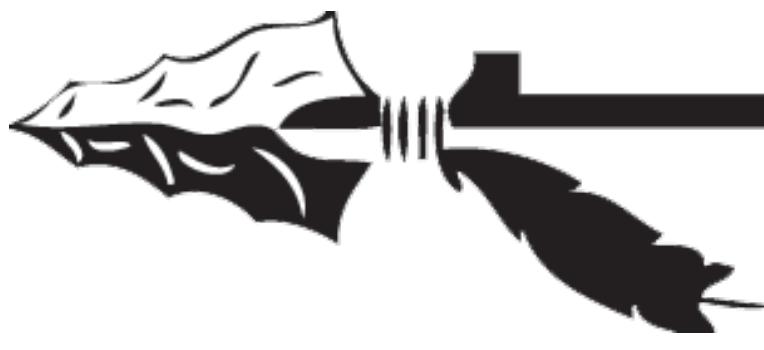


THE



TRIBAL TIMES

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McEachern High School

March 2009

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At the core of college applications, SAT remains top priority

by Joelle Fears

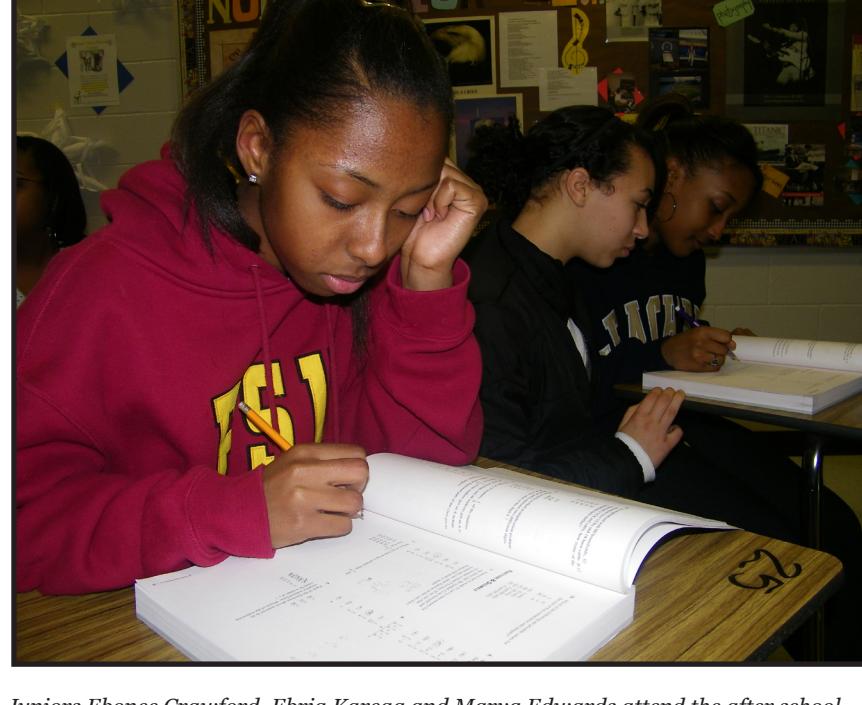
There is an abundance of stressors in high school. Whether it is grades or simply turning graduation announcements in on time, it can be said that SAT scores are the main cause of stress.

Popular colleges like the University of Georgia or rival Georgia Tech have put most of the weight of admission onto high SAT scores.

"To relieve stress the best advice for any student before they take the SAT is to be prepared. Get a good night's sleep, eat breakfast, and know where the testing center is so you can be punctual," assistant principal Kim Custance said.

McEachern offers SAT prep courses to help students better prepare for the SAT, but the weight of responsibility for the score rests in the hands of the student themselves. "I took the SAT Prep class and it helped me out a good deal, but studying the dictionary did as well," senior Ciara Tyson said.

Though the SAT questions change over the years as school curricula change, there are still many ways to study for



Juniors Ebonee Crawford, Ebria Karega and Marva Edwards attend the after school Project 2400 class held in the Freshman center to prepare for the spring SAT.

the test. The Princeton Review website offers practice tests as does the College Board website.

A large book of sample questions and study tips can be bought at almost any bookstore. Practice makes perfect when it comes to this very important test.

