THE WORDS WE USE:
Students consider how language shapes our understanding

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Dear Readers,

You all already know me to be quite political and rather open about discussing it (just ask Mr. Soccorsi), so I’m sure no one will be surprised when I share with you what I got for an early birthday present. I received a biography of Supreme Court Justice Ruth Bader Ginsburg, appropriately titled Notorious RBG: The Life and Times of Ruth Bader Ginsburg.

While I was struck by her work ethic, legal brilliance and steadfast conviction, I was even more amazed by her relationships with her fellow justices, in particular, Antonin Scalia.

RBG and Scalia are polar opposites on almost every spectrum of every legal and political scale ever created. They’re both known for their fiery and sharp dissent which are often against each other. They rode an elephant together. He’s this large, bellowing, Italian man and she calls him “Nino.”

I was absolutely fascinated that these two people, who are at the very top of the legal world, whose jobs are to basically decide the fate, in part, of our entire society, have a deep mutual respect and admiration for each other.

My first question was, “How is this even possible? How do they not hate each other?”

My second question was, “Why do I find it so absurd that two people can disagree vehemently but still like each other personally?”

In our world today, people seem to criticize not only political opinion, but also personal dignity. We seem to demean and belittle, disregarding those who don’t hold views similar to ours, and it seems like second nature to do so.

Instead, we should be taking stock of RBG and Nino, two extremely different individuals, who still will take the time to both listen and respect each other.

On pages 28-29, we have three columnists sharing their views on the 2016 Presidential Race. These students have chosen to bravely share their beliefs with the entire community. I encourage you all to read these pieces, read them with respect and read them with an open mind, even if you’re 99.5 percent sure you won’t end up agreeing with the content.

Jenny Jiao
Editor in Chief

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The views stated in editorials represent that of the editorial board. No single member of the editorial board can be held responsible for editorial content decisions. Signed columns or reviews represent only the opinion of the author. Arlingtonian welcomes letters to the editor, guest columns and news releases from faculty, administrators, community residents, students and the general public. The Arlingtonian editorial board reserves the right to withhold a letter or column and return for more information if it determines the piece contains items of unprotected speech as defined by this policy.

As a public forum, all letters and columns meeting the above criteria will be posted in full on the Arlingtonian web site at www.arlingtonian.com for a minimum of four weeks. Arlingtonian and its staff will strive to publish only legally protected speech following the legal definitions for libel, obscenity and invasion of privacy.

The staff will also refrain from printing stories that create a material disruption of school activities. Because the Arlingtonian staff will determine content of the publication, it will therefore also take complete legal and financial responsibility for what is printed. Arlingtonian will not avoid publishing a story solely on the basis of possible dissent or controversy.

The Arlingtonian staff hopes and pays all printing and production costs through subscription sales, donations and fundraisers. The editor or co-editor shall interpret and enforce this editorial policy.
Any new policy may cause problems, as some students don’t see the effectiveness of a policy change in the same way as the administration. This happens to be the case with the newly updated attendance policy.

Assistant principal Jennifer Mox oversees the attendance policy. She talks to teachers and students if issues arise.

“Three minutes is considered tardy. After 20 minutes, you are counted as absent,” Mox said. “The frustration with the policy is usually with the students.”

The policy for tardies is progressive, as three tardies in one class translates to three lunch detentions and an additional tardy leads to four additional lunch detentions.

“I think the school-board-approved policy is just right. There may be a time overlap because the report was printed before the student brings a note, but that is just a matter of paperwork,” Mox said.

Senior Katie Kang said she believes the progressive structure is too harsh.

“With only a few tardies, you can end up with seven lunch detentions without even realizing it,” Kang said. “Being a few seconds late a few times shouldn’t result in such punishment.”

Some believe the emphasis on tardies is misplaced, pointing out that after a senior has accumulated three tardies in a quarter, his or her open campus privileges are revoked for the remainder of that quarter.

Seniors might opt to skip an entire class and receive a Saturday School rather than arrive three minutes late for the third time and lose their open campus privileges for the quarter.

“At a certain point, there would be fewer consequences if I skipped the class entirely than if I was late,” Kang said. “I think that it is the opposite objective that the school wants, because being tardy and missing a few minutes is better than missing the class entirely.”

Mox sees showing up to school as the most important responsibility of a student. She wants students to be in class and on time.

“Students should be 100 percent aware of the policy. If the student is incorrectly given a report, then they should go to the teacher to fix the problem. This is better than just skipping the lunch detention,” Mox said. “Ask if you are unclear about the policy.”

Mox said the policy is fair because an unexcused absence has a consequence.

“We code things differently. Students are excused for school functions, religious holidays, funerals, and other events. The school tries to be flexible, so just ask and communicate,” Mox said. “Every student and situation is different. We can accommodate, for example if someone has a funeral on the day of Saturday School.”

Despite such accommodations, Kang sees the policy as not only unfair, but also implemented unequally.

“I think the system is messed up. The teachers are able to choose if they want to give you lunch detentions or not,” Kang said. “If the teacher chooses to ignore the fact that you show up late, then the attendance policy doesn’t have an effect.”
Climate change has been a hot topic in world news recently. Conversation on the issue hit a high point at the Conference of Parties (COP21) talks in Paris during the two day Sustainable Innovation Forum on Dec. 7 and 8 of last year. Leaders from around the world such as President Barack Obama, Prime Minister of France Francois Hollande, and UN Secretary-General Ban Ki-Moon discussed the climate crisis amidst the turmoil of the Paris terrorist attacks that happened only a few days earlier.

While political policy on climate change has been the focus of these debates, the science behind the phenomenon is a helpful aspect to understanding the political maneuvers.

The simplest explanation of climate change comes down to four main gases: water vapor, nitrous oxide, methane and carbon dioxide. These gases block heat from escaping the atmosphere. The right balance of these chemicals keeps enough heat in the atmosphere to keep the planet warm enough without overheating it.

Unfortunately, certain human activities like the burning of fossil fuels has significantly increased the amount of greenhouse gases in the atmosphere. According to the National Oceanic and Atmospheric Administration (NOAA), carbon dioxide in the atmosphere has risen almost 40 percent since the Industrial Revolution of the 19th century.

The consequences of the increase in greenhouse gases are difficult to accurately predict, but the general effects of climate change include an increase in the average temperature of the Earth, severe weather, and a rise in sea levels. The increased levels of greenhouse gases are trapping heat inside our atmosphere. Increased heat will melt the glaciers around the North and South pole, causing an increase in sea levels, and the heat will also cause the ocean water to expand, raising sea levels even more.

In fact, the effect of rising sea levels can be seen already in the Marshall Islands. Increasingly high tides have been causing floods in the islands. According to The New York Times, around 17 percent of the country could be completely underwater by 2050.

However, not all effects of climate change are inherently negative. Changing climate and greenhouse gas levels could actually be beneficial to certain organisms. According to an article titled, Vital Signs of the Planet by NASA, some crops and plant life could benefit from the atmospheric changes and increased levels of carbon dioxide, but the change in climate patterns and temperature could change where crops need to be planted to grow properly.

