

Coffee, coffee, coffee!

By Fanta Moore
Sports editor

Coffee with its rich taste and morning hotness, we just love waking up to smell of freshly brewed coffee. But is it actually good for us? Is it just caffeine that we look forward to day after day, year after year? How is it that we can tolerate drinking the same beverage every day?

"I've been drinking coffee ever since my first year of teaching, and I've been teaching for 29 years," said Scott Moore, FBLA advisor, which runs the Freeman Espresso Stand. "I just enjoy a nice hot drink in the morning, and the caffeine is a nice side effect."

Is it possible that we are just simply addicted to caffeine like a drug? Many people don't look at caffeine as a drug compared to nicotine or alcohol. Although some argue that coffee contains more than caffeine. Well, don't worry; whatever you may believe, coffee can actually be good for us too.

The coffee bean, itself, contains chemicals which are mild psychotropics for humans as a defense mechanism of the coffea plant. According to the Johns Hopkins Precur-

sor's study, there are additional stimulating effects of coffee that are not related to caffeine. Coffee contains a chemical agent which stimulates the production of two hormones: cortisone and adrenaline. (positivelycoffee.com) So for those who cannot have caffeine, there are still good reasons to drink decaf coffee.

"Coffee has its benefits," said science teacher John Hays. "It's a stimulant and has been proven that it will help you concentrate."

Believe it or not when you feel obligated to drink coffee everyday, you are doing yourself a favor.

"I started drinking coffee because it was just the thing to do," said secretary Raelyn Davis. "And it's been 33 years that I have been drinking it."

According to Wikipedia, those who drink a good amount of coffee a day are found to be significantly less likely to develop Alzheimer's disease, Parkinson's disease, gallstones and gallbladder, diabetes mellitus (type 2), oral cancer, heart disease, liver disease, esophageal, pharyngeal cancer and dementia later in life. Coffee contains the anticancer compound methylpyridinium. Who knew that we could actually be saving

our lives by spending a great amount of money on coffee to consume in our daily lives? That is a lot of prevention.

"I love white coffee; it's the best," said senior Chelsea DeHaas. "It's a nutty flavor with more caffeine and less likely to stain your teeth."

Another recent study shows that roast coffee contains a lot more antioxidants, proving that regular coffee is better than green coffee (unroasted coffee). Coffee is also known to be a laxative. Coffee enemas are often used for cleansing of the colon; therefore, coffee is also a powerful stimulant for peristalsis

Photo Courtesy Imagechef.com



The new trend of coffee art.

and is sometimes considered to prevent constipation. Although, it also causes excessively loose bowel movements.

As Mrs. Davis said, "If you drink too much of it, it can rot your stomach."

Coffee tastes really good and can also be very good for you; although, it is addictive and hard to quit drinking. There are so many different reasons why we all must simply have it every day.

Winter driving can be safer by following a few tips

By Matt Floyd
Staff Writer

Have you ever witnessed or seen some crazy winter drivers that drive too fast for conditions? There are many drivers out on the roadways that end up stuck in a ditch from driving too fast or colliding into another vehicle. With some tough winter weather, accidents are bound to increase if drivers don't take care of their cars, and drive carefully.

Here are some suggestions from the National Safety Council to try when getting your car ready for winter weather.

Make sure your tires are all-season or snow tires, not just summer tires, and that your tires treads are still viable. If you have a small, compact car, consider buying

studded snow tires for extra traction on ice and snow.

Get an engine tune-up in the fall. During your tune-up, have your mechanic switch your vehicle to winter-weight oil, if you aren't already using all-



Photo courtesy Google Images

An example of dangerous driving conditions.

season oil. Be sure all lights are in good working order. Have your brakes adjusted. Your battery and voltage regulator should be checked to make sure battery connections are good. If the bat-

tery terminal posts seem to be building up a layer of corrosion, clean them with a paste of baking soda and water. Let it foam, and then rinse with water. Be sure all fluids are at proper levels. Antifreeze should not only be strong enough to prevent freezing, but fresh enough to prevent rust. Finally, make sure your wiper blades are cleaning properly.