Rumor has it that taking the SAT multiple times increases scores. Students never know quite what

test for the first time their junior year and retake it until it is time to mail in college applications.

"When I took my SAT junior year, it was like warming up before a big game; taking it senior year was the real thing because I didn't have any room to mess it up before mailing my application," senior Nico Delaney said.

Every college prep student is

encouraged to take the SAT, but not every student scores the same.

As juniors get ready to take on the role as seniors, and seniors get ready to take on the role as freshmen again, the SAT decides their placement for the future.

Colleges are like shoes

The search for perfect fit leaves seniors struggling

by Jack Culler

With graduation lurking right around the corner for the class of 2009, most students will find themselves asking one of life's most important questions: "Where do I want to go to college?"

When choosing between different colleges, it is important to recognize the differences between them. All colleges are not built upon the same principles and ideologies. University and college are words that are loosely tied to any institution for education after high school, but these words actually can tell you quite a bit about the establishment without any research.

A university is generally larger in size than a college, and usually larger in academic capacity. A university consists of an under-

graduate program, graduate schools or professional schools for medicine, law, or business, for example. A university rewards both graduate, masters, doctorates, undergraduates, Bachelor of arts and sciences degrees. Universities also tend to be more research oriented.

"Universities appeal to me because I really want to get the four-year college experience," senior Lindsey Roberts said.

Colleges on the other hand, are generally smaller in enrollment and more focused on undergraduate education, or two year degrees.

Liberal arts colleges offer a more traditional and general in subjects, specializing in literature, mathematics, history, and science. Most colleges fall under the liberal arts category, but colleges that don't refer to themselves as liberal arts generally offer broader curricula or specialized programs

with specific majors.

Georgia State University, Georgia College and State University, and Georgia Southern University are just a few of the liberal arts schools available in Georgia.

Another popular route among students is the junior college option. Schools such as

"Liberal arts schools appeal to me because I like the undergraduate focus and the smaller size."
-senior Andy Pease

Georgia Perimeter in Decatur only offer two year degrees. Like any other option, there are some advantages and disadvantages to the junior college choice.

From a financial stand point, two year schools are a better choice because they offer the same classes as major universi-

ties, at a fraction of the price. "I plan to go to a junior college not only because of the financial advantages, but also because the classes are smaller," senior Tanner Allen said.

Choosing a college path is an important decision, and with every important decision should come evaluation and thought. There are millions of opportunities in the college world, and they are there for anyone who is willing to take them.

The fight against criminal activity

by Joelle Fears

Whether some want to believe it or not, criminal activity is present at McEachern High School.

From the student who physically harms another student in a fight to the student who deals marijuana from a backpack, these students both take part in crimes.

"It is too much of a stretch of the imagination to think that students will make all of the right choices," said senior Symon Culbreath, "but I do not doubt that they are always given an opportunity to make the right choice."

Bad choices affect every aspect of a student's education. If a student chooses to talk to their significant other on Facebook chat rather than write an essay imperative to their grade, they could be banned from sports, there is a grade requirement to play. Bad choices affect the students' ability to ob-

tain good grades.

"I would not consider myself a criminal, but I once cheated on a test and I got Out of School Suspension," said junior Donovan Miller.

Each student could probably think of at least three other students who are, or have been involved in some sort of illegal activity, but McEachern's staff tries to maintain a safe and secure learning environment as best they can.

"The security guards on campus make me feel more safe. They seem to spread themselves out throughout campus so they can reach any possible threat quickly and efficiently," said senior Rocio Gomez.

An open campus allows students more freedom, but freedom comes at a cost. That is why many rules have changed over the past few years. For the safety of the students, crimes do not go unpunished and rules will be enforced.

Dude, when's the prom?

by Jack Culler



Prom season is approaching once again, the most dreadful time of year for high school males everywhere.

The very idea of prom offers a plethora of problems and obstacles for guys. There is a lot of responsibility and time involved, two things that men are not usually associated with handling wisely.

Ladies, no matter what a guy tells you, he is not looking forward to prom. He is not counting down the days in anticipation, and he does not expect to have fun. In actuality, he is probably

looking for a reasonable escape plan, or some way to get out of going.

