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JROTC welcomes Army instructor C. Elliott

The Birdville Junior Reserve Officer's Training Corps is buzzing with excitement over the new instructor, Master Sergeant Curtis Elliott.

"I served 22 years in the army, and I'm really excited to be here. I think this an outstanding district, the best in the DFW area," Elliott said, "Everyone has been really kind, and made it a point to introduce themselves."

Elliott hails from Cincinnati, Ohio. He served in the Second Brigade Recon Troop as a Cavalry

Scout in Iraq. He was also a drill sergeant for a period of two years at Fort Jackson in South Carolina.

While in the army, Elliott met his wife of 22 years. He has three children and one grandson.

After his assignment at Fort Jackson, Elliott went to the University of Southern California, where he was the Senior Military Science Instructor for the senior class, training the next batch of young officers for the Army.

Soon, Elliott moved to Birdville High School

as an Army Instructor, teaching young cadets about citizenship.

"I'm very much a motivator," Elliott said, "and the kids are really excited to have me as a teacher."

As a non-commissioned officer, the Master Sergeant knows the value of precision and punctuality.

Two weeks into his career at Birdville, he has already begun pushing the JROTC teams to perform better, shown support at competitions and football games and taken every opportunity to get involved.

He enjoys physical training with the PT team and coaching his cadets to be better and more motivated.

Off duty, Elliott has a very unique hobby: acting.

"I played the Marine Drill Sergeant in the tide to go commercials," Elliott said, "I was an extra in the film Cloverfield, where I handed the Colonel his helmet and said, 'Here you go sir.'"

Elliott has also been on Spike TV, presenting Adam Sandler, a movie star known for his many comedic roles and production company Happy Madison, the "Man of Honor Award" in the Men's Choice Awards.

Elliott is most proud of his service, though. The Master Sergeant lead the battalion to the flagpole on Veteran's Day, where the entire Corps of Cadets stood at attention while listening to Captain George

Jons recite Obama's press release.

Later they saluted the raising of the American Flag.

Battalion Commander Taylor Poli also gave a short speech telling of the importance of Veteran's Day.

Multiple people attended, and heroes-past, present and future, were honored.

The service took place before and during first period, where the flag was raised to the top of the pole and lowered to half-mass, as per custom, where it remained until noon, when it was then again raised to the top for the remainder of the day to salute the veterans and those currently serving our country.

Taylor Carpenter
Sports Editor

Musical cast announced

On January 23, 24, 25 and 26 the Birdville Theatre Department will present the musical production *Bye Bye Birdie*.

On November 8, the directors announced the results of the casting auditions..

The part of Albert Peterson will be played by Zane Harrington. Bobbie Caceres was given the role of Rose Alvarez.

Alex Eddins will portray the role of Ursula Merkle, while Bree Hembree will star as Kim MacAfee.

Jordan Twine will star alongside Hembree as Conrad Birdie.

The other girls, Debra Sue, Helen, Nancy, Alice, Penelope and Margie, will be played by Amy McKinney, Katy O'Brien, Mandy Foster, Kaitlyn Hankins, Kaycee Giammarco and Brianna Chalita.

Kim MacAfee's parents, Doris and Harry, are Danielle Ellis and Rodney Lindsey.

Tori Smith will portray Albert's mother, Mae Peterson

Hugo Peabody, Kim's boyfriend, will be played by Lou Salazar.

Billy Stewart is the mayor and Brandi Pickett is his wife.

"I've been in musical every year since sophomore year, so musical has become a part of me," Pickett said.

Ursula's parents, Mr. and Mrs. Merkle will be Hannah Tompkins and Chris Hurt.

Josh Waughtal was cast as Randolph MacAfee and Baylor Morrison was cast as Harvey Johnson.

Harvey's parents will be played by Josh Holbrook and Skyler Stone.

Chris Hurt is also Maude and Sean Waldrip is a dishwasher. Billy Stewart plays Customer 1 alongside Aaron Vaught, who is Customer 2.

Sydney Sargent will play Gloria Rasputin and the newspaper reporters are Justin Wisniski and Matt Matherly.

The NYC/Ed Sullivan Girls include Emily Abdo, Micah Barbolla, Melissa Crawford, Brandi Johnson, Alex Korba, Rachel Mbyui, Kristen McCraw, Hannah Newman, Victoria Norwine, Crystal Mandudi, Elysse Villalobos, Lauren Simpson, Kimber Davis and LeahBeth Etheridge.

The Sweet Apple Teens are Alex Eddins, Bree Hembree, Amy McKinney, Katie O'Brien, Mandy Foster, Brianna Chalita, Kaitlyn Hankins, Kaycee Giammarco, Holly Brucks.

They also include Katie Grippin, Meredith Jones, Natalie Lucas, Bethany Pugsley, Whitney Ware, Jaylana Ward, Angela Taylor, Baylor Morrison, Ryan Gleghorn, Jake

Mason, Justin Wisniski, Matt Matherly, Blas Aguero, Aaron Vaught, Nick Landivar and Chris Hurt.

Featured Dancers include Bethany Pugsley, Angela Taylor and Meredith Jones.

The Sweet Apple Adults include Bree Love, Andrea Johnson, Courtney McClain, Rachel Jenkins, Kaylee Vance, Skyler Stone, Josh Holbrook, Sean Waldrip, Billy Stewart, Brandi Pickett, Christ Hurt, Hannah Tompkins and Hannah Newman.

Lastly, the One Boy Girls are Bree Hembree, Amy McKinney, Katie O'Brien, Mandy Foster, Brianna Chalita, Kaitlyn Hankins, Kaycee Giammarco and Katie Grippin.

The Assistant Director of the show is Ryan Eleopoulous. Nick Forrest and Brit Bradshaw share the job of Stage Manager.

Meredith Jones is the Co-Choreographer. Sam Spofford is the Technical Director and Meagan Shugart is the Sound Director.

Rehearsals continue through December and January. Showings on the 23, 25 and 26 are at 7:30 p.m. The January 25 showing will begin at 2:30.

Rachel Jenkins
Editor In Chief

Upcoming Events Calendar

December

- 05 North Richland Hills Night of Holiday Magic
- 10 Jazz Band Concert
- 14 PTSA Meeting
- 15 Band Winter Concert
- 17 Choir Winter Dinner and Concert
- 21-04 Holiday Break

January

- 09 Area Band Contest in Midland
- 09 Wrestling Tournament at Lamar
- 23-26 Bye Bye Birdie Performances

Spirit short, time to pep up rallies

The words pep rally should invoke thoughts of school spirit with the cheerleaders in the air and the dancers doing moves no one else can do. There are the tubas and the drum line all dancing, the whole band doing a wave of excitement. All right after the choir sings the national anthem, while JROTC marches in with the flags. There is spirit, laughter, cheering and yelling. Everyone is excited.

