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Levy to be on May 5th ballot

BY BAILEY CARTER

The Sidney City Schools 9.9 mill levy will go back to the voters on May 5, 2009. The superintendent, Mr. Pat O'Donnell, said that whether the levy passes or not, there will still be additional cuts. Although cuts will still need to be made if the levy passes, busing will be returned and the pay to play fee for athletes will be lowered. On the other side, if the levy fails, in addition to the changes that have already been made, more cuts will be needed.

The Sidney City School District hasn't received new operating money in 14 years and there have been many changes in state funding and expenses in that time. The slogan for the May 5th campaign is "The Need is Real – Save our Schools."

For more information go to <http://theneedisreal-saveourschools.com/>.

Madame Smith is retiring

BY KENDRA BUNNER

Sidney's French teacher, Madame Smith, is retiring. Jan Smith first began teaching here at Sidney High 21 years ago in 1988. Mrs. Smith, who has a Master's degree in Education, attended Ohio Wesleyan University, but received her undergrad and graduate degree from Wright State University. She began her career thinking that she would be teaching for 10 years, and this year, it's 21! When she was in school, she had also wanted to become an interpreter. Madame has taught both French and Spanish here at SHS over the years.

Unfortunately, due to levy failure, the future of French class here at Sidney High School is now undetermined. It has been decided that Madame will not be replaced, and French will not be offered in the upcoming school year. Madame Smith is upset about this but says if a future levy passes, she hopes French will return. The school is looking into other ways French could be offered or available for those wanting to continue with French, such as Rosetta Stone or other online options.

After retirement, Madame plans to spend time with her grandkids, spend time in Florida, visit her dad in France, and because her grandson has autism, volunteer with Autism Speaks. She says her favorite memory here was taking students on trips to France. She enjoyed being a teacher, and will miss the students the most.

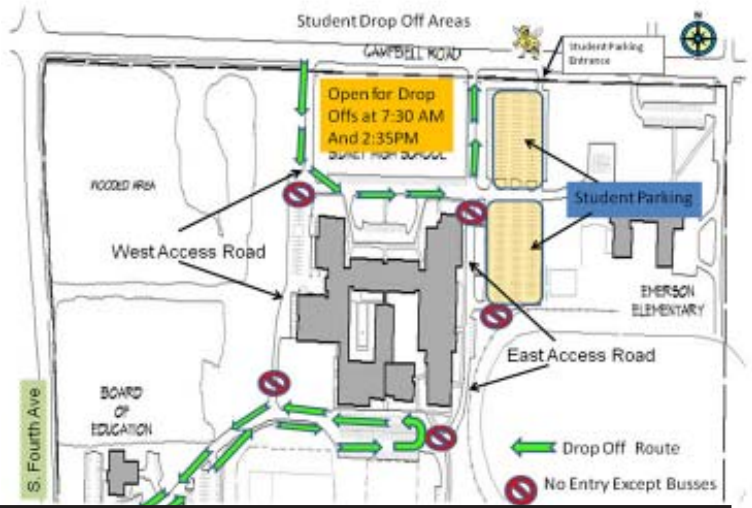
Parking Reminder

BY BAILEY CARTER

The west side of the building is not a drop-off area for students. It is for the teachers to park and the buses to pick up JVS and McCartyville students only. The diagram included outlines the approved areas for student drop-off. The front drop-off requires vehicles to enter from the front west entrance and exit on the front east entrance, while the back drop-off zone requires vehicles to enter and exit from 4th street. To be safe, make sure to watch speed and keep on the look out for people who are walking to the building.



"Stop playing 'Frogger' with buses!" -Mr. Combs



OGT Preparation and Information

The Ohio Graduation Test will be taken March 9th through 13th. Every sophomore at Sidney High School will be taking it. The Ohio Graduation Test is a very big test in a lot of students' lives throughout the state of Ohio. It is the test that decides whether they are going to graduate. It determines a lot of things in a person's life and it is just one test, but it is *the* test.

Teachers prepare their students for this test all the way from middle school. Teachers proclaim that it is a hard test and that everyone should be preparing for the OGT. The test is a very big deal. Just one test could determine if you get a good job.

On the positive side of things, the test shouldn't be that hard. It is made to make sure that you are learning an adequate amount and that you aren't just sitting in class doing nothing. As long as you pay attention in your classes, you should be fine. The test is made easy enough that anyone could pass it so they can eventually graduate and go on to bigger and better things.

Another reason why we take the OGT is to prepare us for the world. It makes sure that we can make educated decisions and succeed in society. It makes sure that we can function correctly and know a good amount of skills to get a well paying job. Even if you don't plan on going to college you will still have great math, reading, and writing skills to succeed in life.

For students that didn't pass the OGT the first time, don't worry. You will always have next year, and I'm sure that you will pass it the second time around because you know what to expect and what you have to learn in order to pass it next time.

