



PANTHER POST

WOODLAWN HIGH SCHOOL- BATON ROUGE, LOUISIANA

2015-2016 VOLUME 1, NUMBER 2

Zombies, Ghosts, and Clowns! Oh, My!

by Mya Kremin

The haunted house directed by theater teacher Ms. Morton is awaited by students each year. Ms. Morton selects a theme that the house will be based on, and the students dress up as characters from the theme. This year's theme was 'Scary Movies.' Students dressed up as Jason, the Woman in Black, zombies, and *Insidious* characters. The house is constructed on the stage and is built by students and Ms. Morton. Props such as Halloween decorations, strobe lights, and a fog machine are used. The admission to get in is three dollars and students are able to go during their lunch shift.

The actors and runners say they enjoy scaring people and participating in the haunted house. "It's a lot of fun; I look forward to doing this every year!" says Antwane Benton, a runner. Some underestimate the house saying it cannot be that scary since it is at school, but they are quickly proven wrong when they leave trembling. The haunted house is feared by many, but no one can resist stepping inside.



Antwane Benton and William Alcorn get into character.



Omer Mohammed and Sarina Aaron show off their costumes.



Trinh Nguyen, Jeremy Terrance, Hope Gonzales, Breyden Cockerham, and Donna Faye pose together.

SPORTS

The Hard Work a Runner Gives

by Alexis Martin

Cross Country is a mentally tough sport. It includes a lot of running and hard work. It may not seem as complicated as most sports; we do not have any equipment other than running shoes and clothes. However, the races consist of hard work and dedication. Effort is needed because being able to run the entire three mile race over hills is difficult. Determination is needed because you must have more guts than any runner around you, and you must continue running even when you are extremely tired.

Woodlawn High School's cross country team includes Coach Wallace and a total of thirty runners. The runners work hard Monday through Thursday to hopefully obtain a new personal record each race; races are normally held on Saturdays. The varsity races are three miles long. On a long day at practice, the runners will run up to eight miles around the school. They do this so when they run a three mile race, it does not seem as long. On a shorter day of practice, runners have speed days. The cross country runners will do up to twelve laps around the track, but it does not stop there. Not only do we have to run twelve laps, but the runners need to be at every fifty meters in a certain amount of time. Group 1 normally has to be there in ten seconds, while group 2 has to be there in twelve seconds. We have had many achievements this year: the girl's record for Woodlawn High School was broken by Alexis Martin, and now the best three mile time is 21:23 minutes. Khidhr Al-Mustafa is also very close to the boy's record. It is clear that the Cross Country runners put in a lot of hard work into both their practices and races.



Khidhr Al-Mustafa races fiercely to beat his opponent.

OPPOSING OPINIONS

The Dangers of Recycling

by Sierra Johnson

What do people think of when they hear the word 'recycle'? Most people think of helping the environment, reducing greenhouse gasses, and reusing bottles, right? What does not come to mind is the money it takes to recycle, the pollution that is produced from processing the recyclables, and what the recyclables are turned into.



As with trash disposal, trucks and factories are needed to transport and store the recyclable material, meaning there will be more trucks on the road emitting pollution. And who pays for those trucks to be built and pays the people who drives them? That would be us, the citizens. That is not the only way recycling causes pollution. When plastics are melted down to be reused (such as water bottles) harmful gasses are released into the atmosphere, just like when trash is burned. This harms nearby plants, animals, and even the factory workers. Recycling causes just as much pollution as throwing the materials away in the first place.



So, after releasing all that pollution in the air, what is made? Probably inexpensive accessories that are sold for a couple dollars. More times than not, recycled materials are used to make cheap, low quality goods. After that, once something has been recycled it is very seldom used again or will not survive another round of the recycling process. Usually that piece of paper tossed into the bin is still thrown into a junk yard. Other materials might survive but be down cycled. For instance, a water bottle could be reused to make plastic furniture or plastic wrapping, so there is still a demand for new plastic to make more water bottles. In the end, materials that are placed in a recycling bin still end up in a land fill.

Next time something is tossed into the recycling bin, think about what it might turn into and all the pollution it takes to make it. Why add to the pollution by recycling when the material will just end up in the junk yard anyway?