That is how it was

three years ago at Birdville. Almost everyone attended the pep rallies. All the classes filed down the hallway behind the drum line with the cheerleaders cheering and yelling to get people all hyped up before the big show.

Energy flowed throughout the whole gym. The freshmen sophomores, juniors and seniors all climbed into the stands to cheer on their fellow students. One time the Nation-

al Anthem was even played on the guitar. There was so much screaming the whole gym shook.

This year pep rallies are just not the same. There is also the fact that more and more adults come every year. Pep rallies are for students, the fans and the players to get excited and hyped up for the night's game. If parents are coming and taking up the sitting space, it leaves less room for the students. Yes, they may have school

spirit, but not like the students. If there are more and more parents who do not cheer like the students, then there will be less cheering in general. In the end it means less spirit displayed. It is not bad for parents to come; however, when it leaves no room for the seniors and juniors who end up standing, it becomes a problem. It is a lot easier just to leave early than to have to stand behind everyone, because there is no place else.

It seems school spirit has disappeared. Three years ago the pep rallies were the thing everyone got excited about. Everyone knew Friday was not only Friday; it was the pep rally day. It seems more like just another performance for some. There is no excitement in getting ready for the game. Maybe the older we get becoming adults, the less excited we get for football games and pep rallies. It should be a little fun though and the pep rallies a big deal again. People should want to come to them. There should be cheering and roaring for the football team so they know they are supported. It is the chance for the students to wish them good luck. It should be an exciting thing.

Golden Motion, choir, band, JROTC and Rawkin' Hawks all do a great job at the pep rallies. Everyone performs as they should. The Dancing, the yelling and cheering and the drum playing should be a big deal. Birdville students should feel excitement in that. This school is still fairly new, but school spirit is not. It all needs to be a big deal again. If not, the years are going to keep going and the spirit is going to keep dwindling. Pep rallies should excite the teams and get them ready along with exciting students for the games to come.

Prize brings much doubt

Barack Obama, the United States' 44th president recently received the Nobel Peace Prize; however, this move was very controversial as Obama was nominated just two weeks into office. What exactly has Obama done?

Aside from supporting the survival of common criminals, surely, Obama has done little to nothing in terms of the advocating of peace in his almost eleven month run in office, much less in the first two weeks in office.

The Nobel Peace Prize has long been one of the world's most prestigious awards, given only to those who have truly distinguished themselves as pacifists. Aside from Obama, only three US presidents have been awarded the Nobel Peace Prize: Theodore Roosevelt, Woodrow Wilson and Jimmy Carter. Each of which having done something meritorious to deserve the award.

What about Obama? According to the Norwegian Nobel Committee, Obama was presented his award "for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples", which references his emasculation of America, by basically going and begging forgiveness from the nations with which America has always been at

bay and for the prospect of what he could do, not what he has done.

While being the bigger man is always the high road, America is not a very humble nation by nature. Sure, our propaganda in the media will say we are, but honestly, who is truly "humble," and what is the meaning of such a claim?

The United States is a world superpower, and if it begins to lower it's guard and attempt to be buddy-buddy with every nation possible, then the US is left wide open to attacks from "allies", much like Nazi Germany turned on Soviet Russia.

Another highly controversial reasoning many have been using in Obama's defense had to do with the many speeches he has given which have been chock-full of inspiring words.

Really, what the prizes were intended to be awarded for were actions which are full of enthusiasm for the cause. Obama surely has done nothing special. Many a president have met with foreign leaders, and have made conscious efforts to patch things up with nations with which the United States has had a rocky past.

How many have been awarded the Nobel Prize for that?

Two weeks into office, Obama had made very few changes. That means

that our president was running on George Bush's policies and administration. Barack Obama received a Nobel Prize. Yet, Bush only received widespread criticism.

Obama has received much criticism for his failure to come through on much of what he has promised, mostly from the very same people who elected him. So this truly becomes a question of just how political the Nobel Prize has become, and whether or not Obama won it because of his being the first African-American president. If so, then shouldn't the award go more towards the people who cast their votes?

Surely there was a man who stood up to a communist government, or a man who was willing to lie down in front of a tank to send a message somewhere in the world; someone who truly tried to advocate peace and to bring about an end to violence, tyranny, or communism.

There are people more deserving than a man who has done nothing but given motivational speeches, which were written not by him, but by a 28 year old man named Jon Favreau.

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Letters to the Editor are welcomed and must be typed, double-spaced and limited to 200 words. They can be delivered to room A400 or emailed to birdvillehawkstaff@gmail.com and must be signed and include a phone number and address for verification.

What is the coolest thing you have bought on the internet and why?



"A motor for my bike, because I was on Ebay and I was bored."
Collin Basinger
Freshman



"I bought a camera, because it was nice and I like taking pictures"
Morgan Taylor
Sophomore



"A keychain, because I could not find this keychain anywhere."
Mac Whaley
Junior



"I bought a gold fortune cookie necklace, because I thought it was cute."
Melody Karsi
Senior



"My daughter's Halloween Care Bear Costume, it was my first time on Ebay."
Kathy Mitchell
Faculty

Adolescent bullying has adverse affect on teenagers

Bullying has become a major problem in schools across America. Bullying is described as someone physically or emotionally hurting someone on purpose. The problem continues to grow in numbers and severity.

"Bullying is such a complex matter," crisis counselor Ann Newhouse said.

Statistics show that 30 percent of students are involved with bullying, which is over 5.7 million kids. It is said that every one out of four kids are bullied at school.

Eight percent of students miss at least one day of school out of each month because of bullying and 160,000 students miss each day. 43 percent fear harassment in the bathrooms and 282,000 students are physically attacked in secondary school each month.

61.6 percent of students bullied are bullied because of their speech or appearances.

A survey was taken in 1994 with 700 communities. The results are shocking to many. 80 percent say violence was a serious problem in hallways, playgrounds and classrooms.

Bullying at school is not the only problem these days for students. Bullying online or electronically is also occurring. Cyber bullying can include sending nasty text messages, posting pictures or spreading rumors and lies online.

Students' most common reason for bullying are because they are seeing it, they want to hang out with certain people or they do not want to be bullied.

Inattentive parents can also cause bullying. If parents do not pay attention to their children, they are more likely to bully others to either hide their pain or try to receive attention.

The affects of bullying are frightening and alarming. Students who are bullied do not come to school, switch schools and tend to avoid bathrooms.

Bullying can lead to criminal convictions in the future. Kids who are bullied and bully others are more likely to get bad grades, have school

attendance problems and/or drop out of school.

