



# Sound ♀ Sea

Manteo High School

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## Letter From The Editor

Dear Readers,

Our brand new newspaper staff is ecstatic to have the honor of presenting the news to you, the students and staff of Manteo High School. We have earnestly been at work to keep improving the newspaper and bring you the news in the best, most interesting way possible.

As Christmas break looms around the corner, you may find yourself feeling a bit stressed and in desperate need of some pick me ups to help with the holiday horrors. For me the holidays can be a bit stressful. If you're like me, you are involved with activities outside of your education, such as clubs, sports, dance, or theatre. With so much to fit in a day, whether it be your normal after school activities or packing to visit

your grandma who lives in Maine, the holidays can feel a bit hectic.

If you feel that you need a break from Christmas chaos, this is place for you.

Prepare to unwind with a nice mug of hot cocoa and some fuzzy socks as you listen to our holiday tunes and giggle at our new comic page. Here, you can find interesting editorials featuring hot debates, ways to beat holiday stress, how Mr. Luciano and staff feel about our “A” status, or how other people celebrate the holidays around the world. Thank you for the support! Time to chill out, relax, and enjoy!

With love and some holiday cheer,

Kiersten Frazee



LIZ HODGSON

### ON THE COVER:

Graphic by Holly Humphlett

Concept by Kiersten Frazee

When confronted with what to put on the cover of the first newspaper of the year, the entire staff was conflicted with what to do. At first we tossed around a few ideas, but none of them seemed to really fit. It wasn't until someone mentioned our “A” status that it hit me: Mr. Luciano needed to be honored for his hard work, -so what better way than to make him Jolly Ol' Saint Nick himself! Like the “A” in Mr. L's stocking, we have received the gift of another top ranking.



# Sound to Sea

*Editor-in-Chief*  
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Caroline Mode  
Cora Pate



# Sound to Sea

Sound to Sea is the official student news magazine of Manteo High School.

The staff strives to provide informative and accurate coverage of individuals and events within the school and the Dare County community. Opinion pieces serve as a forum for the voices of the newspaper, its staff members and the community it serves.

Views expressed in the Sound to Sea and the Sound to Sea on-line do not represent the opinions of the school's faculty or administration or the Dare County School Board or its administration.

You can reach the staff by mail at 829 Wingina Ave., Manteo, N.C. 27954, by phone at (252) 473-5841 extension 1081 or by e-mail at [mhspublications@daretolearn.org](mailto:mhspublications@daretolearn.org).

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Visit us online:  
[mhssoundtosea.com](http://mhssoundtosea.com).

## Take care of yourself for the holidays

Rena Casey

Associate Editor

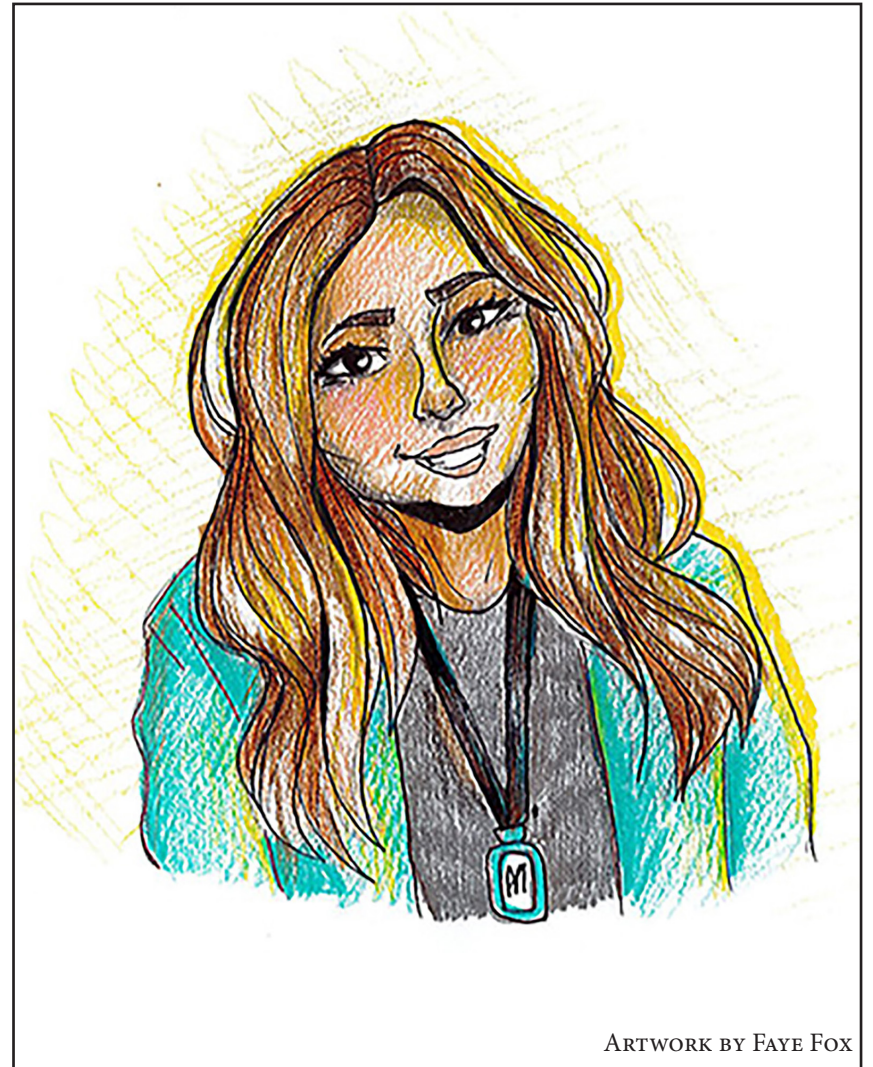
The holiday season is seen as a time of love and happiness, but for some, it may not come across that way. During this time, loneliness and isolation can be prominent due to factors in life such as distant relatives, passings of close loved ones, etc. It can also be common for people to feel emotionally distant with people they're with, which means they can feel lonely even in a room full of people. For the people who feel a sense of loneliness and isolate themselves from others, this time of year can be extremely stressful. However, if you or someone you may know is experiencing this, maybe the following suggestions can help.