RECYCLE RECRUITMENT

by Jyron Anderson

How about we take a second to discuss recycling. There is something simple we as a school and you as an individual can do to help the environment. Now I am not asking anybody to drop their routines or to become a tree hugger, but recycling is pretty cool and feels good. It is obviously good for the environment, but beyond that recycling cuts down on garbage and helps with waste organization. It also reduces energy consumption, conserves natural resources, and reduces waste in landfills. If we use recycle bins in the class rooms, we can contribute to all of those benefits and more. Plus, we already have a “Recycle only” dumpster, why not fill it up once in a while?



Here are the potential contributions through the numbers. Over the course of a school year, the school uses about a thousand packs of paper, maybe more. The average bond of paper weighs about 5 pounds, meaning we are using 5,000 pounds of paper a year, and that is probably just in Mrs. Heyer’s class. So we use over two tons of paper a year and it is all going in trash, when we should be throwing them in a recycle bin! The Air Force states that every ton (2000 lbs.) of paper collected, 462 gallons of oil, 7,000 gallons of water, between 17 and 31 trees, and 60 pounds of air pollutants are saved. Meaning, we could double all of that in a school year by recycling. Also, recycling one aluminum can saves enough electricity to run a TV for 3 hours. Just about every teacher at this school has a can of Diet Coke every day, which tastes horribly, but it is useful. Now, this would only work if the school population used the bins properly and efficiently, which means not throwing just anything in the bins. Use them for their sole purpose.

It does not have to stop at school either, students could do a bit of recycling at home. Why? Well, you can get money for recycling any bottles, cans, or old newspaper lying around. There are plenty recycling centers nearby, though the amount of money you receive depends on how much you recycle. Make sure you get them in quick because some recycled products are not always of durable quality. It, again, helps with organizing garbage and cuts down on trips to the garbage bin. Plus, you are cleaning your planet which is never a bad idea. Like I said, I am not asking anyone to go out of their way to recycle, because it is a process that shows slow gains. But slow gains are gains nonetheless, so why not do the easy part and support such an important cause?