This can mess up a child's future. Other effects include low self-esteem, few friends, depression and anxiety.

This problem does not have to continue. Students and parents can learn how to detect bullying and how to stop it.

Most kids are afraid to tell an adult about seeing bullying. The truth is reporting to an adult should be the first step in ending the problem.

If it is either a personal experience with bullying or is seeing it happen, kids should always tell an adult.

Try a principal or teacher, and if someone does not feel comfortable talking to one of those authority figures, then they could always tell a nurse, coach, parent or any other adult to which they feel comfortable talking.

"I've seen it once this

year," teacher Cynthia Rinehart said, "He was doing it on purpose and I don't tolerate that."

Another way to stop bullying is by being a leader. Students should stand up against bullies and defend those who are bullied.

By talking to someone who has been bullying about their problems, the situation can change a lot. Just by setting a good example, student points-of-view about bullying can change and they may choose to follow in the footsteps of doing the right thing.

For more information or help in this area, contact Crisis Counselor Ann Newhouse in the Cafe Office, by phone at 817 547-8016 or by email at Ann_Newhouse@birdville.k12.tx.us or check out the BHS website.

Elaine Swartz
Staff Writer

Art in Public Spaces beautifies NRH

The Cultural Arts Division is working to enrich and beautify the community of North Richland Hills through a program that integrates original art into everyday life.

The Art in Public Spaces program began in 2002. Since then, the city has commissioned 29 original artworks. The art is located in several parks and public buildings around the city.

"The Art in Public Spaces Program incorporates art into the daily lives of the community through a diverse set of programs that beautifies public places, promotes a healthy, vibrant atmosphere, encourages artistic expression, inspires a sense of civic pride, attracts businesses and residents, and creates a distinctive identity for North Richland Hills," Program Coordinator Lori Newman said.

The program is divided into three categories, the Public Art Program, the Loaned Art Program and the Signal Art Program. Each division concentrates on displaying original art in different ways.

The program aims to beautify the public spaces of North Richland Hills while creating an atmosphere of creativity.

"[It] shows the community that we encourage artistic expression," Newman said.

The Loaned Art Program provides an outlet for local artists to display their artwork in public spaces.

Art is displayed in between six months to two years during which citizen input is considered.

At the end of that period, the city has the option to return the artwork, purchase it or continue to display it on the Bedford-Euless Road Greenway.

The Signal Art Program is a distinctive art project that aims to incorporate the city's traffic signal boxes into the surrounding landscape of the community.

Several artists are commissioned to create original artwork for use in decorating the traffic signal boxes positioned all over the city.

The artists use historical photographs, paintings, prints, wood cuts and computer generated artwork to beautify the blank boxes. Otherwise non-weather proof mediums can be brought outside with the use of MacTac, a self-adhesive similar to vehicle wraps.

The city worked very closely with Texas Department of Transportation on this project and has completed a total of 14 boxes since its inception.

"North Richland Hills is the first city in Texas to use art to wrap around the signal boxes," Newman said.

Recently, the city has installed two new Signal Art boxes at Birdville High School and Richland High School. According to Newman, the Public Art Program is currently working on its "largest commission yet". Weather, a 20 foot tall triangular glass tower, is being constructed in Germany.

"Weather is designed to invoke the many thoughts and feelings associated with the variety of weather patterns and the influence which they exert on our daily lives," Newman said.

The structure will glow at night through LED lighting illumination. The city plans to place the piece in a yet to be constructed urban plaza between the North Richland Hills Public Library and the Venue at HomeTown.

Current artist for the Art in Public Spaces Program include Daniel Blagg, Seppo Aarnos, Elisao Garcia, Jerry Daniel, Buster Graybill, Deran Wright, VET, Michael Longhofer, Donna Dobberfuhl, David Hickman, Tony Jeffry, Carol Lynn Wilder-Enge, Charlotte Lindsey, Joe Barrington, Jim LaPaso, Delbert Beckham, L.G. Lemmons, Jeff Naukam, Matt Flick, Donna Howell-Sickles, John Hilton and Barbara Simmons.

There are very loose guidelines for the artists as they go about choosing the themes for their pieces; however, Newman guarantees that inappropriate content is never permitted.

"It is a process where we meet with the artist to discuss our vision, see sketches or renderings, and then we approve the artist to move forward with the commission. This process ensures quality, professionalism, and appropriate themes and images," Newman said.

The Art in Public Places Program recently won the Arts and Humanities Award at the state level from the Texas Recreation and Parks Society in February 2009.



Opinion

Obama's hidden healthcare

President Obama's healthcare bill has been a topic covered in the media and widely criticized by many prominent figures. Their prejudice against the bill may not necessarily be wrong, but may not be for the right reason. In reading the entire bill there are a few clauses that should raise questions. The Obama Health Care bill under Class II (Paragraph 1, Section B) specifically mentions "(ii) a class II device that is implantable."

Approved by the FDA, a class II implantable device is an "implantable radio frequency transponder system for patient identification and health information." The supposed purpose of a class II device is to collect data in medical patients such as "claims data, patient survey data, electronic health data and any other data deemed appropriate by the Secretary."

The device would be implanted in patients who opted to be covered by the public health care. Under the Health Care Plan it also states that a child "born in the United States who at the time of birth is not otherwise covered under acceptable coverage" will be qualified and placed in the CHIP or Children's Health Insurance Program.

It is more than likely that parents who are part of the public health plan will give consent to have their children implanted with a chip.

With public healthcare being so cheap, private companies will not be able to compete and the government will eventually monopolize the health industry. At that point it is popularly believed that the majority of Americans will have the microchip inserted into them.

The idea has good intentions, but it may come at an unsuspecting cost. People already implant chips into their pets to keep track of them when they stray. The same thing could happen to United States citizens. It may not stop at health information.

The chip could register criminal history, driving records and even diplomas. Every person walking around could be tracked by any government system at any time. Finding adoptive parents, runaways, escaped convicts and even running background checks would be as simple as scanning a microchip.

In essence the government is trying to turn people into walking, talking bar codes. Every detail of government documentation is written in a small device hidden beneath the skin.

With Big Brother monitoring every man, woman, and child, are we really a nation built for the people and by the people, or just animals to be herded and monitored? When the government is able to keep track of "any data deemed appropriate by the Secretary" there will be no privacy. There is no telling what all a small chip can transmit.

The government could listen to phone calls as well as real life conversations. Some might say the crime rate would drop because it would be impossible to get away with a crime without the government finding you. No one would really want every conversation they had, every shortcoming, every lie and movement documented on file for life.

This also would most likely give birth to a whole new breed of techno-savvy criminals dedicated to getting around the system. The government hides clauses like this in numerous documents that people fail to catch, because they are not willing to be properly informed.