### TAKE CARE OF YOURSELF

While this may be easier said than done, the most important part for people is being able to be good to themselves. The feeling of loneliness can be overwhelming and can really affect someone's mental and physical health, so taking care of themselves can make them not only feel good, but also enjoy their solitude more. Whether some may take a relaxing bath, listen to their favorite music or pamper themselves in any other manner, taking time to do things that someone enjoys can enhance their mood and could take their focus off of feeling alone.

### IGNORE HOLIDAY EXPECTATIONS

A reason why people feel more alone during this time is because of the holiday expectations that have been set by society. People feel more alone because the absence of a partner or a close relative seems more uncomfortable than any other time of the year. Some people should realize that not everyone's lives live up to "movie standards" and that it's okay if some don't have a date to a holiday party because not everything has to be perfect. People have to live their best life without having to worry if they're doing it right to please society's standards.



ARTWORK BY FAYE FOX

## Enjoy holiday graces

Kiersten Frazee

Editor-in -Chief

It's that time of year again: winter, a literal season of death. Trees are dead and animals are hibernating. Not to mention the shorter days and longer nights; there are already not enough hours in the day! This is when the harsh reality of "summer is no longer here, so it's time to say goodbye to warm days and hello to frigid classrooms and midterms" begins to kick in. Autumn and winter are celebrated and romanticized by all the so called Basics, including myself. Though it's a funeral for trees, and season for people to give thanks and then stab one another the next day for a flat screen TV, it's aesthetically pleasing--all the pretty colors, Hallmark Christmas Movies, football on Fridays, hot coffee and tea, baking cookies, and pajama days naturally. Instagram, Pinterest, and Tumblr have been full of girls in their blanket scarfs, playing in leaves, and drinking Pumpkin Spice Lattes since summer ended. You may not want to admit it, but you're excited for autumn and winter as well. Let's be honest here, on September 1st,

you abandoned your Birkenstocks and booty shorts for your Uggs and leggings and traded your sweet tea and lemonade for anything that is pumpkin spiced or peppermint flavored. There's no need to be embarrassed, it happens to the best of us.

Spray It On Yo Body, the lesser known sister company of Bath and Body Works, has seized the opportunity we Basics have provided and is making this fall and winter memorable. Some of the new autumn scents include, but are not limited to, *The Trees are Dying* and *So Is My Sanity*; *Homework*, *Crunchy Leaves*, and *Sadness*; and *Laying in the Leaves Will Probably Get Bugs In My Hair But Anything For Instagram & Tumblr*. Some of the new winter scents included *Frostbite*; *Jealous of Florida*; and *I Would Cry But My Tears Would Freeze To My Face*. These scents start at a price point of \$15. Enter the word BASIC and get 5%

off! Act fast: this is a limited time offer and will only be sold while supplies last.







# *Holiday Playlist*

**Last Christmas by Wham!**

**White Winter Hymnal by Pentatonix**

**Have Yourself A Merry Little Christmas by Frank Sinatra**

**Underneath The Tree by Kelly Clarkson**

**Blue Christmas by Elvis Presley**

**All I Want For Christmas Is You Mariah Carey**

**Where Are You Christmas by Pentatonix**

**Christmas Don't Be Late by Alvin and the Chipmunks**

**Hot Chocolate from the Polar Express**

**Believe by Josh Groban**

**Linus and Lucy by Vince Guaraldi**

**12 Days of Christmas by Straight No Chaser**

**New Years Day by Taylor Swift**



## WORDS OF WISDOM FROM OUR NEW TEACHERS

Jordan Baum & Tiffany Fenz  
Staff Writers



**CTE**

**Jennifer Thompson**

"Take all the opportunities you can and explore different experiences because you never know when you might discover something you're passionate about or what could turn into your future career."



**History**

**Bailey Triplett**

"Always be true to yourself and to build up the courage to live honestly to who you are, and if you find that you lack that courage, ask for support from those that inspire you to accomplish your goals."

## MHS declared as an "A" school once again

From

Dare County Press Release

For the second year in a row, Manteo High School received the highest grade, an A, for its School Performance Grade (SPG). For the 2017-2018 school year, Manteo earned an SPG of 86, one point higher than the 85 earned in 2016-2017.

The school's grade was based on graduation rates, ACT results, EOC results, math rigor, and Work-keys. Proficiency grades, which measure performance, count for 80% of the SPG, and growth from the previous year measures 20%

Speaking about Manteo's success, English teacher Stephen D. Nichols stated: "Manteo High School has dedicated, talented teachers who do whatever it takes to help ensure student success, and they are supported by skilled caring administrators who put the needs of the students first. These elements make Manteo a good school, but what makes it a great school is the sense of community, of family, that we have here. Manteo teachers train the minds of our students, and they are effective because they do it with heart."

CTE Coordinator Mary Jo Windley adds: "MHS is a great school because the community, families, school leadership, teachers, staff, and students are all team members in our shared goal of student success. Mr. Luciano's leadership, caring, and investment in all details is energizing and inspiring. Our tools of technology, curriculum, and policies all support a school culture of achievement, goal setting, and growth for all."

Student Carson Creff believes the school's small student count is a benefit: "Manteo's size allows for a lot of individual attention for students."

Best wishes for a three-peat in 2018-2019!



**CTE**

**Tray Scott**

"Treat others like how you would want to be treated, being respectful to everyone you meet in life, and if you put your name on your work or something that you're proud of, you better make sure it's your best."



**Spanish**

**Lexi Navarrette**

"Nothing great in life comes without hard work."