Another weather related phenomenon that has gotten a lot of attention recently is El Niño. The term El Niño is used to describe the fluctuations between the ocean and atmosphere in the East-Central Pacific.

Despite concerns about the cause of this weather change, El Niño is not actually created by climate change. It’s a natural phenomenon that has existed since long before human impact was an issue. Therefore, the record-breaking warm temperatures this winter were not caused solely by climate change, but it did play a role. According to the National Oceanic and Atmospheric Administration, the planet’s average temperature has steadily increased since the 1960’s. In addition, the last few years have broken records with extreme heat and extreme cold.

The effects of climate change are not yet catastrophic but they are becoming visible. Positive changes to environmental policies and a day-to-day commitment from the people who live on this planet are needed to keep the effects of climate change from increasing to irreversible levels.
Athletes In Action

Winter athletes keep scores high while temperatures are low

PAGE DESIGN BY
CAROLINE CHIDESTER, ’17

BOYS HOCKEY: Junior Jonathan Grove (left) and junior Jake Carriero (right) skate down the rink in their game against New Albany High School on Dec. 13.

BOYS BASKETBALL: Senior Cole Pirwitz gets the rebound in a game on Jan. 27 against Central Crossing High School. The Bears won 53 to 37.

GIRLS BASKETBALL: Senior Captain Elli Watchman scores against Westland High School on Jan. 5. The girls won, ending with a score of 53 to 19.

GIRLS SWIMMING: Senior Sarah Dilz swims in the 200 IM on Dec. 11 against Firestone High School and St. Ignatius High School. She ended with a time of 2:16.96.
**BOYS BASKETBALL**

Senior Nick Kahler

The season has been going... great, our team has been playing together well lately.

Being a senior captain is... a position that holds a lot of responsibilities, but it’s great being able to help lead the team and keep our season on track.

The team has grown by... really coming together since the start of the season. Everyone is getting to know their role and positively contributing to the team.

The goal for the rest of the season... is always to win the OCC, make a run in the tourney and make it to states.

**GIRLS BASKETBALL**

Senior Kortney Eisenman

The season, so far, has been... progressing well. We have really amped up our intensity as of late.

Being a senior captain is... an honor, but I am just a piece of the puzzle like everyone else.

The goal for the rest of the season is... just to continue to progress and grow as a team to hopefully make a long run in the tournament.

The team has grown by... becoming closer as a unit and figuring out what we can really do when we work together. We still have some work to do but all of us have matured to some degree.
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10 | FEBRUARY 12, 2016
advancing athletes

Students look to take their talents to the next level

BY ELLISE SHAFER, '17

“I think the most exciting thing is the level of competition I will be playing at and the bonding experience I will have with my team.”

**KORTNEY EISENMANN**

**SCHOOL:** UNIVERSITY OF GEORGIA

**SPORT:** BASKETBALL

**DIVISION:** I

“With an added focus in the weight room and on the mental aspect of swimming, I hope to test my boundaries, continue the grind and improve my times.”

**IAN HAMILTON**

**SCHOOL:** UNITED STATES NAVAL ACADEMY

**SPORT:** SWIMMING

**DIVISION:** I

“I am most looking forward to being part of a team full of dedicated runners and competing in conference, regional and national championships.”

**ANN HEUERMAN**

**SCHOOL:** UNIVERSITY OF WISCONSIN

**SPORT:** CROSS COUNTRY, TRACK AND FIELD

**DIVISION:** I

“I'm looking forward to fulfilling my lifelong dream of playing college football, getting to meet new people and playing the sport I grew up playing.”

**COLE KAPAROS**

**SCHOOL:** UNIVERSITY OF DAYTON

**SPORT:** FOOTBALL

**DIVISION:** I

“It is going to be so much fun to play for such a great coach, and I am looking forward to playing lacrosse at a higher level.”

**DANNY LOGAN**

**SCHOOL:** UNIVERSITY OF DENVER

**SPORT:** LACROSSE

**DIVISION:** I

“I am thrilled to be starting at the lacrosse program at Marian since my team will be the their first lacrosse team ever, as well as taking my skills to the next level.”

**BLAIR MIGNERY**

**SCHOOL:** MARIAN UNIVERSITY

**SPORT:** LACROSSE

**DIVISION:** II

“I am most excited about meeting new girls that will become my good friends, in addition to trying not to gain the freshman 15!”

**LIBBY ROYER**

**SCHOOL:** OBERLIN COLLEGE

**SPORT:** FIELD HOCKEY

**DIVISION:** III

“I'm excited to be able to play the game I love at the next level and to become a better player. But, playing on TV and getting free gear will be an added bonus.”

**ONNO STEGER**

**SCHOOL:** WESTERN CAROLINA UNIVERSITY

**SPORT:** BASKETBALL

**DIVISION:** I
The Optimism of Basketball

_Intramural basketball season has its ups and downs._

**BY COLE PIRWITZ ’16**

With the kickoff of Optimist basketball, one of the most anticipated sporting seasons of the year is in full swing.

The well-known Optimist Basketball League gives amateur players a chance to play the game they love, without the skill and full-on intensity of school-sanctioned basketball.

Students from freshman all the way to seniors are excited because once again, the championship is up for grabs. But with such stiff competition comes hard times for many teams as they look to win the championship.

There are high expectations for a lot of teams this year, with many "super teams" coming together. Senior Connor Racey is part of one of these talented teams.

"Being a part of one of these [super] teams, it really makes Optimist more competitive as a whole because the worst teams just screw around, so the best teams are competitive with each other," Racey said.

Racey is on the 76ers, and as sophomore Scott Raber describes it, the Sixers are one of a few of these great teams.

"There are only three really good teams, the Sixers, Thunder, and the Wizards. They are just a cut above the rest," Raber explained.

Though it was easier to form these "super teams" this year, many players were denied their request to play with the people of their choosing because the league wanted to give the teams more parity. One of these players was Senior Gabe Murray, who is in his second year in the league.

"I was put on a different team than requested because they wanted to level the teams out," Murray said.

Another big concern is that Optimist basketball for a good, competitive time and a chance to have fun while playing the game of basketball.

"You have to plan around most things, so with Optimist coming first, I need to make sure most of my other things, like Winter Formal and family trips, are before or after the games," Racey said.

That being said, many players have to miss one or more games this season, generating some issues with chemistry.

“People miss a lot of games. We don’t have a full team usually, I think we’ve had a full team once in the first four weeks” Murray said.

Though this can create havoc with creating lineups (regulations state that everyone needs to play four periods), it can spur an opportunity for players to get more playing time, which is widely appreciated with limitations on quarters.

With so many variables going into the year, the Optimist basketball season is sure to be whirlwind of victory and heartbreak for many hopeful teams.
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The effect of language on our perceptions and actions toward world events

BY JENNY JIAO, '16 AND MAEVE O'BRIEN, '16

Headline after headline scrolls across the television screen: “Isis targeting Europe for Paris-style attacks, says EU police chief,” “Prayer Shaming After a Mass Shooting in San Bernardino,” “Traveling in Europe’s River of Migrants.” Quickly, the news is passed on, from friend to friend, teacher to student.