What day is it? What test is it?

Monday, March 9	READING
Tuesday, March 10	MATH
Wednesday, March 11	WRITING
Thursday, March 12	SCIENCE
Friday, March 13	SOCIAL STUDIES

Make up tests will be given the following week

Five things to do to prepare for the OGT

1. Breakfast

Always eat a good breakfast and make sure that it will last until lunch. It is proven that it helps you think well when you have a full stomach. Plus no one wants to be taking the test that decides whether you graduate with your stomach growling.

2. Sleep

Make sure that you get plenty of sleep the whole week before not only the day before. Losing sleep can affect you for up to 6 months later. Make sure you get to bed a little earlier and try to lay off the caffeine and sugar.

3. Review the material

You may think that you know what's going to be on the OGT, but something might surprise you. Brush up on some stuff that you have learned not only this year but previous years. Make sure you know all those equations and those dates for the big test.

4. Come prepared

You don't want to show up on test day and not have a good pencil, calculator and something to do afterwards. You might want to stick with good old number two pencils because mechanical pencils can fail. Make sure that you have an OGT regulated calculator, that way you won't be stuck crunching all those numbers in your head. Finally, bring a book in case you finish the test early, and make sure it will last a while.

5. Don't worry

The test may decide whether you graduate or not, but you still have three to five more times to try and pass it. It's alright if you don't pass it the first time, not everyone does. As a senior I know that the test really isn't that hard, and you shouldn't get all stressed out about it.

Guidance News

Mar. 1- Bethel College Scholarship Deadline
IOTA Sigma Pi Flourine Scholarship Deadline
Mar. 2- Pioneer Electric Cooperative Scholarship Deadline
Mar. 3- Deadline for Ohio Credit Union League Scholarship
Mar. 6- Deadline for Milk Mustache of the Year Scholarship
Rudolf G. Berg Scholarship Deadline
Mar. 9-13 OGT's
Mar. 15- Universal 1 Credit Union Scholarship Deadline
Mar. 31-Midmark Corporation Technical Scholarship
Deadline
Ohio Newspaper Association Deadline
Deadline to register for May 2nd SAT

Key Club

Key Club is an organization that we have here at Sidney High School. It is a community service organization that builds leadership in students.

Key Club does a variety of activities throughout the year. They have the Trick or Treat for canned goods at Halloween, They ring bells for the Salvation Army at Christmas, and they help out with the Special Olympics. New this year, they will be making Easter baskets! They will be doing a canned food drive in the near future.

Key Club meets every Tuesday after school at 2:40 p.m. You can join year round, and anyone can join in any grade.

COME JOIN KEY CLUB!

Back to the Nineties!!!

The 90's

Big Songs of the 90's

Smells like Teen Spirit
Oops I did it Again
I want it that way
Genie in a Bottle
Can't Touch This
Ice Ice Baby
Baby Got Back

Big Movies of The 90's

Jurrassic Park
Titanic
Scream
Space Jam
Men In Black
Forrest Gump
E.T.
Lion King
Toy Story
Jumanji



Do you remember the first time you ever saw *The Lion King*? Were you sitting in front of the T.V. for every episode of *The Fresh Prince of Bel-Air*? Did you sing along with *The Spice Girls* or *The Backstreet Boys*? Chances are, you probably did because you were born in the 90's. You probably had a Furby or some Pokémon cards, and you probably wore some dorky overalls too. But looking back now you realized that you thought those were the coolest things ever, and that was the most carefree time of your life.

The seventies was the era of peace and love, while the eighties were the years of big hair. What came out of the 90's? There were a lot of technological advances. The Internet first became available, computers became more popular, and all kinds of discoveries were made in space. Music may not have been a strong point, and fashion might not have either, but movies definitely were. A lot of great T.V. shows came from the 90's too.

Best T.V. Shows of the 90's

Fresh Prince Of Bel-Air
Full House
Hey Arnold
Rugrats
The Magic School Bus
Boy Meets World
The Simpsons
Power Rangers
Arthur
Saved by the Bell

Toys of the 90's

Furby
Lite Brite
Gameboy Color
Giga Pets
Easy Bake Oven
Beanie Babies
Silly String
Pokemon
My Little Pony
Playstation

What did we wear in the 90's?