Prom is one of the most unfair, unevenly balanced traditions ever created. Guys are expected to assume the role of the gentleman, while girls take on the role of "prom princess".

"I hate how girls always get away with doing absolutely no work, and guys are expected to make everything perfect," senior Andy Pease said.

Unfortunately for guys, the role of gentleman is a lot more expensive.

The rollercoaster starts when the guy takes the first step

towards prom misery, and decides he wants a date. This decision alone offers problems. Every girl wants an extravagant and original way to be asked to prom, and a rose and chocolate just doesn't cut it anymore.

"You better be creative if you're going to ask me to prom," senior Mache Kane said. "I definitely need a guy who will make the right moves and create an unforgettable experience when he asks me."

Once the guy has obtained the date, if he is creative enough, he is off to the next step of prom misery - the dreaded tuxedo. Tuxedos are a con-

stricting, primitive, and downright unnecessary addition to an already stressful event. There is a reason that another name for a tux is a "monkey suit". Most people decide to go with the rental, but even that can take a chunk out of your wallet, adding to the overall cost.

After the tuxedo and date are obtained, the guy still has a long way to go in the prom adventure. Once prom day arrives, the misery really starts to set in.

Meeting the parents. Those are three words that send shivers through the spines of high school boys everywhere. And of course, prom offers

a perfect time for parents to become acquainted with their daughter's dates.

"I remember meeting my date's parents last year...it was one of the most awkward times of my entire life," senior Spence Rowe said. "I really would have liked to skip that aspect."

Everybody has to eat, and prom dates are no exception. Unfortunately for guys, a stop at McDonalds on the way to the dance is an insufficient means of feeding your date. Since it would be "un-gentlemanly" to not pay for dinner, often guys are stuck with the check, yet another expense the male is

expected to take care of.

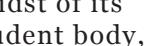
The precedent for guys regarding prom should be re-evaluated.

Is it too much to ask to get a little assistance with the expenses that are part of the prom experience? Even if money isn't the main concern, guys should not be unfairly expected

to create an ambiance of romance and perfection, with minimal effort from the female. Just wearing a poofy dress does not make you a queen, ladies, despite what is presented by the media. And guys aren't going to be the Prince Charming character at prom either.

Inspiration needed to lift school spirit

by Sydney Kelly



In the midst of its diverse student body, McEachern lacks school spirit.

As the second half of the 2008-2009 school year gets underway, the absence of school pride becomes increasingly obvious.

"I think our school is so diverse we're not as close as we should be," senior Bekah Medford said. Medford is one of two mascots along with George Payton. She is also the FCA president and involved in the school's drama department. Her involvement in the many different organizations has made her aware of the student body's lack of school spirit at McEachern.

The division in the student body, which in some aspects is perfectly normal, often ends up fueling competition.

McEachern now has a pep club and a dance team in addition to the cheerleading squad and the ever-flourishing step

team.

While having an array of options for extra curricular activities is very beneficial, it also leaves little room for organizations to gain the support of the student body.

The McEachern step team, whose beginnings reach back to just four years ago, has become a very well-received organization on campus. "I have seen a tremendous amount of pride from the student body," step team coach Dana Giles said. "Support has come from every class, freshman to seniors; from teacher emails and the community."

In addition to spirit groups, McEachern just recently began holding pep rallies in order to arouse a sense of pride. This is a time to bring the

entire student body together and acknowledge the sports teams.

It is also a time to inspire some excitement and support for McEachern as a school. Pep rallies

are a pivotal tool in building school spirit.

"I think pep rallies

are great," Medford said. "Once again, it brings everyone together and unifies us."

Student leaders also find ways to inspire school pride at McEachern.

They stay in-

volved by whatever

means necessary, they go and support different teams and clubs,

and they help organize such school-spirited events as homecoming week.

"As Student Body

President I make

sure I can be at as

many school events

as I can," senior

Christo Taoushiani

said. "Even if I don't

want to, I try to stay

involved to inspire

people."

Much of the

community has

done their part

to support and

stay involved

in McEachern

events in the past.

As of

late, however,

community in-

volvement had

dramatically

decreased.