Again and again, keywords and phrases are passed from person to person so quickly that few have the time to stop and reflect on what they’ve just heard, what they’re about to pass on.

In a world of flashing headlines, minute-by-minute updates and social media flurries, people rarely pay attention to the underlying meaning of the words they said.

The language used to describe current events in the classroom impacts students’ perceptions and understanding of those events.

The terminology that is used in class when discussing current events is so influential because often times teachers themselves are news sources for students. If a student is hearing about a current event for the very first time, their perception is automatically limited to what the teacher provides them with.

Language arts teacher Matthew Toohey often considers himself a news source for his students.

“More often than not, when I do bring up a current event or discuss it, [the event] is news to them,” Toohey said. “In the strictest sense of the word, it is new information.”

According to a voluntary survey of students, 52 percent of students indicate that they get the majority of their information about current events from either their classes or their friends.

Toohey attributes this to how students approach reading the news today.

“I don’t think students are news savvy,” Toohey said. “I think that we have been conditioned as a society to scan headlines and memes and gifs and vine videos, and that’s where we get our news.”
A Range of Reactions

Often, one event can be described in multiple ways, using terminology with different connotations. Therefore, using one term over another can color the students' opinion of the current event.

A prominent example is the distinction between global warming and climate change. Even though these two terms actually refer to the same occurrence, they are often associated with different effects.

A 2014 report from the Yale Project on Climate Change Communications found that people associate global warming with more severe global consequences, such as ice melting, coastal flooding, world catastrophe and holes in the ozone layer.

On the other hand, people perceive the term climate change as having milder implications, more commonly associated with general weather patterns.

In addition, this report found that the term global warming generates more intense concern about the issue, especially in men, middle-aged to older people, liberals and moderates.

A separate nationally representative survey in November-December 2013 found that almost without exception, the term global warming is more engaging in the context of a conversation than climate change.

The terminology is more disputed because the issue behind it has evolved to become partisan. The 2012 Republican Platform did not mention the words climate change or global warming, and only made one reference to the problem of greenhouse gases.

In contrast, climate change has been on the forefront of issues advised by the Democratic party.

Students recognize the different connotations of the words too. Senior Jack Lebeouf observes how global warming is generally more controversial to use, because some people don't believe that global warming exists and is human-caused.

"If you were to say global warming rather than climate change, I would probably automatically assume that you agree that global warming exists. I would assume a bias exists," Lebeouf said. "If I was someone who didn't agree with you, I would initially discredit whatever you were about to say."

A similar distinction occurs between the terms domestic terrorism and mass shooting when characterizing a mass murder in the U.S.

While these two terms are often used interchangeably to describe the same event, each actually carries different denotations.

The Federal Bureau of Investigation defines "terrorism" as involving "acts dangerous to human life that violate federal or state law" and "appear intended (i) to intimidate or coerce a civilian population; (ii) to influence the policy of a government by intimidation or coercion; or (iii) to affect the conduct of a government by mass destruction, assassination or kidnapping."

However, in the U.S., the word "terrorism" is generally confined to be foreign. Senior Daniel Wang recognizes this assumption.

"The fact that we have the 'War on Terrorism' around the world creates a connotation that domestic terrorism is done by people who are un-American and that only Americans can commit mass shootings," Wang said. "And I think that's a weird distinction to make and isn't helpful to our understanding of the event."

Lebeouf also observes these connotations behind the word "terrorism."

"Depending on motive, domestic terrorism is automatically associated with somebody who has adopted radical Islamic ideals rather than someone who's just committed an act of violence," Lebeouf said.

Based upon the definition provided by the FBI, domestic terrorism requires that the killer is attempting to make a political statement by targeting a certain group of people.

Thus, the infamous mass murders that occurred at Sandy Hook, Columbine and Virginia Tech do not qualify as domestic terrorism, because the motive of the killers seems to be only to kill as many people as possible.

On the other hand, the June 17, 2015 murder of nine African Americans in a Charleston, S.C. church fulfills the definition of domestic terrorism.

The same case could be made for the Nov. 27, 2015 incident in Colorado Springs, Colorado, in which three individuals were killed and nine were injured at a Planned Parenthood clinic in an attempt to express anti-abortion sentiment.

Similarly, Obama himself called the recent shooting in San Bernadino, California an act of terrorism, because it was intended to display radical ideals and make a political statement.

Even though both the Charleston and San Bernadino shootings are examples of domestic terrorism, UAHS students were more likely to
identify the Charleston murder as just a mass shooting. 35 percent of surveyed students used different terms to describe similar acts of domestic terrorism.

The murders that occur as a result of hatred of a certain demographic and in an attempt to make a political statement can be labeled domestic terrorism, as defined by the FBI. Simply calling them mass shootings isolates the incidents and depicts them as products of lone-wolf, mentally insane individuals, rather than parts of a larger trend of xenophobia or racism.

Masked Meanings

Aside from the terminology surrounding current events affecting perception, the words used to describe groups of people is subject to the same scrutiny. Individuals often overlook what a name or a label entails, and all of the implicit knowledge that comes along with it.

A relevant example in the news today is the terrorist organization that calls itself the Islamic State in Iraq and Syria. While they proclaim themselves to be “ISIS”, different governmental and media groups have referenced them using a variety of names including ISIS, ISIL (Islamic State in Iraq and the Levant), Islamic State and Daesh.

In the political world, politicians have chosen to call the group by varied names with varied justifications. President Barack Obama exclusively refers to the group as ISIL, which media outlets and other politicians attribute mostly to grammatical correctness.

“Many politicians and media organizations that have chosen ISIL rather than ISIS have said they went with the former as a paeon to grammar... Many argue that using “the Levant” to describe the region is most accurate,” according to Jaime Fuller of the Huffington Post.

However, House Democrats switched to ISIL for a much different reason. Groups were protesting the usage of the name “ISIS” due to the fact that Isis is an Egyptian goddess that many groups cherished and worshipped.

Wang agrees that the name ISIS is not the most appropriate.

“I do not think [ISIS] is entirely accurate because I think this brand of Islamic extremism is not just centered in Syria or Iraq. It’s most present in those nations, but it might not necessarily be appropriate to refer to it as if it were just in those nations,” Wang said. “Also Islamic State can be taken as to encompass all Muslims, not just...”
Muslim extremists, so that must also be used very carefully, because it can very easily be misinterpreted as a broad blanket.”

The French government has adopted a similar rationale as Wang, wanting to distinguish between Muslims and the group as to avoid overgeneralization of the entire religion.

“This is a terrorist group and not a state. I do not recommend using the term Islamic State because it blurs the lines between Islam, Muslims, and Islamists,” France’s Foreign Minister Laurent Fabius said in a statement last September to reporters. “The Arabs call it ‘Daesh’ and I will be calling them the ‘Daesh cutthroats.’”

U.K. Prime Minister David Cameron and Australia Prime Minister Tony Abbott have both announced they will adopt the name Daesh to refer to the organization for similar reasons.