Baggy Jeans
Keds Shoes
Levi Jeans
Overalls
Stretchy Shirts
Fanny Packs
Jelly Sandals
Watch Rings
Toe Rings
Butterfly Clips

Favorite Foods

Green Ketchup
Candy Necklaces
Ramen Noodles
Ring Pops
Lunchables
Warheads
Zebra Gum

How to NOT get grounded

1. Be honest with your parents.
It's better that they know things now rather than later.
2. Be a careful driver.
If you get a ticket or you're in a crash., you might be okay, but the car might not be. You'll also have to pay court fees and a sky-high insurance bill.
3. Don't miss curfew.
Is that extra half hour with your friends really worth it compared to two weeks of being grounded?
4. Do your chores.
Do the few you have now instead of twice as many later!
5. Be nice to your siblings, otherwise you have to deal with them the whole time you're grounded.
6. If you have to stop and think, "Hmm, can I get in trouble for this?", then chances are it's probably not a good idea, and you shouldn't do it.

Page created by
Samantha Mooney

SHS FCCLA holds FCCLA week and prepares for competition

Information provided
by SHS FCCLA

Pictures taken by Sarah Elmore,
Brittany Walker, and Jen Scott

Sidney FCCLA (Family, Career and Community Leaders of America) has been busy with many different projects this year. The most recent activities held were to celebrate FCCLA week during February 9th-13th (shown in pictures on the right). Additionally, throughout the school year FCCLA has done a number of FREEDOM (FCCLA Recognizes Endless Efforts of Dedicated Ohio Military) Projects. First, FCCLA collected supplies to send to troops at the last Yellow Jacket home football game earlier this school year. Next, FCCLA participated in Operation Evergreen. Operation Evergreen is where chapters decorate ornaments and send \$20 to Operation Evergreen so they can send a live Christmas tree overseas to the troops with ornaments. In addition to Operation Evergreen FCCLA members decorated a Christmas Tree at the Shelby County Historical Society and won 2nd place. The tree was decorated with picture ornaments created to honor local heroes. They were made from the newspaper pictures of local veterans and turned into ornaments. The SHS FCCLA organization also made patriotic wreaths and donated them to local organizations. More recently, FCCLA collected cans of soup to donate to a local organization. Cans were collected during the week of the Super Bowl, and it was called the "Souper Bowl" Project. This project fit under the FCCLA HELP (Hunger Education Leads to Prevention) Project.

Upcoming events for the SHS



FCCLA students stand with collected food for their "Souper Bowl" canned food drive.

FCCLA Chapter: February 26, 2009 is FCCLA's Culminating Events at Upper Valley J.V.S. Three SHS students are going for their Power of Ones which include Josh Martin, Courtney Nicodemus, and Lauren Miller. There are also three students going for the Outstanding Chapter Award which include: Justin Subler, Megan Nice, and Brenda Jones. March 7, 2009 is FCCLA's STAR Events at Upper Valley J.V.S. Julie Schaeffer and Kylie Hopkins are doing the Chapter Showcase Manual. Mara Siegel is doing a job interview. Courtney Nicodemus is doing the illustrated talk, and Nikki Subler is doing Applied Technology. Sarah Hubbard and Mara Siegel are doing the Chapter Service Manual.

Sidney FCCLA Advisors: Mrs. Tina Wernitz, Mrs. Carol Breinich, and Mrs. Kay Jackson





Monday

FCCLA WEEK

Monday, Feb. 9

Students had sundaes on Monday to kick off FCCLA week.

Tuesday, Feb. 10

In an activity designed to promote recycling and environment education, students made outfits out of old newspapers.

Wednesday, Feb. 11

Students participated in the Cancer Walk.

Thursday, Feb. 12

Lindsey Nutter from Miami Jacobs College spoke to students about careers. Students completed a personality activity and then learned about the careers that would match their personalities.

Friday, Feb. 13

FREEDOM video and goody bags for FCS classes. Also, it was mix-match day. Students mix-match their clothes.