"The num-

ber of football

tickets currently

being sold at

McEachern is about

200 less than when

I first came," Admin-

istrator Kim Custance

said.

Sporting events are

not the only school-

related activities that

are seeing a decrease

in attendance.

"I've observed a

dramatic decrease in attendance at school events, especially at musical performances," Custance said.

The student body's enthusiasm, while improved, still has plenty of room to grow. The student body is still miles away from having a majority of the students excited about all school-related events.

"I feel like we're getting more spirited," Medford said. "I feel like the senior class is definitely spirited."

The gap in the student body needs terribly to be filled. The lack of acceptance and enthusiasm is almost disturbing. The act of becoming unified will have to be an effort involving not just the student body, but the entire community.

McEachern is a Powder Springs landmark that has as much of a hand in our history as it does in the future.

If the community, the faculty, and the students do not invest in it, it will cease to contribute its timeless wisdom.

Experts sort out confusion over obesity reports

by Robert Dodge
The Dallas Morning News

Put down the nachos. Hold the pizza. And don't even think about the cheesecake.

After reviewing reports that show obesity is not as lethal as once believed, public health experts still agree: Being overweight even modestly so is bad for you. "The essential message remains the same. Obesity remains a public health problem," said George Mensah, director of the CDC's National Center for Chronic Disease Prevention and Health Promotion.

The latest reports left the Centers for Disease Control, defending themselves against accusations of creating an obesity crisis. Public health experts say the balance in the politics of obesity has shifted to give the food, beverage and some advocates a bigger voice.

For those battling a modest bulge, the report contained what seemed like liberating news. Those who are slightly overweight are at no more risk of dying than individuals who are of normal weight.

But after a month of reflection, health experts said people should not slip into complacency. The modestly overweight still have a higher risk of obesity-related diseases and are often actively gaining pounds and over time become obese.

He said the CDC research showing 400,000 annual deaths were derived from 1970s population statistics. But the latest studies used 1980s and 1990s statistics, which reflect some of the benefits of recent life-sustaining treatments.

Mensah said, the CDC used the most-current statistics. "We regret the confusion that is out there in the public," he said. He acknowledged that his agency has done a poor job explaining the findings to the public but denies that the agency overstated the obesity crisis for political reasons.

"You will not hear us say that obesity causes 400,000 deaths. We now have better information," Mensah said. "We have continued to speak out about obesity and being overweight as much as we can."

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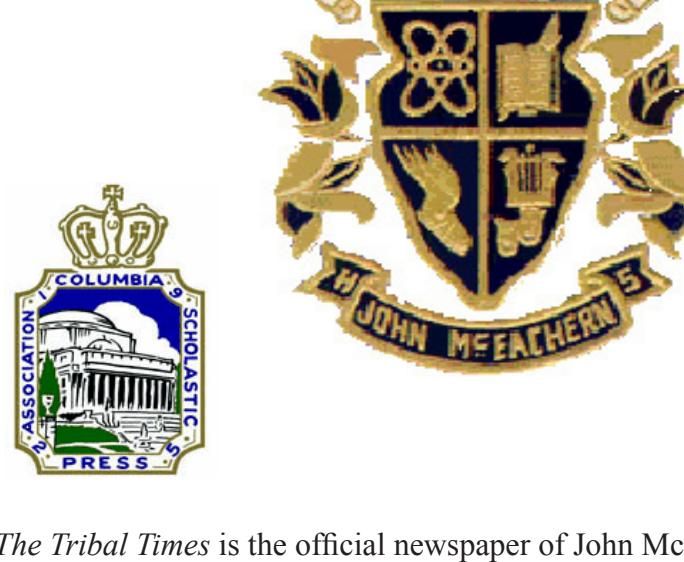
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The Tribal Times is the official newspaper of John McEachern High School in Powder Springs, Ga. and serves as an open forum for students' opinions and ideas. The opinions expressed in the editorials are those of the accredited author. These opinions do not represent those of *The Tribal Times* staff or the school administration.

