
Wildcat Spotlight

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One of Our Own

Joy Grover

Ethan Ingram, currently a Junior at Licking High School, was one of twenty-four representatives for the state of Missouri for the Congress of Future Science and Technology Leaders which was held outside of Boston, Massachusetts this summer. The congress session was scheduled for June 29th through July 1st. These three days were filled with different speakers—some of the “greatest living minds in science and technology” as stated on the website (www.scitechleaders.com) and had a dance held on the last day.

An approximation of 4,000 delegates were present for this Congress meeting, with students coming from cross-country places like New York and California and other U.S. Provinces or Territories. The students were said to range from sophomore to even a few college students in their level of education. Students did not become delegates by applying anywhere—they were selected and contacted by mail. Qualifying students were noted for having good

grades, i.e. a high Grade Point Average (GPA), and generally had a real interest in science. These students were accepted as official members of the Future Science and Technology Leaders after attending this Congress. They also received awards for being accepted into this scientific community.

Ethan Ingram gave his opinion of how the Congress was, stating that he really enjoyed it and enjoyed seeing and talking to college deans from different universities across America. Ethan commented on how food and parking was provided for the delegates, but other things like travel and hotel expenses were left for the delegates to cover on their own. Ethan also stated that he and his traveling companion rented a car and drove themselves to the Congress meeting.

Ethan also noted some of his more favored speakers, although all the speakers interacted well with the students attending while they spoke. Among his favorites were Sean Stephenson, Bo Eason, and Marc Raibert.

From Ethan’s interview, this Congress of Future Science and Technology Leaders was a highly enjoyable event where students of high achievement can have a once-in-a-lifetime chance to meet, hear, or talk with professionals in the field of science. Congratulations Ethan Ingram for this incredible achievement.





LHS Student Council Delegates

Alyssa Atchley

The Licking High School Student Council results are in and we have eighteen new delegates joining the six student council officers: Kelly Bonnell as President; McKenzie Cook as Vice President; Joy Grover as Historian; Victoria Bonnell as Treasurer; Taylor Dawson as Secretary; and Alexis Hadix as the Wildcat. Mrs. Angela Barton is the STUCO sponsor.

Student Council is made up of four teams: Sound, Outreach, Design, and Activities (SODA). The sound team is responsible for anything the student body “hears.” They will be behind setting up any sound systems, playlists, courtyard music, masters of ceremony, announcements, and other communications between the council and the rest of the student body. The sound team will be the “voice” of student council, which means they will always represent the council with class and professionalism. Students on the sound team are Kelly Bonnell, Clabe Sullins, Kylar Monds, Abby Cole, and Kaden Quick.

The Outreach team of STUCO manages how the student body “feels.” They are responsible for deciding on service projects and organizing all projects on and off campus. They will be the “heart” of the student council, which means they will always show empathy for others and have a servant’s heart. Students belonging to the Outreach team are Joy Grover, Sydney Ice, Kasen Monds, Lucas Green, Maddy Cole, and Myrissa Sherrell.

The Design team is responsible for what the student body “sees.” They manage the bulletin boards

that show and promote upcoming events, as well as the calendar bulletin boards. They are also responsible for conceiving ideas for set designs for activities such as homecoming, lip sync show, and Battle of the Classes. They represent the “vision” of student council, which means they will translate the passion behind their ideas visually for the student body to embrace. Students belonging to this group are Victoria Bonnell, McKenzie Cook, Dalton Hart, Maggie Cline, Sara Taber, and Keely Crossgrove.

The Activities team manages what the student body will “do.” They will be the masterminds behind any and all activities that promote a positive student body culture. They will be responsible for submitting ideas for spirit-weeks, plan all games and activities for events like Battle of the Classes, and organize Karaoke and Lip Sync Concerts. They are the “hands” of student council, which means they will work to make sure all activities and games are set up and run smoothly, as well as being tons of fun! Students belonging to this group are Alexis Hadix, Taylor Dawson, Connor Medlock, Michael Milhizer, Alyssa Atchley, and Reece Derrickson.

Congratulations to the new STUCO delegates; it will no doubt be a great year for the Licking High School Student Council.





Catch Some Fun

Bailey Green

As the fall baseball season draws to a close, we sat down with a few of the seniors to see how they felt about the season, and to gather their thoughts on what it was like playing their last fall season before graduating.

Tristen Morelan said that he enjoys playing for the fans and teaching some of the younger/newer players along the way! Tristen stated that what he observed to be the most difficult thing about baseball is that there are slumps and tough times that you simply ought to find your way through.

