



Panther Paws

Fall 2009

Big Brother Is Watching You

By Gillian Nigro

As I strolled tensely into the Assistant Principal's office, a feeling of utter anxiety washed over me. I immediately felt like I should be in trouble like the few other students slouching on the bench beside me. Calming myself down, I remembered why I was here - to interview Mr. Roberts. The earsplitting voice echoing from the speakers at all hours of the school day, the head-honcho. The busiest member of the staff sat in his office, bellowing into the receiver of his phone. The person on the other end of that call must have been holding his phone several feet away from his ear. I was tempted to enter his office wearing a hat, iPod plugged in, and texting. I wisely decided against it. When he finished his call, I stood up, opened my notebook to a blank page, and walked slowly into his office.

"Hi, I'm Gillian Nigro," I said cordially, introducing myself.

"Yes, I know who you are," Mr. Roberts replied.

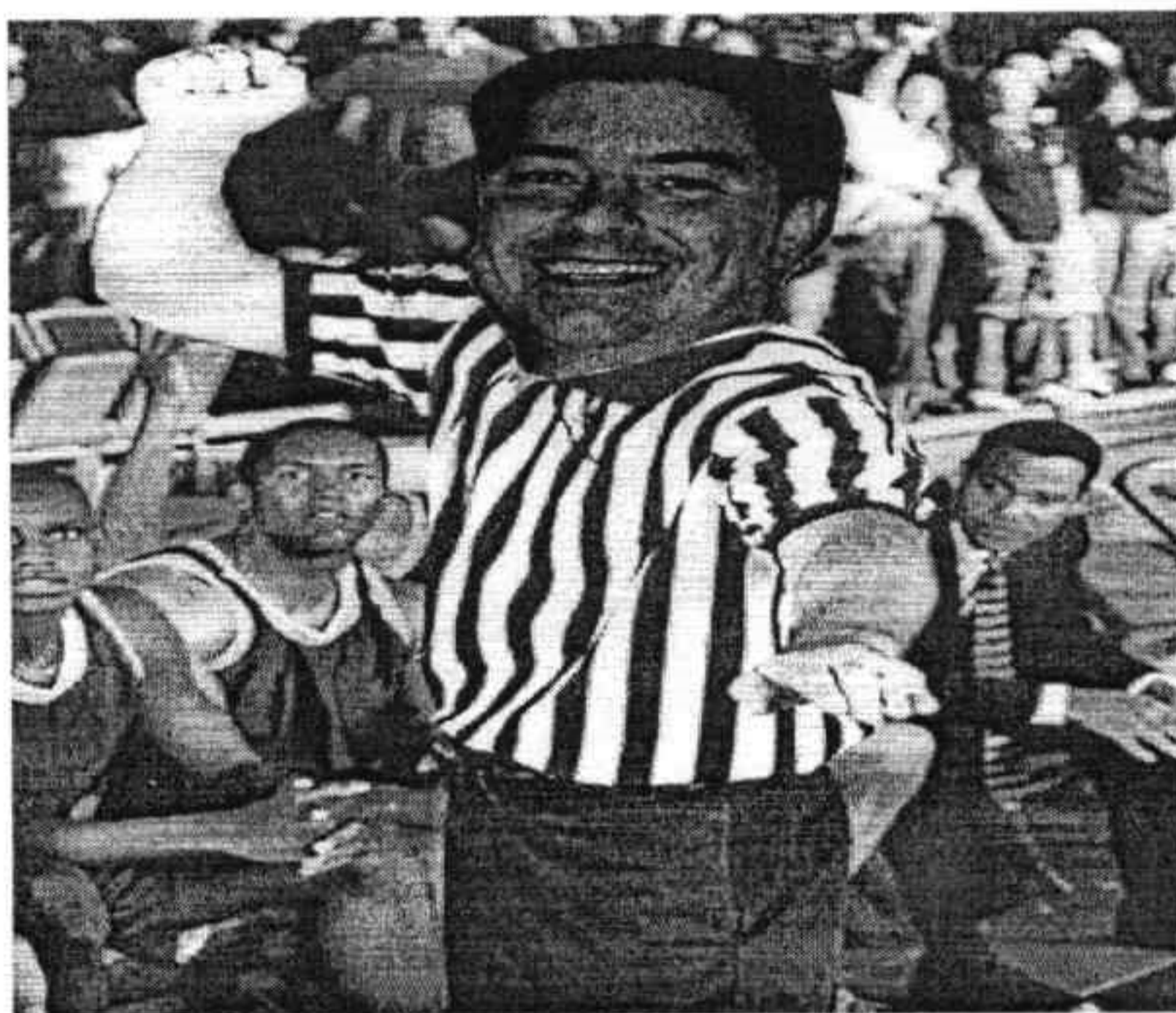
"Really?"

