

VIKING VOYAGER

November issue

November 2016

Why Bullying is Bad

By Edward Vanscoyoc

What is the worst thing about school? For some people, bullies are a big problem. Many times an individual that is being bullied is more than likely not to tell an adult or teacher because they are too scared to say anything to someone, they fear that telling someone will make the person bullying them act worse, or make others think that they are weak. Bullying is bad for others because it makes them depressed or ruins their self confidence, even making them distant towards everyone else in their life.

There are many reasons why people bully others. They could start bullying because of the lack of attention from friends, teachers, or family. It could make some people seem like they are “tougher,” and feel as if they are in charge just to become popular or to seem cooler because of peer pressure. Others will bully because they want to direct their frustrations, anger, and their own insecurities on someone else. Some people bully because they have been victims of others bullying or by learning from others about how to bully.

Bullying most commonly happens at school or where there is not much adult supervision like a playground, in hallways, in cafeterias, before class begins, or in locker rooms. Bullying will even happen outside of school and on the internet. Bullying isn't always about being physical towards others, there is also a form of bullying that involves messing with someone else's emotions called Mental Bullying. The way bullying happens is when people call other people names or make up an impolite nickname to call them. They will get other students to join in on the abuse and worsen the situation. Bullies will even physically attack their victims to make themselves feel bigger and in charge

Special points of interest:

- Bullying
- Band and Chorus Disney Trip
- SADD Assembly
- Powder Puff Football
- Fainting Goats

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Band and Choir's Disney Adventure



On Wednesday, November 9th, The band and choir kids left for their 22 hour bus trip to Walt Disney World. Thursday, when the students arrived in Disney Springs, everyone grabbed their robes, cleaned up and prepared to sing right off of the bus. After a fantastic performance in front of a live audience, the



students were permitted to explore what shopping opportunities this location had to offer.



Finally, after shopping until they dropped, the crew made their way to the hotel, Disney Sports Resort, and got some well needed sleep. On Friday, the band suited up for a 20 minute march through Epcot, followed by another fantastic performance featuring the Glendale band and



majorettes. Epcot offers an "around the world tour" with a different country to visit as students walked around a large lake area after their band show.

Saturday, the students got an entire day to themselves, to explore magic kingdom and ride rides. Then, after a late night in the Magic Kingdom, students went back to the hotel to swim and prepare for the long bus ride home. On the way home, the chaperones and students decided to stop at Golden Coral for dinner, paid for by the Glendale association was as who made this huge thank you goes out to and dedication. And also to Mr. ones for your help.



Music Association, the association was as who made this huge thank you goes out to and dedication. And also to Mr. ones for your help. A wonderful trip possible. A them for all their hard work Stacy, Mr. Putorek, and all of the chaper-



Dealing With Stress

By: Sydney Gallaher

Every high school student has felt stressed. Seniors are feeling stress with the fact that they have to take the SAT's and apply for college. Seventh grade stress about going to a whole new school and adjusting to switching class and a tougher schedule. Then there are the kids who are balancing school, multiple activities, and often an after school job. Stress can take over a person and make them someone they are not. The following are some tips to help relieve your stress:

Avoid caffeine, alcohol, and nicotine: All three are stimulants and will increase your stress level, instead swap them with water, hot tea or juices. Keeping your body hydrated will help you cope with stress as well.

Do Physical Activity: The fight or flight hormones are ineffective when your body is stressed, by doing physical activity, the body's metabolism will speed up. It helps restore your mind and body to a calmer state.

Get More sleep: Being stressed stops people from being able to sleep, because the thoughts rumbling through their head. Going to bed at the same time every night, making your bedroom a peaceful place to be, and making sure your brain has time to calm down before going straight to bed, will help you sleep more.

Use Techniques to be more relaxed: Focus on a word or phrase that is calming, loving, and peaceful. You need to find patience and always remain calm.

Talk to someone: Talk to a friend, a professional, or a loved one in the family. Talking to these people can help your brain to focus on something other than what you are stressing about.