Each of the senior players were asked how they prepared for the baseball season. Tristen said that it took a lot of work in the weight room as well as in the classroom. Brady Smith said that he picked up a ball here and there, but was not sure that he wanted to play until last minute. Nathan Wilson, in addition to Brady, said that he was not positive that he desired to

play until the season started.

They were asked how they controlled their schoolwork and social lifestyles at the side of playing sports. Nathan said that he normally finishes all of his work at school so that he does not have homework. Brady said that he does not really have a social life. He said: "I go to school, practices or games, and go home to watch TV."

The players were questioned what their preferred and favorite positions. Brady said first base or third base so that he does not have to run very far to the dugout; Nathan said first base as it is the easiest position.

Overall, they all stated that the key to a successful season is dedication and hard work, something that they pride themselves in.





Skunked Out

Dustin Reno

On Wednesday, September 14th, the Licking High School chapter of FBLA traveled to Saint Louis, Missouri to watch a baseball rivalry that has been going on for decades: the Cardinals verses the Cubs. While attending the game, they were also treated with the opportunity to watch a brilliant question and answer presentation given by a panel of executives from the Cardinals crew, Westminster College, FOX 2 and KPLR, with a focus on careers held in sports and media.

The Cardinals crew has over twenty-two hundred employees, and one-hundred seventy of those employees work exclusively in the stadium. Every year the ball club holds job interviews for an entry level position in sales; a college degree is an important qualification for the position.

When questioned about what it took to get into Westminster College, the school's president, Benjamin Akande stated, "Passion is a big key to

being selected to attend Westminster College. The future belongs only to those who can see it."

After the question and answer presentation there was a college fair on the top level of the stadium. Several colleges around the Saint Louis/Illinois area attended giving useful information about what it took to get a career in sports or media and what their colleges had to offer to help you get there. It was a great opportunity to see how academic achievements can serve you after high school.

As for the rivalry between the Cardinals and the Cubs, the game was a one up until the fifth inning, when the Cubs scored three runs, effectively nailing the Cardinals' coffin shut. After the Cardinals' devastating seven to zero loss, the Licking FBLA Chapter piled back onto the bus and began their voyage home after a bittersweet day of baseball losses, and academic successes.





Licking FFA Trap Shoot at Linn

Jordon Sullins

The Licking FFA Trap shooters went to Linn for a competition on Thursday September 8th.

There were two teams; the first team consisted of Sean Loughridge (who shot for both teams), Evan Mitchell, Blake Payne, Tanner Enfield, and Justin Leyborn. They placed sixth. The second team consisted of Lane Mesger, Austin Richmire, Chris Fortune, Spencer Grover, and Sean Loughridge; they placed sixteenth overall.

As individuals Blake Payne placed twenty third, Tanner Enfield twenty fourth, Evan Mitchell twenty-eighth, Sean Loughridge twenty ninth, Justin Leyborn forty-ninth, Lane Mesger fifty-sixth, Chris Fortune fifty-seventh, Spencer Grover eighty-seventh, and Austin Richmire ninety-fourth.

Congratulations to all their achievements!



A Day of Fun-Filled Teeter's Eddy

Barton Patricia

On Thursday September 15, 2016, a few of the science classes went on the Teeter's Eddy field trip. Three classes went on this trip, which included Advanced Biology, College Biology, and Environmental Science. They arrived at around 8:40 am that morning. Doc Hatch and Heather Hawn went on this Teeter's Eddy trip, just as every year, and split the large number of students into two groups.

When we arrived, Doc took his group of students on a hike through the woods and examined the many trees of the Missouri forest, according to Skylor Wilson. Mrs. Hawn and her group stayed at the gravel bar and tested the water quality of the Piney River. The Piney River is a lot cleaner than we expected it to be!

Toward the end of the trip, both groups met back up, ate lunch, and then studied some of the insects that roamed the Piney river. Everyone enjoyed being in the water, considering how hot it was.

Although everyone was having fun, the trip ended up rained out around noon. The river was rising very quickly, so no one was able to stay. Although they got rained out, everyone had a great day, and the trip was classified as an unqualified success.





Pokémon GO

Skylor Wilson

Pokémon GO is the new hit mobile app that allows the user to be a Pokémon trainer and travel the world in search of Pocket Monsters. Practically everyone has heard of it, and it is a great way to get outside and explore. Although it is a lot of fun, it has its risks and downsides.

