

# **K-FACTOR A HUGE SUCCESS!**



On behalf of the Huntington High School Key Club, we would like to say thank you to everyone involved in the Annual K-Factor Talent Show, as this year was a huge success!

The origin of Huntington High School's K-Factor can be traced back 7 years ago to a Blue Devil named Kaila Harlan. Specifically, to when Kaila was unfortunately given a diagnosis of leukemia.

To aid her battle, Huntington High School's Key Club decided to establish a talent show called the K-Factor, for the purpose of raising funds for Kaila's treatment. Although the event was a success, Kaila Huntington High School's wondersadly passed away a few years later; ful English teacher Aimee Antorino. the show annually in her honor.

#### BY SAMANTHA SGRIZZI AND ERICA VAZQUEZ

The proceeds from this year's K-Factor will be going to multiple causes. To the school's sadness, our fellow Blue Devil Jose Granados has passed away after a long fight against cancer. Using the hashtag #FlyHigh-Jose, invented by friends and family, the Key Club has raised awareness about cancer and gained support for the Granados Family. In addition, this year's show is also in support of Rachel Antorino, the daughter of

fight against the disease. The hashtag #RachelStrong draws from Rachel's fortitude and positivity to gain support and awareness for her battle. Lastly, we honored Ms. Isabelle Grenier who continues to fight against Alveolar Rhabdomyosarcoma, otherwise, known as ARMS. We used the hashtag #IsabellesWarriors to support her and her family throughout this difficult journey.

This year's show attracted a wide array of extremely talented acts: ballerinas, strong vocalists, instrumental appearances, as well as the notorious teacher act! Our winners for this year's show were Juliet Marinello (3rd Place), Jai-la and Royvel

Key Club, however, continues to run Following a diagnosis of leukemia (2nd Place), and Chloe Wheeler (1st two years ago, Rachel continues to **CONTINUED ON PAGE 10** 





# **The**Dispatch



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The Dispatch is Huntington High School's official stu dent publication. Written for over 1200 students attending HHS, The Dispatch is distributed to all students, staff and school community members at the school free of charge.

The Editorial Board is the newspaper's decision-making body, organizing and directing its operation. The Dispatch staff has adopted the following editorial policy to express the rights, responsibilities and philosophy of the newspaper for the 2017-2018 school year.

The Dispatch of Huntington High School is a public forum, with its student editorial board making all decisions concerning its content. Unsigned editorials express the views of the majority of the editorial board.

Letters to the editor are welcomed and will be published as space allows. Letters are preferred signed, but may be published by request. The Editorial Board reserves the right to edit letters for grammar and clarity, and all letters are subject to laws governing obscenity, libel, privacy, and disruption of the school process, as are all contents of the paper. Questions, comments, and letters to the editor should be sent electronically to hhsdispatch@gmail.com or submitted to The Dispatch mailbox located in the main office.

Opinions in letters are not necessarily those of the staff, nor should any opinion expressed in a public forum be construed as the opinion of the administration, unless so attributed.

The Dispatch's goal is to provide readers with interesting content in a wide variety of areas. Such areas include the news coverage of school and community events, as well as features on relevent topics. In addition, The Dispatch will provide opinionated editorials on controversial topics, as well as provide previews and reviews for upcoming school and professional sports seasons and other forms of entertainment.

# EDITORIAL THE FUTURE OF THE PAPER IS... PAPER

# A LETTER FROM THE OUTGOING EDITOR-IN-CHIEF

#### **BY MAX ROBINS**

My tenure as the editor-in-chief they walk in the building, thus of this publication took place at shifting the burden of distribuism, especially in the niche case posed to the students. of the school newspaper. A time of change, upheaval and advance- enough to keep the news current, ment. A time where the future of thus not limiting the scope of time... of crossroads.

is currently experiencing a techno- between issues. logical evolution. We all see it everyday: whether it's the electronic for all written articles to be feasubmission of an assignment on tured, with few-if any-pushed Google Classroom, the subtle but back from issue-to-issue as a resure hum of Chromebooks typing sult of spacial concerns in laying away mid-class, or the omnipres- the issue out. Its extended size ent Smart Board-taught lesson in creates a positive reader and writthe front of the room, technology er relationship, where writers have is taking education by storm.

tation: the *online* newspaper.

pear to be an innocuous, benefi- topics, and are driven to join the cial change for the paper. Writ- newspaper staff. ers are seemingly able to write whatever they want, whenever of course opposed to the infrethey want, and not have to worry quent one, such as the paper in about dates revolving around the which this editorial is featured in. layout, printing and distribution A paper where, as a direct result of the paper. Unfortunately, it's a of the its infrequency and limited

The purpose of the school range of topics. newspaper is twofold. First: to provide the student body with a ously described is a near-impospaper to read; second: to provide sible feat, might it be due to budaspiring writers, journalists and getary concerns, the mimicking of reporters (and on that note, any- technology's implementation in one passionate about certain top- the classroom in the newspaper, ics with an aptitude for writing) or the realities of overburdened a medium to disseminate their students unable to meet producwork.

