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Aerospace Shoots for the Stars... Again

The 2019 Aerospace Class Proposal

By Bion Phelps

In 2017, Mr. Garner's Aerospace and Literature Design won NASA's national aerospace competition with a proposal for a high-tech space station. Nasa's Aerospace contest sees the team receiving a request from NASA for a creation that must fit various specifications.

This year, Mr. Garner's class has created a new proposal for this year's competition. This year's proposal is "far and away our superior one," Mr. Garner said. The team has expressed a lot of confidence in this year's proposal despite the hiccups in the process.

"I'm optimistic. It looked really good. I'm proud of our work." Arlo Harold said.

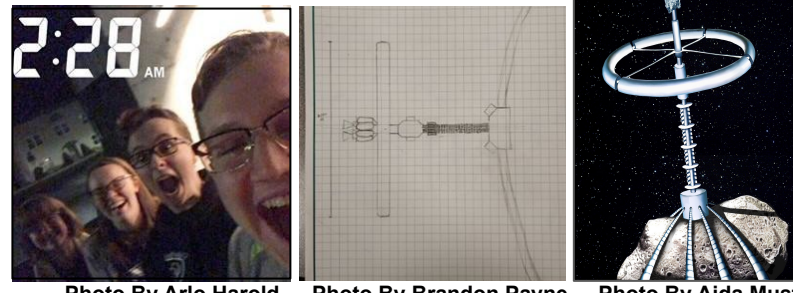
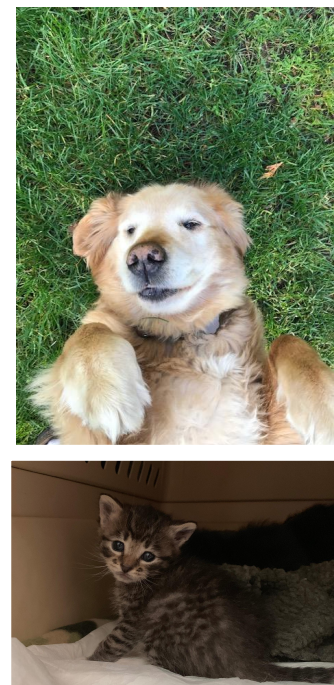


Photo By Arlo Harold Photo By Brandon Payne Photo By Aida Must

Getting a proposal like this together was not easy. Communication was one of the biggest problems, as it took the groups a lot of work getting themselves organized in a way that let them work together efficiently. Only 60% of the proposal was complete at the beginning of April. Another difficulty was finding a direction for the proposal.

"There's a thousand possible ways to go, and you have to pick just one," Arlo said.

This proposal is the product of many weeks of work from the entire class, which is organized into sections, with each in charge of a different aspect of the production. Mr. Garner describes the class as "a corporation," with students serving as section heads, delegating the responsibilities. The proposal was completed in mid-April, and was submitted shortly thereafter. Mr. Garner says that the results of the competition will be announced within 2-3 weeks.



FIND MORE IN PETS

Siri Lindstrum Wins WSFS Haiku Competition

By Ayla Ridwan

The annual Washington State ferry haiku competition opened for public Twitter submissions February 25. Senior Siri Lindstrum entered the competition for extra credit for English... When the final tweets were tallied, Siri Lindstrum's haiku emerged the winner...

FIND IN STUDENT LIFE

FHHS Sports Highlights

By Jacqui Olsen

The Wolverine baseball team continues first in the league with a 6-0 lose/win count... the softball season comes to an end the team stays ecstatic and continues to win every league game that they've come across... The boy's golf season transition into invitationals...

FIND IN SPORTS

Horoscopes

By Bion Phelps

This month will be a good one to go out and explore...

Stay away from Aries, for the love of god, just stay away from them...

Here is the time where you'll pick up a new meaning in life...

Stay out of planes for a while...

FIND IN ENTERTAINMENT

Burning Questions Arise after Local Fire

An Update on What's to be Done With the Office Supply Store Lot

By Athena Baker

Just last month at 2 p.m., March 7, 2019, tragedy struck when Friday Harbor's commercial building, Office Supplies Plus, lit up in flames.