**Science**

**Elizabeth Gray**

"Laugh more, whine less! Be grateful for all the good you have!"



# 2018 Homecoming Highlights



SARAH PRITCHARD



LARA CATE WRIGHT

During the week of Oct. 8-12, students at Manteo High School had the chance to celebrate its annual Homecoming week. Because of Hurricane Michael, the game and parade were moved to Saturday, Oct. 13 and the dance was held Saturday, Oct, 28. Congratulations to this year's king and queen, seniors Josh Houston and Aiyana Mourino.



BELLA BARTELL



BELLA BARTELL



ELLA CORBETT



AVERI CREEF



SARAH PRITCHARD



BELLA BARTELL



## Recently, cross country Coach Cindy Caine answered a few questions.

### 1. Have you coached any other sports?

I have never coached cross country before. I did run cross country in high school and I still run distance races. Most recently I ran in the Flying Pirate Half Marathon in April.

### 2. Where did you transfer from this year?

I did not transfer from another school, but I did move to Manteo just over a year ago from the Philadelphia, PA

area.

### 3. Do you have any other job besides coaching?

I volunteer at the Elizabethan Gardens twice a week. I'm not working currently, but I'm an interior designer by trade.

### 4. What made you want to coach cross country this year?

Ms. Dinoto mentioned that she needed an assistant coach. I enjoy running and I am a parent of two boys who did multiple sports including soccer, lacrosse and swimming. I was involved with every team and really enjoy youth and high school sports.

## Varsity Football

Being a former football player himself and the 2019 East All-star Head Football Coach, Sport Sawyer continues his career with the Redskins as the boys persistently put in hard work to have a successful season.

Sawyer believes that the team took a while to learn its identity, but the slow start to the season motivated the guys to work harder, helping them to finish the year strong.

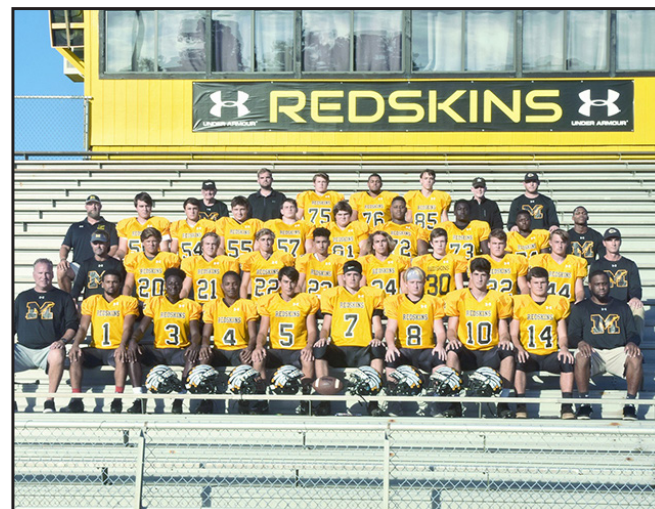
For the past two years, the team has had successful seasons, and this year's overall record of 6 - 6 and conference record of 3 - 2 continues this tradition.

"I want to see more people step up to lead and set an example for the JV guys that are moving up," senior Clay Rice said.

After school, the boys always had intense

practices. Sawyer believes that this benefited the guys and allowed them to become better. Workouts in the weight room and time spent on the practice field everyday along with running drills boosted their abilities and their drive.

"Working hard daily to be the best they can be is important," Sawyer said. He goes on to say, "Football 2018 was very interesting; injuries and weather played roles in some games and preparations. We played half our games on nights other than Friday night which is a lot for a season when you are preparing and working on schemes. But over all 2018 had a good group of guys and they worked hard and finished the regular season strong beating Washington County (Plymouth) 34-0. We are looking forward to 2019."



LIFETOUGH

## Varsity Soccer

Ralph Cleaver, 2017 Boys' soccer Conference Coach of the year, led his varsity team to a winning 18 - 2 overall record. The team went undefeated in conference this season. The conference champs made it to the third round in state playoffs, and Coach Cleaver is hoping to repeat that success this year.

"Coaching takes a lot of time and effort to do well. It is a year round job (not just the season)," Cleaver said. "Coaches must plan detailed practices, watch some tape, read, study your team and other teams, go to clinics, coordinate with other coaches, fundraise and practice what you preach."

Cleaver has shown that he has the dedication to do what needs to be done. He believed that this year's team was a truly great team.

"The boys worked hard all spring and summer in preparation for this season. This senior

class were freshman during my first year coaching soccer, and it has been a pleasure to watch them mature on and off the field," said Cleaver.

Cleaver is always pushing himself to be the best coach he can be, and the boys worked very hard this season.

"My team has improved in fitness and in all-around skill this year," said senior captain Trent Jones.

"I'm certainly proud of the season we had, even though we didn't make our goal of state championship. The style of play we incorporated was next level; stats say that we were 18 and 2, or scored 103 goals, and we only gave up 13 goals. Our graduating seniors did a lot for the program, and we will certainly miss them. Next year's rising students look very good.



LIFETOUGH

Over all, the soccer skills that we have developed will be very useful for next year," said Cleaver.

The entire school is proud of the soccer team and all of their hard work that they put into the season.

## Girls' Tennis

Math teacher and coach John Houston completed his second year as the girls' tennis coach, and he has high expectations for his players for next season.

"Next year will be a better year," said Houston, "We are working on getting younger players and better play out of those returning."

One thing that Houston would like to improve is the team's technique. This year the team went to states with a 3 -4 record, but he believes they could get even farther in the states if technique improves. One of the highlights of the season was beating Gates county three times.

Sophomore Liz Hodgson at first chose to play tennis because her mom wanted her to play

a fall sport, but now she really enjoys playing.

"It's a huge stress reliever," said Hodgson.

Hodgson's biggest goal for this season was to play in a counting position. She believes that the only way to achieve athletic and academic goals is simple dedication and a good work ethic. Hodgson juggled her school, her job, and tennis by only working on weekends and doing homework after practices and on bus rides.