The ideal, perfect, *utopian* school newspaper is one that ac- half of the newspaper's purpose, complishes both of these objec- while simultaneously failing the tives equally. The paper is run other half. Although writers are frequently enough for it to be a given a medium to publish their mainstay in school life for the work with fewer (if any) restricstudent body.

easily accessible—it is quite liter- bution, the medium is just that—a ally handed to every student as

an important time for journal- tion onto the newspaper, as op-

Its frequency is often this paper will be laid out, and topics the writers can address. Its posterity will be determined. A frequency enables the writers to consistently write throughout the Education across the nation year, without extended hiatuses

Each paper's length allows the space and platform to write Regardless of your thoughts their interests, and readers have of technology in the classroom, a wide range of articles to enjoy. it's also being implemented in Down the road, this relationship school newspapers nationwide. spurs further interest in the pa-The most well known implemen- per by the student body: students see a bountiful paper featuring At first glance this may ap- numerous, current articles on all

The ideal paper laid out is lot more complicated than that. length, is untimely and limited in

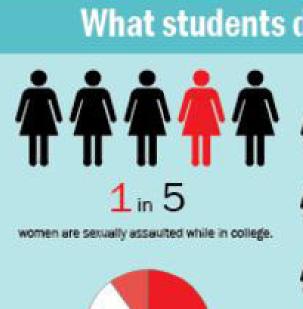
The ideal newspaper prevition schedules.

An online paper satisfies tions that typically occur as a re-It is widely distributed and sult of layout, printing and distri-

#### **CONTINUED ON PAGE 10**

### BY **KERRIE JOYCE**

On college campuses across the country, sexual assault is on the rise and has always been an enormous issue for female students. On average, 23.1% of women will be raped in college, and that's only the amount of are reported. Many victims of sexual assault do not report because of shame, fear of not being believed by school administration or campus police, or fear of retraumatization. In addition to under-



# The Dispatch

# EDITORIAL THE SILENT EPIDEMIC **ON COLLEGE CAMPUSES**

universities dismiss college student, and student's reports be- more than 50% of cause they fear dam- gang rapes are peraging their school's petrated by fraterreputation or tend nities. Many female to not believe vic- students have ristims due to unre- en up against this alistic stereotypes epidemic and deof women falsely manded more acreporting sexual as- tion taken by their sault. Another rea- schools and local son is because it is law enforcement. often difficult to Student organizasexual assaults that prove a sexual as- tions, such as Take sault occurred with- Back The Night, out witnesses or provide informaaccessibility to rape- tion and resources kits on college cam- to incoming college puses. An additional students about how contributor to this to prevent and deepidemic on college fend yourself in the campuses is the cul- event of a sexual ture of heavy party- assault, and how to

sault statistics, many the average male likely to rape than Overall. progress who refuse to con-



ing and fraternities. recover afterwards is being made on tinue this culture of Fraternity members and hold your as- college campuses condoning reported sexual as- are 3 times more sailant accountable. by female students assault.

sexual

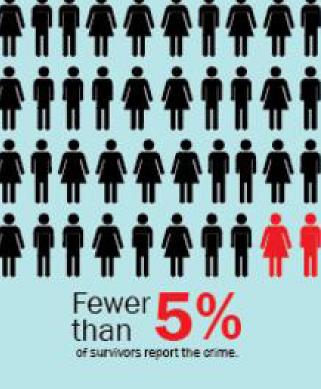
# What students don't report: Statistics of sexual assault

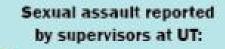


of college campus assaults involve victims who know their assailants.



college.





16 forcible reported sexual offenses in 2011

18 forcible reported sexual offenses in 2012

If you've experienced sexual assault and would like to tell The Daily Texan your story, share it here: bit.ly/dt submit

#### **On-Campus Resources:**

**Counseling and Mental Health Services** Where: Student Services Building, fifth floor Website: cmhc.utexas.edu Phone number: 512-471-3515 (Ask for a "VAV" appointment)

University Health Services Website: healthyhorms.utexas.edu er: 512-471-2955

Student Emergency Services Phone number: 512-471-5017

#### **Ott-Campus Resources:**

National Domestic Violence Hotline Phone number: 1-800-799-7233

Sexual Assault Nurse Examiner Where: St. Devid's Emergency Room, 919. E 32nd St.

SafePlace Website: safeplace.org Phone number: 512-267-SAFE

> For on and off-campus emergencies, call 911.

Source: UT Counseling and Mental Health Center, "Overview of National Interpresonal Violence Studies and Statistics," May 2013, and Texas Campus Sexual Assault Task Force Policy Briefs Source: UT's Annual Security Report

# OP-ED **The Dispatch** May 11 THE IMPORTANCE OF THE WOMEN'S MARCH

### **BY LILY STEIN AND GRACE TYRRELL**

From major cities Maroney, have acto small towns, the cused sports physi-Women's March has cian Larry Nassar taken the United of sexual assault. He States by storm. Mil- was then sentenced lions of feminists to up to 175 years have taken a stand in prison. Although for women's rights justice was served, that are paramount a number of these for the future gen- girls had to live with erations of wom- the weight of sexual en. Although these abuse for too many marches continue to years, with nobody change the impres- believing them. Ansion of women's other alarming yet rights, some may ask, crucial statistic to "why are women still consider reveals that marching?"

misconception in 18-34 have been tar-

...marches like this will merely be a celebration of equality.