Tuesday



Wednesday



Thursday

2008-2009 FCCLA Member List

Aaron Burns, Aaron Mendez, Aaron Phelps, Adam Neth, Alexis Bowens, Alyssa Mengerink, Alyssa Watkins, Amanda Berry, Amber Riviera, Andrea Russell, Andrianna Lambert, Ashley Schoffner, Autumn Vines, Blake Bowser, Brandon Bowman, Brandon Frew, Brenda Jones, Brian Reder, Brianna Overbey, Brittany Frost, Brittany Miller, Brit-tany Walker, Brooke Davis, Brooke Hull, Brooke Smith, Caitlyn Denise, Charles Miranda, Chase Wildermuth, Chelsey Johnson, Cheyenne-Ma Peredo, Christian Martin, Chris-tine Byler, Christopher Ike, Christopher Napier, Christopher Schaffner, Cory Bennion, Cory Niswonger, Courtney Nicodemus, Crystal Smith, Dailan Day, Dalyn Quinn, Danielle Hoffman, Danielle Holloway, Darren Davis, David Erb, Demi Coy, Derek Moore, Derrick Petersine, Desiree Mullins, Destiny Murphy, Dianna Reynolds, Dillion O'Reilly, Dillon Houndshell, Elicia Theophilus, Haleigh Spicer, Haylie Fogt, Holly Evans, Jace New, Jacob Jones, Janisen Thayer, Jasmine Glover, Jasmine Holsopple, Jazmin Hummer, Jerret Milbourn, Jerrod Jones, Jesse Yates, Jessica Alexander, Jessica Riethman, Jonathan Lowe, Joseph Alexander, Josh Martin, Julie Schaffer, Justin Carmack, Justin Subler, Kaitlin Osborne, Kaitlyn Kerrigan, Kaitlyn Wolfe, Kamal Kaur, Kara Demarcus, Karrin Dobbins, Katie Howell, Kayla Mazingo, Kaylee Jones, Kelli Echemann, Kelsey Kleinkopf, Kendra Ganger, Kenleigh Immel, Kenneth Powers, Kenya Steele, Kiana Perrin, Kira Lee, Kristeenu Clack, Kristen Copeland, Kristen Powell, Kristen Roby, Kristen Terry, Kristopher Fischbach, Kylie Hopkins, Lamar Taborn, Lindsey Michael, Malinda Kerns, Mamouna Louzolo, Mara Siegel, Maria Anderson, Marissa Clark, Megan Bryan, Megan Collins, Megan Nice, Megan Roark, Mindy Smith, Miranda Amerine, Mor-gan Headings, Nathaniel Landis, Nia Reed, Nicole Moore, Nicole Redinbo, Nicole Subler, Phillip Wright, Rachel Alge, Ramandip Kaur, Richard Steele, Robert Tootle, Samantha Link, Samantha Peters, Samantha Slife, Sara Tucker, Sarah Hubbard, Sarah Karas, Sarah Leckey, Sean Brown, Shalia Taborn, Shaquille Daniel, Shaquisha Daniel, Shelbie Sayers, Shelly Leach, Shianne Saunders, Sierra Zimmer, Stephanie Harris, Stephanie Miller, Steven Brun, Tanya Bryant, Tasia Wise, Taylor Johns, Taylor Rickert, Tessa Schmidt, Tiarra Stewart, Trent Hogue, Tresa Stamper, Tyler Berry, Tyler McLain, Tyler Shroyer, Tyler Watson, Victoria Hicks, Yuta Suzuki, Zara Boyer, Zhuang Chen

SHS Girls Basketball

The varsity girls' basketball regular season ended Wednesday, February 11th. It was senior night, and all the girls did a great job. Sidney played Trotwood, and it was a tough loss for the girls. Although the record didn't show it, the girls played hard all season. Even though they finished with a 6-14 record, the girls played some great games beating Lehman, Troy, and Piqua along with others. The last game against Trotwood was one of the saddest though, as the senior girls played their final game on their home court.

Following the regular season the varsity team spent their time practicing and preparing for their tournament match-up against a good Wayne team that they lost to in a tough battle earlier in the season. Wayne came into the game with 12-8 record.



Duke vs. UNC Rivalry

The Duke vs. North Carolina rivalry is one of the biggest in sports history. What do you expect with just eight miles between the two schools? On February 11th, they played their latest rivalry game, with North Carolina winning 101-87 on Duke's court. Tyler Hansbrough and Danny Green became the first players to win at Duke all four years during Mike Krzyzewski's time as head coach, which has been over 25 years. The Duke Blue Devils and the North Carolina Tar Heels have always been two of the best college basketball teams, and the big game always lives up to expectations. North Carolina leads the rivalry with 128 all time wins against Duke and 97 losses. North Carolina has won four NCAA tournament championships, while Duke has won three. The only time they have met in post-season was in 1971, and North Carolina won that game 73-67. Last year they went one and one with Duke winning the first game and North Carolina winning the last. They still have one game left this year so don't miss it. The big game is March 8th in Chapel Hill, the home of the Tar Heels.

Boys Basketball Record

February 21, 2009 Sidney at Butler

February 20, 2009 SENIOR NIGHT Sidney vs. Springboro

February 13, 2009-Sidney 79 Trotwood 74

February 6, 2009-Sidney 63 Piqua 53

February 3, 2009-Sidney 60 Miamisburg 68

January 30, 2009-Sidney 51 Troy 41

January 23, 2009-Sidney 71 Fairborn 72

January 18, 2009-Sidney 45 Lakota East 61

January 16, 2009-Sidney 61 Trotwood Madison 80

January 10, 2009-Sidney 75 Springfield 70

January 9, 2009-Sidney 79 Butler 57

January 3, 2009-Sidney 66 Stivers 69

January 2, 2009-Sidney 74 Greenville 63

December 22, 2008-Sidney 70 West Carrollton 73

December 19, 2008-Sidney 67 Piqua 56

December 16, 2008-Sidney 62 Northmont 67



Page By Jenna Branam

Prom Tips for the Guys and the Girls

BY CAMILLE YERKEY

For the Guys...