"Of course, I know everyone." Whoa. That comment instantly made me think of 1984, by George Orwell.

You must have noticed that we entered this current school year with several more restrictions pertaining to what we can wear and stick in our ears from the minute we enter the building to 2:15pm. The administration is cracking down. There is now a ban on all electronic devices, including iPods, MP3 players, and laptops. Also, students are no longer permitted to wear hats. Policy-abiding students are furious with these changes. They do not think it is fair for them to be punished just because some of their peers disobeyed the rules.

"These restrictions were always in the Code of Conduct," said Mr. Roberts. "It never changed." In previous years, it was expected that students would follow a teacher's specific rules on hats and electronics. It has now expanded on a much larger scale. There is one policy for the entire school. No fine print. "There is the respect factor to consider," said Mr. Roberts, referring to the hat policy. Students could easily be cheating while wearing hats, their eyes wandering to the paper of the person next to them, while the teacher sits at his or her desk. I understand this. However with these new policies, I believe there will be a drastic increase in the amount of heated exchanges between teachers and students. It is not the possession of the hat or iPod that really gets the student into trouble; it is what the student says to the teacher when attempting to claim the object in question. Most students will not go into a long, bereft soliloquy about how this teacher is threatening their Fourth Amendment rights. Usually, the f-bombs will start flying.

Many students have been wondering why the school policies have drastically altered this year. The answer to this was not clear. "You can't ascertain whether the electronic device is an iPod touch or an iPhone," said Mr. Roberts. He then proceeded to take out his own iPhone and asked me if I knew what it was. I didn't. If only I had that power. However, how many students in Sweet Home during these tough economic times actually own one of these expensive electronics? Mr. Roberts also went on about how in previous years, students have ignored the Academic Area signs which indicate where one should put away his electronics. We exploited our privilege and now we must suffer the consequences.



"Do the right thing!"

Random Roberts Facts:

- ~Mr. Roberts is one of nine children.
- ~He is a fan of Stephen King.
- ~ Favorite inspirational quote: "Better to light a candle than to curse the darkness" (Chinese Proverb).
- ~ Is a college basketball referee.
- ~He has a 16-month-old son.

Another Pearl Harbor on the Horizon?

By Rich Polley

Once again the United States is sitting at the round table with another crisis. Iran closed the doors of its uranium enrichment facilities to International Atomic Energy Agency inspectors and has been keeping the world in the dark on its nuclear program. Now it is starting communications with the United States and other countries. An Iranian politician came to the U.S. for the first time since the '90s and negotiated about the country's facilities and nuclear program – with no major breakthroughs.

Iran recently informed the U.N. and IAEA that it has been building, running and developing these programs and facilities for a long time. From what has been seen, there will be many more talks to come.

Now, why is Iran ready to talk with United States and European countries all of a sudden after keeping us in the dark for so long? It sounds like a ploy to buy time.

Iran is constantly saying it will “cooperate fully and immediately” with the IAEA and allow it to search Iran's new uranium enrichment facilities for military weapons – but has yet to do so, saying it will allow inspectors in the facilities “soon.”

Soon is not close enough.

President Obama has given Iran two weeks. If the Iranians do not cooperate in this time, they will be facing tougher sanctions than they have ever seen before. The U.S. will rally as many countries as it can to embargo Iranian products and supplies.