America is that feminism is no longer necessary, for women are already equal to men. However, when looking at a number of facts, it is correct to deduce that women of all kinds still face oppression in this country often. For instance, over 140 young women, the government's 29% have spoken up. six months, multiple their potential cagymnasts

one in three women A common between the ages of geted in the workplace. According to



work; however, only ment. Over the past were seen as role

of women report event that is cur- edly abusing their being verbally ha- rently expanding is power and harassing rassed by men at the #metoo move- women. These men



including Olympic U.S. Equal Employ- This holds women men in the entertain- reers back. #Metoo Simone ment Opportunity Biles and McKayla Commission, 81%



back from reaching ment industry, such is not just about sextheir full potential in as Harvey Weinstein, ual harm of women, their careers, which Roy Moore, Roger but also professional is obviously an issue. Women should feel comfortable standing up for themselves and not feel like they are at fault. Whether it's on a larger scale or something that occurs in everyday life, men sexually harassing women is a prevalent and notable example of inequality Ailes, Matt Lauer, blatantly objectifying in this era.

harm and the abuse

cern to address

would be the nu-

merous instances of

sexism concerning

our own president,

Donald J. Trump.

From his contro-

versial tweets to the

leaked video of him

**CONTINUED ON** 

PAGE 5

Another con-

of power.

Millions of feminists have taken a stand for women's rights that are paramount for the future generations of women.

and more have been An additional exposed for alleg-

### BY CRAIG HAAS

encouraged to speak ety. out against sexual asof modern-day feminism has once again taken over the top of your news feed.



strict views to being given

...unless you are on the side of the feminists, you are putting your social life at risk.

# OP-ED The Dispatch **[** THE TRUTH BEHIND FEMINISM

The ideology

been inspired and en in everyday soci- to public nudity.

### Feminism is approaching its breaking point.

of promoting the for Women's Suffrage es, commercials, or to be brought up about includes Dondaily lives of women nearly 100 years ago, peaceful rallies, the to be brave enough ald Trump having the has been around for debating what mod- women are showing to speak how they most women to be in hundreds of years, ern-day feminism has off their genitals to feel so that they can a presidential cabistarting from the days become. There is un- people too disgusted speak out for issues net ever, the Women, when women weren't doubtedly no reason to even acknowledge they believe in once Peace, and Security allowed out of their to question that fem- the rally. houses and were giv- inism has brought en no say within the about opportunities, goal of equality be- be like their strong, of women in governfamily, or their com- freedoms, and rights tween the TWO caring mothers. In ment, communities, munity. Women were for women that they GENDERS

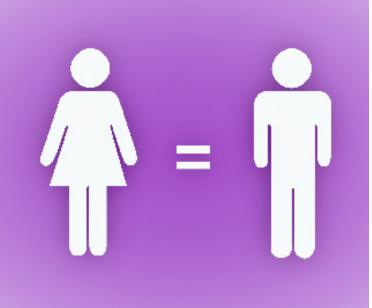
in on shattering the themselves in public "glass ceiling," brave for the world to see, women have stepped and have marched in In the midst of the up and have spoken public streets where #MeToo Movement, out, encouraging the men, women, and where women have acceptance of wom- children are exposed

These nude marches But here we are not only show a lack sault and sexual ha- today, after passing of class by the radirassment, the topic the 19th Amendment cal feminists specifi-- cally, but completely disregard the goal of the mission because rather than coming ----- together with speech- en. Little girls need heard CNN talk

patriarchal ing point.

А

to cooking, cleaning, granted otherwise, hating". Men are no women hold signs fended her husband and taking care of but feminism is ap- longer important to mocking the Presi- in the Monica Lewinthe children. From proaching its break- some of these radi- dent and Command- sky case, where Bill cal feminists who er-in-Chief for words Clinton had a sexucommon believe that the glo- that he's said in the al relationship with trend over the past rification of "fa- past and for his lack someone else other few years to raise therless" houses is of focus on women. than Hillary Clinawareness against needed to show the If you listen to CNN, ton while they were sexual assault has strength of women. you are probably married in the White been the organiza- Rather than remov- listening to "politi- House. While there is tion of "nude march- ing the presence of cal analysts" ranting clear evidence of Bill es" throughout the men and encouraging about the President's Clinton's actions and country. You've read the idea that wom- eating habits or men- Hillary's ignorance, that correct, in or- en are better than tal health rather than Donald trump has the right to vote on der to stop perverted men, these feminists the job he is do- been accused of sex-August 18th, 1920 men from sexual- should be fighting ing for women, so ual assault without and to today where izing women, wom- to spread confidence I'll fill you in. What women are closing en have undressed amongst fellow wom- you probably haven't



they become mature Act of 2017 (promot-As of late, the women who aspire to ing the participation has some households, and business), and feminist mothers are "Promoting Women teaching their little in Entrepreneurship boys to act more like Act". Let's not forgirls. Tomi Lahren, get that President Fox News commen- Trump has directed tator states, "Play- \$200 million to beting with dolls, using ter education using makeup, or using advanced technology gender neutral pro- for women and minouns will do noth- norities. ing, ABSOLUTELY ZERO to correct is doing his job and sick men who do sick helping better the things". Boys will be lives of women, boys, and girls will be many of these womgirls.