"It can be struggling, but Mr. Houston will talk with you and work something out," said Hodgson.

Tennis is a hard playing sport that takes time and effort, and the girls were proud for finishing the season strong.



LIFETOUGH



## Runners on the cross country team also answered questions about their sport:

1. *What is the difference between track and cross country?*

Cross country is a lot more tiring than track because in track, you are not constantly running for a long time. - Hart Vandzura

2. *What or who motivates you to run?*

My Dad motivates me to be a good runner. - junior Nate Smith

3. *How do you juggle a job, sport, and school?*

Well, the truth is it is not that easy juggling through school,

a sport, and a job. I told my work that I would like only the weekends for work and, as for the sports I usually try to take it easy on our runs for practice so I do not tire myself out. - senior Mason Houseknecht

You just have to know your limits and what you can or can't handle. Keeping your work hours to a minimum also helps. - junior Nate Smith

4. *Do you do cross country for a specific reason or just for fun?*

I do Cross Country so I can beat my dad's high school record. - junior Nate Smith

## Varsity Football Cheerleading

Coaches Amanda Simpson and Nikki Seward coached an amazing season for the varsity cheerleaders. This has been the biggest varsity cheer squad Manteo has seen in a few years, and the cheerleaders and the crowd seemed to love it!

The spirit in this squad was contagious, whether it was within the squad or including the fans. All of the cheerleaders grew close and became a tight knit squad.

"A bigger squad worked out better because we can do cooler stunts and if someone misses a motion in a cheer it's not super noticeable," said senior Aiyana Mourino.

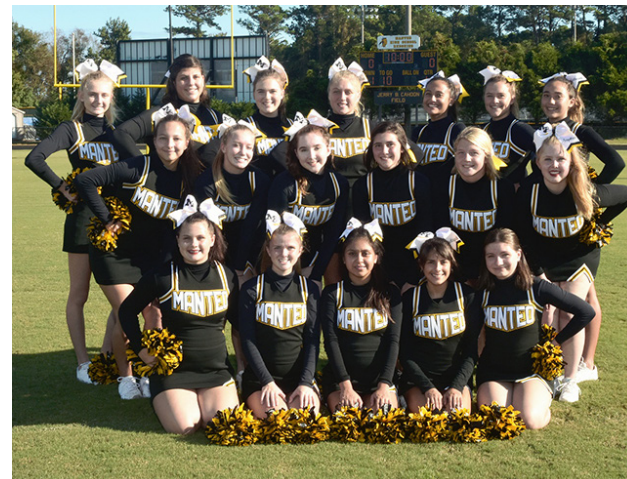
"The highlight of this season for me was

when my flyer Cora Pate first hit her lib. Our previous stunt groups were struggling, so hitting that stunt just felt really good for all of us" said Mourino.

Not only was this season slam packed with practices and games throughout the summer and into November, many of the girls were on more than one squad at the same time. This not only brought the girls closer but tested them in terms of school, work, and their jobs. Thankfully, it all worked out.

Just like any other sports team, the varsity cheerleaders had their ups and downs, but in the end they always pulled together as a team and made the cheers and stunts work.

Cora Pate  
Staff Writer



LIFETOUGH

## Junior Varsity Football Cheerleading

Stephanie McKoy was a new teacher last year and started off by coaching basketball cheerleading. This season she coached JV football cheer and did an amazing job with the girls. McKoy also cheered football and basketball in high school.

"We had 6 out of 10 cheerleaders on JV who had never cheered before. The veteran cheerleaders did an excellent job modeling the cheers, and the new athletes stretched and put in hard work everyday to become great. They all had to learn how to become a completely new squad/team and it was a challenge. Overall I am super proud of how well they did!" said McKoy.

Many cheerleaders had never cheered

before but had played various sports.

"I was persuaded to try out because I wanted to try something new. I had always played softball so I was definitely stepping out of my comfort zone," said sophomore Emma Rogers.

The captains did a great job motivating the others and keeping everyone positive.

"My team excelled from the beginning of the season. We grew as a family, and I feel that we ended stronger than we started," said sophomore captain Ciarra Jackson.

As the team continues to grow as a squad and family, the girls motivate each other with everything they do.

Cora Pate  
Staff Writer



LIFETOUGH

## Varsity Volleyball

This was Jillion Schuler's second year coaching varsity volleyball and her fifth year coaching including her years in middle school. She is proud of her team coming in third in conference this season, noting that her players worked together well as a team to a 9 - 10 record overall.

"The volleyball team this year was exceptional because they all got along well and had a good time on the court," said Schuler.

One highlight of the year was senior night, when eight seniors were recognized for their contributions to the team.

"This senior year was probably by far the best year, and I have really enjoyed playing with the team," said senior Emily Pack. "I'll definitely miss calling everyone bubba all season long."

This was a young team, but they all were excited about playing volleyball. They were willing to learn and try new things and were all hard-working. Schuler said, "If you want to tryout, workout and come to open gyms."

Next year will be somewhat of a rebuilding year due to the loss of all the seniors, but Coach Schuler is optimistic about keeping team cohesion and morale together.



BELLA BARTELL

Unless otherwise noted, sports reporting  
by Emma Fleming and Darcy Kampe.



# Mrs. Holland says goodbye to MHS after 18 years

Sophia Farrow

Associate Editor

During her 34 years in education and her 18 years at Manteo High School, science teacher Patricia Holland left her mark on both students and on the school after her retirement on November 1st.

Holland received her undergraduate degree from Villanova University and her graduate degree from NC State University. Before coming to Manteo, Holland taught at the University of Massachusetts Medical School along with pre-K, kindergarten, first grade, and local early childhood programs in Massachusetts. She also taught Junior High School and High School Science there.

