



# THE HERSMORCH

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## Are we rushed too much?

When the bell rings for class changes, school becomes a race for some freshman. Many students have increased difficulty this school year getting to their classes on time. Personally, I know that if I'm not ready to walk out that door when the bell rings at the end of third period, I practically have to run to get up to my locker and back down to history in time. It seems like the break time is shorter, or the hallways more crowded, or the school is just bigger than I'm used to. Maybe it's a combination of these factors, but one way or another many freshmen are finding the trek to and from their lockers cut much shorter than they'd like. "It's hard for me to get to class every day because of such short periods", said Andy Rivera, a student at the Freshmen School "My locker is in another hallway from my other classes, and I don't have enough time for my class change." However, not all students are quite as overwhelmed as Andy by the period changes. Alex Swartz said, "My locker is on the other side of the school from my classes and I get along just fine." He went on to say that it would be easier for people to accommodate the class changes if they just "...carry their before lunch classes and what not with them. Then after lunch grab your afternoon stuff and carry all those with you" So, the class periods can be manageable if students take the right measures. Perhaps difficult class changes is just part of high school life we need to get used to. However, the fact that it is possible to get to class on time doesn't alleviate much of the stress that it can put on students running on such a tight schedule. Andy Rivera described how hurried he is in between periods and how much a little extra time would help. "More time in between classes would allow me to make it to every period on time and ready to work," said Rivera "I wouldn't have to run to each class every day." Although students at HFS can make the bell schedule work, it often times comes with a level of stress and close calls on their part. When the time in between periods turns into a race to your locker and back, the learning environment suffers. Students cannot prepare mentally or physically to their full potential before class. They are more likely to forget things in their locker, forget things in the classroom, or show up late to class. The change times shouldn't be huge, but we do need time to collect our stuff and our thoughts. To have a chance to walk at a normal pace shouldn't be a luxury

By: Corey Vernot



## A Suggestion from Brittany...

**Q: My so-called friend just started dating my ex. What do I do?**

A: It is rotten when a friend moves in on an ex, especially when there are unresolved feelings, but it is not wrong. She/He was single because you dumped her/him. Your friend was single too. If they like each other, is it silly for you to expect them to stay apart because you loved and left her/him. It smarts for sure, but other than being a bit *uncool*, your bud has done nothing outrageous here and you have no good reason to try to steal your ex back.

**Q: I think that I might be depressed. What do I do?**

A: Depression is a type of mental illness that can affect anyone, causing them to feel sad, angry or frustrated for long periods of time. Depressed teens may experience sadness, irritable mood and a sense of overall hopelessness. They may have little interest in new activities, and may no longer enjoy activities that previously provided them with pleasure. They may have difficulties at school show aggressive or antisocial behavior patterns. If you have any of these symptoms, seek out your parents or counselor for help.

By: Brittany Younker

## Handy-Dandy: FIREPLACE!



It is that time of year again when it is getting colder, and if you have a fireplace in your home, you'll soon be starting the it up. Before you do that, though, you first have to make sure your fire place is in good working condition. Be sure that your chimney has had its annual chimney sweep so that your roof doesn't catch fire. Clean out your fireplace of some of that old ash so you room for more. Also make sure

that the hearth is cleared of flammable objects.

After you get your fireplace in working condition ,you can actually start up a good old fire. To make a good fire, you have to have seasoned hard-wood. Then get some kindling and place your wood in the fireplace. Light your kindling and throw it in the fireplace. Soon you'll have yourself a roaring fire to keep yourself cozy and warm.

Be smart; don't burn the house down. Cheers!

By: Chad McClain

## Paranormal Activity :Review



The new movie to see is Paranormal Activity,

directed by Oren Peli. There are two main characters, Micah Sloat and his girlfriend Katie Featherston, who are living together in San Diego. Micah purchases a high definition camera to capture the paranormal activity that is taking place in their house. Micha is a realist and ignores the nighttime activity that happens. Katie, on the other hand, is not so tolerant of these activities. Ever since her house burned down when she was a child, she has been visited by a ghost

whose interest in her now is increasing to the point of insanity. What kind of chaos the creature brings, we'll let the movie answer, but it is safe to say that when Micah and Katie go to bed, with the camera running from a corner in their bedroom, you never know what it's going to capture. Throughout the movie there is a lot of horror that slowly reveals itself and soon begins to consume the viewer with its jolts of terror and fear. A "must see" of 2009.

By: Sam Sams

## Science Scoop: Mr. Knapp

When most of you were asked, "Who is the most interesting teacher at HFS?"

**Mr. Knapp** was your answer. Well, here's a bit more information on Mr. Knapp. He attended Middletown High School and then graduated from Ohio University. Now, Mr. Knapp is engaged to be married. His favorite T.V. programs are *The Office* and *Lost*. He loves

movies and his favorite is *Star Wars*. He also enjoys being outdoors. His favorite NFL football team is The Cincinnati Bengals. Mr. Knapp also had one more thing to add...WHO DEY!!!

