

SoothSayre

Sayre Upper School Newsmagazine



Singing in the New Year

January 2017

SoothSayre



SoothSayre Staff

Zachary Coons

Sam Cundiff

Laney Helmers

Seth Hojnacki

Cleve Merritt

Josh Morgan

Woods Rouse

Sam Seahorn

Sponsor - Mr. O'Rourke

cover photo: Ms. Everts' holiday door decoration

Table of Contents

Layovers Along the Way - Laney Helmers

The Universal Speed Limit - Josh Morgan

How to Become Batman - Woods Rouse

A Heavy Load on America - Sam Seahorn

To Save and Eat - Seth Hojnacki

Decision of a Lifetime - Cleve Merritt

The Hunt - Woods Rouse

Adrenaline Rush - Zachary Coons

Making a Stand by Taking a Knee - Sam Seahorn

Blockbuster NBA Trade - Zachary Coons

Baseball and PED's - Josh Morgan

Losing Fernandez - Sam Cundiff

Sayre Spartans Baseball - Sam Cundiff

Christmas by the Ages - Laney Helmers

Layovers Along the Way

Laney Helmers

I have learned to love long layovers. From the small rustic shacks in remote South Africa with a six-passenger plane and a dirt runway to the giant, modern, international terminals like LAX in Los Angeles, Malpensa in Milan, or Heathrow in London, each airport, like each country, presents unique cultural characteristics. In my opinion, being thrown into these places and fully experiencing a new culture is the best way to learn. Having a hefty man in a sulu (native skirt) shout “BULA” at 6:00 AM while disembarking my first red-eye flight and arriving in Fiji was certainly shocking, but it soon became my dad’s and my favorite greeting during our eleven months abroad. I now consider myself a young expert when it comes to airports and travel. I learned that the journey could be just as important as the destination.

This expertise came about because my parents decided four years ago that our family: mother, father, younger brother and I, would take a gap year together between my 8th and 9th grade years to travel the world. My transition from childhood to adulthood began when we left our home in August, visiting six continents and twenty-six countries before arriving back in Lexington.

During our travels, the airports, layovers, car rides, people, and pit stops were what made an experience unique. Most people go into airports with a negative mindset. The getting there is viewed as a “necessary evil” to arriving at a particular spot. I think that getting there is part of the fun. Instead of moping around the airport, compare the restaurant menus to the ones at home, observe the different currency, check the exchange rate, and pick up a souvenir to add to the collection. If you have enough time, get out of the airport and take full advantage of the town or city you are passing through. My favorite layover was two weeks in Fiji. I’d rather be scuba diving in-between flights than sitting in a crowded gate, but it is always interesting to observe the

diverse travelers and the unique surroundings you find yourself in.

A year abroad living out of an Osprey backpack, rolling duffel, and small personal bag taught me to be organized and prepared. My clothes-rolling techniques are outstanding, and I often impress people with my detailed and accurate packing lists, no matter the destination or experiences. I now know how to live with fewer possessions and am therefore appreciative of the luxuries I am able to have.



If you pay attention at the airport, you will see that people are all there for a reason: some are traveling for business; some for pleasure, being reunited with loved ones or starting the next chapter in their lives; some passengers are carrying

babies on their first flights and others are traveling to attend funerals of family or friends. All phases of life are distilled into an airport terminal and visible for the perceptive viewer to see.

You can pass through the airport blindly or you can seize the opportunity and participate in what is going on. You can congratulate the new parents, console the grieving traveler, join in the family’s tale of their most recent adventure, compare routes of a fellow traveler, or you can isolate yourself and trudge through the airport to your gate. Some people focus on the destination and miss the journey. I believe it is all about the journey. This is something I learned during my year abroad and I think it is a lesson that I will carry with me the rest of my life.

The Universal Speed Limit

Josh Morgan

The speed of light, often depicted as being a surmountable quantity in movies and TV series, is actually a much more complex topic that scientists and engineers have been trying to understand since the creation of the rocket. At an astoundingly high value of 299,792,458 meters per second in the vacuum of space, for the non-scientific minds

SoothSayre

that's 670,600,000 miles per hour! That's obviously extremely fast. So fast, actually, that a photon of light can travel around the earth 7.5 times in one second. This tremendous speed would be extremely useful for many types of transportation, such as emergency vehicles and/or for military purposes, but can humans ever achieve this speed? The answer to this question is a disappointing no; at least not to the scale that we desire. This would be due to the theory of relativity, and our good friend, Einstein.

Einstein, one of the greatest minds in human existence, derived an equation that essentially says that energy equals mass times the speed of light squared, or as it is most commonly seen, $E=mc^2$. This seemingly simple and short equation is actually incredibly complex and completely changes the way that we must approach space travel, and traveling at high speeds in general. The problem this equation poses is that as you get closer and closer to the speed of light, the energy required and your relativistic mass, increases at an exponential rate due to the tremendously large value of c , or the speed of light.

Relativistic mass is incredibly difficult to understand and tremendously hard to describe, but you can think about it like this: the faster you go, and the closer you get to the speed of light, the more difficult it becomes to accelerate. This is due to your mass becoming relativistically larger, which in turn requires more and more energy to accelerate faster, until you reach an infinite amount of energy, which is impossible to create. This is a problem, but theoretically speaking, let's say that you could create an infinite amount of energy, so that you could accelerate to just 95% of the speed of light. That's roughly 640 million miles per hour, which is pretty fast, but this presents more problems.

The issue with humans is that we are not built to accelerate to speeds such as this in a couple seconds. Actually, we aren't built to reach speeds such as this even in a few days. In fact, it would take upwards of three months to even reach half the speed of light, then it would take the same amount to slow down, and that isn't accounting for the years that it would take to travel to the closest solar system. This is because the human body can't accelerate at speeds much stronger than 1 G of force.