Iran says its nuclear program is for the creation of civilian technology – which is nuclear power and creation of isotopes for medical purposes. The U.S. and U.N. have both agreed to assist and hold off on sanctions if Iran freezes its nuclear program long enough for serious negotiations to be held. Why would Iran refuse that compromise? Why should we believe Iran when it has regularly lied to the IAEA about its facilities? Diplomats and analysts believe the recently discovered uranium enrichment facility outside the holy city of Qum is only one of many hidden installations that Iran has constructed – and many consider these to be part of a military program.

Reports show that Iran has successfully tested two medium-range missiles that have the capability to hit Israel, parts of Europe and U.S. ground forces in the Middle East. Iran is pressing on with its ballistic missile program by testing its more advanced rockets.

Sooner or later, Iran will develop Intercontinental Ballistic Missiles that will be able to hit almost any spot on Earth. No one will be safe. Iran started to build nuclear warhead designs before. Can't it just pull them out of the drawer whenever it wants to?

Why is Iran not pausing its nuclear program or ballistic missile program? They are on a timer and time seems to be running out. The United States is currently developing a “missile shield” that will protect most of the world from the ICBMs. Statistics show that the missile shield should be developed and deployed before Iran can create a nuclear missile. Is Iran trying to beat us to the punch?

Before World War II, Japan was seemingly having serious negotiations with the United States – but soon after, Pearl Harbor occurred. All the facts are there. Iran is putting on a show for the whole world and history has a way of repeating itself.

The Green Pages

By Erin Naylor

To “be green” does not mean to be a “tree-hugger” or to absolutely freak when your friend throws out an empty water bottle, rather than recycling it. It’s more than just walking around wearing a green shirt with the recycling symbol imprinted on it. To “bee green” is to be aware of the environment and its conflicts. It’s about being willing to help the environment and bringing attention to possible solutions.

Did you know... if after cutting the grass you allowed the grass clippings to stay on the lawn, instead of bagging them, the grass would decompose and return to the soil naturally?

Did you know... that recycling alone could reduce the amount of non-perishables in our landfill? If we didn’t need so many landfills, maybe we’d have space to build a new skate park or even a drive-in theater?

Did you know...a great way to help the environment is to conserve water. You can easily do this by spending less time in the shower, or even just turning off the water while you brush your teeth. Another way we can help save our planet is by conserving electricity. We can all do this by turning off the light when we leave a room, or by unplugging your phone charger from the wall when it’s not being used.

Sweet Home School district resides in the town of Amherst and town of Tonawanda. Both of these towns provide us with free recycling bins, along with a listing of items that are accepted for recycling. Paper, plastic, metal, glass... we all use these materials daily. But what do you do with it when you’re done with it? We should all make a daily effort to recycle what we can. Consider disposing of your plastic bottles in the new upright recycling containers in the cafeteria, instead of just throwing them in the trash. The recycling container may even be closer to you than the garbage can. It’s really very easy!

Time to Wake up and Smell the Coffee

By Rich Polley

America needs to wake up from its dream and into the world of harsh reality. Afghanistan is a losing war.

Over 757 U.S. soldiers have been killed and more than 2,238 severely wounded. Over \$228 billion has been wasted on the war, as we slowly figure out that we are coming up short of our goals in Afghanistan.

Our major objective in Afghanistan was to end corruption. We failed when President Karzai was elected. Brother of a drug trafficker, housing two war lords as vice presidents

and ballot box stuffer himself, while Al Qaeda and the Taliban is causing terror everywhere else.

Now president Obama's hand-picked general McChrystal wants an additional 10,000-40,000 more troops. Why, so they can keep a corrupt official in office. McChrystal says, "More troops are needed or the mission will likely resulting failure". We can't even find Osama Bin Laden, what makes you think we can find his hidden army or fight off the Taliban, especially when not even their own people want us in their country in the first place.

Currently England, Germany and France are creating proposals for the U.N, which will be in by the end of the year; this will decide whether to leave or stay, increase or decrease troops, where troops are most valuable and new tactics for the war on terror.