By: Corinne Maurits



## Party?

As you get older, you want to go out and do things without your parents. You have more freedom than before. In high school you want to start going to parties, and they probably won't be supervised. There might be drugs and alcohol at the parties, but just because there are doesn't mean you have to drink or do drugs. It doesn't make you cool to get so drunk that you forget what you did the night before. It makes you seem

really pathetic. So, if you go to a party, don't drink; don't do drugs. Just say no. It's hard to do under peer pressure, but it is possible. The outcome if you do either could be a lot worse than having people, who probably aren't your friends anyway, mad at you.

It's okay to go out and have fun, but you don't have to use drugs or drink alcohol to do so. Be smart about what you do when

you're at a party, because it could be you that could help save a life at the end of the day.

By: Brooke Gordley



## Rockin' Out!

## Alex Swartz

For those of you who don't know, Josh Webb, is a student here at HFS. Josh currently has his own band. I got the privilege to sit down with Josh and ask him about his band.

What is the name of your band?

**A:** RSLS, no acronym yet. Just some cool letters, for now.

**Q:** How long have you had this band?

**A:** I've been playing guitar for a long time but I started the band not too long ago.

**Q:** Who are the other members of your band?

**A:** Right now just me. But I'm in more than one band, This is a solo project but could change.

**Q:** Have you ever played any gigs or recorded any songs?

**A:** Talent show, 8th grade, and only amateur recordings with video cameras.

Be on the look out for this rockin' HFS student on the music scene in the future.



# Phobia? Say what?

Jenna Davidson

Phobia (noun)- an extreme or irrational fear of or aversion to something

When you hear “claustrophobia” you think fear of confined spaces. This made me wonder if there are other phobias. Turns out that there are over 100 different types. Many of the odd ones that I found, have to do with psychological conditions. For example, have you ever heard of **Ablutophobia**? Well, it means a fear of bathing, washing, or cleaning. Some other phobias that I thought were interesting :

**Agyrophobia**- fear of crossing roads

**Androphobia**- fear of men

**Catoptrophobia**- fear of mirrors or of one's own reflection

**Gerontophobia**- fear of growing old

**Hexakosioihexekontahexaphobia**- fear of the number 666

**Nomophobia**- fear of being out of mobile phone contact

**Panphobia**- fear of everything or constantly afraid without knowing what is causing it

**Phobophobia**- fear of having a phobia. ( My favorite)

**Telephone phobia**- fear or reluctance of making or taking phone calls



## The Heritage Adventures: Chapter 2

(Continued by: Karli Harrison)

We continue with Beth (the girl on the bus) getting off at the final stop of the night. She cautiously steps off the bus one foot at a time. As soon as she gets off the bus, the doors slam behind her making her jump. She looks around out of curiosity trying to figure out where she is and checking for any irregularities in her surroundings. She realizes that she is not in Heritage anymore. Beth is now on the border of Nebraska and Kansas. This is a much different setting. So she starts to jog; since it is late at night ,it is spooky in the middle of no-where. All of a sudden..

To find out what happens to Beth,  
keep reading The Heritage Adventures in the next issue of The HFS Torch!



# Slang!

“What ya bout ta be doin tonight bruh?”

“I’ll be hangin at the movies tonight man”

“Beast man! What movie?”

“Fareal I don’t even know its all wacked up, hang with us though.”

“Aight, I’ll see ya there.”

It’s ever changing, almost impossible to keep up with, and everyone uses it in some way. What is it, you may ask. Slang would be the answer. Walk down the halls, eavesdrop on conversations in the lunch room; you can hear all kinds of slang and all the words and phrases that can’t be explained in the dictionary. I asked people what they consider slang and I received a multitude of replies. Some people don’t even know if they use slang; others nodded and started talking as if they were speaking a foreign language. People come up with words on their own and soon their friends use it. It’s almost as if slang were a disease, the way it spreads. Some is inappropriate; other times it’s about as g-rated as ‘the teletubbies’. *For real* though, I think slang travels with groups of people: your friends may use words or phrase, and another group of kids may use another. Somehow we all can still communicate!!!

By: Alexis Glowka



## NJROTC Interviews

NJROTC stands for Navy Junior Reserve Officers Training Corps. NJROTC brings out the self-discipline in people, and enhances the basic attitude, knowledge and skills of leadership. Cadets participate in community service, drill competitions, flights, and visits to naval activities. While doing this, cadets must wear their uniforms and be well-prepared. I recently interviewed two cadets, Ana Jacinto and Matt Davidson, about ROTC and what they do in ROTC.

Q: Will you ever use the techniques you are learning in the future?