Keep a stress diary: Write down the things in your mind that make you feel stressed and give it a rating from 1-10 on how stressed it makes you. Use the diary to look at the things in your life that make you stressed.

Take control: After writing in the stress diary, take control of the things that make you stressed by coming up with solutions.

Manage your time: Running around and trying to be in three different places at once can make a person stressed because that means you have to manage your time effectively. Break down the tasks you have to do with how important they are, get the important ones done first, once you start to feel overwhelmed you can take a break and save the less important tasks for another day.

Learn to say NO!: Learning to say no is very important because most people take on many tasks that they cannot complete. Many people do not say no, because they want to be nice and liked. Saying no to things that you do not have time for will stress levels because you are not taking on more than you can handle.



Powder Puff 2016



By: Brittany Keith

On October 22, 2016, the Juniors and Seniors played flag football to benefit the Leukemia and Lymphoma Society. Mrs. Snyder said, "The Class of 2016 wanted to do it last year and now it is something we decided to continue to do it each year." The Seniors beat the Juniors 16-6, with Seniors Lauryn Clarkson and Cierra O'Shell scoring a touchdown, and Keneisha Gustafson getting a 2-point conversion. Makenzie Lukehart scored one touchdown for the Juniors, but it was not enough to beat the Class of 2017 who had won the pervious year. When asked "Will you continue to have powderpuff games?" Mrs. Snyder responded, "Yes, only one a year though." This year \$755 was raised including dress down, admission, concession stand, a basket raffle, and a \$100 donation from the Quarter Back Club.



2016



2015



Juniors

By: Nick Maiocco

If you can't find time to workout at a gym try these exercises. They will help tone your body and burn calories. Doing all of these workouts once a day and pushing yourself can really make a difference .

Push yourself through this workout at least 3 times a week, it will help you burn calories and even tone up all from home. If you don't find the workout hard enough try doing more reps. And after you finish a set make sure you rest from anywhere in between 20-30 seconds because your body needs to rest a few seconds in between sets. As time goes the harder you push yourself and the more you challenge yourself, on and yourself the better the results will be.

Squats :

1) Power squat

- 2 sets of 15



2) Wall squats

-2 sets of 30 seconds

(knees should be 90 degrees)

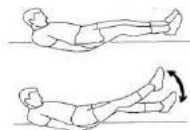


Core:

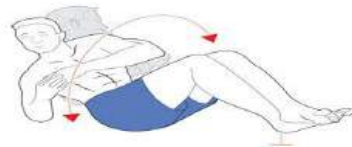
1) Flutter kicks

-2 sets of 30 seconds

(keep feet off the ground)



2) Twisted sit ups



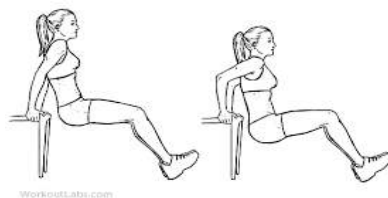
Upper body:

1) Push ups

-2 Sets of 15

2) Seated dips

-2 sets of 10



During and after your workouts

make sure to drink plenty of

water to stay hydrated. Don't

cheat yourself or else you won't

tone up or even lose weight as

fast as you really want.

The Top 10 Netflix Movies/TV Shows to Watch



1. Grey's Anatomy
2. Orange is The New Black
3. Trailer Park Boys
4. 13th
5. The Do-Over
6. Hush
7. Dead Silence
8. Oculus
9. World War Z
10. The Walking Dead





Different Music Sites

Spotify vs. Pandora

By: Makayla Gates

The Pandora logo, featuring the word "PANDORA" in a blue, serif font.