We need to evocate our ground forces; a CNN poll shows 57 percent of Americans want out of Afghanistan. At the same time, we can't leave our allies in the dust. We should start figuring out our exit stagy, but not act on it until we hear England, Germany and France's proposal to the U.N. If we like their proposal we will do what they ask, but if we don't we should slowly turn the fighting over to the Afghanistan military over the course of the year.

We should not completely leave Afghanistan; their troops need better training, which we could provide. We should install military training bases in Afghanistan to help them train better to serve their country. Only they can save their country from themselves.

Mr. President your job is not to care about the Republicans or Democrats of Congress, but the voice of the people. You cannot deny our voices any longer. We want out.

Diagnosing America's Heath Care Crisis:

A Brief Look into Obama's Possible Solution

By: Bethany Wolf

Ralph Waldo Emerson, a great nineteenth century poet, once said, "The first wealth is health". However, in recent years, wellbeing has been come at a high price for over 47 million Americans who are without health insurance. With a battered economy, rising health care premiums, unemployment, and a greater reliance on prescriptions, the United States is the edge of a health care calamity, beckoning a treatment and diagnosis. Earlier this summer, Barak Obama proposed a 1,018 page Health Care bill that would institute universal health care and other amendments to our current system. Although this bill has been praised and criticized across the political spectrum, one must place its

contents under a finer lens to determine if it is fitting for America's tumultuous health care crisis.

The United States has suffered under a corrupt and inefficient health care system for nearly a decade. Since the new millennium, health care costs have risen at five times the rate of inflation. With higher health care costs, employers have burdened workers with increases in coverage expenses. From higher co-pays and deductibles, family coverage has been affected greatly by the costly fees. Of the 47 million Americans who are without coverage, 8.7 million are children. To add to America's health care crisis, medical centers (such as hospitals and nursing homes) are understaffed, resulting in 44,000- 98,000 needless deaths due to medical errors. As a final blow to the already crumbling system, Health Insurance companies are often corrupt. Occasionally, providers will display unimaginable cruelty to their most needy customers by denying them coverage when they need it most. This denied coverage forces patients to cover their own medical expenses, further harming the unstable economy. For the millions of uninsured Americans, or citizens who pay ridiculous health coverage prices, a change in the Health care system would be beneficial, if not necessary.

According to www.whitehouse.com, President Barak Obama, in creating his Health Care Bill, proclaimed, "It will provide more security and stability to those who have health insurance. It will provide insurance to those who don't. And it will lower the cost of health care for our families, our businesses, and our governments." After reviewing the key points presented in the bill, it appears that such a system would be a significant improvement to our current malady. To those already with health coverage, it insures that health companies cannot discriminate against individuals based on gender, age, or pre-existing conditions by either instituting ridiculously high premiums or denying them coverage. The bill also prohibits insurance companies from suspending coverage when people are sick or need medical attention. Over the past five years, it has been discovered that three major health insurance companies have revoked coverage to over 20,000 people, causing patients to pay an estimated 300 million dollars out of their pockets. The "Obama Plan" will "cap out-of-pocket expenses", which will benefit the average family who can pay up to 50% of their household income on health insurance because of no restrictions on these fees.

To the millions of Americans who are without insurance, the Obama Plan aspires to create the "Exchange" by the year 2013, a revolutionary health insurance market in which people and employers can purchase health insurance at more reasonable prices. The "Exchange" would promote competition among health care providers, allowing small businesses and the uninsured to easily compare rates to get the best prices with the most benefits. Obama's health care plan would provide families and small businesses with tax credits in order to offset the costs of health insurance. The president hopes that his public health care "Exchange" program will run just as any other private insurance company and will be self-sufficient. For all Americans, the public health care system would reform medical malpractice and in exchange force doctors into placing a patient's needs as the primary obligation. All citizens of the United States, as well as employers, would be required to purchase insurance if they are able to afford it, compensating the cost of the reform.