Finally, during the winter, try not to idle a cold vehicle's engine for a long time to warm it up - it could harm the en-

gine. The right way to warm up a vehicle is to drive it.

Here are a few tips for driving safely on icy roads: 1) Decrease your speed and leave yourself plenty of room to stop. 2) Brake gently to avoid skidding. If your wheels lock up, ease off the brakes. 3) Turn on headlights for visibility. 4) Make sure your windshield is clean of snow and ice. Use a scraper or de-icer to remove anything that could block your vision of the road. 5) Don't use cruise control on compact snow and icy roads. 6) Don't pass snowplows or sanding trucks. 7) Before you drive, start up your car and let it warm up for a while to assure that it runs properly. 8) Don't assume your vehicle can handle all conditions, even if you have four-wheel and front-wheel drive.

Photo courtesy Google Images

By allowing yourself a little more time in the winter to get to your destination, you can help to ensure safe travel for yourself and other vehicles on the road.



Will Spring High Fashion Hit Freeman?

By Alaska Bruneau
Opinion Editor

Most Freeman students' idea of high fashion is Buckle jeans and Uggs. In the world of fashion, we definitely live in a bubble. While fashion in New York is changing like crazy, Freeman High School kids seem to be holding on to the same trends (and the same pair of jeans) for a long time. I must admit, in the winter I, too, want to dress comfortably, but come springtime, I hope to see a lot more effort put into our apparel.

Browsing the Spring 2011 high fashion runway shows, some trends became very noticeable, and even better, they are trends that we can pull off. The shade white was used on many of the designer runways, including Michael Kors, Alexander Wang, and Rag and Bone. Rag and Bone even added some futuristic twists

to their white clothing. According to this trend, we can look forward to a lot of white denim and white, flowing shirts in the springtime. To add a personal, color popping twist to a white outfit, add a colored belt or vibrant shoes.

Speaking of color popping, the color orange was used heavily on the runways for this spring, especially by top American designer and fashion genius Marc Jacobs. Orange shirts, spring dresses, and even shoes over the runways. The color orange hasn't been appreciated too much in previous seasons, so how about you add the citrus hue to your shopping list? Top designers are finding that orange is a great color for fashion because it is complimentary to almost all skin tones. However, some Freeman students still remain skeptical.

"I'm worried the color orange would clash with my red



High-waisted, white jeans by Marc Jacobs and Tommy Hilfiger.

hair," said Junior Hanna Weathers.

For all the cowgirls on campus, you'll be happy to know that some of the fashion runways hinted at a Western type of attire, especially designer Ralph Lauren. How about pairing your brown cowgirl boots with a springy skirt, or pairing an elegant white top with a tough leather belt?

For the brave Freeman fashionista, I am pleased to announce that high-waisted jeans are still fighting their way through the styles. We grew up in this decade with high-waisted jeans being totally "Out", but according to the runway styles of the past year, American designers aren't resting until every woman has a pair in her closet.

Menswear-turned-womenswear is also an escalating trend of the past year, and this spring is no exception. Button up shirts, boyfriend-jeans, and

tailored suit pants can work as a daring look for any girl who wants to take on a tomboy role. For a sweet, feminine look, Louis Vuitton is popularizing the look of full skirts, like those commonly worn by women in the 1950's.

Guys, (if you even made it this far in the article,) I am happy to announce that there are similar trends in men's fashion on the runway. Yes, boys, the uses of orange and white also apply to you, but an emerging trend introduced by Japanese high fashion master Junya Watanabe shows that striped shirts are going to be popular this spring. Also, for men and women alike, ROUND shaped sunglasses are making a complete comeback. Let's step out of our little box this spring and dare to try some of these new styles.



Orange spring dresses by Carlos Miele and Marc Jacobs.