LOVE IS A BATTLED

PRO CON

by Suzanne Stroup

Love is a many splendored thing. Love lifts us up where we belong. All you need is love. With Valentine's Day in our recent memories, many students are dreaming of that special someone. Florists, candy shops and card companies like Hallmark are in the throes of their busiest

season. But what of the ideal that inspires us every February? Is love really possible for teenagers in the twenty-first century?

"I think you can find love even if you're young," senior Patrick Teate said. His remarks mirror those of many students who have significant others or are looking for the one.

Movies and plays such as "Moulin Rouge!" and "Romeo and Juliet" portray young, beautiful people happily in love, but ultimately suffer an unfortunate end. In reality, this isn't always the case. "Hollywood only has an hour and a half to make a relationship work, when real people have as much time as they want to have," senior Bekah Medford said.

Everything Hollywood does isn't tragic, however. Teenagers can really learn from watching their favorite romantic dramas or comedies.

"Good theatre or cinema allows us to explore through observation the subtle nuances of love without suffering the consequences or garnering the rewards," drama teacher Steve Jones said.

Arthur Arun, a professor at York, carried out a study where he had two complete strangers tell each other intimate details of their lives for half an hour, then look into each others' eyes for four minutes straight, not saying anything. One of the couples that were involved in this experiment ended up getting married after a few years because of the connection they felt during the trial.

Though some may argue that love is simply a chemical reaction in the brain, mostly based on body language and rate of speech, many believe that the intense physical attraction first felt when one falls in love is a result of fate or destiny. "I can see why those people in the experiment would've fallen in love," Teate said. "It's so hard to describe. It's just...love."

When not in a test setting, on screen or on stage, love can be difficult to master. "Of course, love is hard. But that's what makes it worth the time for the most part," senior Jonathan Parker said. Love isn't something that's easily conquered, and if it is, it isn't always worth it.

Hard work and communication are key, two of the reasons why people don't believe in juvenile love. Teenagers don't want to work hard on something that isn't necessary and communication can be a disaster with the popularity of the words "yeah" and "I don't know" with teens.

If troubles are lurking, talk it out. Don't insist on being overbearing or knowing everything about him or her. Simply listen to a few love songs, listen to your heart and listen to your partner.

"I think you can find love even if you're young," senior Patrick Teate said.

by Sydney Kelly

Your eyes meet across a crowded room, your stomach starts to flutter and your chest feels constricted. And that's it; you are in love.

A mere few weeks later, everything is different. The truth is it was all in your head. Not your heart and not your soul but your chemically stimulated mind.

"I feel like teenagers today see a hot body and go after it," senior Patrick Teate said.

This trickery of attraction, particularly in adolescents, is a result of chemicals in the body and basic human instincts. The hormones in a human's immune system give off certain scent that can be a turn-off or turn-on for a supposed mate. A muscular male can subconsciously be attractive to a woman because she feels he can protect her. A woman with wide hips is attractive to a man because subconsciously he is excited by her ability to bear many children.

Physical appearance only inspires half of a man or woman's attractiveness. The other half is instigated by childhood fairy tales and love stories. Everything from "Cinderella" to "Sleepless in Seattle" has brought generations up expecting handsome princes and a smooth ride through their love lives. In truth, love that easy is nonexistent.

"I forced things too much in high school," assistant band director Emily Petway said. "It was like trying to fit a square peg in a round hole."

What many people fail to understand is the poetics of romance. In film, television, theatre and novels stories are overemphasized. They are designed to move quickly, to draw a viewer in, and to embody ideas. Real people are not consistently charming and they do not fall in love at first sight.

"There are all kinds of awful movies," Petway said. "There are so many movies that make love seem like a sure thing."

Ignorance, in this case, is anything but bliss. The young and inexperienced are more commonly involved in relationships that hinder their growth in character and blind them to their loss of identity. How much one person thinks of another, how many kisses are received each day and how many times those three little words are said simply fill space.