It is the responsibility and right of American citizens to take an active roll in government and be informed on issues. It is time for every American to think for his or herself while it is still legal.

Devin Harper
Features Editor

Rachel Jenkins
Editor In Chief

Art teachers draw student interest

After seeing the band play at every football game, watching theatre students pull together to put on a fall show and hearing choir students excel at competitions, students often do not get the opportunity to enjoy the visual arts until the Spring art shows begin.

Visual Arts classes are filled with experienced artists and beginners. Going about the busy day, many students do not take the time to view work posted outside the art rooms.

Although the art students are talented, the teachers provide the necessary guidance needed to nurture these talents. The newest addition to the Art Department is Shana Rousch. She is beginning her second year at the school as an art teacher. Rousch did not always want to be a teacher. She originally wanted to get into jewelry design; however, as a single mom, she realized she would need an easier, more attainable job to support her daughter.

When her friend pointed out how much she always helps people Rousch decided teaching would be the simplest solution, especially teaching something at which she proves to be good. She wanted to teach all different types of arts and started at University of Texas

with art education classes. These taught her how to grade and evaluate student work.

"I love sharing ideas. I like it when someone is surprised and they think they can't draw. You do different subjects [of art] everyday. It's not just drawing everyday," Rousch said.

Rousch teaches Art I, Ceramics II, Ceramics III, AP Sculpture or Design and Pre-AP Art I.

"[Rousch] helps me ignite the fire in projects and sculpting. Graphic art is an exploring area and it's all about expression, she helps me do that," Cassidy Cope said.

Rousch is hoping to get her masters in museum education after she finishes teaching.

"Every media is different. I want to continue teaching for a while, because I really like it," Rousch said.

Art teacher Eddie Brown has been at Birdville since the school opened in 1999. Before that, he taught at Richland Middle for 7 years.

Brown is just as much of an artist as he is a teacher.

"I like to express my feelings through art, it's something I really enjoy doing individually and I can bring something to the kids," Brown said.

Brown took art classes in middle school and high school develop-

ing his talent in order to teach. He graduated from Texas Wesleyan University with a bachelor of arts and later graduated from Dallas Baptist University with a Masters of Education.

"I like it when the light bulb goes off in a kid's head," Brown said.

Brown does not hover. He lets students discover their own talents and enhance their art through their own discoveries.

"He gives me the opportunity to figure it out on my own," Andrew Plymale said, "Coach Brown and Coach Floyd give their real opinions of your work and it helps you do a little better each time. When they finally say it's good, it really makes you feel like it really matters."

Brown gives students the real criticism they need to help them get better. Brown helps his student reach their potential by trying to get them to push the envelope.

"He's really motivating and understanding. He's good at reciprocating help and is true to his word, he always says what he means," Melody Karsi said.

Brown foresees future Art shows with Ian Floyd, who rounds out this talented trio.

Floyd has been teaching art for 20 years. He started teaching art, because of how much he liked art and kids. He

wants to continue teaching until he retires. Floyd is also an artist, which helps in teaching the subject.

"Art is life, it's about what the individual thinks with individual perspectives," Floyd said.

Floyd creates an environment that makes people feel comfortable.

"He's really fun and makes the class fun. He definitely makes [art class] a fun environment and gives really good examples to help us learn how to draw," Bryan Werner said.

His teaching has helped him work on his own projects and better himself as an artist.

"Teaching has allowed me to do art for myself for fun," Floyd said.

Some of Floyd's up and coming artists are Kaitlyn Juarez, Melody Karsi, Kayla Smith and Paul Tarankov.

Many new artists are proving to have real talent and should bring quite a lot to the table for the fine art department, especially in the Spring with the art shows.

Kaycee Giammarco
Opinions Editor

Choir welcomes new head director

The Choir Department is growing and improving with progressing talent and new leadership. Director Amy Allibon is the latest addition to the Choir Department.

"I like choir, because Mrs. Allibon pushes us to excellence with encouragement and energy," Jessica Mathson said.

Allibon has 20 years of experience in teaching. She graduated with a masters in music/choral from Texas Tech. The choirs she has directed in the past have been awarded with Best in Class and other honors around the country.

She has also traveled around the world with choirs to England, Austria and Italy. Her experience makes her a vital element in the choir and fine arts department.

Allibon's success is due, in part, to the multitude of gifted students she has taught.

"[They are] amazingly talented students who love

to work hard and sing," Allibon said.

Allibon followed her brother, current District Fine Arts director Danny Dietrick, as director to BHS after teaching for many years at Haltom High.

She joins Associate Director and Accompanist Peggy Graff in the department. With Birdville for more than nine years, Graff teaches AP Music Theory among the many other classes, skills and professional talents she shares with the students.

Voice teacher Laura Stevenson rounds out the department with many professional credits to her name.

The choir has already marked many achievements this year including a successful Fall Concert in October.

There were seven students who made the 9-10 Region Honor Choir, six students who made District Choir and eight students who made the Region Choir.

One very talented singer, Bree Hembree, ranked first chair in the Region Choir as a soprano one.

"It's a competitive extracurricular and that's why it's so crazy that you get divas together and make harmony. Still amazes me," Brianna Love said.

The singers see choir as an outlet and enjoy themselves doing something they love with others who love it as well.

"I love to sing and music is a big part of my life. Also choir is one big family of people who all have a love for music and like to express it in the same way," Bethany Pugsley said.

Being in choir gives students the chance to meet new people that they never would have known before.

"It's fun and great that I made new friends! Our choir is amazing," Micah Barbolla said.

The singers are unique and choir allows them to become individuals.

"Singing allows people

to show their true selves," Amy McKinney said.

In addition they get to show their talent to others and compete. On November 2, Chorale sang at the Bass Hall for the Grammy award winning ensemble Chanticleer.

The students are getting excited about this year and expect great reviews back. They are ready to work hard and become more and more successful as the year goes on.

"I love being in choir, because you get to become close with everyone and work hard together to make beautiful music," Holly Brucks said.

On December 17, the choir will host their annual Christmas dinner and concert. Dinner will commence at 5:30 p.m. followed by the concert at 7:30.

Elaine Swartz
Staff Writer



Dance delivers

With a very experienced teacher leading the way, the dance teams are doing everything they can to make this year count.

Although the Golden Motion Dance Team is well known around school, students often forget where the talent begins. Allie Stevens, the dance instructor, is not only working with Golden Motion this year, but also with her dance classes to insure a fun filled, productive year.