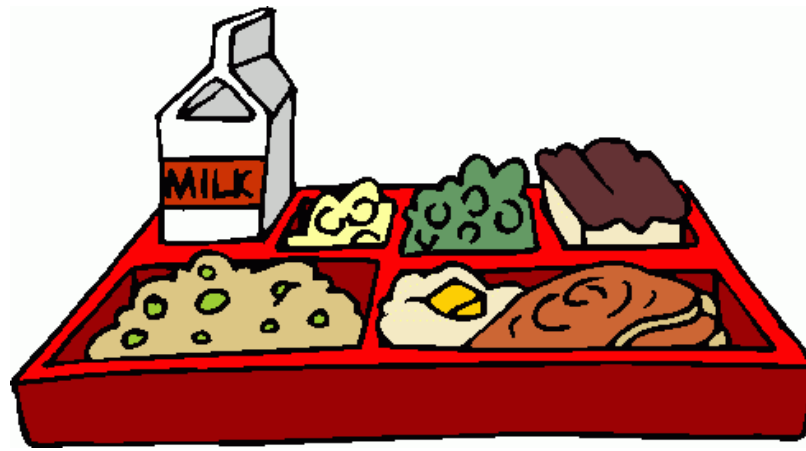
First off, Pokémon GO could lead to going to dangerous or private places in search of the Pokémon, which could lead to injury or lawsuit. Then there is the hazard of crossing streets or other public areas that could lead to injury, so be sure to watch for cars or other hazardous objects that may appear whilst out hunting. Also, remember that using phones during class hours is prohibited, so catching that eightieth Pidgey may not be worth having your phone confiscated.

Of course, Pokémon GO can still be a safe, fun activity if precautions are taken; the app creates incentive to go out and explore, to exercise, and to be the ultimate Pokémon master. People of all ages are part of this digital world, and playing with friends is easy, so it is an all-around great way to be involved in the community.

The hype may have dwindled, and certain features may lessen the game experience for some people, but that does not mean Pokémon GO is not a ridiculous amount of fun. It can be a love/hate relationship, but in the end, we just want to be the very best.

Like no one ever was.





Growling Guts Make Gym Grueling

Joy Grover

Many schools across America have restrictions or rules about students eating during class times, especially since the federal nutrition standards were updated. However, with the new federal regulations on limited calorie flexibility for school meals, it is possible that students are not receiving enough caloric intake to keep their hungers satisfied.

There are regulations that went into effect on July 1, 2012 that required more fruits, vegetables, whole grains, sodium limits, calorie limits, unhealthy fat limits, low-fat and fat-free milk, and finally, free water.

While there are many requirements, the most visually appealing is a table found on the SchoolNutrition.org web site. That table discusses the calorie intake limits for different age groups, and for different meals as well. The table states that for grades 9-12 (both male and female students) there is a 450-600 calorie limit for school breakfasts, and a 750-850 calorie limit for school lunches. These limits were set to try to stop or hold back the number of child obesity cases, but more often is the case that the common student is left feeling not-so-full from those 500 calories to start the day. In fact, there have been studies that imply that people should have their largest meals of the day first thing in the morning, and then work off those extra calories as they go through the day. However, school breakfasts offer the least number of calories.

Not all students can grab or fix a bit of breakfast for themselves, which is a good part of the reason why many schools offer a breakfast in the mornings. Even after simply walking from class to class, students can become hungry after a couple of hours. Unfortunately for them, these students will have two more hours before they can eat again because they cannot eat during class.

Is it any wonder why students will become excited over having a food day planned in a class? Likely because for once, they will finally get a chance to eat, unlike every other day when they have to wait until lunch.

Students should be able to bring in their own food, or have options available to buy a quick, healthy snack throughout the school day, not just at lunch. Given that the administrators and board members may be trying to avoid having students leaving wrappers and trash around on the floors, this problem can be avoided by having teachers remind students to pick up their trash before they leave the classroom; after a while, this would become common practice, just as students clean up papers and pencils before they leave their classes now. In addition, a student who is no longer hungry will have one less distraction between him— or herself, and the learning process.

I believe the benefits of allowing students eat in class far outweigh the possible downsides. Students should probably avoid eating on test days or days of hard studying, but for everyday classes, is there really that much of a problem with students eating during that time?

For more information on school lunch nutritional requirements, visit <https://schoolnutrition.org/>.



Cheerleading IS a Sport

Gabriel Crossgrove

I was well-ready to accept that cheerleading was a sport after I visited a single practice, much before even becoming a cheerleader myself, and now that I am one, I am fully ready to defend my sacred rights of tossing and catching a variety of girls that I have accepted to be like sisters to me. Somewhere between the fear of not being able to catch one of them, and the pain of having another fall directly onto my head, I started to wonder just why the school does not consider this high-risk, high-reward, physically grueling thing called cheerleading a sport.