To elaborate, the body is used to experiencing 1 G

of gravity, which is what we experience every second of every day from the Earth's gravitational field. The force from the gravity of our Earth causes our body to accelerate at the rate of 9.8 meters per second squared, which is how fast something speeds up when it is falling. But anytime we experience higher than 1 G, our body does not react well. If you experience 3 G's (28.4 meters per second squared) of force for an extended period of time, you would black out after an hour. If you bump that up to 5 G's (49 meters per second squared) then you black out after only 2 minutes!

Therefore, this would significantly slow down the trip because it would take almost a year to reach light speed, and another year to come back to a stop. As you can imagine, this is quite a preventative issue in terms of our quest to achieve light speed travel. But there are other issues that are more conceptual and harder to

understand, including time.

For the most part, people would say that time is constant. No matter what you do, in a normal everyday life situation, the passage of time will be the same for everyone. But according to Einstein's relativity equations, time is relative. What this means is that if you travel at a high enough speed, or travel close enough to a hyper-massive object, then time will travel more slowly for you than it does for someone watching from an outside perspective.

This concept is demonstrated very well in the movie *Interstellar*, where the main protagonist travels very close to a supermassive black hole and only experiences one hour of time on a planet, which translated into roughly seven years back on Earth. This mind boggling concept has been proven in the real world, as satellites that orbit the Earth have to compensate for a few seconds each month since they are traveling at a fast enough speed that time on them is slightly slower than what we experience on Earth.

What this means is that while it would take approximately ten years of earth time to travel to the closest habitable exoplanet while moving at the speed of light, the people inside of the ship would only experience a couple years of time. Therefore, when they make the return trip, the people back at home will be at least twenty years older, while the people on the trip are only a few years older. You will have essentially traveled forward into the future!

This reality makes going to exoplanets very dif-

If you travel at a high enough speed, or travel close enough to a hyper-massive object, then time will travel more slowly for you than it does for someone watching from an outside perspective.

difficult because the round trip is extremely long and almost not worth the effort. Plus if these people have any family, then they will be completely different than when they left them. Their children would be completely grown up, and their spouses elderly. This is why astronauts of the future will more than likely not have any family back at home to think about, as this would pose a threat to the concentration that is required to travel the cosmos.

Ultimately, I would say that reaching the speed of light will never be accomplished by humans, or at least not on a macroscopic scale. What we have achieved is 99% of the speed of light through the use of particle accelerators. These massive machines are giant circular tracks where scientists and engineers work together to accelerate single atoms of elements to as close to the speed of light as they possibly can and then have them collide. This works because these particles are almost massless, making it relatively easy to accelerate them to incredible speeds. But even at this microscopic scale, we have yet to achieve the ever-elusive speed of light. One thing is certain, scientists will continue to push the limits of our ability so we can explore the outer reaches of space.

How to Become Batman

Woods Rouse

Almost every kid in the world has wanted to be a superhero. Kids dream of shooting lasers or flying around like Superman, running at the speed of light like Flash, or shooting webs like Spiderman. But some people have the childhood dream of becoming Batman.

Batman seems like a normal guy, that's one reason why so many people connect with him, and it makes them wonder, can one actually become the Bat after all?

Unfortunately, it would cost at least six hundred and eighty-four million dollars according to Money-SuperMarket.com to become Batman. That includes the eighty million dollars worth of vehicles, two hun-

dred thirteen thousand dollars worth of gadgets, one million dollar suit, and a six hundred million dollar bat cave, mansion, and butler. And don't forget the one million dollars of military and firearm training. And the five hundred thousand dollar cost of getting degrees in Physics, Mathematics, Psychology, Chemistry, and everything else Batman needs to be super smart.

Yet let's say you somehow managed to win the lottery multiple times and were able to assemble this money, how would you go about actually becoming the Bat? Well first of all, to make his hover vehicle you would have to somehow manage to discover technology that would let a vehicle float in mid air, with no sound. So you would first have to buy a V-22 osprey, which is loud, and doesn't have autopilot. But if you really wanted to build the bat then you would have to design a fan that would most likely have to be ten times more powerful than that found on a hovercraft, and has to be about ten times smaller than the size of the fans on hovercrafts. You would then figure out a way to eliminate all the noise from this powerful fan, which would cause you to curve the blades. This still wouldn't eliminate that much noise, so you would most likely have to somehow figure out how to create a motor that gives enough power to power the fans but cause the motor to not overheat, or have the gears grind too loudly. Ultimately this seems like an impossible task, but if you are truly driven maybe you could possibly create the technology needed to assemble the aircraft.

Next you would need to get yourself in physical shape. According to Forbes you would most likely have to take 10 years of military training with the Delta Force to assemble the skills required to fight off ninja-like villains, and shoot off villains like the Joker. Forbes then states you would have to take classes to get a major in detective work and a minor in chemistry. Then you would have to take night classes in detective work to get a P.I. license. Forbes states this would take 10 years to accomplish. Let's say you are willing to give up your personal life and realistic goals to actually become the bat, then you could possibly make this happen. Forbes again says it would be smart to join the police force and actually work as a detective for a while, until you could handle the job yourself, which could take a minimum of 3 years. These skills that you would have to learn to master is the ability to problem solve by oneself. This skill can



take years to develop. Once this is all done, then you could potentially become the bat.

Looking like the bat doesn't necessarily mean you are the batman. So you would have to practice leaping from buildings, grappling on rooftops, moving silently in your heavy armor, become insanely strong, and somehow manage to not hint to anyone that your master plan has been worked through. Once that has been mastered you must then find villains to fight. On the normal day you usually won't find a steroid infested Bane, or a gigantic zombie like Solomon Grundy, or religious sorcerer like Ras al Ghul. So most likely you would be fighting normal criminals like robbers and thieves. You would also have to work on finding these villains before the cops could intervene.

If you were able to get to these criminals before the cops, you would most likely just get shot right on spot which would cause you to pass out or die. But if you were somehow agile or silent enough to dodge the bullet or never be detected, and was truly a martial art master, maybe you could then subdue the criminals and tie them up waiting for the cops to come.