Daesh is an acronym of the official name of the group, al-Dawla al-Islamiya al-Iraq al-Sham. Many in the Arabic world are choosing to call the group this because it sounds like the Arabic words Daes, which means “one who crushes something underfoot” and Dahes, meaning “one who sows discord.” In addition, the word Daesh itself has become an Arabic word on its own, meaning “bigots who impose their views on others,” according to The Guardian.

Not only is the name used to distinguish between the Islamic religion and the extremist group, U.S. Lieutenant General James Terry, who was the commander of the mission in Iraq and Syria, explained that the U.S.’s allies have requested for this name to be used.

“Our partners, at least the ones that I work with, ask us to use that, because they feel that if you use ISIL, that you legitimize a self-declared caliphate,” Terry said, according to the Wall Street Journal. “They feel pretty strongly that we should not be doing that.”

Wang concurs with Terry but also sees value in calling the group its self-proclaimed name.

“I think sometimes it’s inappropriate to put a name to a terrorist organization because in some respects we are giving them respect and we are acknowledging that they are a legitimate group,” Wang said. “At the same time, this brand of terrorism is cohesive, and it is an organization that is separate from others and has its own distinct following and distinct practices [and] sometimes it is appropriate to give a name to that because that encompasses their brand of action and planning and speech.”

Wang believes that though ISIS is not a legitimate state, the education level of his audience is what matters the most when talking about the group and surrounding events.

“Even though ISIS may not be the most accurate terminology for it, I think if we are properly informed about it, then yes we can go ahead and use it as long as we know the stakes that we are using it,” Wang said.

However, at UAHS, students are at odds about some basic facts of the group, as seen in the survey, A Name Game, conducted by Arlingtonian.

Senior Sophia Fisher has heard of the name Daesh, but chooses to continue to use ISIS to describe the group and its activities, because she believes most won’t understand her if she says Daesh. She said using Daesh cannot send a strong message unless it is used by the general public.

“It depends on the connotation because if you’re talking amongst people who are informed and you want to send a message, call them Daesh,” Fisher said. “Until it’s used commonly, it’s not going to have any greater effect because if you say Daesh people will not know what you’re talking about.”

This dichotomy over terminology can have a variety of different effects depending on the person. For some people, labels are ultimately irrelevant, because the event stays the same regardless of what we call it.

“We are splitting hairs with terminology,” Toohey said. “Student A might be super offended by a term we collectively agree is the latest, least offensive term, whereas Student B might be open to using that term. We’ve created this culture that throwing words around is offensive.”

However, he recognizes that as a teacher, he has the power to affect his students’ thoughts about an event.

“I try my hardest to be indifferent, but I am sure this impact them or lead them in certain directions,” Toohey said.

On the other hand, using different terms can affect someone’s understanding of the given event. Since so many students rely on school, teachers, and peers for news, what words are used can influence how the student perceives the event, and thus, their beliefs towards it.

As a student, Wang sees language has the power to shed the comfort of free speech,” Toohey said.

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As a student, Wang sees language has the power to shed a different light on certain events.

“I think that the way that a subject or event is described can color your opinion of it, which is why it’s important to not just depend on a few sources.” Wang said.

As a teacher, he also notes that hypervigilance about terminology can even prevent open discussion within the classroom.

“Jumping on someone’s use of a term squelches the comfort of free speech,” Toohey said.

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Photography teacher Scott Wittenberg has always loved the wonder and artistry that comes from taking a photo.

“The first time I shot a roll of film with my Kodak Hawkeye in the fifth grade, I was hooked on photography," Wittenberg said. “It was like magic!”

He is currently producing a podcast called “Photography 101,” with 70 episodes already online and a new installment posted each month. More information can be found at scottwittenburg.com.

Aside from photography, Wittenberg has a passion for writing.

Wittenberg has published eight novels. He draws inspiration from his favorite authors such as Stephen King and Thomas Hardy. The hardest part of the process for him was coming up with new ideas.

“I love writing and spend virtually every evening working on my latest manuscript [for my next novel],” Wittenberg said.

The most interesting aspect of writing for Wittenberg is creating new ideas and new characters in a story, some imaginary and some based on real life.

“I'm currently writing my ninth novel. It's a sequel to my third novel, The May Day Murders, which is about a serial killer in a small Midwestern town,” Wittenberg said. “Most of my murder mysteries are not for the faint of heart.”

In addition to writing, Wittenberg has been pursuing music since the ninth grade, when he formed his first rock band called The Sands of Tyme and other bands afterwards.

“I was in the sixth grade the very first time the Beatles played on the Ed Sullivan Show. Every kid in the U.S. was glued to the TV that fateful night because the Beatles’ records had been playing on the radio and everybody was curious what these long haired guys from England who wrote and sang their own songs were all about,” Wittenberg said. “From that night on, I knew what I wanted to do – be a Beatle!”

Due to his Beatles inspiration, Wittenberg’s parents gifted him with a guitar and started his pursuit to becoming a rock star.

“I eventually started writing my own songs and moved to New York City in 1981 to form a band and become a rock star,” Wittenberg said. “Although we had a pretty decent band, we obviously never made it big but I had a wonderful, exciting time playing the clubs in Manhattan.”

With a multitude of interests, Wittenberg encourages his students to take risks.

“I have taken quite a few risks over the years because I am a tenacious, ambitious person,” Wittenberg said. “Had I not taken those risks my life would not be as full as it’s been.”

Geometry and calculus teacher Jeff Reinhardt has developed a growing interest in music along with his passion for math.

“I've always loved music,” Reinhardt said. “Early music memories still stick with me. My mom playing piano. The Toledo Symphony performance of Smetana in sixth grade. Saxophone lessons with my extraordinary teacher, Mr. Taylor. Playing alto sax in my high school’s marching and jazz bands. Listening to music constantly while studying mathematics in college. Math and music are awesome together!”

After college, Reinhardt took a break from music but returned decades later.

“I decided in my mid-30’s, after not playing an instrument for about 20 years, to give the cello a try,” Reinhardt said. “I'd never touched a string instrument before! It's a bit of an experiment that's been going on for nearly ten years now. I take lessons with another extraordinary teacher now, Cora Kuyvenhoven, who plays cello for ProMusica.”

Reinhardt finds his changing musical choices interesting and infinite possibilities with music exciting. He plays music that inspires him from Bach to Bourrees.

“I love the music of Bach and I’m currently working on various movements from Bach’s Cello Suites and I've recently begun to tackle the Bourrees from Suite No. 3," Reinhardt said.

Reinhardt plays when he can and has participated in school events as well.

“I play mostly solo pieces, but every once in while, I find an opportunity to play with others. I've been fortunate to play several times at graduation with our incredible high school orchestra, for example, and I hope to do that again this year," he said.

The largest struggle for him is to find the time to play because there's never enough, but finds playing enjoyable and fulfilling when he does.

“Patience, problem-solving, creativity, humility, persistence, advice, and fun are important aspects of music,” Reinhardt said.

Besides music, Reinhardt spends his day cycling, playing mandolin, computer programming and pursuing many other interests when he is not being a husband and a father to three children.

Even with his interests, he wants his students to know that he cares deeply for them.

“As your teacher, I sincerely want the best for each of you,” Reinhardt said.
Writing Right: Laura Moore

English teacher Laura Moore has spent her whole life exploring the world of writing and took last year to dive deeper.

