

SOME OF OUR FEATURES

Hurricane Katrina Disrupts Lives

Jessica Bailey, 7th Grade

Hurricane Katrina disrupted the lives of many people, killing many and affecting all in her path! Dead bodies floated in the disease laden, flooded streets. But why did it take the government so long to respond?

The National Guard should have been in New Orleans twenty-four hours after Katrina hit. If they had arrived in a timely fashion, maybe thousands of people wouldn't have had to suffer.

When the Tsunami hit Indonesia, the National Guard was sent immediately, helping the citizens of Indonesia get their lives back on track. Millions of dollars was raised to help with the rebuilding.

The same help is now needed in New Orleans. Please donate through the Red Cross to help the victims of hurricane Katrina.

Useless Trivia

Brian Ocque, Senior

1. The dot over the letter 'i' is called a tittle.
2. The 'spot' on 7UP comes from its inventor who had red eyes. He was an albino.
3. The numbers '172' can be found on the back of the U.S. \$5 dollar bill in the bushes at the base of the Lincoln Memorial. (New or old? Not sure. Probably the old one.)
4. The very first bomb dropped by the Allies on Berlin during World War II killed the only elephant in the Berlin Zoo.
5. Charlie Chaplin once won third prize in a Charlie Chaplin look-alike contest.
6. A goldfish has a memory span of three seconds. (As noted by a reader: ***"The reason a goldfish swims back and forth and back and forth across the fish bowl all day long everyday is because by the time it gets to one side of the bowl it forgets what's on the other side of the bowl. Every trip is a new adventure! (Hey, I wonder what's over there... Hey! I wonder what's over THERE!)"***)



Making the "Event" Work...

Danielle loves independent films and religiously watches IFC and Sundance. She's a video game addict; currently obsessed with the Silent Hill series, which thoroughly satisfies her phobophilia (The love of fear) and gives her something to inspire the darker side of her art and writing (yep, she's an artist and amateur author too). She dabbles in the electric guitar, using her father's Schecter Diamond Series to fool around every now and then. She loves all kinds of music and will listen to almost anything. Her monthly rants are fueled by her pet peeves: ignorance, mostly, along with what she sometimes calls ***"social parasites"*** – people who seem to feed off others' misfortune in order to maintain their own, undeserved reputation; and her music and movie reviews are simply so due to her love of them. ***"Without music and film, I'd probably go insane."***

RETURNING SOLDIERS

PTSD is one acronym that military officials don't like. Instead of post-traumatic stress disorder, top military officials prefer ***"temporary adjustment disorder"*** with an emphasis on temporary. However, seventeen percent of soldiers returning home from Iraq have PTSD related symptoms.

Post-traumatic stress disorder is caused by an extremely traumatic event in one's life. PTSD has three general types: intrusive, avoidant, and hyperarousal. Those classified with intrusive have memories or thoughts that interfere with normal thought processes and social interaction. Avoidant is evident when one avoids social activities, emotions, and situations that relate in anyway to the trauma causing situation. Hyperarousal is the most extreme classification of PTSD. Explosive outbursts, extreme vigilance, irritability, and sleep disturbance are all signs of Hyperarousal.

Despite the different warning signs for PTSD, it is rather difficult to diagnose properly. Therefore, doctors have urged the military to try to identify, as early as possible, those soldiers who are more likely to end up with PTSD after their tour of duty.

Since the war in Iraq began, all soldiers have been required to fill out a mental-health questionnaire before demobilizing. The questions asked are mostly directed toward PTSD. Feeling emotionally numb or having insomnia, nightmares and flashbacks are all signs of PTSD that officials take into consideration. Those soldiers whose answers trigger a red-flag will have their return to Iraq delayed. Since rates of PTSD tend to rise when soldiers have been back home for three to six months, the military will soon be starting a program to review the mental health of these soldiers.

PTSD is difficult to treat; the only way to truly understand what the soldier has gone through is to have been there too. The best way to help someone who suffers from PTSD is to treat them normally and at the very least try to understand what they're going through.



Jerry Rice Steps Away From the Game

Stephie Brink, Sophomore

One of the greatest receivers of all time finally came to terms that he would be no better than the fourth receiver for the Denver Broncos. That would be no way for Jerry Rice to end his legacy, so he retired after twenty impressive seasons in the National Football League.

Jerry Rice was a man devoted to his career and would make every sacrifice he could to continue playing, but there comes a time where there is no dishonor in quitting.

His legacy started when he was a first round draft pick out of Mississippi Valley State in 1985. He spent his first sixteen seasons of his career with the San Francisco 49ers, where he mastered the West Coast offense and joined Joe Montana and Steve Young in three Super Bowl titles. Rice was the MVP of the 49ers' Super Bowl XXIII triumph over Cincinnati, catching 11 passes for 215 yards in a 20-16 victory.

At the start of his 17th year in the NFL, Jerry Rice went to the Oakland Raiders where he had three fairly productive seasons. Then a mid-season trade in 2004 sent him to Seattle to play in 11 games, starting nine. Being a member of the NFC West-champion Seahawks, Rice recorded 362 yards and three touchdowns on twenty-five catches.

The 42-year-old receiver essentially walks away with ownership of almost every respectable pass-receiving record with 38 NFL records in total, including the most career receptions (1,549), yards receiving (22,895) and touchdowns receiving (197). All of which got him thirteen Pro Bowl invitations.

Now that he's acknowledged it's really over, Rice can be truly grateful for the past few years of his career and start the next phase in his life.