Ultimately it would take life dedication to become the bat, as well as complete luck. You need your entire life to match up perfectly and maybe then you could become the bat, but most people aren't this dedicated and lucky, so I suggest becoming a regular detective if you want to really be like Batman. But if you truly are that dedicated and lucky, then I say go for it.

A Heavy Load on America

Sam Seahorn

According to statistics from the Center for Disease Control, over 35.7% of Americans are obese. The obvious causes for such a large percentage of obesity comes from terrible eating habits and lack of physical activity. These issues occur because of the current direction of American culture.

America's recent recession forced many more people to rely on welfare and lose their sense of hope. These Americans just can't afford to purchase healthy, organic foods, which are an expensive commodity in America, so they have to rely on the abundant amounts

of fast food to satisfy their palettes. Relying on fast food for nutrition is one of the main sources of obesity in the US.

The fast food industry is one of the largest sectors of the United States economy. Companies such as Burger King, Wendy's, Taco Bell, McDonalds and KFC have all become household names. Each of these companies operates under a similar mission statement: to serve a quick, filling meal for a very low cost. The primary marketing medium for these companies is television commercials, where they can portray both their products and a lifestyle.

Fast food's televised advertising is a significant contributor to obesity in today's youth. Fast food industries promote unhealthy tendencies and high-calorie foods, while maintaining an attitude that promotes tolerance of diseases such as obesity, all so they can make a profit. These companies are influencing people

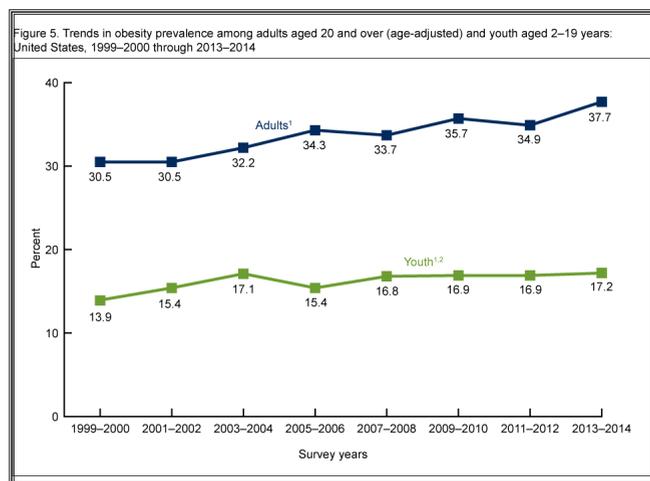
to such a degree that it is negatively affecting our nation's health.

Another cause of obesity comes from a common aspect of America's culture, electronic media.

People are

less motivated to exercise, when they have television and the internet keeping them preoccupied. Most families own TV's causing more and more kids to become distracted by this luxury and other electronic equipment rather than going out and playing a little catch with their old man or going on a hike with some friends.

Major advancements in phones and computers, as well as the growing popularity of video games, have made it so a person never has to leave their home again; they can have anything they want with just a click of a button and a bank account. I know that I could binge watch a show on Netflix for days on end, but I also know that after I got done with it I would hate myself for doing so. I know better than to do it,



but some people don't have the will power and succumb to the pleasure of watching amazing shows like *Narcos* and *The Office*. These distractions have made it increasingly more difficult for people to become unglued from their screens and exercise. It doesn't help the cause when some parents are too busy to monitor their kids and leave them on their own.

There are several causes of obesity but people need to realize that it is a preventable disease. It is extremely detrimental and can lead to other harmful health issues such as ulcers, diabetes, and heart disease. The benefits of eating healthy and exercising far outweigh the pleasure that comes from eating a whole pizza by yourself or sitting on the couch and watching TV for twelve straight hours.

There needs to be a price reduction on healthy foods so people who are poor can afford them. We also need to create a more effective awareness of the bad effects of obesity so families that can afford healthy food will actually buy it. With some simple changes in lifestyle, we can lead healthy lives and prosper for years without having to deal with the side effects of obesity that have been shown to ruin people's lives.

To Save and Eat

Seth Hojnacki

As a senior, having the option of going out to lunch everyday is a blessing. However, the cost of going out 3-4 times a week can be extremely expensive over time. According to Forbes, the average lunch is about \$12.50. That average multiplied by three times a week puts the cost of out to lunch at \$37.50 a week, or a total of \$150 a month. Now you can choose to either cut back on lunch runs or skip lunches entirely, but who would want to do that? A better alternative would be to choose either cheaper options or settle for smaller portions.

Now, we all strive to eat healthier or higher quality food for lunch, so one is not going to order off the McDonald's Dollar Menu everyday. The first step in saving money is to see where cuts can be made that don't have a huge impact on your lunch. That large drink you get for \$2.50 can be completely cut out if you switch to just asking for a water cup. You may fill the water cup up with water, or go the more cynical route and fill it with your choice of beverage; just hope Management doesn't catch you. With that extra \$2,

you save \$24 a month that can go towards an extra trip out-to-eat.

Next you look at the menu side items; do you want fries that you know you won't finish or chips and queso that always seem to go to waste? Fries can range between \$1.50 and \$4, so why spend that much if you know you never finish them. Or better yet, split an order with another person and still enjoy the fries for half the price. That will also save you around \$24 a month, saving you \$48 in total, just by making smarter lunch decisions.

The next thing you can look at is where you're going for lunch. If you're okay with spending \$8.50 a lunch, then there's no need to change your menu options. However, if you were to try and save even more money, one can look at Cook Out's Cook Out Tray. For \$5 you get one entrée out of ten choices with two sides or another entrée. Add a drink and make it \$6, or go the water cup option and save the dollar for a rainy day. If you're looking for a healthier food choice, then look at Chipotle's burrito or burrito bowl. Ranging between \$6.50 and \$7.50, you choose between 6 different options and an assortment of free add-ons. You also can add guacamole, but for a \$1.80 extra. You're getting a healthy, nutritious lunch for \$7; what more could you ask for?