Ana: Yes, I would use what they’re teaching me. For example, cadets learn proper behavior and how to be a role model.

Q: What activities do you do in Physical Training?

Matt: The daily 7c stretches, crunches, push-ups, run a 1-1.5 miles.

Q: What do you like most about NJROTC?

Ana: The thing I like most about NJROTC is that we all feel and treat each other as family.

Q: Are you planning on joining the military in the future?

Matt: Yes, but even if you do join NJROTC, you don't have to join the military.

Q: How do you prepare for Thursdays?

Ana: I prepare my uniform two or one nights before Thursdays. The name tag HAS to be 1/4 in. right, pocket, and centered. Ribbons are 1/4 left pocket and centered. J Bar's left collar depends on the size of the shirt for measurements The shoes have to be SHINY!!!

By Brittany Younker.

# Simple Fixes to a Big Cause

We all know that our economy isn't in the best condition, and we know that the world seems to waste energy and harm the environment every day. Well, I have some simple fixes to both of these problems by saving energy *and* money. It may sound sketchy, but it's true. One way to save energy and money is one we've heard over and over again: florescent lighting. Even though they cost a tad bit more than typical light bulbs, they last almost five times as long. They use less energy and save money. It's a win-win! Another way to help our environment and your wallet is by putting your PC to sleep when it's not in use. Whether it's for an hour, or for a day, it could save you up to \$75 each year, depending on how often you do it. A third way to save our planet and your pocket is by turning down your home's temperature by only a few degrees before you have guests over. Natural body heat produces a warmer temperature anyway, and by turning it down you use less energy, thus saving your family hundreds of dollars each year. Another way may sound silly, but it is effective. If you have an older toilet, replace it for only a few hundred dollars for a high-efficiency one. By replacing a low-flow toilet, you save a minimum of 4,000 gallons of water! This could save your family thousands of dollars over the course of five years. One last way is to *recycle*. The more you recycle, the less trash ends up in a land fill, sitting there harming our environment. These are just a few ways of saving money and energy. Help save the planet we call home!

By: Christian Farquis



## Barrage!

On Sunday November 1, the Hamilton High Orchestra took the stage in the auditorium not for the first time and not for the last. However, for this performance they accompanied the world-renowned dancing -strings group Barrage. Barrage is an incredibly famous band. Having done giant gigs in Europe and Asia, they are more accustomed to Super Bowl sized crowds than the quaint six hundred that can fit into the Hamilton High auditorium. The group consists of four violinists, a bass player, a guitar player and a drummer, and has an intensity level that no one in their right minds would expect to come from a string group. They run, dance, play upside down, jump in the air and even do the splits, all the while playing at a hair-raising speed that the high school violinists wouldn't even dare to dream of. "The energy and excitement generated by their visit was extraordinary," said Hamilton Orchestra director James Ledbetter, who worked tirelessly to bring Barrage to Hamilton. "The auditorium

was packed, and from the cheers, clapping and dancing, it was clear that the audience was into the performance." Indeed it was, by far, the most energetic and exciting performance ever conducted by the orchestra, and even though the students only got to play for a portion of the concert, the experience of meeting and playing with such extraordinary performers is one that they will not forget soon.

By: Corey Vernot



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Get ready to read  
the Holiday Edition.  
Coming soon.



### Last Stop Till Christmas!!

In its first performance of the year, the thespians of HFS presented Last Stop Till Christmas at the Hamilton High School auditorium on December 4-5. The characters in the play have congregated at a bus stop during the holiday season. As they wait impatiently for the bus to appear, they begin to share their "stories" with other passengers. Each has his/her own "issues". These problems keep them from truly enjoying the spirit of Christmas. One mysterious passenger offers each a wish-which actually does come true. All board the bus in a much better spirit of love and giving.

#### CAST:

Jill Riggs  
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Logan Fox  
Liz Durbin  
Abi Holland  
Brittany Doty  
Tony Johnson  
Matt Keller  
Alexis King

Abby Brown  
Jacob Wesson  
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## Hamilton 2010 Home Repair Initiative

This coming summer, Hamilton will be visited by a group called Group Work Camps Foundation (GWC). This group travels all over the country and goes to communities to fix up the area. Hamilton has been selected on behalf of SELF for a GWC project.

The work camp that will be coming will be here for one week doing home repair jobs involves volunteers from church youth groups recruited by GWC. They will be repairing porches, constructing wheel chair ramps, interior and exterior painting, and much more.

GWC will greatly benefit Hamilton. They will repair 60-80 homes for the needy, boost community pride, bring thousands of dollars into the local economy, and help bring the community together as a whole.

Look to upcoming issues of **The Torch** to find out more about this organization that is coming to Hamilton this summer, and find out ways that YOU can personally get involved in helping the community.

By: Chad McClain

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Get ready to read the

*Holiday Edition*

Of the HFS Torch!