After receiving an anonymous tip firefighters and police reacted instantly by working to put the fire out. All customers made it to safety and continued to have no additional trouble or casualties other than one civilian who suffered from minor injuries.



PHOTO BY Ed Kilduff

The fire originated from an RV with extreme engine



Photo By Athena Baker

problems that caught fire and was further fueled by a nearby propane tank. The eruption instantaneously spread to the supply store placed diagonally from the propane tank.

"The fire caused devastation to the local business owners of the office supplies store, the motorhome owners, and destroyed not only the building and vehicle but the valuable supplies in them."

Kenzi Saton, a preschool worker whose job is near the site witnessed the fire.

"The flames were so big that we could see it over the pre-school's bushes." Ms. Saton said, "the fire greatly worried the children".

As of now until further notice the store is deemed permanently closed. The owners have not provided any public information on whether they plan to reopen or not. Though Ms. Saton had heard that they are planning

on rebuilding.

As of now the residents of Friday Harbor have no real information other than rumors on what could be happening to the building.

All we can do now is hope for the best and wait for time to tell.

AP EXAM SCHEDULES

MAY 6

8am- AP US Government and Politics
12pm- AP Environmental Science

MAY 9

8am- AP Chemistry

MAY 10

8am- AP US History (Practice April 26 after school)
8pm ET- AP Studio Art is last day to submit portfolio and should be turned in prior to May 10. More information on College Board website

MAY 14

8am- AP Calculus

MAY 15

8am- AP Language and Composition (Optional Practice Date: May 10 after school)

MAY 16

8am- AP World History

FIND MORE IN STUDENT LIFE

Go Set a Watchman

By Melyssa Taylor

To Kill A Mockingbird Sequel Shocks the Iconic Character's Childhood Innocence...

It turns out that this was not the original book that Ms. Lee wrote. Her first draft was a completely different book...

FIND IN REVIEWS

Fishing Tips

By Isaac Brumsickle

Spring and Summer are arguably the best seasons for fishing. The bait and tackle vary depending on the season and temperature, and the trick is to figure out what works best for each species... When it comes to lures, there are literally thousands of options...

FIND IN COLUMNS

SPORTS

FHHS Sports Highlights

By Jacqui Olsen

Baseball - The Wolverine baseball team continues first in the league with a 6-0 lose/win count. The recent game for baseball was a doubleheader against the Concrete Lions(2B). Both teams put up a fight for both wins but Friday Harbor was able to outplay the Lions and win over two more games for the season. The first game ended with a score of 6-2 and the second game score was 15-0. The boys have a total of three remaining games left, not including the postseason. The next game will be Tuesday, April 30. The boys will be traveling to Concrete to play The Lions. The next home game will be the last home game for the boys. The game will be this Friday, May 3 against the Darrington Loggers(2B). It'll be a doubleheader and it will be senior night. The first game starts at 3:35 p.m. followed by a 5:45 game. If qualified the boys will travel to Sedro Woolley on May 7, to play at the Janicki Fields for the 2B districts.

Golf - The boy's golf season transition into invitationals this Friday, May 3. As the season comes to an end the boys are currently at the 6th spot for varsity golf standings. If qualified for postseason the boys will go to district 1 championships at gallery Go this upcoming Tuesday, May 7th. If things go well there then individuals will go to bi-district championships on May 16.

Softball - As the softball season comes to an end the team stays ecstatic and continues to win every league game that they've come across. The girls have a 6-0 win/lose count. The teams recent game was a doubleheader home game against the Concrete Lions(2B). The girls brought the heat in both games, the first game ended with a score of 17-0 then followed the second game with another win of 12-0. Within both games, almost all of the 23 girls on the team were able to play.



Photo by Jennifer Ayers, Softball

Sophomore Bristol Halvorson(#7) started off the second game with an in the park home run where three more in the park home runs were followed throughout the game.

Two more were hit by Freshman Olivia Germain(#6) and another one by freshman Ellee Perkins(#18).

The teams next game will be Tuesday, April 30.