When students are given an assignment most of the time they will ask if they can listen to music. As an avid bop finder myself, I think I'm pretty good at finding free and **UNBLOCKED** music sights that can be used in and out of school! The website I use the most to listen to music is **Spotify**. While using **Spotify**, you can make personal playlists and share new songs with your friends! You can choose any song you want to listen to because **Spotify** has about a 30 million song-sized library. This service is suited for people who want to stream and share music that they already know and love and new songs they want more people to hear. **Spotify** is available in dozens of territories and countries. Users can take specific songs and put them in a personal playlist, title the playlist, and listen to the songs whenever they want. **Spotify** is a lot less about discovering new music as it is replacing personal favorites and traditional favorites, on servers like Windows Media or iTunes, with more stream able music.

There is a free version of **Spotify** with ads, commercials, and other limitations, and a three-month trial just for one dollar. Individual membership is \$9.99/month if you choice to subscribe without ads and interruptions. College students get **Spotify** for half price, so senior's better hop on the subscription service next year. When you pay for a membership, called **Spotify Premium**, you can download songs to your phone and listen to the downloaded songs or playlists wherever you'd like. The only "down side" to using **Spotify** is there are no parental controls, if you have younger children that you are sharing it with.

I like to think **Spotify** is the most superior music site compared to the rest; however, the one that probably has the most users is **Pandora Radio**. **Pandora Radio** is designed for users to come across new music and let people expand their taste in music with different radio stations. Every single radio station gives the option of a thumbs up or thumbs down, which allows users to completely get rid of a certain song on a station when selected. This service does not let users pick specific songs they want to listen to, but rather find songs that are "musically similar" to their interests. Users can skip songs, but there is a limitation of 6 songs/hour; limited to 30 skips in 24 hours. **Pandora** also offers premium service called **Pandora One**, which is \$4.99/month. **Pandora One** offers ad free listening and very few limitations. **Pandora** is available in the US, Australia and New Zealand.



Both music sites do the same thing, which is give people music to listen to, but just in different ways. They accommodate to most preferences and work for almost any type of environment. These two sites are highly recommended to students and young adults. Mostly for focusing on studying and getting things done.

S.A.D.D Assembly

On October 3, 2016, Mrs. Snyder put together an assembly for S.A.D.D, Students Against Destructive Decisions, combined with a Red Ribbon spirit week that many students and staff participated in.

S.A.D.D has a national red ribbon week campaign every year. Red Ribbon Week is an awareness campaign to prevent high school students from abusing alcohol, tobacco, and other drugs by raising awareness of the dangers of usage. S.A.D.D was originally called Students Against Drunk Driving and was created in 1981, but the name was changed because they expanded their program to warn students that all decisions they make have consequences. S.A.D.D has many programs put together that include not only Red Ribbon Week but also Mothers Against Drunk Driving.

The S.A.D.D program is a great way to spread awareness and have fun while doing it. When interviewing Mrs. Snyder she answered the following questions:

1. How do you think S.A.D.D is benefiting students and their actions?

Mrs. S: *It helps students make positive decisions and participate in positive activities through out the school year such as Red Ribbon Week, Angel Tree, Blood Drive, and Prom Promise.*

2. What is the importance of the S.A.D.D assembly?

Mrs. S: *We incorporate several aspects into the assembly - Being Drug Free, Respect for our country and Veteran's Day, which shows students how to be an overall positive student in the school and community.*

3. How does S.A.D.D and School Wide Positive Behavior work together?

Mrs. S: *They both stand for positive students who do not engage in destructive decisions and show a good example.*

4. What are some upcoming events?

Mrs. S: *S.A.D.D organizes and fundraises for the Angel Tree Program for Christmas which benefits needy families in the district. S.A.D.D also organizes the Red Cross Blood Drive.*



Above: In honor of Red Ribbon Week a student signs her name to stop bullying.



To the left: Maiya hangs Red Ribbons of those who had a loved one involved with destructive decisions.

Why You Should Play Video Games

By: Joshua Simmers



Did you know playing video games can help decrease depression? Playing a fantasy game has been proven to decrease depression in teens. When you play video games it can increase your reaction time. Increasing reaction time can be used in real life situations; such as driving, which could save lives. Gaming can also potentially teach you an important life lesson that practice makes perfect. Studies have proven that gaming can help kids with dyslexia read better, as well.