Stevens came to Birdville in the middle of last year to fill the spot of the previous dance teacher. Before coming, she worked in the Marching Auxiliaries (MA) Staff choreographing for shows worldwide. Some of the

schools and studios she has worked with include Colleyville Middle, Colleyville Heritage High, Doby High, Summit High, Bruce Lea Dance Factory, Summit High, Fossil Ridge High, Central High, Coppell High and Trinity High. Stevens has been given several different awards for her choreographing skills, including awards at competitions such as MA, Crowdpleasers and Bravo.

During her high school years Stevens served proudly as a member of the Trinity Troy-Ann Drill Team. She received her Bachelor of Fine Arts in Modern Dance and a minor in Secondary Education from Texas Christian University. During her time at TCU she studied with people such as Susan

Band creates winning style with color, music

The air is crackling with electricity. Cheering and jeering football fanatics banter at the opposite team, while a swarm of students dressed in black take center stage,

filling the field.

They stand anxiously in pin-straight lines, not a toe out of place, with their instruments clutched close and waiting for their cue. Directors, dressed in the same sweltering garb as the tens of students before them, raise their arms in unison and the conducting begins.

The stadium is filled with music, and the students begin to march with perfect precision as if they are one. Their long hours of hard work have finally paid off.

Band is definitely a force to be reckoned with. In the decade that Birdville High School has been open, the band has made it to state three times, winning eighth place in

2001, fifth place in 2003 and fourth place in 2005.

In 2011, the band will be performing in the Rose Bowl Parade on New Year's Day in Pasadena, California, with Richland and Haltom.

Together, the marching bands composed a DVD presentation in hopes of being selected to represent Texas in the parade. Only thirteen bands across the entire country were selected for the prestigious event.

The band also has a new addition to its staff, Jolette Wine, the new band director.

"I love being at Birdville," Wine said, "The students, parents, administration, and staff are some of the best in the state."

Excelling in competitions is definitely one of the marching band's finest talents.

In September, the 150 piece band, along with the color guard, directors and other staff, rode for hours on a bus headed for the St. Louis Super Regional BOA competition at the Edward Jones Dome.

The marching band performed in a preliminary competition on Saturday, receiving awards in High Music for class AAA.

They were selected as one of fourteen finalist bands and placed second in class AAA. Advancing to finals, they finished placing tenth overall out of forty-nine bands.

This is the first time the band has ever made it to the finals or won a music award at a BOA event.

"We were tired but happy with our results," Assistant Director Gary Barnard said.

Along with Barnard, the staff includes Assistant Director Michael Cheripka, Percussion Director Taylor Belt and Color Guard Director Renee Cantrell.

As many band members move into Concert Season for the Spring, many guard members plan to begin rehearsals for Winter Guard competition season.

Kendall Carlson
Staff Writer

Drama staged by students, directors

With massive determination and a winning attitude, the Theatre Department continues to grow and achieve new things year after year.

Last year, the department certainly made a name for itself, advancing to area in UIL One Act Play and scooping up the Betty Buckley award for Best Musical. In addition, they presented several successful productions including *Musical Comedy Murders* and the annual Coffee Shop.

Now, they are raising the bar even further. Under the direction of Christopher Williamson and newcomer Lauren Ayres, the theatre department is striving to be more inclusive and organized.

"We have lots of new storage. We painted the room. We organized the storage shed. The students have been very busy," Williamson said.

This year's fall show was made up of 32 actors, a significantly larger number

than in previous years. Also, the show, which is generally made up of upperclassmen, included 13 sophomores and three freshmen.

Students in the department are more eclectic than ever. They are involved in cheerleading, Student Council, Vocal Edition, sports and everything in between.

"I think they are just highly motivated individuals," Williamson said.

With the fall show completed, the department has begun rehearsals for its annual musical production.

Williamson chose *Bye Bye Birdie*, a satire of American society in 1958.

The musical is bigger than last year, in that it requires four times as many sets. In addition, the cast is bigger, requiring around 60 students.

As an experienced actor, singer, dancer and director, Williamson is well equipped to handle the everyday responsibilities of being a theatre director. Similar to any other teacher, he knows his strengths and weaknesses.

"I think like a typical artist and require lots of time to day dream to stay creative," Williamson said, "I bet I speak for all teachers everywhere. There is not enough time to make the difference that I want to make in the lives of my students."

This year, the Theatre Department welcomed a new assistant director, Lauren Ayres. Ayres attended Northwestern University and graduated with degrees in Theatre and Spanish.

"Lauren is smart, calm, witty, organized, dedicated. I am amazed by her patience and peacefulness as she teaches," Williamson

said.

While taking full initiative in her theatre classes, she also doubles as an English teacher.

"I love the act of story-telling, and I love sharing my passions with my students and learning about their lives and their perception of the world," Ayres said.

As for her students, she finds something unique about them that contributes to success of the department.

"They are very hard-working and imaginative. Without their extraordinary commitment, nothing we do would be possible," Ayres said.

Theatre President Brandy Pickett is especially excited about the department this year.

"Being the President gives me a lot of opportunities to meet new people and make new friends," Pickett said.

In addition to their many successes, there is one thing that sets the theatre department apart from other organizations.

"We're a family, and we all care for one another. Everyone is so helpful and welcoming. It's a safe and secure place," Pickett said.

The department is trying several new things. For the first time, they will attend the Texas Thespian Convention.

They also invested in yoga mats in an attempt to start a regular yoga practice. All the new changes are making a noticeable impact on the department and bringing the students and directors closer together.

Rachel Jenkins
Editor In Chief

ers strong performances with Stevens

Douglas Roberts, Christian von Howard, Elizabeth Gillaspay and Ellen Paige Shelton. In 2005 she was a summer scholarship student at Duke University with the American Dance Festival. Stevens is also a member and the Secretary of Dance Honor Society, Chi Tau Epsilon. After graduating from TCU, Stevens taught Modern Dance and Hip Hop for non-majors.

This year Stevens is doing several things with both the Drill Team and the dance classes. Dance students are learning several different kinds of dance techniques and styles this year.

Some of the styles include jazz, ballet, tap and hip hop this semester. Starting next semester they

will be learning different aspects of modern dance and choreography along with the styles of dance they are learning and practicing this semester.

Dance classes and Dance team students perform in two shows together. Next semester, on February 6, students will perform in the annual district wide dance extravaganza. The show will be at the Birdville Coliseum at 2 p.m. Students from all three high schools will perform. Tickets will be \$6 for adults and \$3 for students. After that students also have the annual spring show on April 17. This is a time for dance students, both drill team and non-drill team, to perform for Birdville Students and show off their hard work

from this year. Ticket prices will be the same amount and the show will also be at 2 p.m.

On top of their performances, Golden Motion will be attending three competitions this coming spring. The first is going to be the MA Competition. This competition is being hosted by Grapevine High School on February 13. They are competing in jazz, hip hop, high kick, pom and lyrical routine. Seven days later they will be competing at the Crowdpleasers contest on February 20 in Keller.