Both softball and baseball will be traveling together to play the Concrete Lions for the final time this season. The next home game will be a doubleheader the following Friday, May 3. It'll be the teams last home game, it'll also be senior night. The girls will be playing the Darrington Loggers(2B), first game starts at 3:45 p.m., followed by a 5:45 game.

Tennis - Friday Harbors

tennis team have completed six games this season with a remaining two games, not including the postseason. The next upcoming games for girls tennis will be Wednesday and Thursday, May 1st and 2nd. Both games will be home games, may 1st will be against South Whidbey(1A) at 3:30 p.m. and May 2 will be against Kings Knights(1A) at 4:30 p.m.

Track - for tracks last meet the team goes to Bellevue Christian, five more schools joined the meet, not including Bellevue Christian and Friday Harbor. The next meet will be in La Conner on May 1 at 3:15 p.m., it'll be the league championships. The participating schools will be La Conner, Friday Harbor, Concrete, and Mount Vernon Christian.



Photo by Jack Knapik, FHMS students playing Gaga Ball



Photo by Jennifer Ayers, Softball

Gaga Ball Incites Middle School Madness

By Jack Knapik

Many in the high school have probably noticed large, loud and wild groups of middle schoolers gathered around some sort of pit. This new pit is for a game called Gaga Ball, which involves players standing in the pit hitting a ball around to knock out opponents. To do so the ball must hit their knees or below, and the last one standing wins:so hit the ball, jump around and guard your legs, because it's a battle.

The reason this new pit is here is because an active group in the middle school put out a petition. It began with a group of seventh graders talking about having a pit to play the game in at school, however unlike most ideas, they decided to spread their idea across the school to gain backing to put their idea into a plan, and the plan into action. After gaining attention, a large handful of seventh graders made a petition to give to ASB. Sending the petition around the entirety of the middle school, they gained a massive amount of support. Due to this massive uprising, the ASB talked and decided to pass the petition and gain funding. With school funding now in place, there was one last problem, finding people to actually build it.

Luckily, several parents of the kids who started the petition volunteered to help build and set the pit in place, and it wasn't too long after parts arrived that it was set up and completed.

The middle school kids quickly began to huddle around the pit at lunch everyday, and quickly it gained popularity. However, when there are that many young kids, who don't all fully know the rules, it can cause problems. The amount of kids became overwhelming quickly, and required supervising by lunch duty teachers. The popularity became very intense and the pit quickly became a dirt ground, kids at lunch get very dirty and must be careful due to the large amount of kids.

"Yea it's fun and all, but the ground under the pit will probably be ruined for a long time if it's moved," said Bryce Borgquist of the eighth grade

Not to mention many fights have already occurred. The grades seem to separate themselves into teams, often helping one another or cheating to beat the other grades. "The eighth graders absolutely hate the seventh and sixth. They are constantly yelling and getting into fights because they don't listen or know the rules," complained Jasper Williamson

Even with the talk about the game's many problems from the kids, the overall view is extremely positive. Every lunch the pit is used. So even if there are some problems it doesn't stop the extreme competitiveness from the kids.

"The Feeling of being the last one standing is incredible. All the other kids will remember it for the day and it makes you feel great," said Kai Miniken.



Submitted by Emily Vogel, Track



Photo by Ayla Ridwan, Tennis



Photo by Jennifer Ayers, Softball



Photo by LeeAnn Russell, Track



Photo by LeeAnn Russel, Track

STUDENT LIFE

Siri Lures Ferry Riders with her Syllabic Siren Song

By Ayla Ridwan

The San Juan Islands sing to Siri Lindstrum in syllables. The annual Washington State ferry haiku competition opened for public Twitter submissions February 25. Senior Siri Lindstrum entered the competition for extra credit for English.

Competitors submitted their haikus on twitter. Each tweet could contain only one haiku, a short poem

with three lines and 5-7-5 syllables, and had to be about the Washington State Ferries experience.