CLUBS AND ACADEMICS

Physics Family

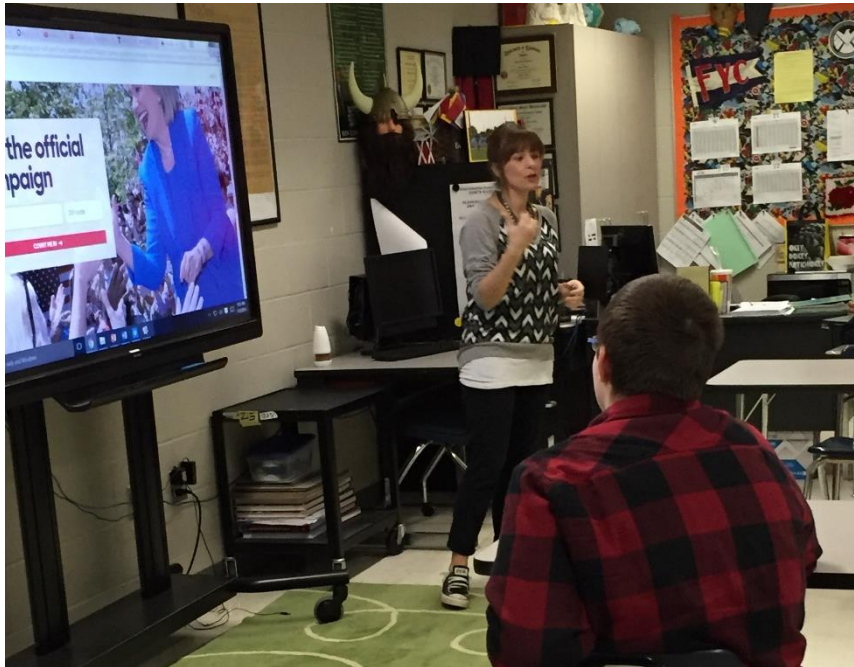
by Lillian Khemmanyvong

This year Mr. Spruill is sponsoring the physics club “Club TACWACA” (The Awesome Club Without A Cool Acronym). The club is open to anyone who is interested, although there is one requirement: you have to be approved by either Mr. Spruill himself or your current science teacher. Club TACWACA, as Mr. Spruill explains it, is more about allowing students to be themselves and letting them to feel like they can do anything. “It’s sort of like everybody’s ‘ok’ zone. It’s ok to come and be super nerdy, and no one is ever going to make fun of you. We want people to feel that they can do whatever and that’s ok, and that’s what they do.” The club helps students explore science. It allows them to explore ideas and concepts they cannot learn in a regular science classes. The students have the opportunity to have a hands on experience like taking apart a dishwasher, washing machine, programing computers, and electric circuits. It helps the students understand how things work and how they are used; the skills learned and used in the club help give them an edge and more of an understanding about science for college if they want to go into Science Engineering.



Christian Ester, Brennan Burleigh, Chris Young, Dharla Moore, and Ashley Martin gather together for a TACWACA meeting.

Although this is a physics club, it seems as though it is more about making student feel like they fit in and are not left out. It is clear that Club TACAWACA encourages students to be themselves, and do whatever they do best or want to try. A message from Mr. Spruill to students who might want to join the club, “Just come. We are that no bully zone kind of thing. What the students will tell you is, just come and do whatever it is you do. If you draw, we have something for that, if you work on physics stuff, we have something for that. This is your chance to be you, don’t be afraid, just show up and we will find something for you.” Club TACAWACA meets every Thursday from 2:30-4:30 and is open to anyone who is willing to show off who they are and what they can do.



Ms. Smoorenburg teaches her students about political campaigns.

New Classes at Woodlawn

by Mya Kremin

Several new classes have been added to our school this year. Two of the classes are AP Government and Politics and Newspaper. These courses provide a different pace and offer different materials to fit the students’ academic performance. The newly added AP course is a college course that prepares students for college. If students pass the AP test at the end of the year, then they do not have to take that particular course in college. In Newspaper, students write about events happening in school.

The 10th grade Civics/Government and Politics teacher, Mrs. Smoorenburg, otherwise known as Ms. Smoo, said she is stressed about the addition of AP,

but she is happy to teach it. The advice she has for her students to pass: study, read, review, and participate. “You have to put forth effort out of class and at home with your notes and books.” An AP course is a college course and that is how she treats it. “Professors don’t baby you. They expect that if they told you to get 15 books for the class and they never reference any in class, you are still responsible for it on the test.” Ms. Smoo highly encourages

students to take AP courses, but only if they are willing to put in the work. She stated, “Only those who have a good work ethic and put in the work every day” should elect to take an AP course. It takes hard work and dedication to pass. If students are thinking about taking an AP course next year, then they better hit the books and remember that hard work pays off in the end.

Newspaper is taught by Ms. Rozier, who is also an advanced English teacher. Students receive a topic, write about it, and then get published to the Woodlawn website. This course allows students to express their view points and their thoughts about Woodlawn happenings and beyond. These topics might include any upcoming Woodlawn events, a review, a creative piece such as a poem, or an interview with a student or faculty member. The newspaper allows the student body to know about upcoming events, or details about events they might have missed. The students in newspaper say they are excited for the year and hope to publish papers people enjoy reading.

New and Improved Beta Club

by Sarah Hayden

This year’s Beta Club has really taken off thanks to the sponsors Mrs. Fentress and Ms. Ortego; they want to bring the club up by really focusing on making the students give back to the community and building leadership amongst students.

When Beta Club started, any student could join as long as they had a 2.5 GPA, but now the club is looking to raise that standard, even though the National Beta Club does not require a set GPA. The club is already starting their volunteer activity with the ALS Walk to Remember. They are also putting on a canned food drive this Thanksgiving. One new event Beta Club is looking forward to is going to the State Convention in Lafayette. This will be the first time Woodlawn’s Beta Club has ever been to this event. Mrs. Fentress says that the biggest goal for the club is to grow and become the type of club Beta should be. When people look at coming to Woodlawn, they should look



Makenzy Heughan, Michael Poor, Danielle Massey, Erin LaBorde, Shelby Sanchez, Dabria Gage, and Mrs. Fentress pose together before the ALS charity walk.

to Beta club being one of those contributing factors of why they want to come. Beta club also has officers who help make decisions and guide the club. The president of the club is Hayden LeBlanc, the vice president is Melissa Grant, and Jarielle Johnson is the secretary.