When asked what inspired her to become a teacher, Holland answered: "Honestly, it happened by accident! I needed a particular science class in college, and it was full except for 3 slots for education majors, so I became a double major

(Biology and Education). Later, I realized that I really enjoyed teaching.

She found when she first entered the field of science education that most science teachers were using book and seat work to teach science, and she decided to try to make science more relevant and interesting with labs, hands-on activities, and interactive manipulatives.

Holland will miss the students and staff the most, feeling a sense of family with those at MHS: "I hope that my students will continue to always do their best, to always ask questions and be curious, and to always have a dream to strive for."

For the next phase of her career, Holland wants to return to impactful medical and environmental research, fields that will continue to touch others just as she touched

many lives here at Manteo High School.

Holland was a favorite teacher at MHS. She stayed after to help students with work and to tutor. Many fun times were had in Holland's science classes. Holland was a favorite of the seniors to ask for college recommendation letters because she not only taught students, but she bonded with them.

The most important knowledge that she takes with her from her experiences here at MHS: "I learned that every student is a unique and individual learner and that I needed to find ways to help each student reach their potential. Also, I learned that you need a lot of PATIENCE and persistence!"

Holland was a gifted and caring educator, and she will be missed by students, faculty, and administration here at Manteo High School.



LIFETOUCH

## Memories of Ms. Holland

"I would say she is what you think about a real teacher, she always cared about her students, she always cared about their individual talents and ability of her students."  
- Ms. Rose

"I have always admired Ms. Holland's wisdom and positive attitude. As a colleague, I learned so much from her simply by sitting with her in meetings and observing the way that she navigated situations that arose within the classroom."  
- Mrs. Mount

"She had a way of making signs interesting to everybody, no matter who, she had a way to explain it so you would get it. She's an excellent teacher"  
- Ms. Ruhle

"What I was most impressed with was that like I never heard one of my students say she was the worst teacher, all I heard was that she was the best, a good teacher."  
- Mr. Cleaver

# Hilaire Halsch says hello to MHS

Tiffany Fenz

Staff Writer

*What brought you to the OBX?*  
"My fiancé has lived here for 6 years. We are getting married in February, and we decided to live here."

*What made you want to teach?*  
"I have wanted to be a teacher my whole life. When I was younger, myself and my best friend (who is also currently a teacher) would play school with my younger brother and his friends. We were the teachers and assigned worksheets and taught lessons."

*Where did you go to high-school?*  
"I graduated from Eastern

Guilford High School. I went to UNC Chapel Hill and graduated from there in 2014 with a degree in Spanish and Biology. I just graduated UNC Greensboro with a Masters in Spanish."

*What brought you to MHS?*  
"I was really excited to see an opportunity which would allow me to use my Spanish, but also other disciplines as well."

*What do you like about MHS?*  
"It is too soon to tell for sure, but I love that the other teachers and staff members have been extremely friendly and helpful."



ELLA CORBETT

*What extra-curricular activities interest you?*

"I know volleyball season is over, but I can't wait to watch some games. I played in high school and just finished coaching my 5th season."



# English teacher Barbara Vogt's says farewell to Manteo High

Jordan Baum  
Staff Writer

Barbara Vogt is retiring after her 13 years here at Manteo High School. Throughout her career, she has taught English, ESL and Apex learning classes along with assisting for Saturday school on the weekends. Before she came to Manteo, she substituted for seven years at Old Dominion University and eventually started teaching at Old Dominion Middle School.

She then taught seven years of English and ESL classes at Princess Anne High School in Virginia Beach and taught seven years of English at Tallwood High School in Virginia Beach. She stayed in Virginia Beach for twenty years while also instructing summer school in the area.

Vogt says that what inspired her to teach are movies. Movies like *To Sir, with Love* and *Good Morning America*, are what inspired her the most. Watching the change and impact that teachers had on their students is what really inspired her. Along with the change they can make in a person's life, to

make them better and overcome their obstacles.

"The thing that I will miss the most about teaching here

at Manteo is helping students find the right path, and helping them find out what they want from life; like the job they will enjoy, a vacation they will enjoy, and helping them understand that there will be obstacles and helping

them overcome those obstacles," said Vogt. "I want my kids to become lifelong learners and that learning never stops, they should always strive to learn."

Vogt plans to take several adventures throughout the country and others around the world. While traveling, she

wants to teach there as well.

Vogt says, "The thing that made me want to teach English and ESL is because I've

always been interested in different cultures and understanding the world and the people in it." Because to her, it's more about understanding everyone in the world and maybe then it might be possible to bring about peace through the understand-

ing of people.

Vogt wants other teachers to know "You will make mistakes and that you will rise out of the ashes." But it's not just that you will make mistakes, you have to be honest with yourself about how you made the mistake and find the answer

to resolve it. Because to her teaching is continual research. Teachers never really know the answers, but we know how to find the answers and teach others how to find them.

Vogt loves to learn. Mrs. Vogt said, "I love being a student as much as I love being a teacher. It a part of the lifelong learning I strive to achieve," She went to many colleges including attending Atraman University in Norfolk, Virginia, where she got her English and ESL degree. She then attended William and Mary and took additional levels of Asian-Pacific literature. Then she attended classes at the University of Virginia and took additional English courses and then finally attended Barton College where she earned another teaching certificate for AIG students. She's currently trying to go to COA to take courses to get her certificate to do online teaching. Although she does not know yet what kind of courses she's going to take.



# Science teacher Lisa Serfling named 2018-2019 MHS Teacher

Emily Meekins  
Staff Writer

"Be fearless and pursue what sets your soul on fire."

