves such secrecy and twists and turns that the government’s word is not nearly enough. There are hundreds upon hundreds of conspiracy theories surrounding this tragedy, yet for 51 years there has been no factual, concrete evidence produced. What is this enigma of logic? It is, of course, the assassination of President John F. Kennedy.

As stated previously, there are thousands of theories of conspiracy shrouding the JFK assassination in myth and legend. The official records say that at 12:30 pm on November 22, 1963, Lee Harvey Oswald fired shots from the Texas Schoolbook Depository in Dealey Plaza, Texas; at least one of these shots hit President Kennedy in his motorcade. Oswald was arrested a few hours later and charged with the murder. However, during his transportation to the county jail, he was shot in the chest by nightclub owner, Jack Ruby. No cover-ups, no second shooters, no CIA, no grassy knoll. Right.

The majority of Americans have no belief in this report. Some say the Mafia was the mastermind behind the president’s demise. The mob had long held hopes of returning American organized crime to Cuba, where President Kennedy had failed with the Bay of Pigs debacle. Jack Ruby’s nightclub had also been under scrutiny for being affiliated with the Mafia; thus Ruby’s shooting of Oswald was a cover-up of a cover-up. Other theories claim that the CIA fabricated evidence and tampered with elements of the case to cover up involvement. The House Select Committee on Assassinations was ordered not to investigate connections between the CIA and Oswald. James Angleton was in the hot

seat this time, as he was the director of counterintelligence for the CIA and the only one with enough authority and access to conduct such an elaborate plot. In fact, organizations from the Federal Reserve to the Israeli government have been implicated in the assassination conspiracies.

However, perhaps the most known theory is that of the second shooter on the grassy knoll. Because of Oswald’s limited marksmanship abilities, it is said that there is no feasible way that he could have delivered the kill shot. The trajectory of the bullets indicated that there was an angle that pointed to a grassy hill just before an underpass leading out of Dealey Plaza. This is the place where many speculate a second shooter lay in wait. Photographic evidence, published with the consent of the United States House Select Committee on Assassinations, depicts a figure’s silhouette in the area the shooter would have been standing. The man accused of being this figure is often James Files, an associate of the Chicago mob who confessed to being the shooter, according to www.jfkassassinationsolved.com. Files made statements about his involvement in 1994 and 2003. Naysayers have remarked that the gun Files allegedly used would have had astounding recoil, rendering him unable to have seen what he told police he witnessed. Even so, expert gunmen have said that this gun has very gentle backlash.

Look, people: it is comfortable for you to believe what your government tells you, and the crazy number of unproved conspiracies only pushes you further into this trap. Please resist. There are holes and gaps in the official reports, and enough evidence elsewhere proving that these gaps exist. The only concrete thing we know? On November the twenty-second, 1963, something tragic happened in Dealey Plaza, Dallas, Texas. A beloved president was shot and killed, and to quote the aforementioned website, “in an instant, America died.”