Along with the his "manhating" comes talk" statements but the "Trump-hating". look up to Hillary once strictly assigned may have never been evolved into "man- At these marches, Clinton, who's de-

May 11

While Trump en mock Trump for "locker-room

> **CONTINUED ON** PAGE 5

### OP-ED



### THE IMPORTANCE OF THE WOMEN'S **CONTINUED FROM** PAGE 4

his actions, if any pre- March that women feelings, he would country and create are extremely gratevious president acted in the same manner that Trump has acted in, the consequences would be much more severe. We've never had the scandals, the unnecessarily personal tweets, or the

The Dispatch

women, Trump has Trump. Despite all clearly disagree. If it is not about wom- 49 women are runbeen openly sexist these transgressions, Trump paid attention en being better than ning for Senate. Althroughout the years. Trump still man- to the meaning of the men. The Women's though women in the Although he has re- aged to tweet on the Women's March and March has one clear United States have ceived backlash for day of the Women's disregarded his own goal: to benefit this privileges that they

> #Metoo is not just about sexual harm of women, but also professional harm and the abuse of power.

sexist and racist re- are prosperous and triotic and American. the march, almost be a celebration of marks from a leader content with his Feminism is built on 400 women are run- equality. of our country be- leadership. However, social, political and ning for House of fore like we do with millions of women economic equality; Representatives and

see that his inappro- equal opportunity ful for, it's important priate and unwanted for all genders. It ad- to continue to fight comments towards dresses relevant and for equality. Hopewomen outweigh his unfortunately persis- fully in the near fuassumptions.

protesting peace- eration of girls, and such pressing obfully for injustices encourages women stacles, and marches against women is pa- to speak up. After like this will merely

tent adversities, em- ture, women will not Marching and powers the next gen- have to deal with

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### **CONTINUED FROMPAGE 5**

any evidence and has for rights they al- I read replies that the "head-over-heel" not the only student been recorded boast- ready have, these had nothing to do within the past de- at Huntington High ing about the touch- radical feminists of- with the promotion cade and needs to be School who stands ing of women. While ten become "trig- of feminism, rather toned down to pre- on this side; in fact, Trump's words got gered" or offend- comments that can vent feminists from I might be writing him in some deep ed when someone be considered "bully- destroying the mis- for the "silent matrouble and show doesn't agree with ing". As you can see, sion of gender equal- jority." I ask that you disrespect for wom- them. While advocat- unless you are on the ity for themselves. en, we can't ignore ing equality and a fu- side of the feminists, the fact that each ture of positivity, if you are putting your Note from the and everyone of us someone says "femi- social life at risk. have said something nism is bad" they are vulgar, disgusting, or likely to be yelled at or nism has been galore Being that this is a comments or quesmean that we still re- made fun of because throughout the past controversial topic, I tions you have about gret at one point in they aren't agreeing centuries with the want to note that I'm feminism, whether our lives, because no with the feminists. welcoming of new NOT against women they are positive or one is perfect (I'm In fact, a few weeks opportunities, liber- or equality, but would negative. not dismissing his ago I argued how ties, and freedoms prefer that feminists words but putting his nude marches are un- for women, many take a step back to words into reality). necessary to a group can side with the ar- reorganize them-Strong about of feminists with gument that femi- selves to better advotheir mission to fight factual evidence and nism has gotten a lit- cate their cause. I'm

# THE TRUTH BEHIND FEMINISM

While femi-

## writer:

are willing to accept my view and I want to let every student know that I'm willing to civilly discuss any **KERRIE JOYCE** 

On the night of the 2018 Golden Globes, Oprah Winfrey delivered a powerful speech that touched millions of women and girls through their televisions. As the Time's Up and Me Too movements gained their momentum, Oprah Winfrey took to the stage with a speech that shined light on both movements and not

#### **Oprah Winfrey** ...guaranteed that she would be the head of that action.





# OP-ED **OPRAH 2020:** THE RISE OF CELEBRITY POLITICANS

# BY

ning for president came Nashville's first On the other hand, 2020 in 2020. There are African-American being a minority ac- election. However, only called for ac- many aspects of this TV news anchor. It tivist and feminist the rumor mill has tion, but guaranteed topic to be weighed, might be argued that who is knowledge- not stopped churnthat she would be the including the effect being a journalist and able on global and ing and her supporthead of that action. of celebrities becom- reporting world news national issues does ers continue to insist After this speech ing government of- gives you more qualithat struck many as ficials, such as Don- fication for politics

and speculation fren- Oprah Winfrey be- spent their entire ca- denied the speculazied about the possi- gan her career as a reers studying and tion of her starting bility of Oprah run- journalist, and be- practicing politics. a campaign for the

presidential, rumors ald Trump. However, than being a real-

estate mogul. While still being a celebrity, it is concerning for many people that celebrities are taking over politics and becoming government officials rather than make her an admi- want all the girls here qualified politicians rable, possible can- and now to know who are educated in didate. Since these that a new day is on

...she certainly is an inspirational activist, who took a stance of leadership on the future for women in America.

the field and have rumors arose, Oprah the horizon."

presidential on her candidacy. While she may not be a politician and may never become one, she certainly is an inspirational activist, who took a stance of leadership on the future for women in America, saying, "I







SCHOOL NEWS



Why didn't the Sun go to college?