-- *Teacher of the year,*  
*Lisa Serfling*

Mrs. Serfling teaches honors biology as well as earth science here at Manteo High School, but that has not always been the case. She used to work a split position teaching biology and 7th-grade science

here and at Manteo Middle School. Honored and excited by her first time winning teacher of the year, Serfling encourages her students to believe in themselves and their capabilities. Since 2010, she has inspired students at Manteo High School. What first inspired her to teach was her sixth-grade science teacher. She developed her passion to teach at Stockton University, receiving her bachelor's degree

in 1988. She went on to earn her master's degree from NC State in 2013. Before teaching at Manteo, Serfling taught at Lakewood High School and Burlington Township High School in New Jersey. She believes that positive thoughts yield positive results, and she thanks her dad for giving her the drive to push for her dreams. Congratulations to Mrs. Serfling for teacher of the year!





## What the word “sport” means to me

Kiersten Frazee  
Editor-in-Chief

There are many athletics at Manteo High School whose legitimacy as a “sport” are often questioned. Some of these include, but are not limited to, cheerleading, marching band, and color guard.

According to the Oxford Dictionary, the definition of a sport is “an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.” Many people believe that cheer, marching band, and color guard are not considered a sport. All three; however, should be considered one as they work just as hard as any other sport and fit all the qualifications to be considered one. The physical exertion that they all put in is beyond more than what people actually would expect. For example, the members of color guard march across a 120 yard football field while holding their instruments and thinking of the fact that they have to end up in their designated spot while all simultaneously playing their music. If people continue to think of what they consider a traditional sport, then they would not understand that cheer, marching band and color guard have similar techniques.

As for skill, last year the first competition cheer team that MHS has had since the early 2000’s, earned second place during their event. This year, the team earned second in their overall competition and

meet, while cheerleaders have two minutes and thirty seconds and marching band, along with color guard, have about seven minutes to prove themselves. If assuming that seven minutes is enough time, think about it like

capable of. If one cheerleader is not tight, points are taken off. If a band member does not roll their feet, points are deducted. If a guard member drops their flag, the entire score has depreciated. They all have to imagine that the judges have never seen them perform and have never heard of them so that they can perform their best. If the judges see a mistake, then there is no second chance. However, in some other sports, if someone messes up, the game or meet is not over entirely over depending on what that person did. This may show that cheer, marching band and color guard equally put in as much effort as the other teams.

When it comes to the word “sport”, people have to think of cheer, marching band and color guard along with the other sports. All three are very important athletics that deserve the same amount of recognition. Not only do they fit the official definition of a sport, cheerleaders and members of marching band or color guard can be considered an athlete too. For years, they have worked to earn their rightful title and now is the time to start honoring their efforts and to recognize them as valid sports.



CIARRA JACKSON

first in their individual routine. For marching band and color guard, they were scored on performance of the ensemble, individual sections, the effect of the music, and visual performance.

Other sports usually have an hour or longer game or

this: football games range from two hours and thirty minutes to three hours, basketball games range from one hour and fifteen minutes to one hour and thirty minutes. Almost every sport, except for the ones mentioned above, have a significant period of time to show what they are

## No, it’s not considered a “sport” and here’s why

Emma Fleming  
Staff Writer

In physical definition, yes, cheerleading is a sport. Plenty of hard work and physical exertion is put into being a cheerleader; but in my opinion, a big part of sports is the head to head competition. High school cheerleading has none of that at all.

High school cheer is put together to heighten and express school spirit, hype the crowd up, and encourage the football players during the game. Unlike in football, baseball, soccer, softball, volleyball, etc. High school cheerleading has

no ultimate goal to win something, there’s no head to head fight to win. There is no drive to compete and beat another team.

Overall, cheerleading has plenty of physical characteristics to be a sport, but I feel like it is missing the head to head competition and the scrappiness other contact sports have. Cheerleaders definitely put in plenty of hard work and physical exertion...but the overall lack of an opponent and a winner makes cheerleading less like a sport.





## Global Christmas Traditions

Jordan Baum  
Staff Writer

There are many different Christmas cultures all over the world, so I am going to take you on a trip around the world to show you all of the unique festivities, traditions, foods, and other things that our world has.

First, let's travel to South America, where they have large amounts of different traditions and customs than we would have. For example, in Venezuela, they have their presents on the 6th of

December, and the children receive presents and poems in their shoes the next morning. Other countries make and set off fireworks for their local festivals, or you could go to Ecuador where people decorate llamas and bring goodies to their employers' nativity scenes (pesebre) while children sing poems to the baby Jesus to give their families good luck, along with many other activities and festivals.

You could go to Europe,

where Christmas lasts much longer than its American counterparts; it lasts about a month to fit in all of the festivities and holy days. One of the festivities you could see is the Festival of

Light in Norway, hosted to celebrate the longer days and the return of the sun. Europe, however, celebrates Christmas a lot like America, taking part

in the same sort of traditions and festivities that we do. One unique thing Europe has is its heart unique French foods. These are usually multi-course meals lasting hours, the main course followed by dessert, then a rich chocolate cake to celebrate the night.

You could enjoy the festivities in Africa. For example, in Malawi children go door-to-door to dance and perform Christmas songs for the people inside--their way

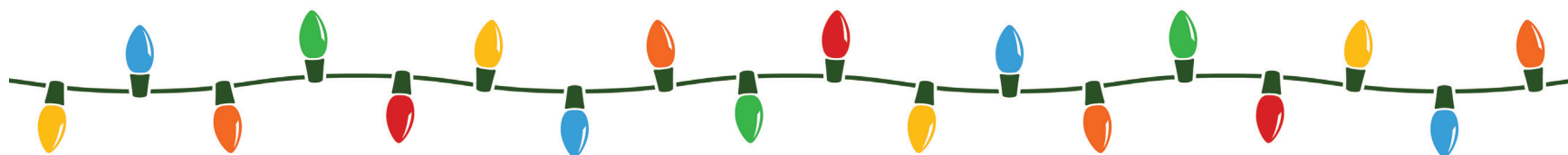
of Christmas caroling. In most countries, Christmas is a public holiday, and the people there make the most of the opportunity to visit family and friends and share their festivities with them. You could go to Gambia, where people parade around with large lanterns called fanals made in various shapes to celebrate their Christmas.