But if you're thinking that that's not enough food for you, then look at either Qdoba or Local Taco.

Qdoba's burrito and burrito bowl are between \$8 and \$9 and usually are bigger portions than their Chipotle counterpart. But again, guacamole is going to cost extra. Local Taco does a deal of 4 tacos for \$11, which is worthy of any student's appetite. Either way, you're still below the national average.

Now of course, these are not all the options that Downtown Lexington has to offer, but these are popular lunch places that can (usually) get you a meal under \$10. Another way to save money is to use the Hooked Deals mobile app that checks for college campus restaurants and tells you if one has a deal going on at that specific time. The app is free for both iPhone and Android users and has University of Kentucky in its programmed market, making your lunch search both easier and cheaper. For instance, Limestone Blue is offering 20% off your final ticket if you come in within the next 2 hours today. All you have to do is redeem the offer through the mobile app and present it to the cashier when you pay.

Do you want fries that you know you won't finish or chips and queso that always seem to go to waste?

By following these steps, you can save around \$16.50 a week and \$66 a month. But don't think you're not allowed to go out and spoil yourself every now and then, just make a conscience effort to make the best decisions and always know the buttery serves a nice, free lunch everyday of the week.

Decision of a Lifetime

Cleve Merritt

Sully is a biographical movie about the Hudson River plane crash Flight 1549 on January 15, 2009. Tom Hanks plays Chesley Sullenburger, the pilot who decides to land in the Hudson rather than flying back to LaGuardia airport. The movie portrays the quick decisions Sullenburger had to make right after take off when his jet hit a flight of birds. It also focuses on the aftermath of the crash, showing the meetings between Sullenburger and the FAA committee who investigate the crash. The movie focuses on whether Sullenburger was a hero or a pilot who risked people's lives making a bad decision.

The FAA questioned his decision and most of the movie revolves around if his decision was right or wrong. The movie also showed the conversations between Sullenburger and his wife as he struggles with how this event impacts his personal life and his family. If he was found negligent, there was a chance he could never pilot again. The action of the movie revolves around the final decision by the FAA, and whether Sullenburger will win his argument and save his job and his career.

Hanks did a great job acting out Sullenburger and what he had to do to land the plane safely in the water. The co-pilot, Jeffrey Skiles, played by Aaron Eckhart, did a good job in the movie as well. He not only helped Sully land the aircraft, but guided Sully through the trial giving him confidence. Skiles supported Sully and he felt Sully made the best decision.

In the movie there were flashbacks where Sullenburger would look back at the situation and would have nightmares about it. I liked and disliked this technique. I liked that it added suspense and showed Sully thinking about the split decision that will be with him for his lifetime. But these scenes came out of the blue and put the order of events out of place in the movie. For instance, there was a scene where Sully was sitting on his bed and he had a flashback to the moment of the crash. Showing this scene again was a good idea because it was the hardest

decision he will ever make and would result in either life or death. Sullenburger had to be so worried at the time, because he knew either decision he chose could result in damages to the plane and injury to passengers or worse, the death of passengers and crew. This scene shows that he continued to worry about his decision afterward as well.

Even though the outcome of the crash was already known, the movie was a cliffhanger, because very few people knew what happened to him after the crash. The actors did a strong job acting out the crash itself and events following it. Tom Hanks showed us what Sullenburger was really thinking during the process and showed us how difficult the experience was for him even after he landed the plane safely in the river.

The Hunt

Woods Rouse

When most people think of deer hunting, they think of a bunch of rednecks running around killing big bucks with blood, guts, and beer all over them. People tend to imagine deer hunting as a savage, blood-pumping activity, but I know better. Deer hunting is not just about the kill. While the kill is a big part of deer hunting, the relaxation and social part of deer hunting are also appealing.

I go deer hunting at least once a year with my dad. We wake up early, around six o'clock in the morning, and get down to the deer stand at around seven thirty in the morning. We usually go out to my friend's farm because he allows us to deer hunt there every year.

Once we climb up into the deer stand, we sit back and relax. This relaxation can last for many hours, as there is only a slight chance that we will see a big buck worth shooting. So most of the time is spent listening to the wind, or relaxing under the shade.

Hunting isn't just about killing animals; it's about immersing yourself with nature. When I'm in that stand, I am one with nature. I'm blending in with the forest. I am silent as the wind, and I let my instincts take over. I feel everything: the direction of the wind, the crackle of leaves, the calling of birds, and the smell of fresh air. About ninety five percent of deer hunting is spent relaxing and waiting for the deer.

While deer hunting is mostly quiet and peaceful, those few minutes spent aiming and preparing your shot on the deer is an adrenaline rush. It all

SoothSayre

starts when you hear those crackling of sticks. You know that the crackling is too loud to be a rabbit, but light enough to know that it isn't a turkey.

That's when the adrenaline rushes in. The deer then slowly walks into your sight of view. You raise your gun, as your breathing slows. When that gun is raised you feel your heart pounding, your eyes aren't blinking. They are focused. The predator instinct kicks in as the deer raises its head.

Then the trigger is pulled. At this moment nature erupts into chaos. The birds screech and fly away, the gun's shot echoes in the distance, and the deer makes a thud against the ground. But as soon as the deer hits the ground, the forest goes silent once again. This is the moment all hunters live for. The relaxation is a big part of hunting, but all hunters crave for that minute of adrenaline.

The hunt doesn't end, though, when the deer is killed. Although you are done with the killing part, it is now time for you to take your prize back to the truck for cleaning and boasting.

Every hunter has some crazy story of hunting. That's another fantastic part of hunting. No one but you and your hunting partner know about the hunting experience you just encountered, so this allows hunters to boast about great stories of man versus beast. However, they may not be entirely true.

For example my dad and his friends claim to have fought hands on with a boar. They claim that they shot an arrow through a gigantic boar that ended up turning around alive, which then charged upon the group. The boar then ended up toppling the group, but then was killed by a knife that was shoved up its stomach as one of the hunters laid under the boar's fat body. I highly doubt this story occurred to the extent that they claimed.