ANSWERS ON PAGE 13

What did the big tomato say to the little tomato when he was walking slow?

The Dispatch C

# Soccer Tournament

Hosted by the Spanish Honor Society Edgar Rivas Lizama



# WHEN: TUESDAY, MAY 29TH.

MAKE YOUR OWN TEAM OF 6 PLAYERS AND PLAY AGAINST OTHER TEAMS NEED MORE INFO: GO TO ROOM 222 AND ASK MRS. ARAOZ. DO NOT MISS THIS SPECTACULAR EVENT! WINNER TEAMS WILL BE AWARDED! BOYS AND GIRLS CAN MAKE TEAMS!





# THE FUTURE OF THE PAPER IS... PAPER A LETTER FROM THE OUTGOING EDITOR-IN-CHIEF

medium, and not one of dissemina- per will see even fewer viewership. tion. An online paper will not reach the student body, nearly failing one form will metaphorically cut the legs of the paper's two objectives com- out from under the paper. The papletely.

Dispatch is quite literally placed in previously mentioned relationship the hands of every student as they of readership spurring writers' inwalk into the building. The burden terest in the paper-will nearly comof distribution is on the staff of pletely disappear. For that reason, scurity. the paper, as opposed to the burden not only would readership decline, of receipt being placed on the stu- but knowledge of the mere existence dents. Although I'd like to think that of the paper, and similarly the desire everyone excitedly looks forward to to write for it by many less-journal-The Dispatch's release, I'm more of a istically inclined students, would dis- the newspaper from graduating seniors Sarah realist: I know that people will read appear. the paper if they are given it, but far fewer are going to seek it out. Tan- this publication comes to a close, I take over The Dispatch towards the end of the gibility does wonders—an online pa- offer this piece of advice to the suc- year.

A transition to an online platper will still exist, of course, but the As I mentioned before, The legs-the readership, and thus the

**CONTINUED FROM** PAGE 2

ceeding editors, to those who follow in the near future and to the current and future administration: keep the paper in *paper*. I implore you to not succumb to the financial and technological motivations that may present a shift to an online platform as a positive option. This shift would decrease readership, decrease interest in writing for the paper, and would result in The Dispatch fading into ob-

Max Robins became The Dispatch's editorin-chief in the beginning of 2016, taking over James and Michelle D'Alessandro. Rising As my time as the editor of seniors Kerrie Joyce and Hannah Bailin will

# K-FACTOR WAS A SUCCESS! A HUGE THANK YOU FROM THE KEY CLUB

#### **BY SAMANTHA** SGRIZZI AND ERICA VAZQUEZ

#### CONTINUED FROM FRONT PAGE

mances, along with donated included a enormous contribu- Google Home, an tions by stage crew, Amazon Echo Show,

are what enable the and even Beats headshow's continuous phones! The prize success. This year, basket committee was stage crew is run by run by Gaia D'Anna, Ryan Hoffman, Nick Maggie Giles, and Haupt, and David Erica Vazquez. Na-Fredericks.

Place). Also, James of 40 prize baskets show by selling de-Engstrand was giv- contributed by local licious ice cream in en honorable men- businesses, this year conjunction with our tion for his powerful exceed all shows in bountiful concespoem. These perfor- the past. Some items



**3rd Place Winner: Juliet Marinello** 

tional Honor Society With a total participated in the

Thank you... everyone who made it possible to raise...

sions tables lead by Megan Erhardt.

\$6,392!

Samantha Sgrizzi, head of publicity, was responsible for the posters and announcements seen and heard in the days leading to the show. She, as well as other officers, worked together to raise awareness in both Huntington High School and the Huntington Community as a 2nd Place Winners: Jai-la and Royyele



1st Place Winner: Chloe Wheeler whole.

like to say thank you! National Honor So-Thank you to ev- ciety, Mr.Cusiack, eryone who made it Mr.Polanksy, adminpossible to raise a to- istrative staff, and tal of \$6,392! Thank lastly, our amazing you to all the teachers audience for attendand staff who partic- ing the show. We ipated at the show, to can't wait to see you the custodians, stage all in 2019!

crew, contributing Overall, we'd local businesses, the



# SCHOOL NEWS



# JUNE 6pm-6am on the HHS turf 9th-10th

ALL PROCEEDS ARE DONATED TO THE AMERICAN CANCER SOCIETY

What's the difference between the bird flu and the swine flu?

**ANSWERS ON PAGE 13** 

## 12 The Dispatch May 11 SCIENCE THERE'S WHAT INSIDE MY GUT!? vival of the fittest. ies balanced. Here's thing like a twinkie your weight and risk

### BY **HANNAH BALIN**

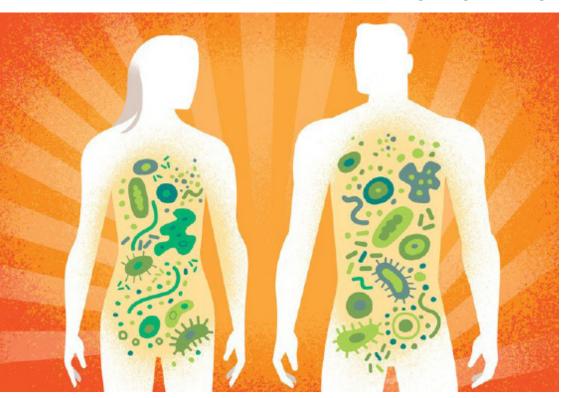
Unknown to most people, your gut may very well be controlling your body. How could that be posis not as simple as it seems, as there are ecosystems of organisms that live in our digestive systems known as the Microbiome.