I know what you're thinking: Asia celebrates Christmas? The answer is yes. Despite Asia's religious differences, Christmas traditions have still been adopted into their local cultures throughout most of Asia. Most of their westernized countries do celebrate the holiday. They do this by decorating shops, stores, houses, malls, etc. They might not have their own unique Christmas traditions and celebrations, but they do celebrate it.

If you're not into the whole white Christmas stuff, then travel to Australia for their summer months. Christmas festivities start in late November and end January 6th. One of their

most popular festivals is called Carols by Candlelight. People come together to light candles and sing carols together under the stars. They also have a variety of Christmas traditions. For example, some people might go outdoors and eat dinner on the grill, while others might spend their Christmas at the beach or even go on a picnic.

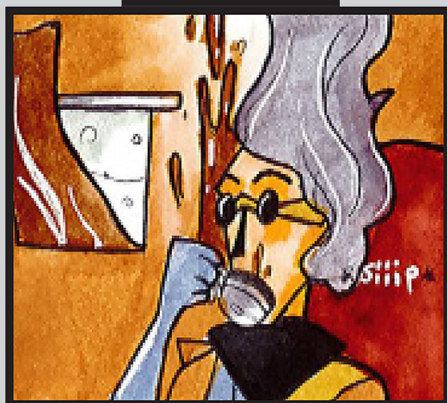
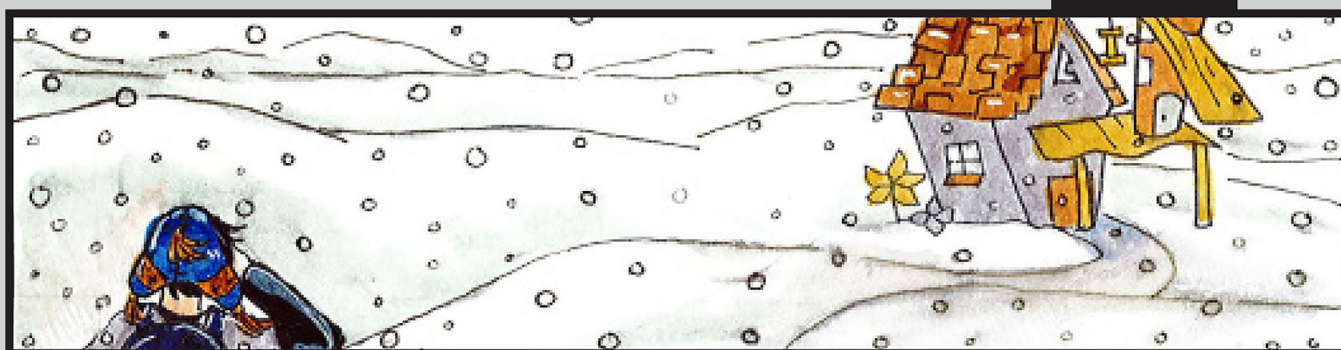
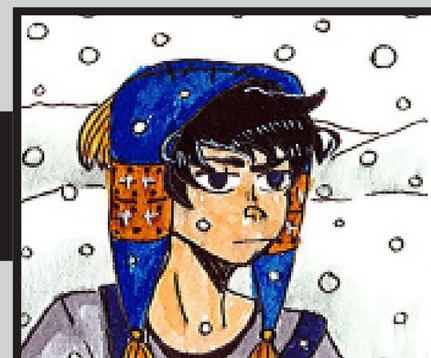
These are some examples of the Christmas traditions of the world. You could visit South America and participate in their many Christmas traditions, go to Europe and enjoy their delicious foods, or visit Africa and experience their traditions and caroling. My personal favorite would be to go to Australia and have a sunny Christmas, but wherever you go remember to have a good time, to celebrate Christmas surrounded by the people you love, and to be happy.





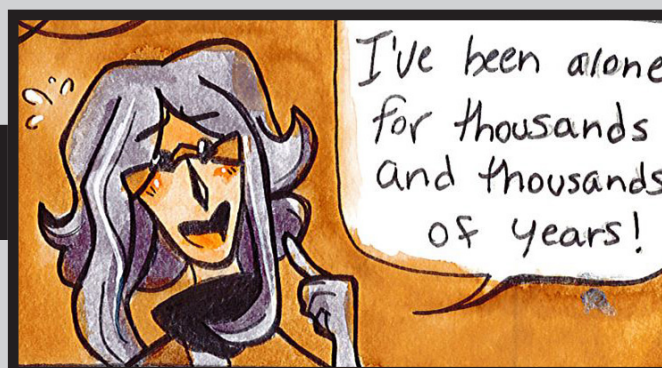
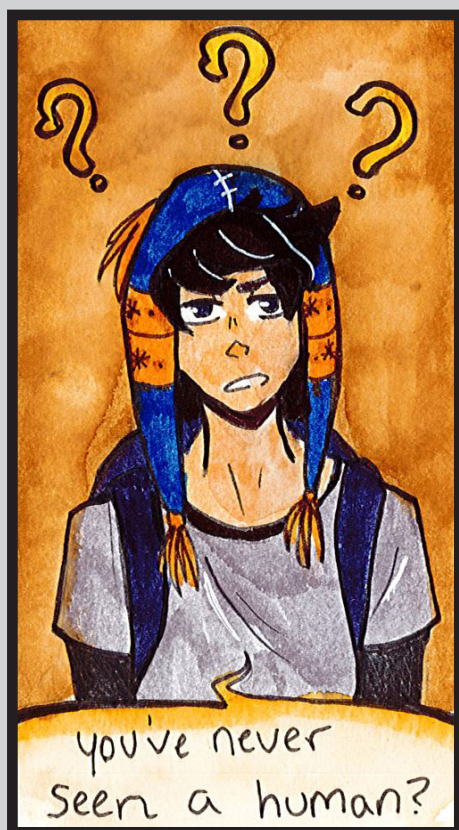
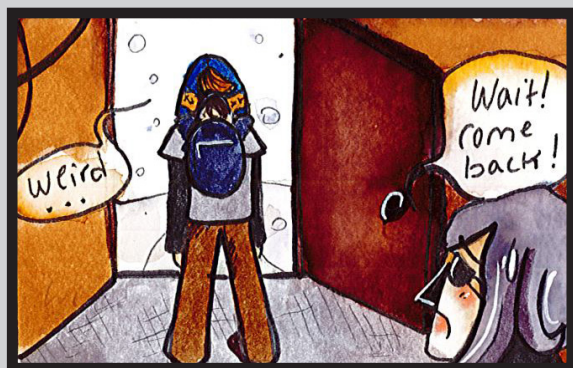
# Wilhelm and the House!