"I think that we have a very strong team this year. The girls have bonded so much from the time we auditioned until now. All members of the Dance Team are very strong and

talented this year. I am excited for a great competition season," Stevens said. "The biggest weakness that we have as a team is finding adequate space to be able to practice. It is a struggle that several organizations on campus are dealing with."

The final competition for the year will be during Spring Break at the Marching Auxiliaries Nationals competition. The competition is held at the Fort Worth Convention Center. Golden Motion girls are eligible to win the national title for dance teams this year, and the winning team is awarded letter jackets.

Keli Ferrell
Life & Arts Editor

Museum now open

Remodel brings new opportunities, focus on children

The Fort Worth Museum of Science and History has received a make-over. The center just had its grand reopening.

Before reconstruction, the museum had about one million guests per year visiting.

The building is full of new sections and interactive areas.

The new museum houses a café-style restaurant and includes rooms and spaces for special events such as lectures, meetings or parties.

The museum's main focus is on children and their education. The museum has a school for children.

They will have the opportunity to learn science, history and anthropology



Photo by www.design-island.com

combined with art, music and literature.

The school has six classrooms and a courtyard for kids to play. They are strengthening their scholarship program as well.

The school includes Innovation Studios. These studios will have programs for teens, an educator workshop, telescope building classrooms and hands-on demonstrations. This is a

new way to introduce history and science to kids in a way that is more relevant to them.

The Omni Theater is completely redone and open. The IMAX Theater

has a new state-of-the-art digital sound system, enhanced lighting and concession stands for drinks and snacks.

Ticket pricing for the theater is seven dollars for adults and six dollars for children and seniors.

Tickets can be bought online, over the phone or at the ticket booth. You can order tickets up to an hour before show time.

The new museum also includes the Noble Planetarium. This center includes clear bright stars of both the south and north hemispheres.

The museum mainly focuses on botany, entomology, malacology, mammalogy, zoology, ornithology, mineralogy, herpetology,

meteoritic and paleontology.

The Fort Worth Museum of Science and History has a wide variety of history ranging from the history of the Fort Worth trolley to Native American history.

The museum holds 175,000 historical and scientific objects with an emphasis on Texas and the southwest.

Some exhibits held at the museum are the Cattle Raisers exhibit and the Energy Adventure exhibit. The Cattle Raisers exhibit focuses on the history of the cattle and ranching industries.

The Energy Adventure exhibit was made to tell the story about energy and where it comes from. It also shows important geological, scientific and historical concepts.

The Fort Worth Museum of Science and History is located at 1600 Gendy Street in Fort Worth.

More information is available online at <http://www.fwmuseum.org/home/index.html>

New band exceeds expectations, becomes hit

What started out as two driven teenage boys from Baltimore covering Blink-182 songs in their bedrooms has turned out to be one of the biggest phenomena in the history of pop-punk culture.

All Time Low (ATL) consists of four members including guitarist and lead vocalist Alex Gaskarth, lead guitarist Jack Barakat, bassist Zack Merrick and drummer Rian Dawson. All four boys hail from Maryland.

The band formed towards the end of their eighth grade year when Barakat invited Gaskarth to cover Blink-182 songs with him. Eventually, the two added Merrick and Dawson.

"When we were in high school, we used to book shows through MySpace... and drive for hours on the weekends and play shows. That's how it started for us. We just did our own little touring and stuff," Barakat said.

In 2004, their sophomore year, the band signed their first record deal with Emerald Moon Records. They released their four song EP *The Three Words to Remember When Dealing With the End* in October of that year and then released their full-length, debut studio album *The Party Scene* in 2005. By the summer, the boys were touring alongside popular bands like Motion City Soundtrack and the

Plain White T's.

ATL began getting serious in their senior year of high school.

After signing to Hopeless Records on Valentine's Day 2006, the boys were thrown into a world of shock when they realized that they had made it to the big leagues.

After a busy summer of touring, the band released the EP *Put Up or Shut Up* which became the first record to reach the charts.

In late September of 2007 they released *So Wrong It's Right*, the album that skyrocketed their popularity tenfold. The band appeared on TRL in early 2008, as well as MTV's *Discover and Download*, and was added to MTV's

Big Ten and MTV Hits play lists. In March of the same year, the boys appeared on Jimmy Kimmel Live, which was their live television debut. By December, All Time Low was named the Band of the Year by *Alternative Press Magazine*. In January 2009, in between tours, the boys began writing songs for their third album, which was later named *Nothing Personal*. They finished

recording in February, and the album was released in early July.

"We know this record is anticipated by a lot of people, and we also knew that we wanted to take a step as a band. And hopefully the kids are into it. I was driving myself crazy with the notion that this record was going to flop, but we put our all into it," Gaskarth said.

Within the first week, the record sold more than 63,000 copies and became All Time Low's highest charting album.

Since the release of *Nothing Personal*, All Time Low has been traveling nonstop across the globe.

"We're honestly going to be one of those bands that's going to be touring 320 days a year with no breaks until we break up when we're thirty," Barakat said, "[Touring] is almost like being away in college, but your college is in a different city everyday."

For the past month All Time Low has been busy playing shows across the country with well-known pop-punk bands such as Boys Like Girls, We the Kings, and Cobra Starship on *Glamour Kills...The Tour*.

The boys have been known to get quite rowdy on stage, attempting feats such as stage diving into throngs of rabid fans and playing shows while decked out in crazy outfits. It also seems that All Time Low has a very personal connection with their audience no matter the circumstances.

"We're one of the most fun bands out there... we make an effort to meet almost everyone who comes to our shows," Barakat said.

ATL's enthusiasm and passion for their music shows

in every album they release and every performance they make. They love what they are doing and hope to continue doing so for years to come.



Alternative band shines with songs

As new bands start flowing into radio stations this new band has not gotten its chance to shine. With an eclectic group of songs and familiar sounds, *The Sunstreak's* new album has the potential to become very popular fast.

The *Sunstreak's* album titled *Once Upon a Lie* features the songs *Once Upon a Lie* and *Until I Met You* as their first singles from the album. Their debut album came out this past spring and they were a part of the Vans Warped Tour. They scheduled a re-release in August for *Once Upon a Lie*. The *Sunstreak* has a very *Boy Likes Girls* type feel and sounds like a pop-rock or alternative band. This new band has been climbing charts, encouraging people to become streakers and playing with bands like Daughtry on tours.

Until I Met You begins as a slow song and changes into a fast, fun song. The lyrics are catchy and makes a person sing them all throughout the day. It sounds like a combination of *The Rocket Summer* and *Boys Like Girls*, which mixes two alternative bands to create a different sounding music. Their songs all sound different and give a different

feel to each song for every type of person. Their song *Once Upon a Lie* has a pop type melody and singer Tony Rebis does some shared vocals that make the CD different than most alternative bands.