From a glance, Obama's health care reform policy appears to be a favorable treatment to the society's current ailments. However, certain individuals, such as Shawn

Tally (editor at large of CNNMoney.com), believe that the thousand page bill of legal jargon would revoke key freedoms that the current health care system obtains. The reform would cause Americans to lose the freedom to choose what is in their plan. In the "Exchange", plans wouldn't be able to contend based on what they offer. Plans would include long lists of unnecessary services that Americans would be able to pay for, regardless of whether they need it or not. The new health care bill would also prohibit customers from being rewarded for their healthy living and would institute a higher rate for the younger population, although they cost less to insure. Americans would not be allowed to keep their current health coverage plans. Lastly, under the prospective health care bill, Americans would lose the privilege to choose their own doctors. People will be assigned to a primary care doctor and will be forced to visit the specialists that the doctor corresponds with. Shawn Tully proposes that "the best solution is to move to a let-freedom-ring regime of high deductibles, no community rating, no standard benefits, and cross-state shopping for bargains."

Through the eyes of America's youth, this bill appears to have both its strength and weaknesses. Millions of children without healthcare would receive coverage until the age of 26, which would alleviate burdens on parents and young adults alike. However, the new health care bill could cause America's younger generation to pay relatively more for health insurance than necessary. Due to much controversy, the health care reform plan has been revised, debated, and remains not passed by legislature. Ultimately, young adults need to further educate themselves on government issues in order to receive the best future possible. From this self-education, hopefully our generation will advocate for a tomorrow that treats America's health care ailment with the upmost efficiency.

Flu season

By Gabriel Rodriguez

Sniffling, coughing and sneezing are all common aspects of the flu season. This year in school it is much more different. Classes are stocked with bottles of hand sanitizer and surpluses of tissues. Teachers are stressing the use of the hand sanitizer for a good reason. The extra precautions are being made to accommodate the threat of the H1N1 flu virus, also known as swine flu. It has become a pandemic with a confirmed 4,675 deaths worldwide, and only about 1,000 in the United States—less than one percent of the population. The true threat is not the flu itself, but the fear of it mutating. If the flu mutates, it could become incurable by use of vaccine. However, the numbers of confirmed cases have declined since the summer season. But the number of young children dying from the flu has skyrocketed due to the start of school. Last week the first 100,000 doses of the vaccine were given out in upstate New York, most of which were given to health officials. The next doses are going to be available to the public throughout the next couple weeks. Little is known about the side effects of the vaccine, but according to the CDC there are little to no side effects. To protect yourself from H1N1, the regular seasonal flu shot will also help. Using proper hygiene will also cut the risk of someone becoming sick with the flu. According to Dr. Erika Schwartz the best way to protect yourself in school is to wash your hands regularly, as well as using hand sanitizer. No wonder every classroom has the hand sanitizer.

Homecoming festivities

By Gabriel Rodriguez

Homecoming is considered the best time of the school year for everyone. It is a week filled with amusing activities, with something different happening every day. Throughout the week there were such days as class color day, favorite sports team day in which you wore your favorite jersey, and celebrity day, to name a few. On Thursday, a bonfire was held and over 700 people attended. A small fire broke out in the laundry room but that did not phase the festivities for the remaining day. The pep rally on Friday was the perfect way to top off a perfect week. The highlight of the pep rally seemed to be the drill team according to the response of the crowd. On Saturday, the Panthers faced off against Starpoint. Starpoint was no match for the Panthers and their defense lead by Mike Coleman and Steve Spencer; they shutout the Spartans 52-0 with ease. The homecoming dance wrapped up all the festivities of the week. The week was an overall success.







All photos courtesy of Gabe Chen, Charlie Loweecey, and Mary Hejna

That's Entertainment

Thirteen Little Blue Envelopes

By Julianne Burke

Seventeen-year-old Ginny is completely bored with her life, until one day when a set of little blue envelopes from her mysterious and quirky aunt arrives. The first one contains \$1,000 and instructions to buy a plane ticket to London. The international scavenger hunt follows, involving an unusual painter, a café of dogs, and an eccentric actor, and takes Ginny to sights she never thought she'd see. Through love, loss, and newfound bravery, Ginny learns that life is one big adventure just waiting to be discovered.

I enjoyed this book, and would recommend it to people that like adventure, or romance.