These stories aren't always made to boast about one's kill. In 2014, I went hunting with my dad on a cold winter day. I was hoping to get a buck, as I had not shot one yet. We decided that it would be better if we hunted from a ground stand, instead of a deer

stand. So we waited in our stand, and it was just like any other time, but I was hungrier than ever to get my first buck. I remember hearing the crackle of the twigs as I looked to my dad. He hadn't noticed that there was a deer about one hundred yards from our stand. I looked out the window and saw it. There was the buck

I've been waiting for. I raised my gun. I was aiming for the heart. I was prepared to take the shot, but then I started to hear a slight chuckle from my dad.

Confused, I put my gun down, and asked what was wrong. He chuckled a little more and told me I had almost just shot a buck with only one antler. Immediately I turned around to see that he was right, the buck was missing an antler, which had most likely been lost in a fight. Embarrassed, I asked him if I could still take the shot, and he said,

"Of course not!"

My dad explained to me that a deer needs to have both antlers in order to be worth shooting. Frustrated and embarrassed I ended up going empty-handed. Still to this day, my dad loves to tell the story of how I almost shot a one antlered buck. Not all hunting stories are about the bloody fight of man vs. beast, but sometimes about funny stories about events that may have occurred. Whether these stories are awe-inspiring or just comical, they are told to add to the social side of the hunt.

Deer hunting isn't just about killing deer. It's about immersing yourself in nature and having fun while doing it. While deer hunting may seem like savagery from a distance, it is more complex than one may think. The kill is the reason I go, but the socializing and relaxation are just as important.

Adrenaline Rush

Zachary Coons

There's something special about being 10,000 feet above sea level with a pair of snow skis on, looking down at the snowy landscape below knowing you're about to conquer it. I don't know if it's due to the adrenaline rush that comes with it, or if it's because



Sooth Sayre

of the amazing view, but something about the experience is unforgettable.

I have been skiing since second grade at different places around the western United States, and it has become one of my favorite activities to do. To start, skiing is not a team sport. It's simply you versus the mountain, and you don't have to rely on any teammates to do their part. I think this is one of my favorite things about skiing. I've never been one to enjoy team sports, so skiing is the perfect fit for me.

Also, with skiing you get to decide how much you want to challenge yourself. You can choose to make your experience easy or life threatening. The point is that no one tells you what to do.

Skiing is a great sport for anyone who loves the feeling of adrenaline. There are countless ways to get the desired adrenaline rush. Performing ski tricks and huge jumps that could have costly consequences if they are not completed correctly will easily get your heart pumping. Also, attempting challenging trails that could potentially lead to extreme harm is another

great way to get the feeling. For me, these trails are the ones that make skiing such an amazing sport.

There is nothing better than skiing down a mountain at 80 mph, putting your skiing skills to the limit due to the rigor of the trail. It is exhilarating.

Lastly, the feeling of adventure I achieve from skiing is unlike any other sport. Skiing allows you to explore mountains and views that are unbeatable. While you are skiing on a trail, if you so much as move your head, you will see snowy mountains in front of you and snowy trees on either side. These mountains and trees are the definition of the beauty of nature. Looking down at a challenging trail that I am about to attempt while taking in the view of the snowy mountains is one of the best experiences I have ever had. I feel as if I am on the top of the world and I'm about to



race to the bottom.

Skiing is a sport that should be enjoyed by everyone because of the adrenaline received from it, the feeling of adventure, and the fact that it's you against the mountain. While reading about my experiences is one way to understand the greatness of skiing, the best way is to go skiing yourself. If you are ever given a chance to shred powder on a snowy mountain, take the opportunity and do it!

Making a Stand by Taking a Knee

Sam Seahorn

The well-known quarterback for the San Francisco 49ers, Colin Kaepernick, made a statement that swept the nation. He took a knee during the playing of the national anthem to protest police brutality and racism in America. He stated that he chose to take a knee rather than remain seated to show more respect for the men and women who protect the country, but he says he will not "show pride in a flag for a country that oppresses black people and people of color." He wants people to realize that he isn't anti-American, but that he is protesting something he believes in so strongly that he knows that this will be the change that will make America a better country. People continue to refuse to believe him and constantly boo him during his games and show disrespect. It has even gotten to the point that he has received death threats. They think he is disrespecting those who fight for our country, but he isn't doing that at all.

Kaepernick's main goal was to protest police brutality against blacks. His tactics have influenced players from multiple sports around the country to take a knee as well. But it isn't just professional players protesting, it is also high school and college players.

In Seattle, the players and the coaches of Garfield High School's football team all took a knee as the national anthem played. It was a decision made after lengthy discussions about the racial injustices they've witnessed across America. Similar to Kaepernick's stance, the coach dispelled the idea that the protest was against American troops. Several players on the opposing team took a knee as well, even some people in the stands.

In West Virginia, three girls on the WV Tech

SoothSayre

volleyball team took a knee to take a stand on the issue and support Kaepernick's right to protest. At a San Mateo, CA, high school football game, the San Francisco Mission High School football players gathered together and all but one took a knee. The player left standing held his fist in the air just as gold medalist Tommie Smith and Bronze medalist John Carlos did during the 1968 Olympics. Smith and Carlos were sent home from the Olympics for politicizing the games but the Mission High football players say they're not going to stop.

In my opinion, Kaepernick is protesting the right cause and he should keep doing it because he has received support from all over the country. This is great in all, but I think he could protest this problem in a lot smarter way. He has caused a lot of controversy across the country by taking a knee. It has caused many people to protest him rather than the problem he is against. What he should do is go around the country and give speeches and support groups that have more experience protesting this issue. A lot of people have respect for him, and they would listen to him and strive to make a change. All he can do now is keep fighting for his cause and hope to see some change around the country.



watch the same teams dominate every year.

After the Cavaliers beat the Warriors for the championship in a seven game series, everyone was looking forward to seeing how trades and the draft would spice up the NBA for next season. Kevin Durant was a big topic at the time because he had just played out the final year on his contract and had become a free agent in the summer of 2016.