The Top Ten Dog Breeds According to The American Kennel Club

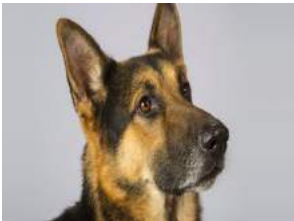
by Joe Spencer

For 25 straight years Americans have demonstrated their love for Labrador retrievers by making them the most popular purebred dog breed in the U.S. in 2015

1. Labrador Retriever



2. German Shepherd



3. Golden Retriever



4. Bulldogs



5. Beagles



- 6) French Bulldogs



- 7) Yorkshire Terriers



- 8) Poodles



- 9) Rottweilers



- 10) Boxers



Blood Drive

Viking Voyager

By: Jaslynn Wimberly

November 2016

Importance of a Blood Drive

5.6 million blood donations are collected by the Red Cross each year. When schools, churches, and local places in neighborhoods near you hold blood drives it makes the public aware of why people need to donate blood. Every blood type is needed to save lives everyday so the more people that come out the better. One single blood donation can actually save up to three lives.

Glendale's Annual Blood Drive

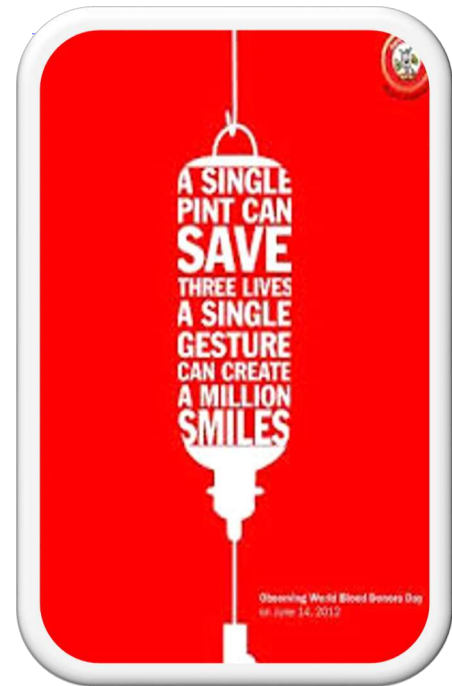
Glendale hosted their annual blood drive on November 23rd from 8:00am-1:30pm. Glendale has two blood drives every year, one in the fall and one in the spring. During the winter months blood donations actually go down, and needs go up due to bad weather and accidents so we want as many donors as we can get. It is usually run by two students in the senior class in hopes of getting enough pints donated to earn a scholarship for college. This year the blood drive was held by Sydney Gallaher and Jaslynn Wimberly. The school had a goal of 33 pints of blood and we were able to collect 37 pints, reaching and exceeding our goal for this blood drive. Thank you to everyone who came out and gave their time to help a good cause.



**American
Red Cross**



1 blood donation can save up to 3 lives



Blood Facts

- ◆ Blood makes up around 7% of your body weight.
- ◆ Blood contains red blood cells, white blood cells, and platelets.
- ◆ Every two seconds someone in the U.S. needs blood.

The History of American Sign Language

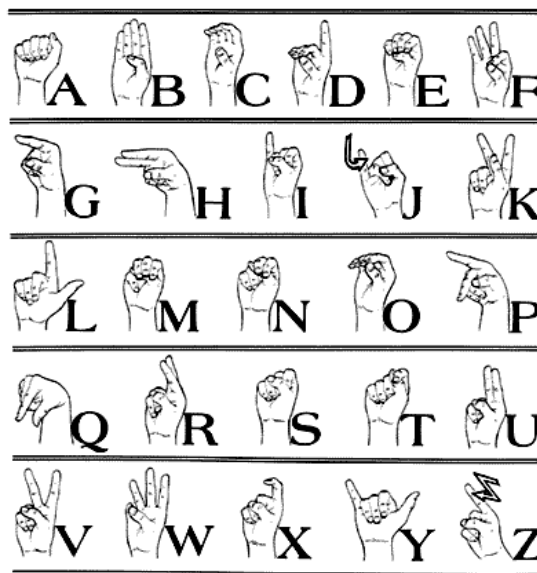
By Maiya Shaffer

In 1815, Thomas Hopkins Gallaudet visited Europe where he learned of the best educational methods of sign language. In Europe, Gallaudet met the director that taught in a school for the deaf in Paris. The director brought two of his deaf pupils, Jean Massieu and Laurent Clerc to Europe to meet with Gallaudet. Gallaudet persuaded Clerc to come back to America with him and together they established the first American school for the deaf in 1817.