Recognizing the Unrecognized Literary Society

By: Jordan Steward

In an age of texting, instant messaging, emoticons and the usage of chat room acronyms in every day language, Sweet Home's literary society is there to fight against the death of the English language.

The literary society purpose, according to its advisor, Mrs. Van Harrison, is, "to provide a space for writers interested in writing," and, "overcome the negative stigma of intellectualism." They stress an importance on propelling students interested in writing into their respective fields. They accomplish this challenge by hosting creative writing workshops, holding poetry slams, and hosting readings of the young writer's works. But alongside their creed, they aim at helping students overcome their shyness and gain a voice, and kick-start the rebirth of the integration of the English language.

The literary society reads all types of poetry and lyrics as well as focusing on students' specific interests, as well as reading the students own work, which include poetry, short stories and portions of the students own novels. Soon they plan to start reading the *Spoon River Anthology*, Edgar Lee Masters' collection of free form poems.

In the near future, they plan on taking a field trip to Griffis Sculpture Park where they will write their own poetry, then hold a reading of that poetry in the park. They are also planning on having some of the interested students participate in Poetry Out Loud (a national recitation contest) wherein the students record themselves reading a poem, and compete against other students from the area.

A Hit-Packed Show for a Packed House

By: Jordan Steward

On Friday October 2nd, 2009 Streetlight Manifesto, along with Broadway Calls and Outernational performed a hard-hitting one-of-a-kind show at Williamsville's Club Infinity. Before the first band even start, countless fans poured into Club Infinity in excitement of seeing the New Jersey Ska band.

At eight, Broadway Calls, a Pop-Punk band from Oregon, opened fast and loud with singles such as 'Call It Off and Back to Oregon,' along with hits off their self-titled album and their new album 'Good Views, Bad News.'

After a solid set from Broadway Calls, Outernational got the crowd moving and pumped up with some of their hits off their EP 'Future Rock,' and their new EP 'Eyes on Fire.' Outernational, a new-wave punk band from New York City, incorporated accordion, organ and trumpet into their act. Miles Solay, lead singer of Outernational lost his voice in the first half of the set, but guitarist Leo Mintik, and bassist Jesse Williams took over the vocals for their anthem 'Fighting Song' and for the rest of their set. They topped off the set with stage diving and announcing they were going to give away their new EP free of charge.

As the packed house became restless and chanting, "we want Streetlight!" the lights went out and Streetlight Manifesto began their ballad 'Watch It Crash.' At the climax of the song, the house began to loose it. The entire floor turned into a mosh-pit, filled with crowd surfers and people attempting to storm the stage. The band continued with hits from their first album, 'Everything Goes Numb,' and their most recent album, 'Somewhere in the Between.' The band performed an energetic set of twelve of their most popular songs. After they went off stage the uproarious crowd began to chant, "one more song!" The band appeased the crowd and performed the hit 'Here's To Life,' and finished with the anthem, 'Somewhere in the Between.'

After the show, Ty Vaughn of Broadway Calls, revealed some useful knowledge about the music business to young musicians. He said, "make a band with people you like, but be careful who trust for the first two years."

Biology Feels

Brain stress from school's score.
Heart erupts from being crushed before.
Chest pounds as the guy walks through the door.
Nerves shoot the eyes straight to the floor.
When they rise and meet his eyes...
the pulse slows, its clear he knows.
Lastly blood races as he sits
next the face that glows.
Heat flushed the cheeks for all to see
Underneath it's all the real me.

By: S.W.

The Advice Column

I have a boyfriend but I want to break up with him, but I don't want to hurt him. What do I do?

Tell him the truth because there is less pain in the truth than there is in lies.

I have been out of the dating thing for a while. It seems like I have always been in a serious relationship and never had much of an opportunity to just date for any length of time. Well, I find myself now single and just dating. I have had a few fun dates here and there and the more I do it, the more I come out of my shell. Now I just met a guy I am so excited about! He is so handsome, sweet and fun. I have a date with him this weekend and I am very nervous, but it is a good nervousness—a sort of crazy anticipation feeling. I really want to make a good impression....any advice?