A panel of judges selected up to 25 entries based on relevance. Claudia Castro Luna, the Washington State Poet Laureate, was sent the 25 top poems to choose three, which were then posted on Twitter. The haiku with the most likes

Siri Soleil @siri_soleil · 3/8/19
 @wsferries
 Warm pink rays of light
 Reflects on shimmering sea
 We watch the sun rise
 #WSFHaiku



Twitter @siri_soleil

by noon on March 22 was the winner. When the final tweets were tallied, Siri Lindstrum's haiku emerged the winner.

Siri has been writing poems since sophomore year.

"In Mr. Garner's creative writing class we did a bunch of poetry stuff and got to make poetry books," Siri said. "That's when I really started to like poetry."

Over the summer, thousands of people will read Siri's poem on the cover of the new ferry schedule.

"I don't like it," Siri said about having people read her poem. "It's really weird. I entered as just a 'hey whatever'. It's really strange."

Lisa Salisbury, the high school librarian, was last years haiku contest winner.

"I love haiku and

poetry in general because it's so accessible to all people," said Ms. Salisbury, the haiku competition winner from last year.

"Winning it last year was an amazing experience. I really wanted someone from the high school to win."

Upcoming Important Events for Seniors

Date	Event
5/16/19	Video of Senior Exhibition due to Ms. Busch
5/29/19	Advisory practice
5/30/19	Senior Exhibitions
5/31/19	Senior Beach Day
6/3-6/4/19	Senior finals
6/5/19	Checkout
6/7/19	Graduation practice
6/8/19	Graduation

Seniors Exhibit More than Stress with Senior Exhibition

By Chiara Power

As summer tiptoes closer to FHHS the seniors are also tiptoeing to the infamous Senior Exhibitions. Graduating seniors are required to give a presentation on their academic readiness to graduate from high school. Covering educational, volunteer, extra-curricular and personal aspects of their high school experience, the seniors will reflect and share the ups and downs of high school life.

Seniors have to complete an updated resume, essay, and 20 minute presentation to community members. They are asked to think about how they have changed and grown throughout high school (academically and personally), what they have learned, and how school helped them develop as a person.

The Exhibition is used to "demonstrate a readiness to graduate from FHHS and ability to continue as a lifelong learner and productive community member".

English teacher Ms. Busch has taught Senior Exhibition for 14 years.

"A graduation demonstration of learning was a state requirement until a few years ago," she said. "Some schools do fairs and invite the community to talk to seniors individually, some do formal presentations, FHHS has small group presentations with community panels. It's a really authentic way for students to celebrate their growth over the years."

Senior Lucy Urbach said, "Senior exhibition hasn't been super fun but to be honest I'm not as stressed about it as everyone has been making it seem like I should be".

Juniors, take it from the 2019 co-valedictorian herself, while it may not be fun, there is little reason to stress about it. Senior exhibition should be a nice way to look back on your journey through Friday Harbor High School.

Max Mattox, a senior in Running Start is also required to participate in Senior Exhibitions, said organization is important.

"Definitely get your priorities straight," he says, "then build a schedule around them."

Be the Change You Want to See

The Latest on FHHS Clubs

By Olivia Monin

At Friday Harbor High School there are a plethora of active clubs you can join, or look into joining next year. All clubs are open and happy for you to try: stop by for a day or two, stay for a few days, or become an active member!

Club Updates:

This year hiking club was on a hiatus with Profe being pregnant and out of school, she was not able to be a second leader along with Chef Andy. Chef Andy did not want to take on all of the logistics and planning alone for the big trip at the end of the year. But this does mean most likely Hiking club will be up and running next year! Maybe Baby Landers Smith will join the crew. .

ASB, Associated Student Body, is a club whose members are elected, with the purpose of spreading

positive, healthy culture in our school. ASB supports all other clubs and has a frequent variety of exciting activities and chances to meet and bond with people you don't really know. ASB is welcome to everyone! Even if you weren't elected, you can come in anytime. If you become a active member, it is required that you are apart of activities and meetings when they are happening.

Latin X, an inclusive club for latin and hispanic students, is a safe space for the students to

appreciate their culture and speak about issues they are aware of. It's a place where they can go to work and make it better. At the end of the year Latin X goes to the state capital and meets with the senators and state representatives to share what they have talked about throughout the year and the success they have had making some issues better. They meet every Thursday in the Spanish room or sometimes outside and you can also reach out to Jannet Ortiz to find out more.