The best part of Beta Club this year is the sense of belonging to a club and teamwork. Beta Club is very accepting of each other and wants to help build people up. They get to put themselves in other people's positions and see how lucky they are to have what they have and look to help others in their community.

It is Time for Agriculture!

by Rebecca Aguilar



Doris Redman tries to break ground by jumping on her shovel with classmates watch.

Woodlawn's Pro-start is starting a vegetable garden. It is the first time Chef Oubre and his students will have a vegetable garden at Woodlawn High.

Pro-Start is working to keep this garden year round; that means they are going to replant the garden two, three, or more times a year. Right now, winter vegetables are going to be planted; this includes cabbage, broccoli, carrots, pole beans, collard greens, etc. Most of the plants typically take 6-8 weeks to grow, and if the weather stays good, it is more likely the first vegetables are going to be ready for late November.

So what are they going to do with these vegetables? Chef Oubre is planning to incorporate them into the class. The students who are involved with Pro-Start are going to be able to take some vegetables home and cook something during the weekend. Chef Oubre said this will only happen if no one tries to steal or damage the vegetables, and if they actually grow.

If you are asking yourself how Chef Oubre is able to do this, Angello's landscaping company is donating wood, a special soil mixture that helps vegetables grow, and other materials. It is very important because what Chef Oubre is trying to do is let students go outside the classroom and have ownership of something. He hopes students are going to be able to try new things, try something healthy, because what students usually eat is junk food and candy.

The students right now are getting ready to start a real meal diet, which is a diet based on fresh vegetables and meat; they are also getting ready for the Hot Food Competition. This competition is in March, where if the students win 1st place, are going to win a scholarship of \$40,000 dollars per person, but each team can only have four students and one adult. One part is the Hot Food Competition where the students have to cook and the second part is in a restaurant; if the students win the state competition in March, they get to go to Dallas for the national competition. The vegetables grown in the garden will help support their practice for this competition. Good luck with the vegetable garden and the competition!



Students Jaelen Barden, Ahmad Ghulam-Ali, and Meagan Whitaker work hard to build their vegetable garden.

STUDENT LIFE

2015-2016 Spirit Week

by Alexis Martin

Woodlawn High School students have a lot of spirit and it was represented by the students and the teacher's involvement in spirit week. On Tuesday we had "Tune Tuesday." This allowed students to dress up as their favorite cartoon characters. We had many different characters roaming the hallways such as Superman, Minnie Mouse, and Pikachu. More students participated on this day than any other. On Wednesday we had "Wild Wednesday." This was the day where students could dress up as either an animal or wear an animal print shirt, scarf, skirt, etc. The following day was called "Turnt up Thursday." Students were able to wear a pair of jeans with their homecoming shirts. Students wore the Homecoming shirt on Thursday this year because Woodlawn High School's Homecoming football game was on that night instead of Friday night. Our final spirit week theme was "Fifties Friday." Students were told that they could dress up as if they were in the fifties. For example, female students could wear a poodle skirt because that was what people wore in the fifties. All in all, we had a very successful week, as our spirit was well demonstrated. Go Panthers!



Donna Faye and Kasey Sie both dress up as Minnie Mouse.



Asia Bethly, Kentajah Johnson, and Jesus Perez participate in Wild Wednesday.



Ashley Martin, Jahnvi Patheck, and Makenzy Heughan pose in their Homecoming shirts.



Kristi Dihn and Shania Jackson emulate the infamous Pink Ladies on Fifties Friday.

FEATURES

Xanax Awareness

by Elizabeth Roquemore

The use of Xanax, also known as bars, or the scientific name Alprazolam, is being abused more and more by Baton Rouge teens. Xanax is a very habit forming substance and also labeled a controlled drug in pharmacies. Xanax is used to treat disorders such as anxiety caused by depression. However, more often teens and adults are using this drug to give them a “high.” The use and abuse of Xanax can cause serious short and long term effects.