If you're thinking about buying a tux don't because chances are you won't ever wear a pink tux again in your life. Plus they can get really pricey these days. Tux purchases can go as high as \$6000. Renting is a good way to go. You can get that pink or lime green tux to match your lovely date's dress and not have the tux sit in your closet the rest of your life. The downfall of renting is that if the tux gets damaged then you won't get the deposit back. Here are some sites for places around the Dayton area:

www.gregorystuxedos.com

www.pricestores.com

www.skeffingtonsformalwear.com

For the Ladies...

There are so many websites, stores, and catalogs out there around this time of year it's hard to not find a dress that you'll fall in love with. But are you worried about the price? Don't worry girls, some places will let you rent their dresses, and you can look good for half the price. If you get the catalogs, many of them have websites to find a store nearest you. You can also order them straight from the site, but sometimes the dress comes and it's not what you thought it would be, so be careful when ordering. Looking to save some money on a dress? Try www.4promdress.com. You can also look locally. Try emmysbridal.com for Emmy's in Minster.

Freshman-Sophomore Dance

BY AMANDA BERRY

On March 7th, 2009, there will be a dance in the cafeteria for all freshman and sophomores. This dance starts at 8:00 p.m., and it will be over at 11:00 p.m. The cost to get in is \$5. This is a semi-formal dance, so NO JEANS! This year's theme is "Black and White" so black and white apparel is recommended but not necessary. Freshmen and sophomores interested in decorating for the dance should listen to announcements for meeting dates and times. The dance planning committee is also looking for black lights and would greatly appreciate your help if you have any. Individual fluorescent black lights will not work.

Promspot.com's Top 5 Rental Tips

The Early Bird Special

Renting a tux for prom? You'll need to get to the store ASAP if you want to have a good selection. After all, your date's probably been dress hunting for months now. It wouldn't kill you to get this major prom to-do scratched off your list (and ensure that you have the best choices) — lots of guys are going to be looking at the same time as you.

Check Out the Store

Some tux rental shops have been around longer than you have. So before you plunk down your hard-earned cash, check out the inventory. Do you see any tuxes with holes or signs of wear? If yes, hightail it out of there. You've got better places to go.

Find an Expert

A good formalwear dealer should be in the know when it comes to styles, sizing, and trends. If you're not sure whether the sales guy is legit, ask him which is more formal: a peaked or a notched lapel? Correct answer: Peaked. If he passes the test, okay, now you're talking. If not, get yourself to another clerk or another store, pronto!

Avoid Clashing

To match or not to match? That is the question. The answer? Ask your date. She might think it's cute if your vest picks up one of the colors in her dress — but she might also think it's jaw-droppingly tacky. There's no way to read her mind on this, so you'll have to bring it up (and we promise, she'll be super flattered you asked — it's a sure way to win points with her!). P.S.: You don't have to match exactly — just make sure you don't clash.

Deposit Required

Most tuxedo rental shops will expect you to plunk down some dough to reserve your tux. Rentals average anywhere from \$50 to \$100, but the deposit (which covers any damages to the tux) will be considerably lower. So before heading out, make sure you've got some cash or a credit card on hand.

The Complete Package

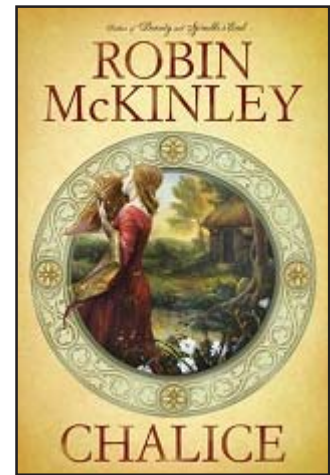
The store you choose should be able to provide all the coordinating accessories. Ask your dealer if he'll be able to get you a bow tie or neck tie, cummerbund or vest, cuff links, suspenders, and maybe even some shoes.

New Book Spotlight: *Chalice* by Robin McKinley

Chalice by Robin McKinley is a fantasy novel that makes one consider the potential of someone that a person cannot see from the outside. It is a good tale to enable someone to learn to never underestimate a person. Although, the fact is, it can be rather confusing to read. It is a short novel, but it crams a lot of information which can sometimes cause the characters to be lost. But McKinley always rescues the characters before they are smothered in details. It possibly would have been easier if she had made the story longer. A few extra pages are a small sacrifice for a properly written story.

I do not suggest this book for someone who cannot follow details very well. There are many details that interlace with each other and make it somewhat confusing to read for a lower reading level. The words that are used are elegant and somewhat of an old fashioned style. Though that makes it somewhat difficult, the style fits the setting very well.

Overall, this book is well written although it can be confusing at times. The story was gripping and I could not put it down. This is not a book for a lower level reader, even though it is somewhat short. Pick it up if you want a good fantasy with a lot of information and details.