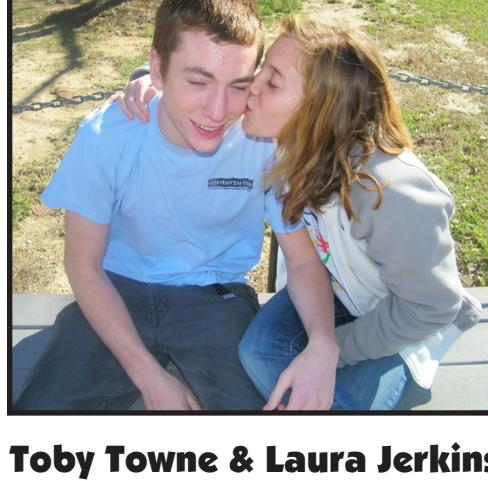
"You shouldn't worry yourself looking for that perfect someone," Petway said. "People you meet change your ideas completely."

Love, at the core of all things, is surrender. More often than not, the fight comes as people look to be fulfilled by another person instead of the opposite. It is hard to give yourself up when you lack a person to give. Having an identity is key to falling in love and more often than not, young people lack the years of experience.

"You shouldn't worry yourself looking for that perfect someone," Asst. Band Director Emily Petway said.

Love Connection?

Always and Forever



Toby Towne & Laura Jenkins

Hopelessly Devoted



Patrick Teate & Dana Garbe

Here and Now



Desha Cantrell & Mario Crawford

photos by Taylor Shaner

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Yoga exercises mind and body, calms nerves and relieves stress

by Suzanne Stroup

With the popularity of Wii Fit, teenagers all over the world are taking up yoga. It began about 500 years ago in ancient India, and is known to be the oldest method of self-improvement.

Yoga literally means "well-formed, refined, perfect or polished" in the ancient Indo-European language of Sanskrit.

If a male practiced yoga back in those days, he was called a yogi or a yogini. If a female practiced, she was called a yogini.

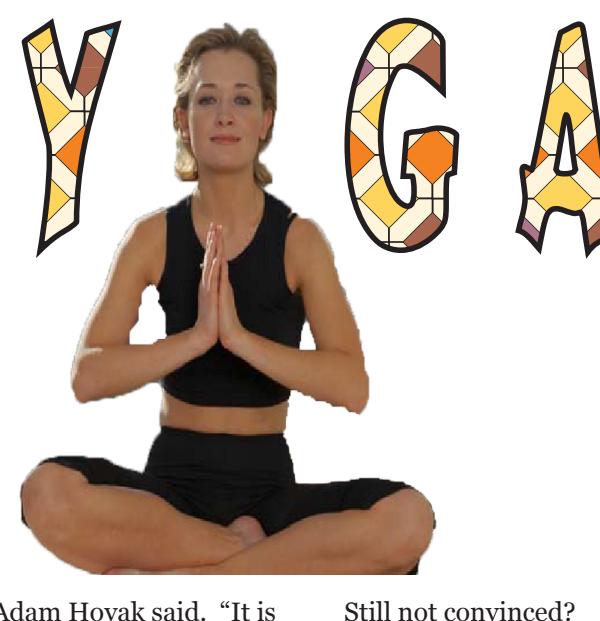
These days, people that practice yoga are sometimes called gamers.

With the popularity of the yoga instructor in the Wii Fit, many teenagers are getting into the trend. "Yoga makes me feel like a balanced person, something I don't normally feel," senior Sam Brown said.

Hollywood has also popularized the sport. "Hotel for Dogs" star Emma Roberts does yoga to stay in shape in her free time.

Madonna uses a special kind of yoga called Ashtanga as a cardio workout, since the positions and transitions are typically more dynamic than in regular yoga.

"After I do yoga for half an hour, I hurt," senior



Adam Hoyak said. "It is a workout, and some of our sports teams could use some of the balance training it provides."

Still not convinced? Yoga also decreases cellulite, increases flexibility and back support, reduces stress and even

increases brain power. The constantly changing pattern of not just motions and positions, but how breathing corresponds to each of those positions keeps the brain challenged, something essential to being alert.

Yoga is also useful for a positive self image. It makes the yogi feel strong, powerful and one with both the Earth and the environment. Also, some poses, such as backbends are a natural massage, thus, they relieve stress and fatigue.

One of the most popular poses is Trikonasana, or the Triangle, which stretches the spine and opens up the torso. To do this, stand with your

feet apart. Turn your left foot to the left and your right foot slightly inward. Inhale and raise both arms parallel to the ground. Exhale, turn your head to the left and look down your left arm.