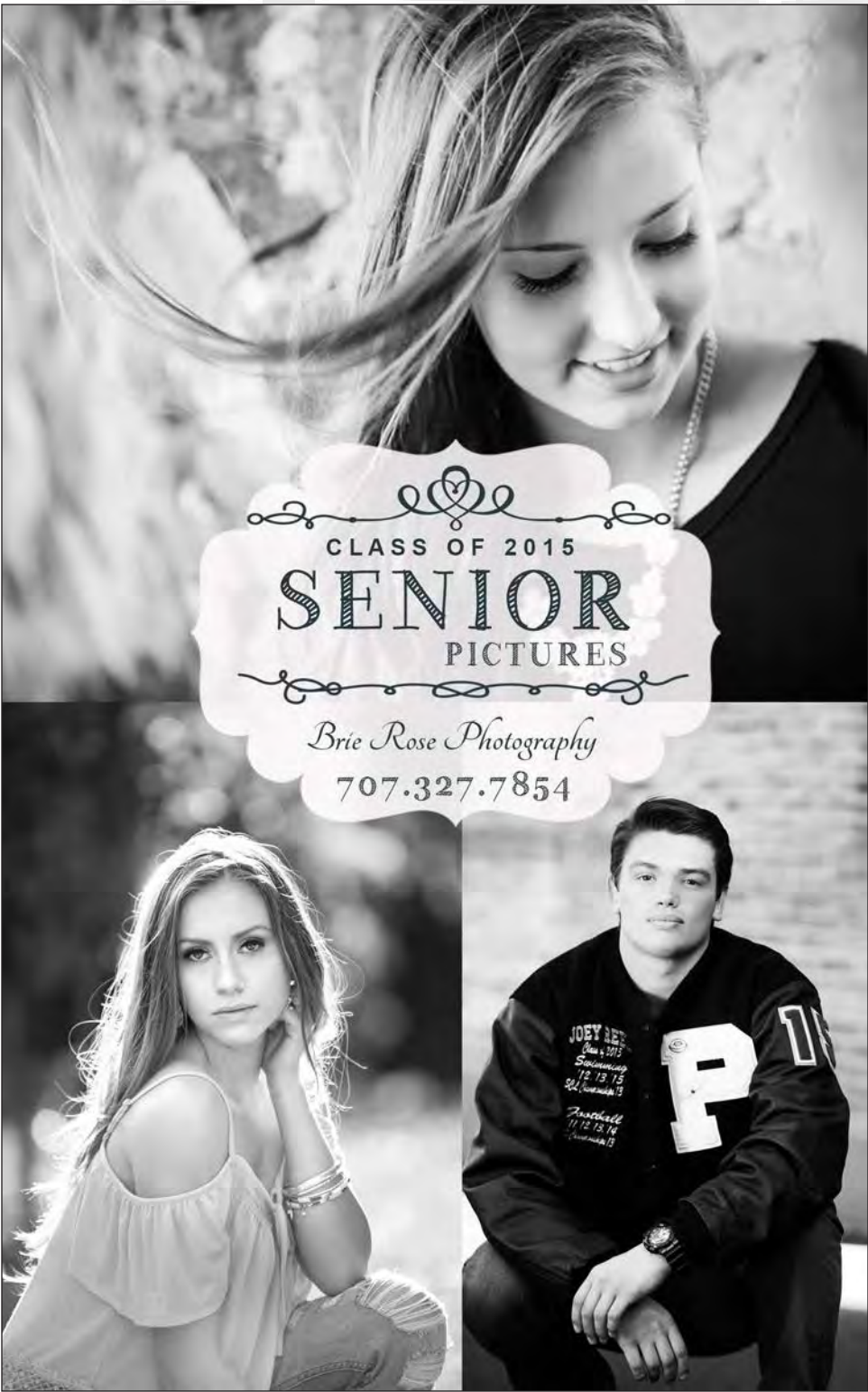


photo courtesy of www.oswald-framed.blogspot.com



photo courtesy of www.oswald-framed.blogspot.com

photo courtesy of www.illuminatisymbols.info



Airplane’s “gas”tly secret

by Dimitri Papageorgacopoulos

Have you ever taken a step back and wondered, “What happened to society?” What caused people to fall into such a state of complacency? The answer: we’ve all been brainwashed with mind control agents sprayed down upon us from above. The proof is right in front of us. Just look up the next time you hear an airplane flying overhead and note the white trail behind the craft. They’ve been doing it for years and anytime someone tries to speak up they are silenced. The government uses the media and “science” to cover it up; their cover-ups always include some half-baked scientific proposal such as “its condensed water vapor released following the combustion of jet-fuel.” So who’s to blame for this? Who would want to turn the entirety of the American population into mindless puppets? There are two probable answers. 1. The Government. Our government officials want to sedate the masses to make us easier to control. 2. The Illuminati. The Illuminati have been searching for a way to corral mankind for centuries. A method such as chemical mind control is easily within their means and would allow them to more effectively fulfill their master plan of world domination. Now that we know either the Illuminati or our own government (possibly one and the same?) are behind this, we must rally those who aren’t already under their control. It’s easy to tell if someone has been brainwashed through the use of such chemicals as it causes neural deterioration. This mind control method literally leaves the victim a mindless zombie. Just set anyone you know down in front of a television and turn on some “reality” television programming. If they haven’t tried to leave or blind themselves within 10 minutes, odds are they are already under its influence. No need to panic; a trip to the wilderness for some fresh air will quickly remedy the damage. The only cause for alarm is if the person seems to actually be enjoying the television programming. In such a case, it may just be better to put them down. The dangers of Chemtrails are real. Bewary.

Area 51: Alien’s hideaway

by Matias Kunzman

Of all the secrets that the government keeps from us, none are more relevant and widespread than the rumors concerning the infamous Area 51. Area 51 is one of the government’s military bases found in Nevada and is shrouded in conspiracy and secret. What goes on down in those dark halls? What scientific experiments are being conducted? There is only one likely purpose for Area 51’s, an answer that is shared by most Americans. Aliens.

All beginning with the “weather balloon” crash at Roswell, the government’s cover-up has done nothing but stir up speculative eyes and curious minds. After the crash, W.W. Brazel, a rancher in the area, found debris from the spacecraft and brought it back to his house. No weather balloon I have ever heard of has indestructible metal components that are only as thick as tin foil. Sprouting from this knowledge of alien life comes many other theories (or truths?).

