

Some of Our Features

Therapeutic Riding Safer Cars of Today “I Do What I Want...”

Justin Lucia, Senior

Families of a person with disabilities or handicaps are looking for different solutions to help them live a better life. Many of these families are turning to therapeutic horseback riding for a solution. Therapeutic horseback riding centers are mostly located in the country away from all other distractions. These centers are created to help people with disabilities and handicaps work on their weaknesses. In addition, these centers help the riders strengthen areas of their body affected by their disabilities by working with trained instructors. Many skills are worked on in these horseback-riding classes.

These classes have to do with the rider's physical skills. In the classes obstacles are set up to help strengthen motor skills. The rider might have to ride to a barrel and take a stick out of it. This activity requires the rider to use his/her motor skills. Many of the classes help the riders strengthen their muscles and get the riders moving. Riding a horse requires the rider to use leg, back, upper body and many other muscles. Some areas that are improved in the classes are balance, motor skills, muscle strength and also social skills. Social skills are worked on by having the rider give the horse verbal commands and by talking to the instructor about how he or she feels. Emotional skills are also worked on. These skills are worked on by having the riders out in nature and out in a peaceful environment. By working on these skills, the riders gain self-confidence and independence.

Because of therapeutic horseback riding, many people who are disabled are able to feel important. Therapeutic horseback riding teaches people with disabilities to look past their weaknesses and focus on their strengths. Therefore, therapeutic horseback riding should be an option to consider for people with handicaps and disabilities.

Music and You

Kendra Shelters, Junior

For many people music plays a constant role in their everyday lives. Its rhythms and melodies are most often playing in the background of most activities. However, people are always aware of the melodies and rhythms; what people are unaware of are the messages that are sent in a stealthy manner. Many teens often subconsciously internalize these messages and carry them over into their emotions.

When a person is feeling happy, it's most likely that they will listen to music that maintains the feeling of happiness. The same is true for a person who is feeling unhappy. However, when an unhappy person listens to music that coincides with their emotional state, they will probably become even unhappier. For example, when a suicidal person listens to music with a depressing theme, their suicidal thoughts are amplified. This is not true for all suicidal people; however, very impressionable young people are more likely to take what is being said more literally. Genres such as Rock N' Roll and Gangsta-Rap are known for their angry themes and messages. These genres are more likely to influence a person's emotions. Classical and Country music send very neutral messages, and therefore, don't have as great of an impact on emotions. Intensifying emotions can also carry over into actions.

Gangsta-Rap often glorifies committing violent crimes and can often influence an impressionable teen to act in the same way as the rapper. This may be because the teens can relate to where the artist comes from. If a teen is dealing with pressure to commit a violent crime that is described in a song, then

Jake Ternoois, Senior

Anyone who drives a newer car is much safer, as technology and new design have helped make cars safer in the last thirty years. The chances of a person getting in an accident are now less likely to happen. Even if a person does encounter an accident, they will most likely come out injury free.

In an event of a car crash, new crumple zones would save a person. All cars are now constructed differently. The front and back of a car is like an accordion, and when a crash occurs, the car is demolished. The person who was in the car remains unharmed. Air bags and seatbelts have also helped make cars safer. Both attempt to keep a person in the car and are very successful at doing so. Small things like brighter brake lights and stronger glass also help keep a person safer while driving. New technology has also helped bring about greater safety in cars.

New softer tires are wider and give a car better control. Cars today sit lower and handle much better. In addition, the suspension of a car is now independent. This means that there is a separate shock for each tire, which results in better handling and a smoother ride. Some cars also have sensing technology. Can you remember a time when you fell asleep and almost crashed? That will not happen in newer cars. Now there is sensing cameras that alert you when your car is going off course.

Sure a newer car is going to cost more. However, all the time and research put into these cars has to result in a price increase. Then again what is inexpensive today? Hopefully after reading this you'll see how much safer a new car is. After all, a few extra dollars is a small expense if it saves your life or a loved one's life.

the teen may feel that whatever path the artist chose to sing about is the right one to follow. Music can also influence a person who is suicidal to go through with their thoughts. Since music impacts emotions, it can influence a depressed and suicidal person to carry out their deranged thoughts. Many musicians, primarily rappers, refer to women in derogatory ways. This may influence a young child to believe that abusive names and comments used in the songs are okay to use in everyday situations. Over all, a child or teen may grow up with a negative attitude toward women.

Music's surreptitious influence on people has underlying effects, such as a negative attitude toward women. The glorification of violent crimes in some music may cause youth to believe those actions are legitimate and justifiable, as well. However, when listening to lyrics with potentially harmful messages, it is important to understand that most artists do not fully mean what they're saying.

Animal Abandonment: The Shocking Disturbing Truth

Sierra Gonzalez, Senior

Animal Abandonment is the shocking and disturbing truth of what happens to animals every single day. There are multiple reasons why people abandon their animals. However, animal abandonment can be avoided if people carefully considered the responsibility of owning a pet. Before you decide to purchase a pet, you should ask yourself these three questions:

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Tiffany Graham, Sophomore

Everyone has his or her choice of what to like and what not to like and what to think and what not to think. Many people in our school have formed stereotypes on each other as if being different was the biggest sin in the world. Think about this: if everyone were the same, how would it affect you? If everyone would be a little more open minded about whom our peers are, it would be a lot easier to wake up every morning and go to school. Let's face it, whether we want to go to school or not doesn't depend on the school work itself, it's based upon how people classify you and who you are to the school. I don't care who you are, everybody is bothered by what people think of him or her, and it gets under everyone's skin.

Everyday in school students face many challenges to make it through the day; we didn't do homework the night before, there's a huge test today, I left my lunch money on the counter, or I don't want to go home, but I don't want to be here (school). On top of everything else on our minds, we have other kids standing in our way. There's always that person that bothers you everyday. What would happen if that person were to stop? Would you have a different outlook on at least one thing? Maybe your Global class would be a little easier to stand, or maybe in gym class you won't have quite as many dodge balls thrown at your face. If everyone were to recognize that bringing people down around us affects not only that person but also everyone around us watching, going to school everyday would be... doable. Do you ever wonder what would happen if all the kids liked each other? Maybe we could all go against authority and do something horrible! Like... chew gum in the computer lab without getting in trouble! (Just kidding)

I'm not asking for "world peace"; it's just obvious that with all the stereotypes in our school and with all the tension between people that it's unbearable. If there's someone you just can't stand, take it outside or get over it.

Forensic Science: 'Behind the Scenes'

Michael Matthys, Senior

After watching the renowned television show **CSI**, one may think they know everything there is to know about forensic science when in reality there is more than meets the eye. Although forensic science has been aiding police work for a long time, it is only in the last two decades that it gained any real reputation. With better technologies being adopted by police departments worldwide, forensic evidence stands a better chance of entering formal investigations. Databases for cases involving DNA and ballistics are just a few examples of the increasing technology. But while these technologies have helped emphasize the significance of forensic science, they have also played a dominant role in discrediting forensic evidence. For example, finger printing, which is the oldest form of forensic evidence, is widely being considered part of junk science that should be kept out of the court. Similarly, no case using DNA matching as primary evidence has ever made it to the Supreme Court in the United States.

Therefore, it is important to note that it takes a variety of good, scientific based evidence to convict a criminal, not just one piece of forensics.