“I was always reading, but my passion for reading was never as great as my passion for writing,” Moore said. “My second grade teacher would give me assignments to write bedtime stories for her children after I finished my work. She gave me a purpose. From then on, writing has been a major part of my life.”

In high school and college, Moore was a student athlete so writing was left for breaks until she graduated and moved to New York City.

“Between quarters, I would write furiously. When I lived in New York, I felt a surge of inspiration,” Moore said. “I would sit in the cafes at night and write. That’s where I started writing my first novel.”

After her first year teaching, Moore wrote a memoir about her time in Italy in a creative writing course. Moore enjoys being able to write the stories and explore new perspectives.

Last year, Moore took the year off to focus on writing. After having her son, she had lost her free time and her husband suggested using the year to learn about publishing, new writing techniques, and improving her writing.

“I would sit in my chair from eight to four to work and sometimes skipped lunch. It was great to work steadily on a project, without having to take breaks in between,” Moore said. “I am in the process of editing my first novel.”

Moore appreciates the time she had off and is searching for ways to continue writing. Currently, she writes during her winter and summer breaks.

“I thought I would have to hold off writing for many years but I was given this gift of a year writing. However, writing is now on hold because of family and students,” she said.

From her time off, she found new methods to teach her students. She learned that the process of brainstorming, outlining, and drafting isn’t always how writers write in the real world. She has also begun to use different outlets for her assignments.

“I want to find authentic audiences, like creating blog posts instead of just a flat sheet of paper to hand to a teacher for a grade. I loved writing a blog to interact with other people quickly and see people share my work. Unlike the publishing world which takes a long time; one piece of mine took eight months to print,” Moore said.

Moore understands that not everyone likes writing, but thinks it should be a skill that everyone masters.

“I hope people come out of my class knowing how to write coherently because they all have something important to say and words are a tool to express their ideas,” Moore said.

Breaking Stereotypes: Christopher Hayes

Spanish teacher Christopher Hayes has been immersed in the Hispanic culture through travel as well as mastering the language.

After experiences with Mexicans, Hayes knew that he wanted to further explore Spanish.

“When I was little, I had a family friend who was bilingual,” Hayes said. “We started having an influx of immigrants from Mexico and two students came into class and knew zero English.”

In college, Hayes studied abroad in Mexico where he studied Spanish at a local school and lived with a family there.

“Every since I did that international trip, I almost only go international when flying,” Hayes said. “I love seeing the culture and the world and seeing how people live doing the same things done but in different ways. It changes you and the way you are.”

Recently, he returned from another trip to Mexico over winter break where he relaxed on the beach. Hayes has spent time in nine countries, and has plans to visit more in the future.

“I’ve been to Mexico, the Bahamas, Canada, the United Kingdom, France, Spain, Italy, Antigua and the Dominican Republic,” Hayes said. “I would love to get to South Africa and Ghana, and I would love to get through South and Central America.”

While traveling, he enjoys breaking his preconceived notions about a country or its people.

“Mexico is not a third world country. The people in Mexico are hardworking and have the same things that we do here,” Hayes said.

To Hayes, traveling is not limited to what is in the brochure but also living with the locals and experiencing what they do in the day-to-day lives.

Hayes encourages students to immerse themselves in the culture through traveling, being open minded or learning a new language.

“I want my students to learn from other people,” Hayes said. “The more you know about other people the more powerful citizen you will become and the more easily you can climb the ladder of success to understand other people and cultures.”

By Kelly Chian, ’16
Students Seeking Schedules

BY OLIVIA VAN ARSDALE, ‘17

With the scheduling for the next school year ahead, it’s time to start thinking about what classes to take.

Film Analysis and IB Film

For aspiring filmmakers, or just for those who need to fill a slot on their schedules, it could be worth the time to look into Film Analysis and IB Film.

This year, these two classes were not offered as a result of accidentally being left off the class register. For the upcoming year, the program’s teacher and creator Rikki Santer is hoping to reinstate the classes.

Senior Grant Jones, who has experienced both classes, said he took them to gain more knowledge on the context of film.

“I've always been interested in movies and making movies. I wanted to get more of a historical background on it and that class offers more film theory,” Jones said.

Jones also stated that the Film Analysis courses are structured differently from most other art classes.

“It's more like a language arts class,” Jones said. “Except instead of reading books, you're reading movies.”

Jones said that his expectations of the class differed greatly from the reality.

“It’s more in-depth than I thought it [would be],” Jones said. “I was like, 'oh, we watch movies and talk about what we like and didn’t like,' but it’s so much more than that - you watch a movie and you probably spend a month analyzing it.”

Jones, along with fellow senior Jack Campise, began the Cinema Club after experiencing IB Film. The club has a similar function to Film Analysis, so if the idea of these classes sounds great but doesn’t fit into your schedule, go to room 215 after school on Wednesdays.

For more information on Film Analysis or IB Film, contact either Mrs. Santer or a school counselor.

College Credit Plus

As of this school year, a new higher education option besides AP and IB has come to the high school. CCP, or the College Credit Plus program (also known as ‘dual enrollment’) allows students to take college courses through Columbus State Community College while still in high school.

While dual enrollment has always been offered at UAHS through Ohio State Academy, this is the first year that Columbus State has been involved and also the first year that classes are being held at UAHS.

Currently, the high school is hosting Composition I and II, as well as American Government/State and Local Government, though other classes such as Intro to Psychology, Intro to Sociology, Introduction to Theatre, and Math For Liberal Arts are offered on the Columbus State Campus.

However, transportation is not provided, so a dual enrollment student would be responsible for getting to and from campus in time for classes at the high school.

While AP and IB attempt to emulate college classes, CCP courses actually mirror their counterparts on real college campuses. The core curriculum is designed to follow the syllabus of the same class given on Columbus State campus, and offers credit. For example, taking Composition 1100 is worth three college credits. This also means that one semester of a CCP course is worth a full year of high school credit.

This difference makes it possible for students to earn associate’s degrees while still in high school, like alumnus Toby Kegley did. Toby, having gotten her Associate’s Degree through Columbus State while at UAHS, is now a film student at Ohio University with an internship in Los Angeles.

For more information on dual enrollment, talk to Dr. Kathy Moore in the College Center.

Composition 1100 teacher Sean Martin and senior Yeilyn Rodriguez-Perez sit in a circle of desks, listening to students present their Flash Fiction projects.

PHOTO BY SARAH MARTIN

Cinema Club analyzes movies like this one, Blade Runner, outside of class. Cinema Club was created by IB film graduates and seniors Grant Jones and Jack Campise.

PHOTO BY CAROLINE CHERSTER
The cause of certain health issues correlates with over-watching of television

BY MCDANIEL HARTRANFT, ’17

The tears. The laughter. The gasps as a result from a cliff hanger. Fingertips pressed up against the button that doesn’t say “next” but really should because that’s what it’s giving you: next. The next episode, next season, next show. These are the motions and actions that are the result of the all too familiar idea of binge-watching. The idea of watching TV marathons has become old hat as Netflix, Hulu and Amazon take reign and binge watching fills its place.