This tiny, microscopic ecosystem has the ability to control our mental health, physical activity, and even our weight. Compared to the ecosystems learned in biology class, the Microbiome has the same functions, but catered to our bodies. In actuality, the Microbiome exists all over the surface of our bodies. The tiny organisms have the ability to adapt to various environments including: the dryness of our forearms, the oily pores of our skin, and the high acidity of our gut. The same rule of thumb applies to all organisms - sur-

The tiny microbes why: that live in our bodhave

ies' environments takes of certain ria in your gut. By diets reduce the withstood types of foods may constantly eating amount of inflamvarying pH and contribute to your processed and ar- mation, cholesterol, temperature levels, emotional well be- tificially sweetened and disease causas well as oxygen ing, and the type of foods, the unhealthy ing bacteria, like E. sible? The answer and nutrient chang- bacteria that grows bacteria can start coli. Recent studies es. Moreover, our within your gut. to affect your body have attributed to gut has prime con-First off, it's good to in various ways this, as it has been ditions for microbes have a balanced diet. (weight gain, high found that people

stimulates growth to diabetes. Further-Various in- of unhealthy bacte- more, plant-based



to keeping our bod- consuming some- growth helps with that inhabit our gut.

thrive, since The word "diet" de- blood sugar/choles- which then in turn there's a constant ters some from con- terol, mood chang- affects your mood supply of nutrients, suming artificially es, etc.). Healthier and what hormones or the food that we sweetened or pro- food options such your body releases. eat. At this point cessed foods, which as whole grains, and It's still unclear as these microbes may contributes to high polyphenols (plant to exactly how the seem like something blood sugar. It's all compounds found Microbiome affects "gross," something right to have these in green tea, dark the human body, but that's manifested in foods every once chocolate, olive oil, with the continuaour bodies for years in a while, but be whole grains, etc.) tion of studies, sciand years (which is aware that the high encourage growth entists will be able true), but the mi- blood pressure that of healthy bacte- to discover more crobiome is key in would result from ria. Healthy bacteria about the bacteria

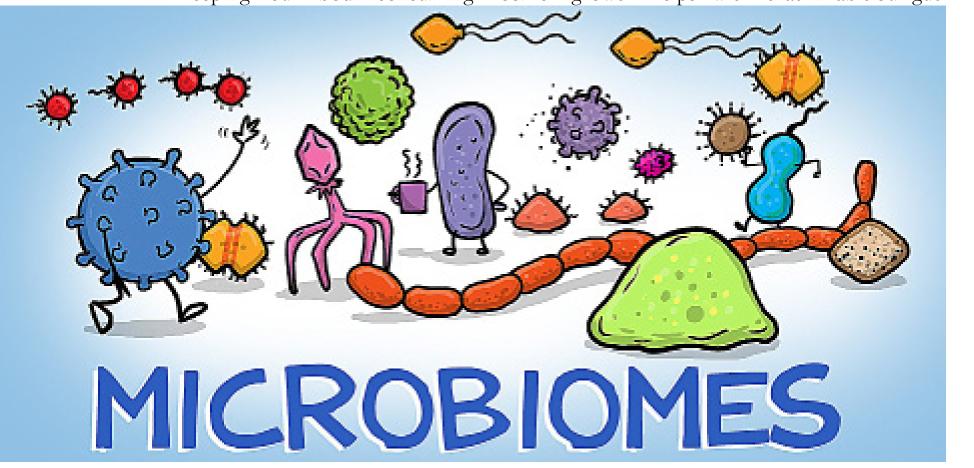
with various eating habits, and even psychological disorders, have different types of bacteria in their gut.

The fact that there is a range of species of bacteria within our guts suggests that the Microbiome has an effect on each individual's brain health. A step in the right direction would be to keep an eye on what you eat, as it directly affects bacterial growth,



ies, and there are different types of immerse us, they can help us learn, and they can entertain us. So when I see movies being used to milk a cash cow, it makes me feel bad for the great movies that have to stand beside them and nobody wanted. sequels. Tinseltown has been it.

wasted



# ENTERTAINMENT The Dispatch May 11 SEQUELITIS IN THE MODERN DAY



consumers. It is the curred with one of senting to feeding of 2017, Blade Runpeople. Movies can ing lazy and unorigi- the collaborative efnal rehashes and se- fort of screenwriters, ...someone might be using your emotions to get you to buy

those terrible "Fast can see the blatant and the Furious" sequelitis when a suc- know what is going movies. All the mov- cessful movie creates to be a good standies no one asked for more less-successful

in.