CAN PIERCINGS BE DEADLY? WHAT DO

By Kelsey Roche
Features editor

Piercings are a way for some people to express who they are and what they're all about. Of course piercings aren't always easy to choose as many people have fears about the risks of getting one. For example, if you get an oral piercing, it can affect your teeth and your gums. Or piercings the neck can cause damage in your spine or neck, including damage to the bones and nerves around neck area. Amongst the safest piercings to get are those in the ear or septum. As many know, there health risks that comes with body piercings. For example, a piercing can cause Infection, allergic reaction, nerve damage, excessive bleeding, and risk of cross-contamination, keloids, and dental risks. (www.life123.com)

One in five body-piercings leads to a serious bacterial infection, according to the Harvard Medical School Family Health Guide. In London,

at least one emergency-room physician places the number at one in three people developing serious infections, piercing also can allow transmission of tetanus and the life-threatening viral infections hepatitis B and C. Transmitting the HIV virus that causes AIDS is also a possibility, but not as great of a risk as hepatitis because HIV dies at room temperature. Less serious local infections can cause illness, deformity and scarring.

Health risks are often not enough to dissuade people from getting piercings though. Whether a common piercing, or one more unusual, people often enjoy the attention that the piercings bring them. However, when getting a piercing, you need to understand the risks to your body, and educate yourself on the ways to minimize them. If you follow some simple procedures, you can eliminate most of the risks.

By following the cleaning directions of your piercer, you can help insure a healthy pierc-

ing. Other ways to minimize the health risks and make your piercing safer is to be cautious of how you sleep; never touching a piercing until it's fully healed; and to be careful of hitting, snagging, or pulling a piercing because it can irritate the piercing and cause an infection. And of course, ALWAYS wash your hands before cleaning and touching healing piercings.

"I chose my piercings because they're adorable," said junior Kayla Reynolds. Reynolds has her nose and lip pierced, and she is also planning to get more in the near future.

One of the drawbacks to piercing is that if you remove it later, you will have a scar left. This is something you should consider before you act.

"No! If I ever regretted them I would simply take it out, even if I got a little scar from it," said Reynolds. Most piercings leave a mark in some way shape or form. Reynolds' piercing simply leaves a little

dot for a scar.

But, be careful about what you get pierced because it can effect whether or not you get a high-end job. If you're going into a professional career, you will likely need to take them out, replace it with a clear, unnoticeable piercing, or you take it out for good.

Ultimately, most piercings are harmless, as long as you follow a few common-sense practices. First, go to a reputable piercing business. **DON'T** do it yourself. Second, if it's your first piercing, don't be afraid to ask questions. One thing you might you might want to check is whether or not your piercer has experience; you want an experienced piercer that won't mess up. Third, always clean your piercing for the amount of time the piercer tells you, and use the cleaner that they recommend or give you to avoid infection.

If you follow this simple advice, you should be able to enjoy your piercing for years to come.

Cyber bullying incidents have quadrupled. Most students don't tell parents.

By Kelsey Roche
Features editor

Approximately half of U.S. students are impacted by traditional bullying each school day. It happens on buses, and in the cafeteria, gym, hallways, playground, and classrooms. The most frequent form bullying takes is words (teasing, taunting, ridiculing, name-calling, and gossip- not blows). This type of bullying happens in the "physical" world, which has time and space limits. Cyber-bullying is making school days even more painful for many children and some school staff. Bullying in cyberspace is not bound by school hours, school days, or even facing the intended bullying victim.

As the number of households with Internet access approaches saturation and cell phone ownership expands to the 100 million mark, so do the ways kids bully each other. Cyber-bullying in the form of text messages, emails, photos, and web posting can go school-wide in minutes and global in days. Victims of cyber-bullying can be harassed, seemingly without consequences to the bully.

"It's horrible," said junior Henry Zaring. "The internet is supposed to be my own little world."

Slanderous informa-

tion sent out into cyberspace is difficult, if not impossible, to expunge. Cyber-bullying often takes the form of cyber gossip, where damaging content is based on whim, not facts. And it is posted in social networking sites such as MySpace and Facebook.