Collins English Dictionary chose binge-watch as the word of the year in 2015. To binge-watch is to watch a large number of television programs (especially all the shows from one series) in succession. This poses the question of whether or not this is healthy.

Although Junior Libby Mislan is the varsity women’s lacrosse goalie for UAHS, during season she still maintains her TV watching schedule.

“During sports season, I probably only watch one to two hours a day. So, that would be around ten hours per week,” said Mislan.

Out of season, however, the hours she watches increases.

“I watch at least two hours after school and then five hours a day. I do other things, I do my homework every night, I play on my ipad a lot, I text. It’s like a multitasking kind of thing,” said Mislan.

However, for Mislan, binge-watching isn’t as common as just watching show to show.


A Reader’s Digest article points out the health concerns that come from sitting for extensive periods of time.

“Sitting for long stretches of time increases your risk of health issues (including diabetes, heart disease, and cancer), even if you also exercise regularly,” the article said.

Mislan doesn’t find binge watching healthy, but she doesn’t find it a problem. “Binge-viewing tends to be a pretty isolating activity, according to a study by Marketcast, an entertainment research firm, which found that 56 percent of bingers prefer to watch alone; 98 percent watch at home,” the article said.

However, Mislan doesn’t find herself isolated when watching TV.

“Watching TV brings me joy. I get really emotionally attached so if the person [character] is sad I feel bad for them, if they’re happy I’m happy,” Mislan said.

However despite Mislan’s feelings towards TV, the rate of addiction of TV shows is still high. Reader’s Digest also explores the possibility of addiction. “Behavior also becomes addictive when it begins to negatively affect other aspects of your life, like if you neglect other activities or responsibilities to binge House of Cards,” Reader’s Digest writer Chelsea Stone said.

In conclusion, TV isn’t bad, but the amount one intakes in one sitting is becoming problematic to ones health. In order to fix this, one should know their health and watch their body can handle.
Justin Bieber, Logic, Vance Joy are just a few artists en route to Cbus

BY ELLISE SHAFER, ’17

**LOGIC ▶ MARCH 5**

Sir Robert Bryson Hall II, better known under his stage name Logic, emerged from the streets of Maryland and has since become one of rap’s biggest stars. His first single “Under Pressure” reached number 20 on the United States R&B/Hip Hop charts. Touring his sophomore album *The Incredible True Story,* Logic will be at Newport Music Hall on March 5 supported by fellow rapper Dizzy Wright. Tickets are going fast and growing in expense, so lock them down now.

**VANCE JOY ▶ MARCH 21**

Australian singer-songwriter Vance Joy of last summer’s “Riptide” fame is heading overseas next month for “The Fire and the Flood” tour. Having surely acquired more fans after opening for Taylor Swift on parts of her “1989” tour, he will be playing at the Lifestyle Communities Pavilion—a significantly larger venue compared to the last time he was in Columbus solo in November 2014. Tickets are $27.50, and opening acts include folk band Blind Pilot and Jamie Lawson, the first artist to be signed to Ed Sheeran’s label, Gingerbread Man Records.
Ever since he first stepped onto the music scene in 2008, Justin Bieber has been a cultural phenomenon. After recently reinventing himself in preparation for his new album *Purpose*, Justin Bieber is about to set off on a world tour. But, don’t expect the audience to be all middle school fangirls—Bieber has returned with a more mature sound that has opened him up to an equally mature audience. However, if you’re looking to reminisce about the old Bieber, this won’t be that kind of show. Bieber has named his tour after his new album, so chances are that will be the focus. At the Schott, tickets range from $50.50-$116 depending on seat location.

British indie band The 1975 have recently emerged from the underground music scene and skyrocketed in the charts. After faking their own breakup last year, the band consisting of Matthew Healey, Adam Hann, George Daniel, and Ross MacDonald are set to release new album *I Like It When You Sleep, for You Are So Beautiful Yet So Unaware of It* on Feb. 26. Their first single from the album, “Love Me”, reached number seven in the U.S. Rock charts, and their recent tour resulted in a sold out Dec. 7 show at Express Live (previously LC Pavillion). For those who missed that concert— or just want to see them again—The 1975 will be back at Express! Live on May 22 with opening band The Japanese House. Tickets are $37, but get them fast, because this show will sell out.
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cssc.edu/honors to RSVP and find out more!
Today, Valentine’s Day is known to be a romantic holiday. Common traditions include sending flowers and cards or buying gifts. It’s a day for romance and love, and some students at UAHS are participants in this sentimental holiday.

“I usually bake a good dessert and watch a romantic movie” junior Zoe Manoukian said.

Some new traditions are starting too, like junior John Guo who said, “I hope to spend Valentine’s Day watching Netflix with my friend Gabby.”

The origins of the holiday, however, are surprisingly different from the day of love and romance that we have now.

The creators of the holiday, the Romans, had a feast called Lupercalia that was celebrated over the course of three days in February. The festival included a matchmaking lottery and heavy drinking.

Over time, the Catholic Church took control of the festival. Pope Gelasius I combined St. Valentine’s Day and Lupercalia in an attempt to get rid of its Pagan rituals. The festival was still about fertility and love, but without the mystic aspect that once dominated the holiday.

St. Valentine’s Day has become more romanticised in popular culture. A trend started in Europe where people would make handmade paper cards and give them out as a sign of affection. Factory-made cards became popular in 1913 when Hallmark Cards of Kansas City began mass producing Valentine’s Day Cards.

Now, Valentine’s Day has become less about tradition and more about commercial gain. According to Business Insider, the average American spends around $134 on the holiday. That means that around $17.3 billion total is spent on the holiday. Those billions are from Americans alone, other countries that celebrate the holiday like Europe and Japan rack up their own Valentine’s Day expenses as well.

But not everyone celebrates Valentine’s Day. According to the History Channel, only around 62 percent of adults say they celebrate the holiday, meaning around 60 million adults in America are not participating in the romance of Valentine’s Day.

The holiday isn’t universally celebrated at UAHS though. Some UAHS students won’t be participating in the amorous holiday, like junior Avery Scholl who said, “I’m working this year.”

Despite the fact that the holiday doesn’t hold the same level of participation as other holidays do, it still gives an economic boost to the candy companies. According to CNN, consumers spend around $2 billion on Valentine’s Day candy alone.

“The best part of [Valentine’s Day] is the next day when I go to CVS and buy all the chocolate that’s on sale.”

Junior Zoe Manoukian

Valentine’s Day is a well-known holiday that brings in big revenue for candy companies, but the origins of this ‘day of love’ are less romantic than the traditions we now share.
DK DINER: While most famous for its donuts, DK Diner also serves up breakfast, lunch and dinner. In addition, DK is one of few locations nearby that serves the ‘doussant’ - which is basically the untrademarked version of a cronut (a croissant and donut). If you’re in the market for that New York favorite, give DK a look. However, seating is mostly outside, so definitely take a jacket.