Like I stated feeding us garbage, before, people have and back a few years stopped going to ago not many people sequels due to how were worried about sequels have performed in the past, So what? You but now we run into fourteen an issue. When a bucks and two hours good sequel comes of your life? Who is out no one will show alone sequel and what that hurting? Well up for it, and, in my is going to be a mon-

equivalent of us con- my favorite movies Everyone likes mov- the tumor on the un- ner 2049. This movderbelly of the mov- ie is the sequel of many different types ie industry. We are the 1982 cult classic of genres for many telling Hollywood " Blade Runner. This yeah just keep mak- movie shows how directors, set designers, and cinematographers can place you directly in the epicenter of the dour, neon, dystopia of future California in 2049. I can not sing at the box office. quels because we will this movie's praises I'm talking about give you our money loud enough, and it the completely cash- anyway." Luckily is sad to see that with grabs sequels that many have become the movie's budget at you can spot from a keen to this and 300 million (150 milmile away. " Despi- have stopped giving lion x 2 for marketcable Me'3," "Juras- into these avaricious ing expenses) has an sic World 2," and all schemes. Now we 80 million dollar loss.

So how do we

...and it is sad to see that with the movie's budget at 300 million ...has an 80 million dollar loss.

it's hurting us, the opinion, this has oc- ey grubbing scheme? I have found a few simple tricks that work. Look at the differences from the first to the second. Mainly directors and producers. If they swap from one movie to the next, the replacements new might have a differ- IMDB. Of course your emotions to get ent intention for the even if it's a big you to buy in.



than the first team. ing that you recog-The next trick is to nize, usually people look at the person's have a set genre or previous works. You sub-set of genres will be able to tell that they work on. what other mistakes So if Quentin Taranor great works they tino is directing the have made and su- next How to Train perimpose that onto Your Dragon movie, the sequel in the it might not be the works. It is very rare best. that a director or a producer is new to takeaway from this movie making now- article it would be adays. They will at to be careful around least have some sort films that you like

It is very rare that a director or a producer is new to movie making nowadays.

story and characters named person direct-

If there is any of background on and trust, because if it makes money, someone will milk it till its dry, and the only way to stop it is to tell yourself not to fund the sequel. Even if it is a film you cherish, someone might be using

Page 8 Joke Answer: Cause it had a million degrees!

> Page 9 Joke Answer: *Ketchup!*

Page 11 Joke Answer: One is cured with tweetment, and the other with oinkment!



# SPORTS WHAT HAPPENED AT **DEWTOUR?**

### **BY KIARA** GELBMAN

Now that the Py-Wineongchang ter Olympic games have ended, you may be wondering how some of the athletes representing the United States earned this honor. In December, at Breckenridge mountain (my current home), the second Olympic qualifying event of the season for snowboarding and skiing, Dewtour, was held. Those competing were seeking to make one of three spots for each event to represent the United States in this year's Olympic Games.

Dewtour began on December 13th with slopestyle and superpipe qualifiers, when the Olympic hopefuls hit the slopes and

Those competing were seeking to make one of three spots....to represent the United States in this year's Olympic Games.

gave it their all to

huge jumps. The with their friends, pipe to observe the Breckenridge local, superpipe was a 22 to influential skiers. tricks of the comfoot pipe which was Some awards given petitors up close. gigantic! I've seen included Best Line, The day began with thousands of snow- won by Logan Pe- the ski men's suboarding and skiing hota and Best Fe- perpipe finals when videos but it never male Performance Alexander Ferreira did justice to the awarded to Tatum took the top spot! size of the jumps Monod. and the complexity of the tricks.

cluded two rail sec- went from ordinary packed with visitors Australian olympi-

ber 15th, the first Casey Sharpe who After qualifiers day of finals began. took the top spot in Jake Pates, pulled

This performance On Decem- was followed by

tions (including a skiers/filmers ei- for the event. View- an, Scotty James in rail on top of a Toy- ther recording on a ers could even climb the lead for the maota truck!) and four phone or just riding up the side of the jority of the event,

> Kelly Clark came back to win second place after hitting her face into the side of the pipe!

off a 97.33, putting him into first place! I got the chance to meet Scotty James (who ended up in second place) at Breckenridge the Recreation Center when he showed up during my volleyball practice after playing basketball on the neighboring court. When talking to him, he did not focus on the fact he had just qualified for the olympics but he asked about us. even got to talk to him about New York. After talking make the finals. The they got to where not much snow, finals, the crowd of women's snowtive course where to the superpipe afmen and women ter the men as well. with physical im- While Chloe Kim pairments compet- won, Kelly Clark ed for gold in either came back to win snowboard cross. ter hitting her face Some of the gold into the side of the medalists include pipe! After compe-Evan Strong and titions ended, every-Peggy Martin. In the one headed into the afternoon, the men's town of Breckensnowboard super- ridge for the street pipe competition style competition **CONTINUES ON** NEXT PAGE



Jake Pates takes first in men's superpipe, Scotty James in second, and Ben Ferguson in third.