During the date, try not to control the conversation, but don't be nervous and most of all, be your self. Even more importantly have fun! It's a date

Ok my best friend just so happens to be a guy, and he told me he liked me more than a friend! I like him too, but I'm also afraid to go out with him. If we break up we might not be able to be friends anymore. I don't want that to happen.

Examine how he has treated some of his girlfriends in the past. Then ask yourself, is he a better friend or a better boyfriend? No matter what it is when you come to your conclusion, be caring and compassionate about your decision to protect what you have already

I am currently new to the school. I am a decent and kind person, what's the best way to make new friends.

Be yourself; then when you do find people they will be real friends.

Fame in the Future?

By: Courtney Cobb

High School Senior, Katie VanDusen has set one big goal to obtain in her future. You're probably wondering what that goal may be? Is it to be successful, to be famous, or just to be happy? In fact it is all three of these things and even more. At only seventeen Katie has realized she enjoys one thing more than anything, and that is creating and playing music.

About three years ago, Katie received an acoustic guitar for Christmas, which immediately sparked her interest in learning how to play this instrument. She debated on receiving lessons and as time went by, she eventually just began to strum the strings of

her guitar and teach herself. "I'm not crazy good at the guitar, but I know enough about the basics where I can play and that's all I need," she said modestly. This was only the beginning for the start of her love for music.

Katie has been covering songs and posting videos of her on youtube for people to see and for people to critique for the past year or so. The comments people leave push her to do better, they help to fix small details in her songs which is something she enjoys. Currently with almost forty videos on youtube, many people have noticed her talent. "Not only do I play covers of songs I like, but I also write my own music as well."

Katie has played not only for her fellow school mates and youtube friends but performed at a fundraiser for the Amherst police. Here, she met Mike Zeis, who is interested in music as well and has his own recording studio. He took notice to Katie's talent and she had the opportunity to record her own songs. Recently they signed a contract and he is managing, and helping her to become noticed. Already, she has had a photo shoot, to put pictures on her promo CD. Excitedly she said "I'll be handing them out at the high school variety show, come get one!" The lyrics on the CD are created from her own personal experiences that come from exactly how she feels at that time.

Her last words were "This is only the beginning. In the music industry you can really only go day by day. If you want it bad enough, you could get it and I want it." Katie hopes to pursue a career in music in the future, she keeps an optimistic outlook on what she has ahead of her, whether she makes it or not, she'll always keep playing her music no matter what the outcome.

To hear her music search Katie VanDusen on youtube, or attend the variety show October 23rd.

Tips For My Fellow Freshmen

By Julianne Burke

- 1. Be open to meeting new people.** Since a lot of us are in classes with the upperclassmen, or with students from other middle schools, we'll likely be with people we haven't met yet. It's just as likely that we'll have to work with them, so it's a good idea to be open to new friends.
- 2. Join activities.** If there's a club at school with a topic that interests you, join it. If there isn't, make one. After-school clubs let you do what you love, while meeting people who like the same things as you.
- 3. Have a role model.** Choose someone, like a club advisor or friend who is an upperclassman, whom you trust, to be your mentor. It's nice to think that there's someone at school who only wants the best for you. Ask them questions or pose problems you have at school.
- 4. Stay organized.** High school is obviously different than the middle school as far as work and projects go, so it's important to keep track of your work so you don't fall behind.

5. **Don't procrastinate.** Along with keeping track of your work, you really shouldn't leave all of your work to the last possible minute. This adds unnecessary stress that can easily be avoided. Don't leave a huge project to do the night before it's due. If you're rushing to get it finished, it probably won't be your best work, and you won't get as high of a grade.