STAUF’S: This old-school coffeehouse in Grandview offers a variety of winter specialty drinks, such as “the Olaf.” Fear not, though: even once winter is over and these drinks are off the menu, they can still be made on request. There’s plenty of seating inside this hipster haven, but beware because it’s usually packed.
**Katalina’s:** This cafe on Pennsylvania Ave. serves an assortment of breakfast items, sandwiches and tacos, but are known for their most popular dish, “pancake balls” (which can be filled with a variety of substances, including Nutella and dulce de leche). While the food is easily worth a visit, dress warmly, because space inside the cafe is tight and most of the seating is outside on picnic tables.

**Sweet Carrot:** This new restaurant was originally a food truck owned by Two Caterers Contemporary Cuisine. Now it has a larger location on 5th Ave. in Grandview, but Sweet Carrot has stayed faithful to its original fresh-casual menu, serving up mac and cheese, sandwiches, corn cakes and other fare on a larger scale.
to the professional cameras in the back, Trump’s empty podium is flanked by five neat columns of well-dressed spectators, restlessly checking their phones and looking around aimlessly. However, on the other side of the podium is a gigantic mob of people. They chatter excitedly about foreign policy, national security, and their favorite presidential candidate: the one, the only, Donald J. Trump. At Trump’s campaign rally on Nov. 23, all are welcome. (Unless you are Mexican. Or Muslim. Or poor. Or educated.)

The Dublin mother and son duo in front of me expressed their avid love for Trump in the front row of this throng. They’ve read both his books and think Trump is true to his campaign promise of “Waking Up America,” and they praise him for “saying it like it is.”

In fact, that was a constant among everyone I talked to at the rally (with the exception of UAHS junior Charlotte Orr, who nearly got thrown out for wearing a Bernie Sanders sticker). All of Trump’s supporters admire him for his candor, his off-the-cuff speeches and blustery bedside manner. In the case of the Dublin mother and son, they counted down the days to this rally, then the hours.

The second group I interviewed, two older women and a police officer, was less sure about Trump (but still on the hardline Republican side) but there for the same reason: “He’s funny!” one of the women said. “Sure, he sometimes puts his foot in his mouth, but he’s got a real candor to him and I like that.” Even the closet Democrat next to me was just there to witness the magic.

Make no mistake, Trump was plenty entertaining (after being 21 minutes late to the podium). The centerpiece to his campaign, building a wall on the Mexican border, resulted in a resounding cry through the echoey convention center: “BUILD THE WALL! BUILD THE WALL! BUILD THE WALL!” Trump fueled the fire with his rhetoric - “It’s so easy to do! What’s expense? I’ll build that wall, and it’ll be a beautiful wall, it’ll be a big wall!” I would have pointed out the flaws in the argument. For instance, that immigrants have been shown to be less likely to commit crimes than American natives, or that an immigrant has as much chance of doing something great in this country as they do of becoming a serial rapist. Or I could have pointed out that Mexico literally cannot finance this wall, and extorting them into trying to do so is like demanding a few billion dollars from Greece in cash. But all around me were people much larger than I am, offering up racist shouts to their toupee’d god, the Trumpster.

Then, of course, Trump had to go on about Muslims. It’s one thing to discuss something about which you’re obviously ignorant. It’s quite another to discuss something about which you are ignorant to hundreds of people that will believe you. Make no mistake, when Trump began preaching about needing to register Muslims and put surveillance in mosques, people started screaming as if nobody remembered the last time the world decided it was a good idea to brand, monitor, and limit the freedoms of a specific religious minority group.

But here’s the interesting thing: Trump bragged up on that podium that he had the “most loyal supporters” of all his competitors. Trump, buddy, they were booing you 20 minutes ago! Your soundtrack guy played “Hey Jude” for the third time and people sounded like they wanted to hunt you down with their own second-amendment-sanctioned guns! One of the official signs boldly stated, “The Silent Majority Stands With TRUMP,” but there is nothing silent about Trump’s fanbase, especially when they’re displeased. After walking out of that rally, it didn’t take a political expert to guess that Trump’s loyal supporters had an expiration date.

Now, nearly two months later, Trump’s numbers are dwindling, especially in New Hampshire. Polls by the Huffington Post show Trump plateauing, and Cruz rising almost as fast as Trump did this past summer. Cruz even said to the New York Times that he “[doesn’t] believe Donald is going to be the nominee. And I think, in time, the lion’s share of his supporters end up with me.”

The Iowa caucuses are now over, and Cruz is true to his word - he overtook Trump by 3.3%. In terms of IQ, I don’t think Cruz is any better than Trump. But if it’s about choosing between the lesser of two morons, I’ll take Cruz’s blatant idiocy over Trump’s blatant disregard for personal and religious freedom.
I Can’t Feel The Bern

It’s pretty clear that Senator Bernie Sanders’ campaign has turned into something of a movement; he has received massive media coverage, millions of followers on social media pages, and his recent rallies in Iowa have drawn tens of thousands of supporters. In fact, Bernie’s followers have created something of a cult here in our high school, making it impossible to hold a 5 minute conversation without hearing mention of him. However, after examining the facts, I came to the conclusion that Sanders’ policies are out-of-touch from the real world, and completely impractical.

Let’s start with his biggest talking point: “free” college for everyone in the United States, a program which economists estimate would cost upwards of 100 billion dollars per year, or 5 times that of NASA’s budget. Besides the obvious issues of cost, questions arise on whether there’s a need for this at all. According to Gallup, most American employers believe that the current college system is poorly tailored to meet the needs of the workforce; in other words, there’s no need for for 15 million construction workers with bachelor degrees in meta-academic epidemiology. Essentially, Bernie’s policy would not only be monstrously expensive, it would also exacerbate the current gap between the supply of college graduates, and the demand for their work.

Aspiring College Attendees Should Vote Bernie

As students who have spent years preparing for college, we have all come face-to-face with the difficult truth that college tuition is often more expensive than the average American’s house. In this highly competitive global economy, competition for jobs demands that we develop a highly educated work force. It is essential that Americans are educated and employed in order to strengthen our economy. However, if people can’t afford to go to college without acquiring a massive debt, we are not strengthening our economy, we are weakening it.

Bernie Sanders is the only candidate who’s concerned enough about the rising costs of education and its impact on the job market to develop a plan to address college tuition. Bernie feels strongly that a quality education is a basic human right and should not be available to only those who can afford to buy it. Therefore, he has proposed the “College for All” Act, based on basic principles.

First, Bernie says that all public colleges and universities should be free. Currently, the federal government is allowed to profit from the interest on student loans. While it is important for our government to have a highly educated workforce that can compete for high-paying jobs, the current model creates an incentive for the government that is a barrier to meeting this necessary goal. Bernie says that the solution is simple - do not allow the federal government to profit on student loans. This would reduce student loan interest rates and make loans more affordable.

Second, this would be paid for by a “Robin Hood” tax on Wall Street. This tax would be a 0.5% speculation fee on investment houses, hedge funds and stock trades. Additionally, it would take a 0.1% fee on bonds and a 0.005% fee charged on derivatives. Analysis by University of Massachusetts Amherst has calculated that this would be up to $300 billion per year. This is more than enough to cover the cost of the free education which was priced at $7.5 billion per year.