Though these songs are catchy and sound like good sounds they seem a little too familiar. Most of the songs on the album are talking about a girl, losing her, missing her etc. It is a very surface level song type without any catches or hooks. If they had an edgier feel, it might bring some variety to them to make the band stand out rather than blend into all the other alternative bands out now. Though the music is thoroughly enjoyable, it gives too much a sense of something that has been heard before though some of the songs are very good. They are also very familiar.

Once Upon a Lie is out on stands now and is definitely a recommend to have on the iPod. It creates car dancing and exciting songs that though seem familiar are too fun to pass up.



Photo provided by gomoxie.org

Seven Times Sealed

Local rock band aspires to be famous

Music has always been a form of art. Whether it is used for signals to warn of oncoming enemies, reveille to wake up soldiers in the morning, the beat of drums to accompany ritualistic dancing or purely for enjoyment, music inspires people and ignites a passionate spark within them.

For some, their musical venue consists of mel-low notes such as Blues, while others enjoy heavier genres such as Metal, Screamo and Grunge.

To some people, such as students Matt Fortner and Matt Felix and their band, Seven Times Sealed, music is more than just a part of life; music is life.

“Fortner and I had been jamming out since the eighth grade, and finally figured it was time to

get serious,” Felix said, “so we recruited our long time friend Cody Klinger, and he brought along our drummer, Brandon Doyle.”

Doyle and Klinger both attend Central High School in Keller, and have known each other for years. Fortner met Klinger at church when they were younger. Felix and Fortner met in middle school.

“I blew the mighty band conch, and Matt surfed up on a wave. Cody arrived on a unicorn, and Brandon rode the lightning. Then we fist-bumped and it

was final.” Felix said.

Fortner had gone through other bands before, none of which truly worked out; however, Seven Times Sealed has been nothing but hard work and smooth sailing for the members.

“I was in a band with a few other kids before,” Fortner said, “and that fell apart, then me and Matt just decided to start a new band, and I called Cody. We needed a drummer really bad, and someone at school told Cody about Brandon. We all met, and sparks flew.”

“...me and Matt just decided to start a new band. We all met, and sparks flew.”

Matt Fortner

This occurred around January of 2009. Ever since then, the band members have been extremely close to each other, probably due to their similar joking natures.

In fact, it proves an arduous task just to keep them on track and serious, with each one of them letting jokes fly left and right.

The band was formed, and they knew that they wanted a heavy sound. Fortner would be the lead singer in their screamo band, Felix would play bass, Klinger would be lead guitarist and Doyle, of course, would be the drummer. Now that they had all of those affairs settled, they needed to pick a name.

“I remember reading Night by Elie Weisel in Freeman’s class in freshman year. At one point somewhere in the book, the phrase ‘Seven Times Sealed’ is said, and that part just really stuck out to me,” Felix said.

After the band got their bearings, they were quick to begin playing their shows.

“Well, our first show at the Birdville Battle of the Bands. We actually came up with a song to cover, and learned it, all within a week of meeting each other. It wasn’t too bad,” Doyle said, “but our first real show was at The Door in Fort Worth, and it was actually worse than the Battle of the Bands.”

The band has gained both experience and skill, writing their own songs and playing shows every now and then. Support in both schools has kept them going, as well as humble.

As for their parents, Felix’s and Doyle’s have expressed disdain for their doings, whereas Fortner’s and Klinger’s have said their parents have been nothing but supportive.

Despite his father’s apparent loathing, the band practices in Doyle’s house.

“All of our parents are supportive in every aspect, even if they don’t agree with it,” Klinger said.

The band has expressed their appreciation for all of the support they have garnered from fans and friends, and would like for fans simply to keep listening and to attend their shows, and have shirts available for purchase.

As for their future plans, only one word was said, “FAMOUS!”

Tasty pancakes top menu at home town restaurant

The smell in the air is reminiscent of a Sunday morning and the aroma of a home cooked meal. This is what it is like at Rise & Dine.

Rise & Dine has locations in Utah, Ohio, Missouri and now Texas. Soon they will also include a location in Florida.

Rise & Dine offers

hash browns, grits or fresh fruit.

They also have a Texas favorite, homemade biscuits and sausage gravy, which comes in half and full size orders.

Breakfast is served all day, but they also have a lunch menu.

The lunch menu is more limited than the

peach. It is the perfect ending to the perfect meal.

Although prices are kind of high, the quality of food and service makes up for any imperfections.

It is extremely clean and nice looking. It is convenient and a very comfortable venue for breakfast or lunch any day of the week.

Since Rise & Dine opens early it would be a great way to start the day, maybe even with a few friends.

They also have kid’s menus for breakfast and lunch.

Following the completion of The Venue at Hometown a Rise & Dine was added there. This location, being the closest one to the school, can be reached at 817-485-1818. They are located on the corner of Walker Boulevard and Highway 26.

This recently founded chain also opened a new store just 2 blocks east of North Beach Street. It is located at 5000 Western Center Suite 370 Haltom City, 76137 and can be reached at 817-428-9797.

The new locations are open from 6 a.m. to 2:30 p.m., seven days a week.

Both of these locations offer catering for any event. To find a catering menu, call or go online to look one up.

To find out more about Rise & Dine at any of its locations go online to www.risedine.com.



Banana pancakes from Rise&Dine
Photo provided by Rise&Dine

specialties that include, but are not limited to, the All-American Breakfast Burrito, Steak & Eggs and the Sausage Benedict.

They also have eight different types of pancakes from which to choose, such as the peach almond pancakes and the banana pancakes.

In addition, there are at least nine different choices of omelets. This includes the ultimate cheese omelet and the meat lover’s omelet.

The Hearty Breakfast, a popular choice among locals, includes two eggs with buttermilk pancakes and a choice of bacon, ham or sausage and seasoned fries,

breakfast menu but it still offers the same great value. It gives several options like delicious melts, at least six types of wraps and many different sandwiches. The lunch menu also includes numerous types of soups and salads which can be ordered as meals or sides.

To top it all off, the dessert menu includes an ooey-goey pecan pie and the New York cherry cheesecake.

Rise & Dine also offers a one-of-a-kind Fruit Blossom, a fluffy pastry bursting with fruit filling and topped with just a hint of frosting. It is offered in three different flavors: apple, cherry and

Movies
The Ticket
Movies

Devin Harper
Features Editor

Clooney’s film verges on looney

Men Who Stare At Goats was a film that put the looney in Clooney. It was silly and left one simple question on the minds of viewers...“huh”?