Among Area 51’s main purposes, it serves to store, study and reverse engineering the crashed alien spacecraft (including material supposedly recovered at Roswell), the study of their occupants (living and dead), and the manufacture of aircraft based on alien technology. It is also where the government conducts top secret meetings or joint undertakings with extraterrestrials. Scientific research on the development of exotic energy weapons for the Strategic Defense Initiative (SDI) or other weapons programs is primarily conducted there, due to the close proximity to advance alien technology, as well as the development of means of weather control and the development of time travel and teleportation technology. What better place to conduct all of these classified activities than in the remote deserts of Nevada, where few people can watch them or speak up about their research. The government has developed advanced aircraft and weapons systems at nearby Nellis Air Force Base, including Stealth bombers and reconnaissance planes. And the government’s official line — that the details of Area 51 are classified for purposes of national security — is only seen as further proof that the military is hiding aliens or alien spacecraft there.

HOW TO SURVIVE IN A POST APOCALYPTIC NOVEL

SO YOU THINK YOU CAN LIVE?

by Kelly Galten

When the fighting and fires have died away, and the skies no longer darken with the clouds of disaster, the scraps of humanity crawl from their shelter. They peer around at their desolate landscapes, scrutinize their fallen governments and sigh in relief and resignation. They clamber over the rubble, exploring the leveled cities and rearranged civilizations and must learn to build yet again. Few will have what it takes to survive and thrive in a post-apocalyptic novel's world. These select individuals might have a physical, mental, supernatural or genetic advantage over the rest of humanity. Tris of *Divergent*, Katniss of *Hunger Games*, *Uglies* heroine, Tally, the sure-footed Thomas from *Maze Runner*, Jonas of *The Giver* and the last humans of *World War Z* beat the odds in their respective novels. Could you? If you think you need some tips, read below as these characters give their best tips and tricks to surviving a post-apocalyptic dystopia. And remember; may the odds be ever in your favor.

DIVERGENT FROM THE REST

by Kelly Galten

- NEVER MENTION DIVERGENTS. IT IS DANGEROUS TO EVEN MENTION THEM.
- NEVER SHOW FEAR. OTHER FACTIONS CAN USE IT.
- STAY LOYAL TO YOUR FACTION AT ANY COST.
- NEVER REVEAL YOUR FEARSCAPE.
- FIT IN WITH YOUR FACTION. IF YOU STICK OUT, THERE WILL BE CONSEQUENCES.

UGLIES. PRETTY SCARY

by Sallie Hollingshead

- FIGHT THE LESIONS IN YOUR BRAIN.
- KEEP YOUR BRAIN STIMULATED BY DRINKING CAFFEINE AND DOING THRILLING ACTIVITIES.
- KEEP AWAY FROM THE SPECIALS, ESPECIALLY DR. CABLE.
- AVOID ALL MIDDLE PRETTIES AND DON'T RAISE SUSPICION.
- TRY TO LEAVE THE CITY AND HEAD TO WHERE THE SMOKIES ARE.

THE GIVER. COLOR ME GREY

by Emma Kuykendall

- DO NOT ASK QUESTIONS.
- SUBMIT TO THE RULES BLINDLY AND UNQUESTIONINGLY.
- DO NOT, UNDER ANY CIRCUMSTANCES, PROTEST ANYTHING.
- CARRY OUT YOUR ASSIGNED JOB WILLINGLY AND WITHOUT COMPLAINT.
- THE ELDERS ARE ALWAYS RIGHT.
- DO NOT SAY ANYTHING THAT MIGHT IMPLY THAT THE COMMUNITY ISN'T PERFECT.

HUNGER GAMES. KNOW THE ODDS

by Connor Filippi

- DO NOT GO INTO THE CORNUCOPIA AFTER THE COUNTDOWN.
- DO NOT CAMP IN PLAIN SIGHT.
- GET SPONSORS.
- MAKE WISE ALLIANCES.
- QUICKLY ADAPT TO THE ARENA'S ENVIRONMENT.
- DO NOT LIGHT STUFF ON FIRE. EVER. YOU WILL GET KILLED.

MAZE RUNNER. FIND A WAY

by Emma Kuykendall

- DO NOT GO IN THE MAZE. IF YOU DO, RUN.
- DO NOT TRY TO ESCAPE THROUGH THE BOX THAT BRINGS PEOPLE TO THE GLADE. (UNLESS, OF COURSE YOU FANCY GETTING SLICED IN HALF.)
- DO NOT EVEN BEGIN TO FEED YOUR GROWING CURIOSITY ABOUT THE GRIEVERS OR THE CHANGING.
- DO NOT GET STUCK IN THE MAZE AT NIGHT. EVER.
- FULFILL YOUR DESIGNATED DUTY IN THE GLADE EFFICIENTLY AND WITH QUALITY.

WORLD WAR Z. ZOMBIES!

by Dimitri Papagoracopoulos

- FIND A RELIABLE MELEE WEAPON. THAT CLUB IS NOW YOUR BEST FRIEND.
- CONSERVE RESOURCES. SURPRISINGLY, FOOD AND BULLETS DONT GROW ON TREES.
- FIND A GOOD PAIR OF BOOTS. A BLISTER IS JUST AS DANGEROUS AS A ZOMBIE.
- TRUST NO ONE. ZOMBIES DON'T LIE, PEOPLE DO.