Since Xanax is a controlled substance, people can develop a chemical dependency on this medication. Abusing this drug can often lead people to form a tolerance. This will drive people to need a higher dosage. When taken more than recommended, Xanax produces a higher risk for negative effects and even overdose.

When constantly taking this substance there can be several short term and even long term consequences. Some short term effects of Xanax abuse include headaches, weight changes, difficulty urinating, seizure, mood change, and memory loss. Xanax users and abusers usually do not know anything about the damage Xanax is doing to their bodies.

There are many long term effects for Xanax use. When addicted to Xanax, as so many people are, you will start to form a dependency that can lead to overdose. Some long term effects of Xanax use are week long withdrawals, memory problems, impairment of cognition, sleep disorders, behavior problems, depression, and even brain damage. These are serious consequences that can affect your life mentally, physically, financially, and in your relationships.

Xanax, like so many other drugs, is very addictive and harmful. Baton Rouge teens have seen an increase in the drug use around streets and schools. Informing teens and adults about the effects of Xanax abuse could help prevent people from abusing this drug.

Battle of the Burgers: Mooyah vs. Five Guys

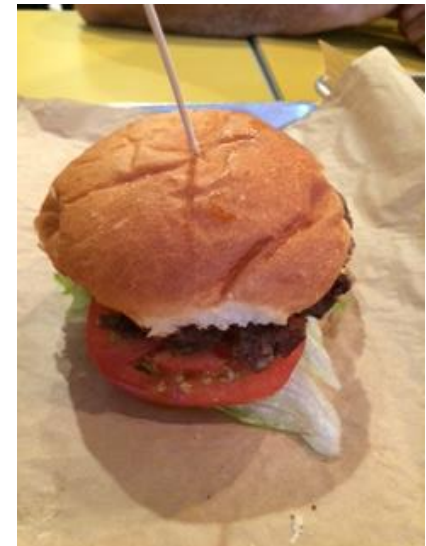
by Sarah Hayden

Ever been around the Baton Rouge area craving a burger? Well here are two places I tried to help you find the right burger joint.

The first place I went to for dinner was Mooyah. The atmosphere of the restaurant was very inviting and family friendly. When guests go up to order there is a menu right in front of them and it is easy to order. A cool feature about Mooyah is that they have a healthier menu option. They have a black bean veggie burger and they have the choice of getting a lettuce wrapped burger instead of a bun. After they order, guests receive their cup and then they pick out their seat. Mooyah is a self-seating restaurant. Mooyah serves Coke-a-Cola products in the regular drink fountains, which is a plus. When you go to sit down to wait for your food, there are many TVs for your entertainment. Mooyah has a giant chalkboard for kids to draw on while they wait. It did not take long to be called to receive the food; it only took about 10 minutes. Mooyah has trays for your burger and a separate tray for your fries. Everything was freshly prepared. The burgers have a long toothpick that keeps the burger together, which is very nice. The bun was very neat and fluffy. The burger looked very well put together. The fries were really appetizing and the seasoning on them was delicious. The fries are very fresh as well. When it came time to leave, the workers came to pick up my trays and



Mooyah's burger and fries.



A close-up of the Mooyah burger.

threw them away for me. Mooyah has a bell that you ring when you have had a good time, which is fun. The overall visit to Mooyah was delightful. The food was nice and the service was really great.



Close-up images of the Five Guys burger and fries.

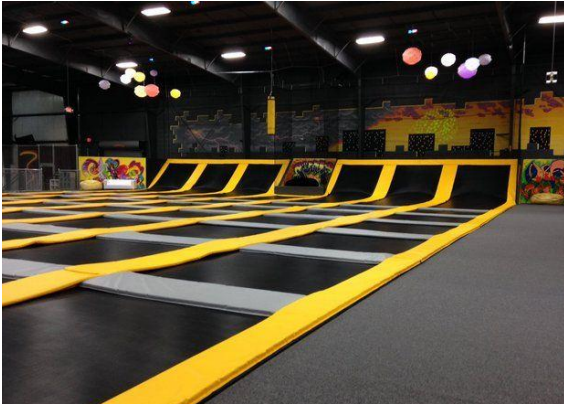
The second burger joint I went to for lunch was Five Guys. Five Guy's restaurant was very open and friendly. Their ordering line was very short and fast. The menu was easy to read and it is really easy to figure out what you want. All of their toppings are free, and that is a plus. Five Guys has free peanuts that you can eat before your order is ready. They also have the cool new Coke machine that is touch screen and there are a million flavors to choose from. Five Guys is also a self- seating restaurant, but they have seating outside, which is nice. They scream your number when your order is ready to be picked up and you return to your seat. When I received the bag it was very messy and greasy. The fries were in a cup and most of them were in the bottom of the bag, and that made it very