Author Spotlight: Tamora Pierce

Tamora Pierce is an extraordinary author who started from small beginnings. She was born in a poor county in Pennsylvania to a telephone company worker and a woman attending college for her degree in English. At the age of nine, the Pierce family moved to California, which was horrible for Tamora. She frequently read books and could not read books in the car due to carsickness.



The reason Pierce started to write was because one day her dad heard her telling herself stories while doing the dishes, and he suggested she write the stories down. Further inspiration came from J.R. Tolkein with his famous *Lord of the Rings* trilogy. The one thing that was missing, in Pierce's opinion, was a strong, female character.

She started out writing fanfiction stories to "Star Trek," "Here Come the Brides," "Time Tunnel" and of course, *Lord of the Rings*. Her parents then got a divorce, and she moved back to Pennsylvania with her mother. In tenth grade, Pierce lost the spark to write her own tales. She wanted to help out kids that had been in the same situation as she and her sister had been. She started to study psychology at the University of Pennsylvania. Then, in the summer before her junior year, she wrote her first complete short story "Demon Chariot." A year later, she sold her first short story.

Another inspiration was her fiction writing teacher from her senior year, Mr. David Bradley. He suggested that she should write a novel based on her life. Pierce could only write out five pages. Desperate, she decided to write about anything to complete a novel. She chose fantasy with teenaged girls' heroes.

She never got her psychology degree. She did receive a Bachelor of Arts degree. After much more writing stories, selling stories, as well as helping in writing comic books, she has become a very successful author. She had many bumps in the road, but she faced them and pulled through in the end.

The History of Jazz

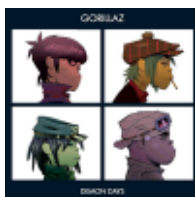
Jazz has been around for a very long time. One of the earliest places that jazz was seen was New Orleans, in the 1910's. It has seen some of the brightest flames in music history come and go, such as Louis Armstrong and Frank Zappa. There have been entire genres that sprouted from a jazz base, such as hip-hop, swing, Dixieland, and big band are just a few of those.

Jazz is heavily based on trumpet, saxophone, piano, and vocals. You can see some weird instruments in jazz, kinds you would never expect (like the accordion), and with lyrics that can go anywhere between a soulful rebellion, to a walk in the park, but you will almost always find a trumpet, saxophone, piano, or vocals. Rarely is it that a popular jazz song won't have vocals because most people don't like the jangling, melodious sounds of just instruments with nothing to anchor them down to. Vocals do an amazing job of keeping people connected to a song.

Past experiences, current struggles, future resolutions all ball up to make the wonder that is jazz. "What a Wonderful World" was originally written to sooth racial tension in the 1960's.

Demon Days

Demon Days is the second studio album from Gorillaz, which is an entirely virtual band. Whenever they play live, they put giant flat screens behind them that show their characters, but this silhouettes them, which is their goal. In all of the music videos, the same cartoon personalities are shown, and they are named Russel, 2D, Noodle, and Murdoc. These personalities are not based on any members; however, they are performed by certain band members



This album contains a few singles that had some face time here in the States, like "Feel Good Inc." and "DARE," as well as two singles from their previous album, "19-2000" and "Clint Eastwood." Most of their songs have very strange titles, "Don Quixote's Christmas Bonanza" being an example of that, but the sound is very unique. They are an enjoyable band to listen to, and are now in progress on their third album.

This album has a few tracks that are very easy to listen to, because you can actually understand the words. Some others are sung very quietly, or very raspily, and it is hard to understand what is being sung. Some of the songs that you do hear that are good are "Feel Good Inc.," "DARE," "Kids with Guns," "Last Living Souls," and "Clint Eastwood." "Clint Eastwood" came out in 2001 originally, and it was an instant hit.

Three Days Grace

Three Days Grace's first album, under the Jive label, is a self-titled album. This album I much prefer to their latest album, *One-X*. TDG was released in 2003. TDG had far better songs that weren't nearly as depressing. There are some unique sounds, like the beginning of track #5 ("Scared"). This album is something I can just put on repeat for a few hours. Many bands go from good to not so great, and add that emo feel in order to try and get more listeners, but they lose quite a few in the trade-off. I was one of the ones that was kind of lost in the switch.



Mezzanine

Mezzanine is the third album of British trip hop band Massive Attack. On this album is "Teardrop," which is the opening song to the show *House*. Massive Attack has actually been around since the 1980's as an offshoot of original band The Wild Bunch. *Mezzanine* was released in '98, and is the album that I have listened to the most. There are different people singing in every song; however, many people come back in other albums.



This is a very good album to just play in the background, because it is almost like slow techno. Techno is great background music, and it just gives everything a surreal kind of feeling. *Mezzanine* is an album I can just pop in while I'm cooking something, or reading, or playing a game, and it just *meshes* so well.