The other main issue is his economic policies; the senator has demonized billionaires and leaders of industries, calling them “corrupt” and threatening to tax them at a 90% progressive rate. At the most basic level, I resent attacks on entrepreneurs like Jobs or Gates or Bezos, because I believe their contributions to society have been extensive, and their fortunes are well-deserved. More importantly however, economists agree that a 90% tax rate is absurd, because of the inverse relationship between taxes and productivity. Taking a very large portion of someone’s income can decrease their productivity at work, thus generating less money and decreasing the utility of the tax. With a number as high as 90%, Sanders would actually be collecting LESS revenue than with a smaller tax. So not only does Bernie Sanders’ tax plan unfairly target the rich, it’s also nonsensical because it would generate even less revenue for the budget than with the status quo.

I’ll end with this; when making the decision of supporting a politician as President of the United States, it’s important to look beyond the surface, or what you’ll read on MSNBC and FOX. If you closely examine Sanders’ policies, you’ll note that they are very idealistic, but at the very least, highly impractical. With so many highly qualified candidates (like Bush and Rubio), I see no reason to support the senator.
My Mid-Teenage Crisis

Recently, I found myself in a rut. Cheerleading and musical theatre; both things that used to make me happy, didn’t anymore. This realization was hard to accept. I wondered, is this just part of growing up, or is something wrong with me?

Staring at a brochure about depression that was handed out in English, I noticed that one of the major symptoms was loss of interest in things that you used to enjoy. Worried, I began to think that the feelings I had been experiencing could be more serious than I had previously thought.

But no, that wasn’t me. I was just changing. Evolving. Just because you grow out of certain things as time passes, doesn’t necessarily mean that you’re clinically depressed. If you’re like me, it could just mean that you’re going through a mid-teenage crisis.

Mid-teenage crisis. Noun. An emotional crisis of identity and self-confidence that can occur around age 16.

My self-diagnosis proved to be true. For a while, cheerleading, the sport that I used to love, had been annoying me. The long practices combined with the competition and the injuries I had retained made it difficult for me to still find joy in it. Nevertheless, I convinced myself that I was just tired. Besides, I didn’t want to come off as a quitter, and I was worried about my health if I were to stop.

It all came down to one practice, where I was feeling particularly fed up. It was then that I realized that the only thing still driving me to cheerlead, as well as participate in musical theatre, was that it would be something else to add to my college applications. And frankly, that is just sad.

I then came to the conclusion that it is because college apps are looming overhead that I need to be focused and not participate in activities I don’t love that will just become distractions. After all, the future is what matters, right? I mean, that’s the rest of your life. And did I want to spend the rest of my life doing things that made me nothing but frustrated? Was I going to major in, or even continue doing these things in college? No, and no. I already knew what I wanted to do with my life; I always have. I want to write.

It’s hard to give up activities that you have always done, but sometimes it takes doing that to re-discover what you really love. And for me, that’s writing. That’s what I need to be focused on come my senior year.

So, I have decided to quit the things that weren’t making me happy. I’m done. Maybe it’s just early-onset senioritis, but I feel good about the decisions I have made. Honestly, I am relieved, and I feel more like the person that I have always wanted to become.

That being said, if you find yourself in a similar situation, don’t second guess yourself. Go with what you truly want to continue doing and really think about what leaves you smiling after a long day. Trust me; if you follow your passions, you can’t go wrong.

By Ellise Shafer, ’17

EIGHT in EIGHT
What would your slogan be if you were running for president?

Senior
Steven Wink
“Steven Wink making America like the fathers intended.”

Junior
Griffin Burcham
“You have to be willing to take hits.”

Sophomore
Meredith Mimnaugh
“Meredith Mimnaugh is the best president for you.”

Freshman
Nicholson Baird
“I would like to be the president, thanks.”

Senior
Sarah Bridgeport
“Our country will be the country we need.”

Junior
Alison Chapman
“Alison Chapman for the people every single time.”

Sophomore
Jake Carlin
“Yo, wake me up when they free Gucci.”

Freshman
Harissa Henson
“Do you really want Donald Trump being president?”

OP/ED

OP/ED

 Columnist addresses recent change of heart concerning identity

What would your slogan be if you were running for president?
**Netflix & Learn**

**Staff looks at the positives of television**

**STAFF EDITORIAL**

This generation has taken television - as with many other things - to a level unforeseen by our predecessors. Instead of being limited to watching your favorite shows in the couch of your basement, television can now be taken with you. Anywhere there's an Internet connection, "Parks and Rec" is totally available. For eight dollars a month or so, almost the entirety of television is yours.

Of course, scientists at Harvard, namely health sociology professor Steven Gortmaker, have shown that there are definite health risks to binge-watching Netflix. Being attached to a screen for too long can seriously affect your gray matter: increased chances of obesity, less sleep, and video-game addiction just to name a few of the possible negative consequences.

Television, however, can also be educational - but you don't need to load up on PBS specials and History Channel documentaries to benefit from it.

Consider long-running crime drama "Criminal Minds," now going on its 11th season. Obviously, you can't get a PhD in psychology or be an expert in behavioral science just from watching a television show. But it does highlight, for instance, the tendency of volunteer search-and-rescue groups to drown out the voice of the person they're looking for with their own shouts. After a while watching, it would be difficult not to know the difference between a psychopath and a sociopath.

Additionally, psychologists Jessica Black and Jennifer Barnes at the University of Oklahoma have found that watching television dramas can improve one's ability to read the emotions of others. "Film narratives, as well as written narrative, may facilitate the understanding of others' minds," they wrote in the journal Psychology of Aesthetics, Creativity, and the Arts.

Their studies, published by the University of Berkeley, held that watching well-written television dramas can increase emotional intelligence.

So before you start feeling incredibly guilty about binge-watching an entire season of "How to Get Away With Murder" in three days, remember that not all learning happens in a classroom - and you may be learning equally important lessons right on the screen of your laptop. But consider getting up and going for a jog afterwards.

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**Saying Goodbye**

**Columnist mourns the loss of famous OSU resident**

The word "Ohio" conjures up many fantastic ideas - serene fields of soybeans, HELL IS REAL billboards, corn, and for many students at the Ohio State University, the favorite Snapchat story topic of campus, the guardian of Mirror Lake, known to most simply as Afroduck.

For years, those who strolled alongside Mirror Lake admired the ravishing waterfowl, who was easily distinguished by the plume of feathers on his head, which resembled the African hairstyle of which he is named.

As I walked this desolate stretch of sidewalk on the night of his funeral, passing the over 200 silent grievers who came to pay their respects, I saw the heaps of roses, burnt out candles, and rubber ducks piled up before the black water that the duck called home and realized how important this fair haired, Midwestern treasure was to us - it is reasonable to say that if Brutus the Buckeye had not been elected as the university's mascot, it would have been Afroduck.

Afroduck was not just any bird, he was a beacon of hope - with his head held high in all it's avian glory, he cast an aura of confidence and swagger that urged all the misfits in the world to do the same.

He was truly an advocate for the oddballs of the world, his dying message becoming a shining beacon: being different is a good thing.

Hopefully now he's in a better place, being tossed bread crumbs in the Mirror Lake of the sky.
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