inconvenient. The burger was wrapped in tin foil, which was probably the reason the bun was so mushed and flat. The overall taste of the burger was quite enjoyable. The experience was nice, minus the appearance of the food.

So if you are looking for a nice burger joint for you or your family, or maybe even your significant other, I suggest going to Mooyah. Mooyah is a very family, friendly burger joint. The food was nice and the people were friendly.

Jump Central

by Fabian Coleman



Area 51's expansive trampoline grid allows for large parties and groups to jump together.

Many people have probably been to Area 51, and some have been to Sky Zone. They are the two most popular trampoline houses in Baton Rouge, and they have a lot to offer the public and people of all ages. Area 51 and Sky Zone both have activities, including open jump, which allows guests to jump around freely. Then there is ultimate dodgeball, a high action packed dodgeball game. That is just a taste of all the action that goes on at these two popular trampoline houses. My trip to Sky Zone was fun packed with trips to the foam pit, open jump, and really competitive ultimate dodgeball. Sky Zone has rules and employees located all over to enforce them. They are also there if anyone has a problem they see or know of within the jump stations. On the other hand, Area 51 has a completely different atmosphere. There is a lot more freedom and space to jump around. The biggest attention grabber is the ultimate doge ball and free jump.

The two trampoline houses have a lot to offer when it comes to quality family fun for all ages, but if you are looking for a work out then Sky Zone is the place for you and your family. However, if you are looking for more of a party atmosphere and freedom, then Area 51 is the place for you and your family. I prefer Area 51 over Sky Zone only because of the freedom you feel when you start jumping around with your friends in the open jump section. So, if you are looking for something to do with the whole family, or even a friend, then go to the local trampoline houses. They are both very high quality and will not disappoint.



Sky Zone's Sky Slam area allows jumpers to use a trampoline for a basketball court.

Review of *The Martian* (2015)

by Jyron Anderson



Cast: Jessica Chastain, Kristen Wiig, Kate Mara, Michael Peña, Jeff Daniels, Chiwetel Ejiofor, and Donald Glover

Director: Ridley Scott

Synopsis: During a manned mission to Mars, Astronaut Mark Watney (Matt Damon) is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Millions of miles away, NASA and a team of international scientists work tirelessly to bring "the Martian" home, while his crewmates concurrently plot a daring, if not impossible rescue mission. As these stories of incredible bravery unfold, the world comes together to root for Watney's safe return.

Review: Ridley Scott's *The Martian* is a cool film with great pop entertainment. For a full two hours and 20 minutes, it has the ability to keep the audience wanting more with a clever screenplay, precise cast performers, and stunning visuals. Mixed with sharp comedy and edge of your seat suspense. It's a feel-good movie without the guilt, because each

such moment is earned. It may not have great staying power. You probably won't be thinking about it for days on end — except maybe to remember how cool it was and how much fun you had in its company. Either way, I urge you to see it in a theaters. Nothing will duplicate the experience of seeing it on the big screen.

The Martian contains some strong language, intense images, and brief nudity, rated PG-13. I give this movie an 8/10, so if you hadn't seen it already, be sure to check it out.

ARTS

An Open Letter to My Life

To the days that left me in tears.

The days that left me broken.

You were the one that left me thinking if life was worth it.

The one that put the devil on my shoulder

And left me with scars.

You made me believe I was insane, the girl who couldn't organize her own thoughts

I don't want to be the one who has to take her medication

All because her own mind can't function on its own.

To the sleepless nights.

The nights that left me confused. Tired.

Left me emotional.

Nights when I cried myself to sleep wondering if this was really my life.

Hoping to blink my eyes and it was just a dream.