Welcome to the first edition of Wilhelm and the House -- a new comic series written and drawn by Faye Fox and Taylor Cahoon. In this story, you follow the interactions and adventures of the lost traveler Nomad and his encounter with Wilhelm, an engineer from long, long ago. Together, they'll uncover each other's pasts and create a world of beauty from the snowy ground up.

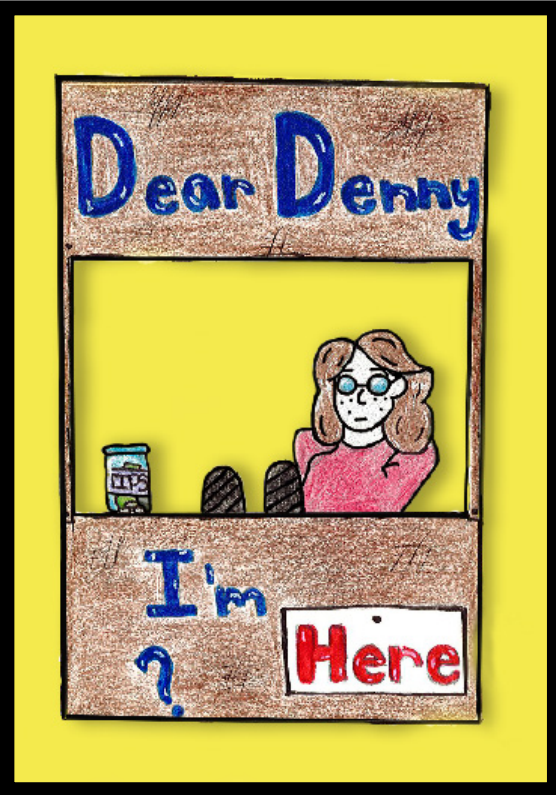




# Wilhelm and the House!







ART WORK BY EVIE GALLAGHER

To enter an anonymous question, contact Denny, our in-house therapist, with our new Google Form!

**Q. Dear Denny, I constantly get random phone calls from numbers I don't know. It's always so awkward to answer, could you tell me how to answer them?**

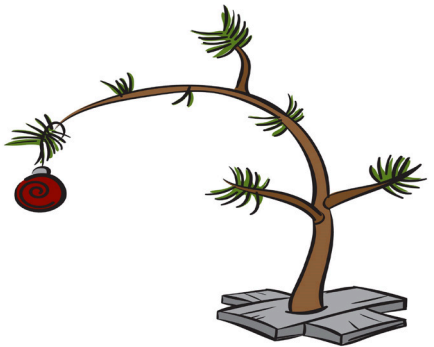
**A.** Well, I personally enjoy pretending to be someone your not. For instance, you could be an old lady named Gertrude who thinks she's talking to her grandson she hasn't seen in a few days, "Hello Johnny... Johnny? This is Grandma, I haven't seen you in a few days. Hello?"  
My favorite is pretending you're a radio station. All you have to do is say, "Thank you for calling in this is 99.1 The Sound. You have won tickets to go see Justin Bieber, what's your name?" Usually, after hearing this, they'll stay quiet and eventually hang up out of fear.

**Q. Dear Denny, my parents say that they don't want anything for Christmas, but I don't believe that. What should I do?**

**A.** Parents may say that, but it's obvious you're obligated to get them a gift. I mean, it's not like they pay for your livelihood or anything. It doesn't even have to be a big gift either -- you could get them a coupon for "No sass for an hour," all though we all know that won't happen. One of the best things you could do is a homemade gift, like pasta art, something that they'll hang on the fridge for a week then throw away.

**Q. Denny, I never do anything interesting for New Years. I want to do something new and exciting without having to go out.**

**A.** Most people think you have to go out and party to celebrate New Years properly, but I, an anti-social hermit, beg to differ. My personal favorite thing to do is bang pots and pans at midnight to let all my neighbors know, "Hey wake up! You missed New Years again Mrs. Griffen." If you're a foodie, you can eat twelve grapes to celebrate the upcoming year, but we all know you can't just eat twelve, you're going to eat the whole bag.



**Q. Dear Denny, I think my house is haunted and it really freaks me out. How do I make myself comfortable again in my home?**

**A.** That's easier than you think, just make friends with the ghost. Put some fresh flowers on your table with a sweet friendly note to your ghost about how much you want to be its friend. If this method doesn't work make a nice candlelit dinner and sit at your dinner table until your ghost comes. When it does finally come, say, "I've been expecting you." This will either bewitch your ghost to being your friend or scare it away.

**Q. My family from Ohio thinks that Christmas down here on the Outer Banks doesn't feel as special, just because we have no snow. How can I convince them that we have just as much holiday vibes as them without snow?**

**A.** I've lived here my whole life, and I think that we can have just as much holiday fun here as anywhere else. For instance, we don't need snow we have sand! All it takes to mimic a fun sled ride is to take a sled up a sand dune and slid your way down. You'll 100% wipeout, but at least you got your fun.