Reign Over Me

Reign Over Me is definitely one of Adam Sandler's most depressing movies. He plays a man that lost his wife, three daughters, and the family dog on 9/11. He suffers from Post-traumatic Stress Disorder (PTSD) and doesn't even remember anything much from his college days, let alone the family he lost. His old college roommate sees him on the street one day, tries to get his attention, but fails to do so. He sees him again, misses him again, but finally gets him to agree to a cup of coffee the next time he sees him. Charlie, Sandler's character, doesn't remember Alan, portrayed by Don Cheadle. Eventually Charlie is brought to remember Alan, and they hang out until late at night, putting strain on Alan's job as a dentist. Alan goes to one of Charlie's band gigs, they go see a Mel Brooks marathon, and play "Shadows of the Colossus" at Charlie's apartment. "Shadows" seems like a bit of foreshadowing because the main character thinks he is doing the right thing, up until the end when he finds out he had been defeating the good guys the whole time, which is what I thought was happening to Alan and Charlie.

All in all, I thought the movie was very good, and they portrayed the symptoms and mannerisms of a PTSD victim very well. It was a very emotional movie, getting me to feel pretty sad for Charlie a lot of the time, and I recommend it to anyone that would like to see the darker of Adam Sandler.

Taken

Taken was released in France on February 27th, 2008, and in the U.S. on January 30th, 2009. Liam Neeson was perfect for this part. The basic plot is that Neeson is an ex "preventer," or he was a really good guard. His daughter is kidnapped while following U2 through France, and the movie is all about him getting her back with all kinds of cool tricks. There are tons of fight scenes, a few car chases, and lots of other goodies besides. Think *Casino Royale* mixed with *The Transporter*. All around a very good movie, and a recommended watch for anyone that likes action.

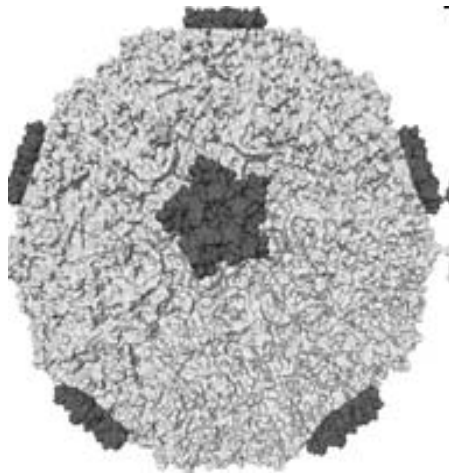
Page by: Chad Blue

How to avoid getting a cold

How can I keep from getting sick this “cold” season?

Although there is no sure fire way to escape the common cold, there are definitely simple ideas that aid in the prevention.

Some of these methods include: drinking fluids, washing your hands, not smoking, eating yogurt, and exercising. These ideas don't completely wipe out your chances of getting a cold, but they surely reduce them.



Above: Rhinovirus- the cause of most common colds.

Information Courtesy of:
webmd.com,
livescience.com &
health.msn.com.

How can I catch a cold?

You can catch a cold simply by being in the wrong place at the wrong time - talk about bad luck, huh?

However, if you have a cold, be courteous and keep your hands clean and your germs to yourself by covering your mouth when you cough or sneeze and also staying home when you are under the weather. Just be sure to stay under your allotted days.

Disturbing Note:

Millions of germs are found on pencil sharpeners, as well as on many other regularly used gadgets at school. Using mechanical pencils instantly drops your bacterial exposure. Also, hanging your backpack while you use the restroom is a terrific precaution. Fecal bacteria collect on the floors and on other surfaces when the toilet is flushed. Gross, right? Get your book bags off the floor.

Myths -- BUSTED

Myth: Going outside in cold weather with little to zero clothing on will result in catching a cold.

Bust: Colds and flues are NOT caused by venturing outside unbundled. They are actually caused by catching a virus. Although people are more likely to get sick in winter, germs are exchanged more easily when people are in close contact with others.

Myth: Eating Vitamin C will help prevent getting a cold.

Bust: Vitamin C has proven to be generally ineffective in the prevention and treatment of colds.

Myth: A person with a weak immune system is more susceptible to catching a cold.

Bust: No one is “safe” from a cold. Once the virus comes in contact with the mucous membranes in your nose, it would only be in a very rare case if you don't come down with a cold.

Myth: Kissing someone who has a cold will result in you catching a cold.

Bust: Viruses that cause colds are more attracted to eyes and noses, so there is a higher chance of getting sick from an Eskimo kiss than a make out session.