The question of “what should be considered a sport” seems to be semi-hot topic today. Licking High School and the National Collegiate Athletic Association both have chosen to define cheerleading as something less than what it truly deserves to be noted as. The Merriam Webster’s dictionary defines a sport as: “a contest or game in which people do certain physical activities according to a specific set of rules and compete against each other.” Some key points of this definition to hit on are the facts that a sport is defined fairly clearly as being physically demanding in some way, and the inclusion of some element of competition.

Now there is no doubt in my mind as to the legitimacy of football or basketball being sports. They are both team games where by abiding their respective rules, a team attempts to beat out the opposing team. Now don’t lose your mind here, but try to imagine cheerleading as a sport. As I typed that, I could just see the riots in the street, the skies raining cats and dogs, and the world quickly ending, but just bear with me for now. Think about how cheerleading operates for a moment. Cheerleading is performed in a squad (a team) doing either choreographed dances and cheers, or participate in team stunts (performing physical activity) either to entertain an audience or when competing against other cheerleading teams (in competitions). They even all have a singular team uniform, much like the kind you would certainly find on any other high school sports team.

For those of you reading this who think that cheerleading is still too outside the norm to be consid-

ered a sport, citing a lack of physical competition, I would like to let you in on the fact that the video game *League of Legends* is considered a legitimate American sport by both the College Board, and ESPN. That is not to belittle the game in any way, shape, or form. It really is a spectacular game with a heavy emphasis on team-based competition. Is there much physical activity involved? Of course not, it is a video game that technically includes nothing but clicking and the pressing of some keys; but the definition of sport does not define the amount of action required to call something a sport. I fully believe that *League of Legends* should be considered a sport if only due to its difficulty and intricacy of a single match. For this same reason I believe cheerleading should be treated in the same manner. Cheerleading requires an entire squad sometimes upwards of twenty people to act in concert to lift and throw fully-grown human beings in the air.

In a further comparison to other recognized sports, consider gymnastics and dancing. Both are recognized by the NCAA as sports, and are both events in the Olympic Games. Cheerleaders do many things in a very similar manner to the both of them; dancers and gymnasts both perform routines, many times for competition, which they have spent many rigorous hours perfecting. Cheerleaders may not use balance beams, but they tumble and can do almost all the same floor stunts that a gymnast at the high school level could perform. Many cheers involve dancing, and some of them are even sanctioned as being pure dancing, but the dancers do not engage in any of the dangerous stunts that cheerleaders constantly must for their competitions. The similarities between these two sports and cheerleading are racking up, yet even when cheer ups the ante by adding danger to their routine in the form of high tosses and other stunts, they are still handed the short end of the spirit stick and are deemed unworthy of being referred to as a real sport.

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Cheerleading IS a Sport

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Neither Licking High nor the National Collegiate Athletic Association recognizes cheerleading as a formal sport and this is an issue. Cheerleaders provide much needed entertainment and relief during every home basketball game of the year. Even when they are off-duty during volleyball season, the squad makes up a considerable chunk of the Pep Club, cheering on their school and fellow classmates even when they do not have to. The memorization for both the mind and the body required for a single routine should be enough by itself for cheer to be considered a sport.

On the other side of this argument, many may claim that cheerleading is not a sport because it is not a game and lacks a score. While this may be true of cheering outside of competitions, I disagree with this assessment because of the sheer risk to personal safety that these should-be athletes face on a regular basis. Have you ever just thrown a person ranging from 100-140 pounds ten feet in the air and caught them while being synchronized with several other people doing the same? If yes, you probably lead a very interesting life, and should be able to vouch for the difficulty. Simply being synchronized with a single other human

being, let alone a group like a cheer squad performing a stunt or dance routine is exceptionally difficult. Two completely different people that may or may not have much, if any, experience together are now paired in performing stunts that could very easily lead to serious injuries.

Cheerleading may not have the overwhelming following that football has accumulated, nor precisely all the finesse required for dance, but it is still a component of the school's athletic system and should be considered a fully-fledged sport; not a mini-sport believed to be for those who could not succeed at basketball or volleyball, but a sport that stands on its own and does not have to use basketball games as its crutch, where it may be believed that all of every cheerleader's skill and work is shown only at games and that would be the end of their seasonal journey. The Cheerleading "season" lasts longer than basketball's does and cheerleaders travel and compete just as much as other teams.

Cheerleading, in my mind as I hope now yours, is undeniably a high school and collegiate sport.



Creative Submissions

Creativity is Key

Chezni Rocha

The school newspaper is accepting submissions of creative works. Submissions can be turned in at any time to the mailbox just inside Mr. Ellis' classroom.

Your creative submission can be a variety of thing such as:

short stories,

paintings,

drawing,

poems,

and more!

You can submit anonymously or take the credit for your beautiful creations. Letters to the editor are accepted as well, so start brainstorming to get your art featured on the school's newspaper!