the Powder Awards ers and photogra- perpipe finals. Her of the other com-(a ski award cere- phers crowded the brother, Darcy took petitors, I realized mony). It was awe- VIP area while visi- sixth in snowboard- they are everyday some to hear from tors from all over ing slopestyle the people like all of us, the many nominees came to watch. Al- following day! Af- just doing what they and listen to how though there was ter the ski superpipe love. This was true

ended, I attended Many news report- the women's ski su- to Scotty and many slopestyle course in- they are. Many the mountain was moved to the adap- boarders who took banked slalom or second place afbegan. After a tight competition with

were set up there. boarding

## SPORTS ANNOUNCEMENTS



**CONTINUED FROM** PREVIOUS PAGE

where competitors made their way to main street in Breck and rode the rails and jumps, that The day was topped off with the Transworld Snow-Riders Poll awards where riders/groups were honored with awards like Rookie of the Year, Video of the Year, and Rider of the Year. of the nominees for Rookie of the Year, Brock Crouch,

snowboarders.

snowboard slope- Judd Henkes (six- tors made the US Maggie Voisin for style competitors teen years old) be- Olympic team. This women's ski slopekicked off the fi- hind him in fifth. I includes Jamie An- style, Alex Ferreira, nal day of Olympic met both Henkes derson, Julia Marino Torin Yater-Wallace Qualifying events and Gerard, who and Hailey Lang- and David Wise for at Dewtour with a like James, are both land for women's men's ski halfpipe, win from Canadian regular teenagers snowboard slope- and Brita Sigourny, snowboarder, Spen- doing what they style, Red Gerard, Devin Logan and cer O'Brian. This love. This was fol- Kyle Mack, and Maddie Bowman for was followed by the lowed by men's ski Chris Corning for women's ski halfmen's snowboard slopestyle in which men's snowboard pipe. As the games slopestyle Canadian, Max Par- won. The youngest guson, Jake Pates others were added. rot, won this event in this competition, and Shawn White with Chris Corning Cody LaPlante (fif- for men's snow- were able to watch (US Olympian) just teen years old) took board superpipe and all these competitwo points behind. ninth place. Johanne Chloe Kim, Kelly tors represent team I got to meet one Olympian, Red Ge- Killi took first place Clark and Maddie USA after the exrard and Brecken- for women's ski Mastro for women's tremely long path ridge local (eigh- slopestyle. teen years old), took

my personal favor- events, up to twen- Nick Goepper for Women's ite snowboarder, ty-four competi- men's ski slopestyle, finals. Henrik Harlaut slopestyle, Ben Fer- became closer, a few

one of my favorite fourth place with Olympic qualifying Gus Kenworthy and

After all five pipe. It also includes that honor.

I hope you snowboard super- they endured to gain

Please Save The Date: Huntington Booster Club Golf Outing 2018 From numerous sponsorship opportunities, continental breakfast, through lunch and a Golf Awards Reception on the pool deck, 6/25 will be a thoroughly enjoyable day in support of Huntington School District's Athletics Programs!





# **SPORTS**



# **HAPPY GAPER DAY!**

#### BY **KIARA GELBMAN**

ferent types of peo- ing park. All of these ple in our society, riders there are different make the incredible types of riders on the and close-knit mounmountain. There is tain community the the show-off, who al- way it is. However, ways does tricks un- there is one group der the lift; the trash- of people we cannot talker, who thinks forget. The Jerry's. they are better than everyone else; the er or snowboarder fancy ones, who wear who does not follow their most furry/ the common stan-

Similarly to the dif- have been spent ridcombined

A Jerry is a skifabulous clothes; the dards of dressing or



who recently started riding; the park rats, who spend their time sending it off

advanced riders who way of approaching shred double black snow sports. They diamonds and back- are also known as a country, living by Gaper which stands the motto "There's for Guaranteed Acno friends on a pow cident Prone on Evday;" the beginners, ery Run. You may be

wondering, "how can I be sure if someone is a Jerry?" Well, unlike the rest of the mountain community, Jerry's stand out from the rest.

To avoid being a Jerry, follow these 10 easy steps:

1. Do NOT wear jeans! You will definitely end up soaking wet.

2. Wear ski goggles, NOT sunglasses or even swim goggles (and yes, this is a thing).

3. Avoid a large gap between your goggles and helmet. You will definitely be cold and risk an embarrassing sunburn!

4. Do NOT bring a snorkel. I know the pow may be deep but you will not drown. 5. Rub in your sun tan lotion! Spring skiing is the best! However, you do not need excessive sunscreen. Rock that goggle tan! 6. Pull your snow pants over your boots. It will save



you from having wet embarrassing event. socks.

7. Keep your helmet this unique part of on your head! It isn't our mountain comdoing anything attached to your pants

### ...respect and appreciate Jerry's, but avoid being one.

or backpack.

8. Carry your poles carefully. Do not swing them. They are sharp and hurt peo- lots of "Gaper Gaps" ple.

9. Wear clothes! No guy in short shorts explanation needed. 10. Ride the lift up! box. As you explore Not down! Downloading is only cool fun riding, remember with technology, not to respect and apon the mountain. Stay preciate Jerry's, but within your comfort avoid being one. zone to avoid this

To celebrate munity, on April 1st (April Fools), locals at mountains across the country celebrate "Gaper Day," by dressing like a Jerry. This year's Gaper Day (my first gaper day) was one to remember. I saw many people in costume onesies like unicorns, (step 3), and even a carrying a boommountains and have



A Jerry is a

skier or snowboarder who does not follow ...common standards of... approaching snow sports.

huge jumps, riding rails and pulling their skills to the test, and many others. I consider myself to be a park rat because out of my riding over fifty days on the mountain this year, most