Although there was talk of him leaving Oklahoma City, no one was happy to read the astonishing headline about Kevin Durant's decision on July 7, 2016. "Warriors sign free agent forward Kevin Durant." Let's face it. Whether you're an OKC fan, don't like the Warriors, or don't want to see your favorite team weakened, the trade surprised and upset just about everyone involved with the NBA as one great team became even better.

Although in my opinion the NBA is a high tempo fun game to watch, trades like these are impacting the ratings as the average audience per game are going down. At the same time, ratings for the average audience per college basketball game are going up. People seem to be developing a higher interest in college basketball rather than the NBA.

This may not seem odd depending on where you live. For example, if you ask someone in Lexington, Kentucky whether he or she likes college or pro basketball, most will say college basketball. This isn't surprising considering the city tends to have a talented team every year. But if you don't assume that and ask why, the responses a lot of times are that "NBA players don't try on defense," or "NBA players are too good and the same teams dominate every year, but in college basketball, teams get new players every year." Although these reasons may not be an excuse to completely give up on the NBA, they are valid issues that need to be addressed.

It is true that NBA ball can be a lot slower than college basketball. But college players play less games and have time to learn to cooperate with each other while getting ready for March Madness. Teams that looked like they were going to have a bad season often turn into intimidating powers to be reckoned with in

Blockbuster NBA Trade

Zachary Coons

It is hard for a bad team to work its way up to the top in the NBA, just like it's hard for good teams to completely lose their talent. Since 2014, the Golden State Warriors have become one of those talented teams in the NBA. They won the championship against the Cavaliers in 2015 and placed second to the Cavaliers in 2016. The championship series, along with a lot of the NBA playoffs, were extremely entertaining to watch because teams who dominated throughout the regular season were actually contested and had to play defense. The television ratings for the playoffs and the Finals skyrocketed, but once the NBA returns to the regular season, ratings go back down. Although the NBA regular season is still fun for diehard fans, many basketball fans find it boring to

March.

The NBA is different, with just a few great teams, and the trade of Kevin Durant to the Warriors will only make this problem worse. People are now calling the Warriors' team a dynasty that will definitely win the 2017 Playoffs. While this is exciting for Warriors' fans, many others are annoyed and unexcited for the next season. How can their favorite teams compete with the Warriors, who have four all-stars in their starting lineup? No one knows, and less people are sticking around to find out.

Baseball and PED's

Josh Morgan

The Great American Past Time (at least that's what people used to call baseball), revolves around the war between hitter and pitcher, and has evolved and developed over the years to have little to no resemblance to when it was originally created in the early 1800's. Once the rules were created and standardized in the early 1900's, the sport really took off and became popular around the U.S. Since then, the sport has remained quite similar and only just recently

video replay and the ability to change calls has been added. Despite its old age and the changing times, the game has remained mostly the same, as it was when it was first invented. But the game has seen its ups and downs, and there have been many eras that you can look at in the sport's life span.

These can include, but are not limited to: The Dead Ball

Era (1901-1920), the Segregated Era (1901-1947), the Designated Hitter Era (1973-present AL only), and the Steroid Era (late 1980's-2005). Each era had its own unique qualities and impact on the game, but none quite like the steroid era.

For those who don't know, steroids are a form of Performance Enhancing Drug (PED). They allow the body to get big and powerful, which can allow for players who typically wouldn't be very good, to have a leg up on the competition.

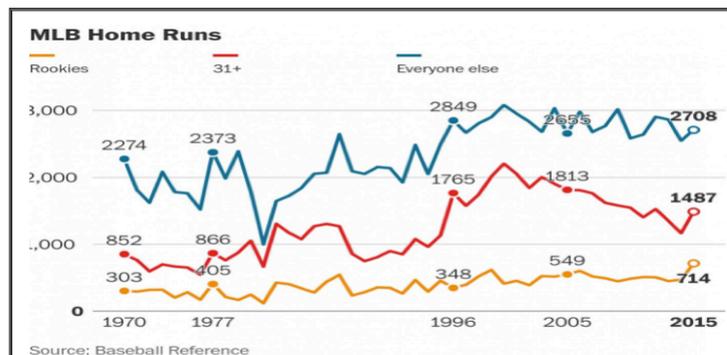
No one really knows when PED's were first introduced into the sport of baseball, but starting in the

late 1980's, the offensive side of the game, and specifically power stats like homeruns and slugging percentage, took a massive up-swing with no corresponding rule change that could account for it. This was both really good and really bad for baseball. This era was good for the sport because popularity skyrocketed to new heights and television ratings were at an all-time high. The offensive dominance and the homeruns associated with the sport, singlehandedly saved it after the 1994 player strike.

But PED's are a form of cheating, as they allow for people to be bigger, stronger and faster than they otherwise should be. And this wide spread cheating led to bad press that really harmed the reputation that the MLB had garnered over the years. Nowadays, when some one is caught doping/using PEDs, they are often publically shamed and exiled from the sport by the fans for their cheating. Some of the most famous dopers include names like Sammy Sosa, Mark McGwire, and someone from more recent history, Alex Rodriguez.

So you might be wondering why I am writing this article if the MLB has already cracked down on cheaters and the Steroid Era is over? Because steroids

are back. From 2006 to 2014, the number of homeruns was on a steady decline, following the new drug testing rules and policies. But then in 2015, there was nearly a 20% increase in the total number



of homeruns hit. This is an astounding increase in power and shouldn't happen considering the lack of a rule change. The interesting part about this statistic is that the increase in homeruns wasn't primarily in young players.

As you can see from the chart, the greatest increase in the number of homeruns hit, by age, was in the 31 year and up age group. This is quite suspicious considering it has been proven many times that a hitter's power begins to decline after the age of 25. This unprecedented increase in homeruns has also allowed us to see the first 40-homerun season since the Steroid Era, achieved by Nelson Cruz last year with 44

homeruns.