Laurent Clerc and Thomas Hopkins Gallaudet established the first American school for the deaf in Hartford, Connecticut. People from all over the country came to attend the new school and learn American Sign Language (ASL). Clerc and Gallaudet are credited for developing ASL because before the school there was no set language for the deaf people in America, they only had their own "home-signs." The French Sign Language and the "home-signs" that the deaf brought to the school is what made American Sign Language what we know today.

Before ASL, there was a vineyard located off the coast of Massachusetts on an isolated island, where there was a deaf community that had its own sign language system. The deaf people on the island could all communicate easily using Martha's Vineyard Sign Language with people who were not deaf.

The use of sign language was intriguing to people on the main land in America so residents moved to the island to learn sign language. The children of the Vineyard who were deaf also left the island to move to the mainland.



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Side	\$2.50

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Jalapeno Cheddar Poppers	\$3.50
French Fries	\$2.00
Chicken Nuggets	6 piece \$3.00
	9 piece \$4.50
	21 piece \$9.00
Extra sauce or dressing	\$1.25

SUBS

	6"	12"
Italian	\$3.25	6.50
Ham	\$3.25	\$6.50
Cheese Steak	\$4.00	\$7.00
Pepper Steak	\$4.00	\$7.50
Pizza Steak	\$4.50	\$7.50
Pizza Sub	\$3.25	\$6.50
Chicken Philly	\$4.00	\$7.00
Buffalo Chicken	\$4.00	\$7.50
BBQ Chicken	\$4.50	\$7.50

Toppings: Lettuce, Tomato, Onions, Banana Rings, Pickle, Mayo, Black Olives, Italian Dressing, Mustards, and Ketchup

Cheese: Mozzarella, Provolone, Cheddar

PIZZA

Extra Large 18"	\$11.50
Extra Toppings	\$1.50
Large 16"	\$9.50
Extra Toppings	\$1.25
Medium 14"	\$8.00
Extra Toppings	\$1.00
Small 9"	\$5.00

Sweet sauce available upon request

PIZZA TOPPINGS

Pepperoni	Mushrooms
Onions	Green Peppers
Cauliflower	Banana Rings
Sausage	Bacon
Ham	Black Olives
Tomatoes	Broccoli
Pineapple	Extra Cheese

WEDGIES

BLT	\$5.75
Steak	\$6.00
Ham	\$5.75
Italian	\$5.75

WEDGIE TOPPINGS

Cheese	Lettuce
Tomatoes	Onions
Black Olives	Banana Rings
Pickles	Mayo
Ketchup	Mustard
Italian Dressing	

STROMBOLI'S

REGULAR

Ham, Pepperoni, Sauce, and Cheese
\$5.00

DELUXE

Ham, Pepperoni, Banana Rings, Sauce, Cheese, Mushrooms, Onions, Green Peppers, and Sausage
\$7.50

STEAK

Steak, Pepperoni, Sauce, and Cheese
\$6.50

DELUXE STEAK

Steak, Pepperoni, Sauce, Cheese, Onions, Mushrooms, Sausage, Banana Rings, and Green Peppers
\$9.00

BUFFALO CHICKEN

Buffalo Sauce, Chicken, and Cheese
\$6.50

BBQ CHICKEN

BBQ Sauce, Chicken, and Cheese
\$6.50

VEGETABLE

Mushrooms, Onions, Green Peppers, Broccoli, Tomatoes, Cauliflower, and Banana Rings
\$7.00