SPORTS SHORTS

Sweet Home Panther's Varsity Girls Swimming

Mary Hejna

The Sweet Home Panther's Varsity Girls Swim Team has high hopes in finishing their swim season off with a bang. At the current moment, the Panther's stand 2 and 5, including a couple of very close loses. The coaches, Dan McCarthy, Vince McCarthy, and Jen Victor, along with captains Paige Gutowski and Jessica Andriatch have extremely high hopes in the Panther's winning their last two swim meets. The coaches are also very proud of the nine athletes who have already made ECIC's. Those athletes are Paige Gutowski, Mackenzie Mann, Jennifer Strom, Kalie McHenry, Emma Weber, Julia Wilson, Sarah Athans, Alex Denwieler, and Emily Keem. To make ECIC's you need to be at or below a specified time for the event that you swim. Making those times is not easy and if you see these girls in the hallway, you should definitely congratulate them on their hard work. All in all, I would like to congratulate all the member's on the Panther's Swim Team for their accomplishments and also wish them the best of luck in their upcoming swim competitions.

Unrecognized Heroes!

By Kaylah Warda & Kelsey Hinterberger

The athletic department here at Sweet Home has always been great. However, some people are not really recognized the way they deserve to be. Two of those people are Marcy Gerlach and Mike Maisano. Mike and Marcy are our athletic trainers. Marcy has been an athletic trainer for 23 years and Mike for 7. Both love what they do! The Panther Paws News had decided to highlight these two fabulous people by interviewing them.

1) Kelsey: "What made you want to become an athletic trainer? "

Marcy: " To be honest, I did not even know what an athletic trainer was until my second year of college. I was in Exercise Science program at UB and we were required to complete an internship. I chose athletic training at Sweet Home because it was close it UB and home. Obviously, I loved the experience."

Mike: " When I was in high school I had a couple of significant injuries and had to rehab with my athletic trainer and thought what he did was really interesting. I liked the idea of helping athletes to keep playing or get them back to playing sooner."

2) Kaylah: " What sports did you play in high school? "

Marcy: "I played basketball and softball. "

Mike: "I wrestled and played lacrosse ."

3) What is your favorite sport to watch here at Sweet Home?

Marcy: " That's a tough one to answer but if I had to pick one it would be soccer."

Mike: "Boys lacrosse"

4) Kelsey: " How many injuries do you see on average per week? "

Marcy: " We evaluate probably 60-70 injuries a week but usually 10-15 are significant enough to require medical attention or cause them to miss practices or games"

Mike: " 50-75 injuries a week I guess"

5) Kaylah: " Have you ever inspired someone to become an athletic trainer?"

Marcy: " Yes! I am very proud to say that several Sweet Home students have gone to school for athletic training and are currently working in the field.

Mike: " I don't know."

6) Kelsey: " What's the best part of being an athletic trainer?"

Marcy: " The best part is seeing an athlete return to play after a significant injury and knowing that I was part of their recovery from the initial diagnosis right up until their first day back on the field or court. It is very gratifying to see all of their hard work pay off."

Mike: " After doing a long rehab with an athlete to see them able to comeback and succeed at their sport(s)."

As you can see both Mike and Marcy love to work with the students to help them get back to where they need to be physically and get back to playing as soon as possible. Both have are excellent at what they do. Keep an eye out for Mike and Marcy and be sure to say hello.

Behind the scenes

With Alex Watts

Alex Watts is the captain of the Sweet Home Gymnastics team.

1. What are your plans for your team this year?

A: To try our best and work as a team and that is our key to win.

2. Do you feel like you have pressure put on you being captain?
A: No, because I have learned from past captains.
3. What is your favorite event?
A: Floor, I LOVE to self express myself.
4. What events does your team have coming up?
A: Well, we some home meets, and the Halloween invitational which is a big meet where like 10 plus schools come, and this year it is here at the high school.
5. What is your favorite meets?
A: Home meets, and the Halloween invitational.
6. How will you being captain help your team in a positive?
A: I think that if I am a good example for my team, and we all support each other everything can come out right.
7. Why is gymnastics different than other sports?
A: In other sports judges are not deciding your fate. You don't have to keep your toes pointed, your legs straight, and do flips in other sports. In gymnastics you try to be perfect.
8. In your spare time, what do you like to do?
A: Sing, listen to music, and hang out with my friends.

Article by: Justin Sullivan

Panther Paw's Special Guest and special thank you: Alex Watts

If you would like to contribute to the paper, please contact Mr. Hiller or Mrs. Feyes. We are always accepting new members.