And now this year we not only will see another 40-homerun year, but we might see our first 50-homerun season in almost 10 years. With 38 homeruns through 125 games, and 528 plate-appearances, Mark Trumbo is on pace to be just that person. During his seven year career, Trumbo has always been a power hitter with a career batting average of .251 and a total of 169 homeruns through that period. Never has he ever reached 40 homeruns in a season, and he hasn't ever even dreamed of reaching 50.

The problem is that it's not just Trumbo who has been seriously increasing his homeruns and power stats. Players across the league have been busting homeruns left and right and I believe that this is due to a new form of PED that has yet to be discovered by the officials of baseball drug-testing.

Whether there is actually a new PED that players are using, or it's just really good players having good seasons, one thing is for sure, the homerun is back, and it is making a joyous return to the sport. I sincerely hope that I am wrong about all of this, but with what is occurring, it's hard to deny that something is up. It's exciting for baseball fans to see the sudden explosion of long balls, but if it is because of steroid use, then the negative impact may outweigh this season's fun.

Losing Fernandez

Sam Cundiff

"If you were given a book with the story of your life, would you read the end?" This was tweeted out by Miami Marlins starting pitcher Jose Fernandez just three weeks before his unexpected death. People across the country awoke on Sunday, September 25th to news reports swirling about the young athlete's casualty in a boating accident just off the coast of Miami. No one could comprehend the situation; nobody saw it coming. The baseball community truly lost a great competitor and an even better human being.

Jose Fernandez was born July 31, 1992 in Santa Clara, Cuba. He played youth baseball in Cuba with St. Louis Cardinals infielder, Aledmys Diaz. Diaz's uncle was heavily involved in Fernandez's life, which is where Fernandez's love of the game came from.

At the age of 15, Jose successfully defected from communist Cuba after three failed attempts (all resulting in prison sentences). The future all-star attended Braulio Alonso High School in Tampa,

Florida. He led his school to 2 state championships during his sophomore and senior seasons and tallied two no hitters. Major League scouts had their eye on Jose Fernandez.

After his senior year, Jose Fernandez was signed by the Marlins and made his MLB debut on April 7, 2013 at Citi Field. Fernandez fanned eight batters through five innings and only allowing one run. Later that year the young ace was awarded Rookie of the Year and selected as an all-star due to his stellar performance. Fernandez underwent Tommy John surgery in May of 2014, thus sidelining him until the end of the 2015 season. With the small setback, fans were excited when doctors cleared him to play at the beginning of the 2016 season. Jose Fernandez posted a 2.86 ERA with 253 strikeouts and a 1.119 WHIP (walks + hits divided by innings pitched; pitchers strive for a low WHIP). Marlin's fans knew they had a future hall of famer on their roster.

Everything seemed to be going just fine for Jose Fernandez until he decided to take his boat, which he dubbed "Kaught Looking" (with a backwards K to signify when a batter strikes out looking.) off the coast of Miami early in the morning. Fernandez tried to convince teammates to go with him but to no avail. Miami Marlins outfielder Marcell Ozuna warned his teammate not to go out pre-dawn, but Fernandez didn't listen. The Cuban sensation took 2 other friends on the boat (not professional athletes) with him instead.

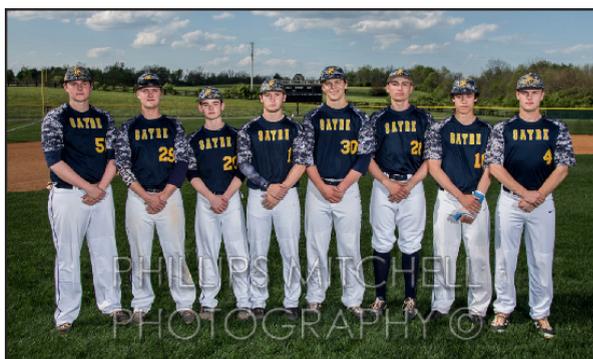
What happened after Fernandez loaded his boat into the water is still a mystery. Later that morning police found Fernandez's most prized possession crumpled on a rocky shore with all three men dead inside. Investigators believe that Jose was driving too fast and it was too dark to see. After weeks of investigation, cocaine and alcohol were both found in Fernandez's body. This came as a shock not only to baseball fans but average American citizens. A 24 year old died unexpectedly without warning. Jose left behind a stable career, hundreds of close friends, and his pregnant wife, Maria Arias.

The day after Jose's death, the Marlins played a home game against the New York Mets (the same team Fernandez debuted against). Marlins shortstop Dee Gordon led off the game with a solo homerun over the right field fence. As Gordon trotted around the bases tears filled his eyes. When he crossed home plate, he looked up in the sky and pounded on his chest as to almost say, "that one was for you, Jose". To add to the dramatic experience, that was Gordon's

SoothSayre

first homerun of the 2016 season. This was a surreal moment in Marlins Park, fans sat stunned and emotions swirled. In a post game interview Dee Gordon stated, "if you guys don't believe in God, you may as well start," signaling the impact his homerun had on the franchise, the fans, and people across the country.

Jose Fernandez is irreplaceable. The MLB won't be the same without his contagious smile and his hard work ethic. Major League Baseball lost its best young pitcher who was on track to become one of the best to play the game. Even though Fernandez used drugs, which in turn led to his death, baseball fans should not dwell on that; instead we should remember his great moments on the mound. Jose Fernandez will forever be remembered as a great competitor, role model, and an even better human being.



behind the plate last year, and caught many college recruiters' attention. Not only can he catch, his bat is a force to be reckoned with. His batting average and OBP (On Base Percentage) show that he is not your average high school catcher.

At first base, returning from an amazing junior season is Sam "SVB" Van Balen. Last season, Van Balen demonstrated what it meant to be a team player. He hit behind runners and stole on passed balls; he was a coach's dream player. There aren't many better first basemen in the state of Kentucky than SVB. He can pick the worst of throws, which can be crucial looking at the extremely tough schedule Sayre will have this upcoming season.