Take a deep breath and stretch outward to the left, tilting the left hip down and the right hip up. When you've stretched as far as you can, let your left hand reach down and come to rest against the inside of your calf, while your right arm points straight up.

Turn to look at your right hand. Inhale, and straighten up. Repeat on the other side, and call yourself a yogi or yogini.

Hunting: food, fun, sport, relaxation

by Taylor Sharer

As one lies down next to a tree in their camouflage outfit, listening to the leaves rustle, the wait for the perfect moment... and bang.

The sport of hunting is a unique one that requires silence, a fast reaction time, and a passion. Many involve themselves in activities such as basketball or jump rope as a pass-time, but hunting is rarely ever indulged in without drive.

"I love the feeling of sitting in the woods and feeling my

adrenaline rush, just waiting to see a deer," junior Jennifer Johnson said.

Johnson has been interested in hunting since the age of three, when her father introduced her for the first time. It's a tradition; her family has been hunting for generations.

"I enjoy being in the woods with my family and eating what we kill. I'm helping

the deer population," Johnson said.

Senior Matthew Thorton also believes that hunting is a trend with a purpose. "I don't hunt much, but when I'm in a stressful mood it's a great way to relax," Thorton said.

But not everyone agrees that the sport should be an active one. Junior Mzee Jones disagrees with the idea and believes that hunting should not be allowed.

"If we needed the deer killed for population reasons, we would put predators in the overpopulated areas. It's a more natural way for them to die," Jones said.

Though arguments among hunting arise, it is legal to hunt in

the United States. With this, though, comes responsibility.

It is only legal to kill deer for enjoyment or food during hunting season. The 2008-2009 firearm hunting season in Georgia is from Oct. 18 until

Jan. 1 (in the Northern Zone) or Jan. 15 (in the Southern Zone). The archery season is a few months before.

A hunter must obtain a license specifically for hunting and stick to the regulations. Killing 12 deer per season is the maximum amount allowed, and ten of those deer must be antlerless. All dead deer must be recorded on the harvest

record of the hunter.

While buck is the most common animal hunted for, it is not the

only. Turkey as well

have a hunting season, which occurs in the spring. Although the hunting of these animals in particular must be regulated, many other animals are hunted.

"My dad also hunts duck, quail, and pheasant when it's not turkey or deer season," Johnson said.

While many may have a negative opinion about hunting, it must be remembered that it is legal and not offensive to others. It is an enjoyed sport and hobby by about 300,000 people in Georgia seasonally.



Brandon Westerman headlocks competition

by Chelsea Baasch

Four state championship rings are proof of his hard work, talent, and dedication.

"Coach says it's hard to earn one title, but it's even harder to earn four," Westerman said. He currently is ranked 18th in the nation.

Last year he went to the Iron Man competition in Ohio, which is often referred to as the toughest tour in the nation. Although he didn't win, he came back with a new perspective and discovered room for improvement in a few specific areas.

Westerman used time when he returned to focus on refining his technique and worked toward better physical fitness.

On Sundays, he spent time with Coach Kyle Norred to sharpen his strategies.

Wrestlers spend countless hours enduring the stresses of tough physical preparation involving cutting weight, increasing stamina levels, and consuming a proper diet.

"Conditioning is definitely the hardest part of wrestling, but it is also the most rewarding," Westerman said.

During the wrestling season, he eats more in portions and drinks lots of water to help maintain his weight and stay healthy.

"Once he stayed after practice and taught me new techniques," junior James Carpenter said.

Westerman's success has encouraged the rest of the team and

together they have won two team titles.

strive to their best." Head Wrestling Coach

vantage. Brandon's success shows he is a

Westerman's peers recognize his success



As a junior, Brandon Westerman wrestled senior Sam Spradin in the quarterfinals at state to later win his third title as state champion in February 2008.

"He is a great wrestler who by building upon his success inspires the rest of the team to

Jason Faklaris said.

"Winners find a way to make any situation work to their ad-

winner and will con-

tinute as long as he strives to be the best," Faklaris said.

and voted him "Most Talented" boy for the class of 2009 senior superlatives.

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