Even if not familiar with movies about psychic Jedi warriors in the U.S. Army who kill goats with their mind, the viewer may come out of *Men Who Stare At Goats* thinking they have seen many of them before.

The movie is about a young reporter Bob Wilton. (Ewan McGregor) whose marriage has failed. He searches to find more meaning in his mundane life and comes across a man who tells him all about a secret unit in the army that trains men to kill animals just by staring at them. The men are called “jedi warriors” and are first and foremost warriors of peace. Soon after, he encounters Lyn Cassady (Clooney) who claims to be apart of the secret government unit.

The unit is called The New Earth Army and is compiled “Warrior Monks.”

The military has trained them to have psychic abilities that include reading the enemy’s thoughts, passing through solid walls and of course killing a goat by simply staring at it.

In the film, the man who came up with the unique military sector, Bill Django (Jeff Bridges), has gone missing and Cassady’s mission is to find him.

McGregor’s character accompanies Cassady in hopes of writing an exhilarating and innovative story. The duo tracks Django to a training camp run by renegade psychic Larry Hooper (Kevin Spacey), the reporter is trapped in the middle of a grudge match between the forces of Django’s New Earth Army and Hooper’s personal militia of super soldiers.

The film has its truly comedic moments, but the jokes stop being funny around the 7th time you hear them.

The film was an adaptation of the novel by Jon Ronson. The audience was clearly unreceptive to the film at the beginning as it started it out extremely slow and did not grab viewers’ attention immediately. From the moment the film starts, its clear that the comedic moments shown on the previews are the only ones worth laughing at.

To say the film was bizarre is an understatement. Though it had an all star cast, it seemed very amateur at times.

The film poked fun at war and reasons for fighting it seemed as though the producers were unsure of the point of their film. One might wonder if they even were entirely sure what the film was about. The plot and action of the film seemed thrown together and many things go unexplained in the film as if the viewer is to innately comprehend the meaning behind them.

The film overall did not deliver what the previews promised. Although it had genuinely comedic moments, they were quickly overused.

The concept of the film was a good one, but never truly came to fruition.

The acting was good, or rather as good as it could be in this type of film. The plot was loose and not easily followed.

On a scale of 1-5, this movie ranked at a low 2. It certainly was not Clooney’s best work.

Kili Ferrell
Life & Arts Editor

Taylor Carpenter
Sports Editor

ADMIT ONE

ADMIT ONE

Swim Team

Season kicks off with plans to prevail

The swimming team at Birdville is striving for future victories.

Coach Mike Teague has been at Birdville High School for four years and has been in the district for nine years.

Last year's end of season results prove that the swim team has excelled under the direction of Mike Teague.

The boys finished second at the district meet and girls finished in third. The team had regional qualifiers in every event for the boys.

For the girls, they qualified in all events, but one in regional.

"I expect similar results this year," Teague

said.

The core of the boy's team from last year has returned and almost all of the girl's team has returned.

There are a total of 26 students on the swim team, consisting of 11 guys and 15 girls.

The Co-Captains of the Mighty Hawk Swim Team include Melanie Morrison, Nick Siebert and Matt Simpson.

"Several of the returning swimmers have bettered their times from last year and the new swim-

mers have competed very well with some impressive swims," Teague said.

The team is expected to make it into the state meet in a few events if they work hard and continue to improve their times.

The team has already swum up to their expectations for this year.

"The team has been swimming very well through the first three meets of the season," Teague said.

Go support your Mighty Hawk Swim Team

"Several returning swimmers have bettered their times from last year."

Coach Mike Teague

Volleyball takes area championship



Back: Brittany Gordon, Chandler Keilberg, Ellen Sorrells, Megan Moss Row 2: Coach Medford, Coach Vick, Caitlyn Juarez, Coach Grimes, Coach Barksdale Row 3: Kelsey Plunk, Allie Plunk, Summer Queen, Kristen McCraw Front: Mgr: Gabby Santoy

The Lady Hawk volleyball team made it to the playoffs once again, entering with a 30-9 record, the best record of any other Birdville High School volleyball team.

The girls trounced numerous schools in the playoffs, defeating every opponent in sight, until

they were just barely defeated by Mansfield Legacy.

The Lady Hawks ended their season with the title of Area Champs.

"The girls worked so hard to get to this point and accomplish all that they have," assistant coach Lauren Barksdale said.

"All the hard work, blood, sweat and tears are finally paying off and its awesome to take a step back and really look at how far we came."

The Lady Hawks were led by seniors Kristen McCraw and Caitlyn Juarez, who led the team in kills and Kelsey Plunk,

in their future meets and cheer them on.

The swimming team will participate in several more meets this year.

The next meet is at North Lake College Natatorium for the Irving Winter Invationals. It will be held on December 5.

If all goes well Regional Championships will be at Wilkerson Grienens Natatorium on February 12 and 13.

The team will continue to compete in events with great skill and resolve and hopefully make it to regionals.

Elaine Swartz
Staff Writer



The
In
Zone

Taylor Carpenter
Sports Editor

Mouth guard, facts or farce?

Mouth guards are very important in sports, everyone knows this. The fact of the matter is that in high contact sports such as football, hockey, boxing and even basketball, players are inevitably going to be hit in the face.

Mouth guards are great for protecting teeth. The only exception is in hockey where many hockey players have been parodied with missing teeth. Mouth guards are also known for being uncomfortable and hindering in times where communication is needed.

Apparently, that is no longer the case for the New Orleans Saints.

The Saints are among one of the first teams to begin using special flexible mouthpieces made by a company called Makkar. The mouth pieces improve flexibility, and are described as "game changing" by the producers of the product.

Invented by neuromuscular dentist Dr. Anil Makkar, the Makkar PPM is a sports appliance that is custom-designed and manufactured to each individual athlete/user. According to the product's website, the Makkar PPM naturally aligns the athletes jaw, and in doing so has been shown to enhance explosive power, balance, range of motion, flexibility, endurance and blood flow during training and competition allowing the user to maximize their performance.

While other mouthpieces can be distracting and uncomfortable, these are specifically designed to fit an athletes jaw, allowing better range of motion and speed.

The pieces also allow players to speak while they are wearing the Makkar PPM, meaning better communication and better teamwork.

Many players including Terrell Owens, Shaquille O'Neal and the entire New Orleans Saints football team are known users. They have all testified that the pieces deliver better performance with a quicker reaction time, a better twist for a catch and higher jumps, which they claim was impossible with the older mouthpieces.

The Saints have had a couple close games, almost losing to the Miami Dolphins, and beating the Falcons by a mere eight points. So just how much of their game is skill and how much of it is their mouthpiece?

Kendall Carlson
Staff Writer

Traffic Tickets Defended

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