Page created by: Emily Ocke

Dear Anthony and Sasha,

I'm a really shy person and don't really talk to many people, but I've fallen head over heels for the most beautiful girl in school. She's not very nice and she often ignores me, but I'm bound and determined to make her mine. I've tried everything in the book, cheesy pick-up lines, gifts, throwing myself at her, and I'm a very attractive boy, but she's just not taking the bait. I really need help getting my future wife.

Sincerely,
 Lover Boy

Dear Lover Boy,

You are absolutely right. She is mean and very self-centered in my eyes and she ignores everyone. With all of that in mind, you have to ask yourself why she is so irresistible. So maybe you are getting a little bit out of your right mind.

You do seem to be extremely determined and I love to see that in people these days. However, I must say, if throwing your body at her does not work, then nothing will. She obviously is not human. Cheesy pick-up lines and gifts only work if you have obtained the art of swagger and you can't gain swagger. You just have to be born with it!

So sir, my only advice to you is to explore your inner swagger. Open your G-status and invade her personal spaces. Swagger will be your last resort sir, and I wish you good luck.

-Anthony

Dear Lover Boy,

My advice has absolutely nothing to do with "swagger", but I will sit back and say, really? I understand that you might be excited, but maybe you should slow down a bit and find a new approach. I can honestly say that if someone was throwing themselves at me, I would be incredibly offended. So sit back and think of how you would feel if you were in that sort of situation. Maybe you should try focusing on your personality to attract her. On the bright side, trying something else couldn't hurt, because if you're not getting anywhere with what you're doing now, then you have nothing to lose.

-Sasha

Dear Sasha and Anthony,

People say mean things and throw things at me in the halls. I think it's because I'm not pretty. It really hurts my feelings. I don't have money to buy nice things to improve my appearance. No one knows the hardships I've been through. Each piece of trash people throw at me is like a stab in the heart. Maybe I'll start wearing a bag over my head.

Please help me through this ridicule.

Sincerely,
 Ugly Betty

Dear Ugly Betty,

High school is a cruel world, but the reality is: almost everyone has a limit. Try calmly telling them how you feel. If people know how much they're hurting an innocent person, ten to one says that they'll stop. Well, anyone with a heart that is. However, people shouldn't be trying to ridicule others anyway, it's hurtful. So make sure you don't try to do the same thing back. If people know that you're willing to communicate how you feel, then they're going to be less likely to pick you as their target. Best of luck. =)

-Sasha

Dear Ugly Betty,

Don't be so shallow on appearance. Not every lady who has nice things is beautiful inside and out. You attract the negative attention by being negative about yourself. It's just the way the world works. Honestly, here at Sidney High, the students are not going to straight up throw things at you. If they did, I'm sure the majority of the upperclassmen would do something about it.

-Anthony

If you would like Sasha and Anthony's advice, drop your letter off to Mrs. Croft in room E114.

KEY CLUB FOOD DRIVE

Got the Winter Blues?
Spring into Action!

The SHS Key Club is hosting a food drive from March 2- March 6 during 1st period. The desperately needed proceeds will fill the pantries at SafeHaven, a mental health support agency that serves adults in Shelby, Miami, and Darke County.

Each day students can bring canned goods to their first period classroom. Key Club members will be by 2nd period each day to collect and count the donations made by each class. At the end of the week, the 1st period class with the most cans will be announced as the winner. This class will receive a Tim Horton's breakfast of doughnuts, milk, and juice during the week of March 16th. Information about Safe Haven and a list of most needed items (though anything is wonderful) is also available. Anyone without a first period class (teachers, counselors and office staff) may feel free to adopt a class, whichever one they think will be the winning one! Any class can opt out by contacting Mrs. Deafenbaugh, but we hope this activity will "spring" our students into action to help out!

Chelsea Mabes, Key Club President
Nancy Deafenbaugh, Advisor

ADDITIONAL SAFE HAVEN INFORMATION

Info from director:

SafeHaven is a walk-in center for mentally ill adults. They serve Shelby, Miami, and Darke County. They offer free transportation to the sites for all members; one being in Piqua for Shelby and Miami, and one being in Greenville.

SafeHaven offers peer support, education, vocational training, and socialization. At one time they offered 2 meals a day. For the past 2 years, that has been one meal a day. This is often the only meal they have.

List of items needed: any canned goods (veggies or fruits), ramen noodles, Hamburger Helper, rice, snack foods like granola bars or cookies, pudding...

They can also use paper items such as paper towels and toilet paper. No cereal.

Monetary donations are also an option. Donations of \$.50 will be converted into 1 item.

Buzzing through Time

Past champions of SHS

1971-boys basketball sectional champions

1988-boys baseball regional champions

1988-girls softball regional champions

1996-girls basketball district champions

If you would like to
see your art work,
writing, or pictures
published in the
Sidney Buzz, see
Mrs. Croft in room
E114

Advice from Betty



The average
chocolate bar
has 8 insect
legs in it.