"I tell the people who are getting harassed to keep the emails or text, show them to me or print them out, and I turn all of the information to Officer Nye," said Principal David Smith. "I treat cyber-bullying like harassment, so I take the steps of discipline from the hand book."

Studies show middle school and high school girls were twice as likely as boys to display cyber-bullying behaviors in the form of email, text, and chat. According to www.life123.com, girls were twice as likely to report receiving email, texts or chat room messages that teased, taunted, and ridiculed. 62% said that they had been cyber-bullied by another student at school, and 46% had been cyber-bullied by a friend. 55% didn't know who had cyber-bullied.

"I know it's a problem; it's effected most of my peers," said Zaring.

Studies on www.life123.com show, 77% of students are bullied mentally, verbally, and physically. 14% of those who were bullied said they experi-

enced severe (bad) reactions to the abuse. 30% of U.S. students in grades six through ten are involved in moderate or frequent bullying – as bullies, as victims, or as both.

"I don't think Freeman has a problem with cyber-bullying due to the fact most websites are blocked and there is hardly any service around the school to text or go on the internet on phones, but we do have some rumor problems," said Smith. "They all get handled the same way. The school and myself, we have no tolerance for bullying."

How would you stop a bully from bullying you or one of your friends?

"I would call Dr. Drew, Dr. Phil, Oprah, maybe even judge Mathus," claimed Zaring.

Each day 160,000 students miss school for fear of being bullied. As much as we'd like to believe that Freeman is free from this, bullying does happen.

"Yes, I have [been bullied]. It's hard to talk about," said



Photo courtesy of Google Images

Cyber bullying can be devastating to victims.

Zaring.

In case you thought cyber-bullies get away scott-free, that just isn't the case. The police do have ways to track down incidents of cyber-bullying as well.

"Cyber-bullies can be tracked down through the IP addresses in computers and cell phone numbers, or if the person knows who is bullying them, they can also tell us," explained Officer Ron Nye.

Before you spread gossip on the internet, or commit another act of bullying, think about the people in your life, or that you know, who are being bullied. Statistics show 15 to 25 kids per year commit suicide due to the effects of bullying. How would you feel if the person you bullied or a friend who was bullied killed themselves because you didn't do anything to help?

Saying "Under God" in Pledge upholds 1st Amendment Rights

By Jenna Lee
A&E Editor

The Pledge of Allegiance is something that everyone who lives in America is very familiar with. We say it every day.

But there is a part of it that most people take for

granted: a simple, two-word phrase, "under God". For many people those two little words are a source of great discomfort and unease, and most who do not *share* in that very personal discomfort can't relate to those who possess it.

"Personally, I like the 'under God,' but I understand where others are coming from for their religious reasons for not having it," said junior Tori Burton. "I really think it's a personal preference, so if they don't want to say it, then they shouldn't have to."

fort for so many people across this nation.

"I like saying [under God] in our pledge because I love God, although I can understand why someone wouldn't want to," said senior Andrea Zimmerman. "But if you are going to examine what we say in the *Pledge* then you *must* consider the fact that in a courtroom, you have to swear on the *Bible*."

It seems that while the issue of the phrase "under God" in the Pledge of Allegiance has been contested again and again and again, there seems to be a more pressing matter for those who object because of religious reasons. If religion is an issue in the very system that *every citizen in America* is subject to, certainly those who oppose on religious grounds should focus on that instead of two words in a now discretionary morning declaration.



Photo by Pia Longinotti

Freeman alumni who serve or have served in the armed forces help to present our colors at our fall homecoming football game. There was one alumni for each decade of Freeman High School's history.

When one really thinks about it though, is making a huge stink over two tiny words truly that important? If someone has a serious aversion to saying it, then there are ways around it. While it is true that the just-because-everybody-else-is-doing-it argument is not a logical point for dropping the issue, it is nothing but a com-