SPECIALTY

PIZZAS



DELUXE

Pepperoni, Mushrooms, Onions, Green Peppers, Sausage, and Banana Rings
Extra Large \$20.50 Large \$17.00
Medium \$14.00 Small \$8.00

VEGETABLE

Mushrooms, Onions, Green Peppers, Broccoli, Cauliflower, Banana Rings, and Tomatoes
Extra Large \$20.50 Large \$18.25
Medium \$14.50 Small \$7.00

MEAT LOVERS

Pepperoni, Bacon, Ham, and Sausage
Extra Large \$16.00 Large \$14.50
Medium \$12.00 Small \$7.00

PHILLY STEAK PIZZA

Steak, Sautéed Green peppers and Onions, and Extra Cheese
Extra Large \$18.00 Large \$15.25
Medium \$13.00 Small \$8.00

DEEP DISH

Pepperoni, Mushrooms, Onions, Banana Rings, Sausage, Green Peppers, Ham, Extra Cheese, and Top Crust
Extra Large \$20.50 Large \$18.50
Medium \$17.00 Small \$10.00

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BBQ Sauce, Chicken, and Cheese
Extra Large \$18.00 Large \$15.25
Medium \$13.00 Small \$8.00

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DESSERT PIZZA

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One Size: 10" Pie \$5.00

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Girls Varsity Basketball Coming Your Way!

By Lauryn Clarkson



This upcoming season is going to be one of the best yet for your lady Vikings! Not only do they hope to finish the regular season as a winning season, but hope to head to playoffs after as well.

Your lady Vikings have 5 seniors this year that are determined to make this season unforgettable. They include Lauryn Clarkson, Meghan Krepps, Amber Matier, Meghan McClellan, and Cierra O'Shell. These girls are hoping for a season they can look back on forever. The team has some new comers as well this season that are hoping to join the varsity team. These brave girls are: Kayla Downs, Riley Gabrielson, Maddison Lukehart, and Sydney Lumadue. They may not know what they are getting into, but they will not regret it after the big season the ladies are supposed to have.

The team's toughest competition will probably be Juniata Valley and Bellwood, they have always given Glendale girls a run for their money. Other teams on the schedule include, Harmony, Mo-Valley, and West Branch. If the Lady Vikings beat these teams along with Curwensville, they will remain defending champs of the Mo-Valley League.

Although it may seem like the big picture is wanting a really exciting winning season, there is another thing that is important this year. It is rumored that Coach Matchock is finished coaching after this 2016-2017 season. (Even though he has said that for the past few years now, he claims he really is done after this.)

Your Lady Vikings also would like to put a shout out to all the *crazy* Glendale kids and remind them that they NEED a good student section this year! The girls all claim that the louder the students are, the better they play. They would also like to mention that they plan on having fun and unique themes as well. They have thrown ideas around about a possible PJ's night, ESPN night, and, especially around Christmas time, Christmas themes! Not to mention they always love having the original blue and gold, daisy dukes for Harmony, and white outs that always are a hit with the crowd. Please try to make it a point to come support your Lady Vikings this winter! Remember the crazier you are, and the more fun you have with it the better the girls will play!!

Mysterious Fainting Goats

You may or may not have heard about the mystery of fainting goats. They seem like any other regular goat, but the second they are slightly scared they just freeze...and drop. It seems like they become statues at that second in time. But why do they do this, and why is this a mystery to many people? Even though it seems mysterious, there really is a scientific explanation behind it.



These goats may look like any other goat, but there is one thing different about them that causes them to faint. The difference is they are infected by Myotonic Congenita also known as Thomsen's disease. When they 'faint', their muscles tense up, like a whole body Charlie horse but without the pain. The goats that have it were born with it, therefore it is not contagious. Not only are they different from regular goats, but they even get their own nicknames! Some are "Tennessee stiff-legs", "nervous goats", and "Tennessee wooden-legs."

So, if you ever see a goat "drop dead" just know you finally solved the mystery of the fainting goats.