Even the normal feels so strange.

To my restless mind.

The one that leaves me in the middle of the day shaking.

Ask me what's wrong, but I can't tell you

Trust me.

If I could put all my problems into words, I would, but I can't
Because the only things that come out of my mouth are gasps of air.

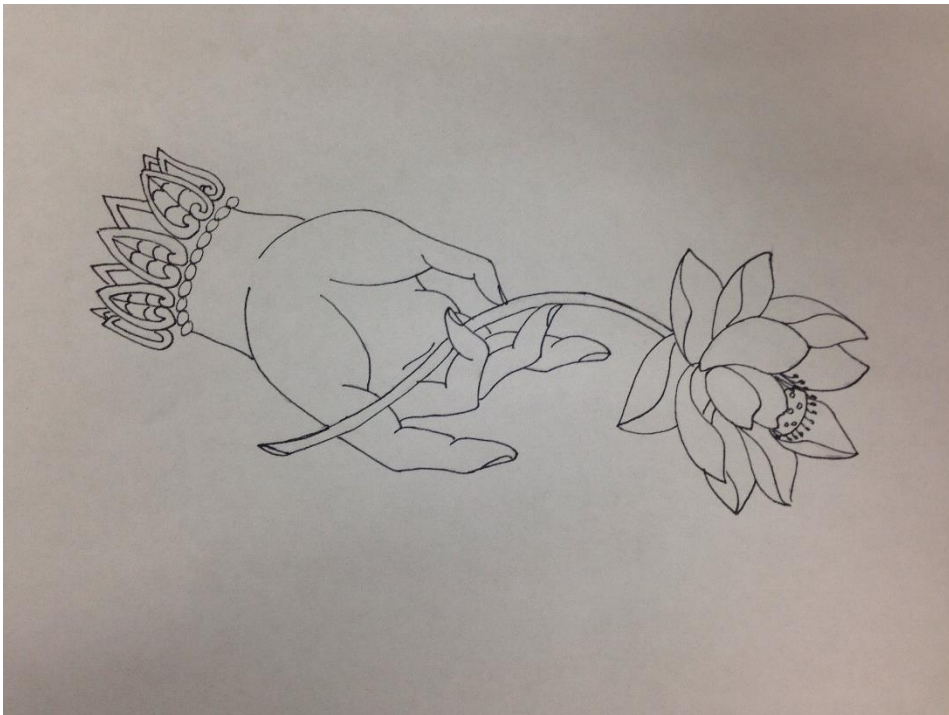
Choking on what's supposed to keep me alive.

I've got an ongoing mental war

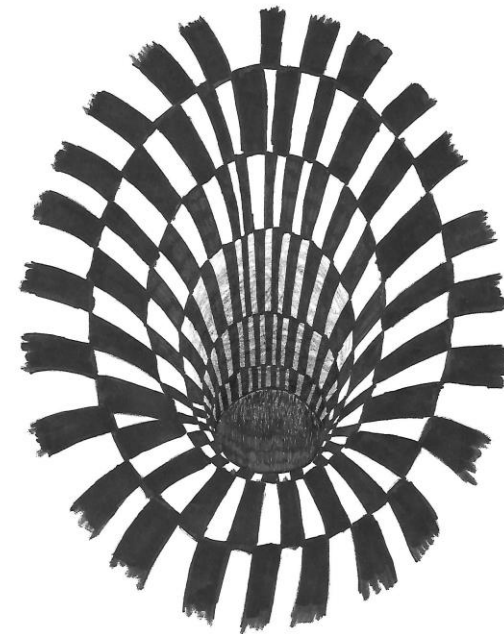
One that won't stop and drives me insane.

Wondering, when will I learn to let go of all the pain.

By: Lillian Khemanyvong



By Sierra Johnson



Drawn by: Sierra Johnson credit to: Jonathan Harris (YouTube)

ANNOUNCEMENTS

Thanksgiving Break: November 23rd-27th

Half-days: November 20th; December 16th-18th

Midterms: December 15th-18th

Want important club or sport dates published in the newspaper?

Want to submit an original creative work?

Comments, suggestions, or concerns?

Send us your input at arozier@ebschools.org