At second base, Sam Cundiff looks to flash the leather and give his pitchers run support. Cundiff is a very balanced player. He has completely bought into Coach Kevin Clary's system and wants to win whatever the cost may be. His contact hitting and plate discipline doesn't get any better. Expect Cundiff to hit for a high average.

At the hot corner, the Spartans have Sam "Seadog" Seahorn. Seahorn is 5-tool player who can help his team in a variety of ways this season. His dominance on the mound during the fall season may have just landed him as the number two pitcher in Kevin Clary's rotation. His glove is impeccable, and he can be a defensive threat at any position on the diamond. He has shown superior arm strength from third base, able to throw out the 11th region's fastest base runners. Seahorn, who will most likely be the Spartans lead off hitter, shows excellent bat speed and tremendous offensive awareness.

In left field, Garrett "Pork Chop" Young looks to bring energy to the field and the dugout. Young is a stellar outfielder with just as good range as a college baseball player. During the fall season, Young demolished pitchers, which raised his batting average well above .400.

The captain of the outfield, Josh "The Hammer" Morgan, is an insane athlete. The senior is built like a baseball player, standing above 6'0 and weighing in at about 190 lbs. His pitching will be much needed, especially in the state tournament due to the number of games within a short amount of time. Morgan recently signed with the Junior College,

Sayre Spartans Baseball

Sam Cundiff

The Henry Clay Blue Devils shocked the Sayre Spartans with a 7th inning rally in the 42nd district semifinals last spring. Heading into the 7th inning the Spartans led the Blue Devils 2-0, but allowed 4 runs on countless errors in the top of the 7th. Sayre emerged in the 2016 season as a heavy favorite to advance far in the state tournament, and played well last year considering the tough schedule, finishing with only 11 losses. But they are looking to bounce back in 2017 from a disappointing end to last season.

The Sayre Spartans are a heavy favorite to win the 42nd district entering the 2017 season despite losing four seniors from last year's class. The Spartans will have a total of eight seniors who will make profound impacts throughout the season. James "Parm" Dupree will be the Spartan's ace and will be a dominant force for the team in 2017. Dupree was lights out last season, almost untouchable. He kept command of his fastball, and could hit his spots with ease.

Behind the plate, the Spartans have elite catcher, Seth "Hoj" Hojnacki. Hojnacki was a brick wall

SoothSayre

Wabash Valley, with intentions of transferring after 2 years to a division 1 school.

Completing the outfield, Sayre has a lethal weapon in right field. Christian "C-Moore" Moore had a great season last year after battling back from Tommy John surgery just 2 years ago. His bat was phenomenal during the fall season and pitchers were scared to leave one over the plate.

Overall the Sayre Spartans will be a solid team this year. Unfortunately the 11th region will be very competitive as well with many talented senior classes. Dunbar's EKU commit Austin Shepherd, and Lexington Catholic's Ben Wilcoxson will give the 11th region a boost in talent from previous seasons.

The Spartans aren't slim when it comes to coaching either. Head coach Kevin Clary, arguably the best coach in the state, has the coaching capability to get his team to the state championship game. Clary led Lexington Catholic to a state championship in 2009 with far less talent than opposing schools. He says his teams have success if they "dominate the routine play and buy into my system of coaching." Sayre baseball isn't the doormat of the 11th region anymore. The Spartans will be able to compete with any team in the state of Kentucky in the 2017 season.

Christmas By the Ages

Laney Helmers

The holidays are what you make of them. There are going to be bad gifts, annoying questions and comments from family members, and embarrassing relatives telling stories, but chances are if you are with your family or significant others, the season won't be that awful. "The most wonderful time of the year" might be an exaggeration, but it's that positive mindset rubbing off on others that encourages everyone to get into the spirit!

As you get older, your attitudes towards the holiday season change. As a 0-5 year old, you have no idea what is going on. It is hard to beat the excitement of new toys and faces that the season brings, but the idea of sitting in the lap of a stranger with a giant white beard, while bells ring, cameras flash and other people rush frantically through the mall does seem a bit terrifying. As a baby or toddler, you generally like every toy you receive and don't necessarily understand the reason you're getting them, so the chances of being let down are slim.

Being 6-10 years old at Christmas is the best. We've been editing the wish list for weeks and have been on our best behavior to make sure we stay off the naughty list. Dressing up and being forced to attend dinner parties are the worst, but seeing your cousins and playing games always makes the night enjoyable. Santa knew you so well: every gift you got was exactly what you wanted, even if you didn't put it on your list. It felt like there were toys and games to last you a lifetime. Even though you didn't get your Pony or a Red Ryder Carbine Action 200-shot Range Model air rifle with a compass in the stock and "this thing which tells time," Santa was the best!

Then you are 11-13 years old and resentful. You had been doubting the Easter bunny existence for a while but really, Santa too? There's a little hope deep down that Santa is still around, because you still get everything you asked for and you can't trust your parents to get it all right. Everything you ask for has to be the coolest, even though your list probably looks almost identical to your friends from school. Your younger siblings look like they're having the time of their lives with their new PlayDough set. Yeah, your new shoes are awesome, but you wouldn't be caught dead playing with toys; you're too old. Every year you hope this is the Christmas you get a phone, so you can be in constant communication with your friends who you see for the majority of the day anyway.

14-18 years old is when you begin to find out who you are. Matching with your besties is so out, and every year your gifts change based on your interests. You barely have time to make a list or get in the holiday spirit because exams are so stressful and who has the time? You also realize that your extended family is not as normal as you thought, and your uncle always gets you a weird gift you pretend to like. Yes, you have gotten taller since the last family reunion, and no you don't know where you're going to college, but it's important to soak it all in because you'll be gone sooner than you think.

I'm excited to see what Christmas will be like as I get older. Will traditions continue? Will my kids feel the same way I did? The holidays are about being together and one person's attitude, positive or negative, can affect everyone's. It's easier said than done, but it's important to spread Christmas cheer to give a boost to the holiday season.