Above: Levi Doenges
 Left: Brent Snow

Pets

Students Rescue Feral Friends

By Isaac Brumsickle

It was a day just like any other. Ben Dillery, Tommy Hagensen, Aiken Durham-Guckian and I decided to go do some bass fishing out at a secluded spot near Wold Road. We headed out there at about 6 p.m., knowing that that would be the perfect time to catch a lot of fish. After a couple of hours and twenty or so fish, we decided it was time to go back. The day was coming to an end, and we knew that the sun would be gone soon.



It was about 8 p.m. when we crossed the barbed wire fence the surrounds the property. Just as we got across was when Aiken first heard it. He told everyone to be quiet, but we just thought he was crazy. I even thought that it was just the squeak of the fence that he heard, but he was convinced it was a cat. We all grew silent and listened. It was quiet for a while, but then we started to hear little meows coming from somewhere near the fence line. Naturally, we had to discover the source of these sounds. We climbed back to the other side of the fence and started to listen closely. At first, it sounded like they were in the bushes on the other side of the path, but after some more searching and listening we figured out that they were somewhere near the fence line. We started to dig around and listen harder until we discovered that the kittens were hidden underneath a rotten log that was half buried. We started digging and trying to lift the log without crushing the little kitties underneath. Finally, after about a half hour of pulling and digging, we were able to grab the kittens out one by one.

I was the first one to reach into the dark, dirty, disgusting hole that the kittens were in. As soon as I pulled her out, I was filled with joy. She was a very cold and tired tuxedo cat all black with white feet, a white mustache, and a little white tie, and she seemed to be very healthy. Each person there grabbed out a kitten with Ben getting the one brown tabby, and Aiken and Tommy each getting an all black cat. We all hustled back to the car and got back to Ben's to get them to a warm and safe place. We researched it a lot and learned what we could feed them and how to take good care of them.

The kittens are now about five weeks old and very healthy. They love to play and fight each other, but more than anything they like to eat. They can't quite eat hard food yet, but they are getting close. Tommy is the only one that has taken his home yet, and he must have overfed it because it is really fat. The rest of them are still at Ben's because it is good for them to be together until they are about six weeks old, but we will probably get to take them at the end of this week.



The kittens in their little box, bottom, Bandit, AKA Gary Lazer Eyes, center

Good Pet Award

By Athena Baker

The GOOD PET Award Winner

Newmie



"Newmie was born in June 17, 2017. Her mother was the runt of the litter and so was Newmie. When I first saw her I thought she was a male, so I named her Newman. After a couple of months and a trip to the vet, it turned out she was in fact female, so she became Newmie. She's a little crazy and loves to run around the neighborhood, but loves to snuggle up and sleep in a friendly lap." - Chase Wilson

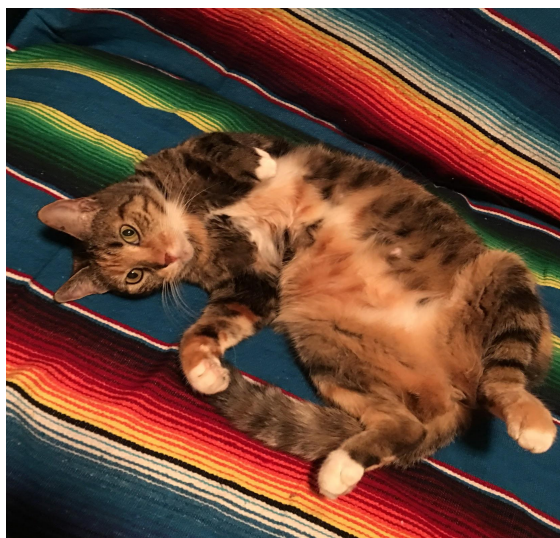
Second place winner

Rifka



Third place winner

Honey



Honey loves to knock things off the counter and pretend that she didn't. - Athena Baker

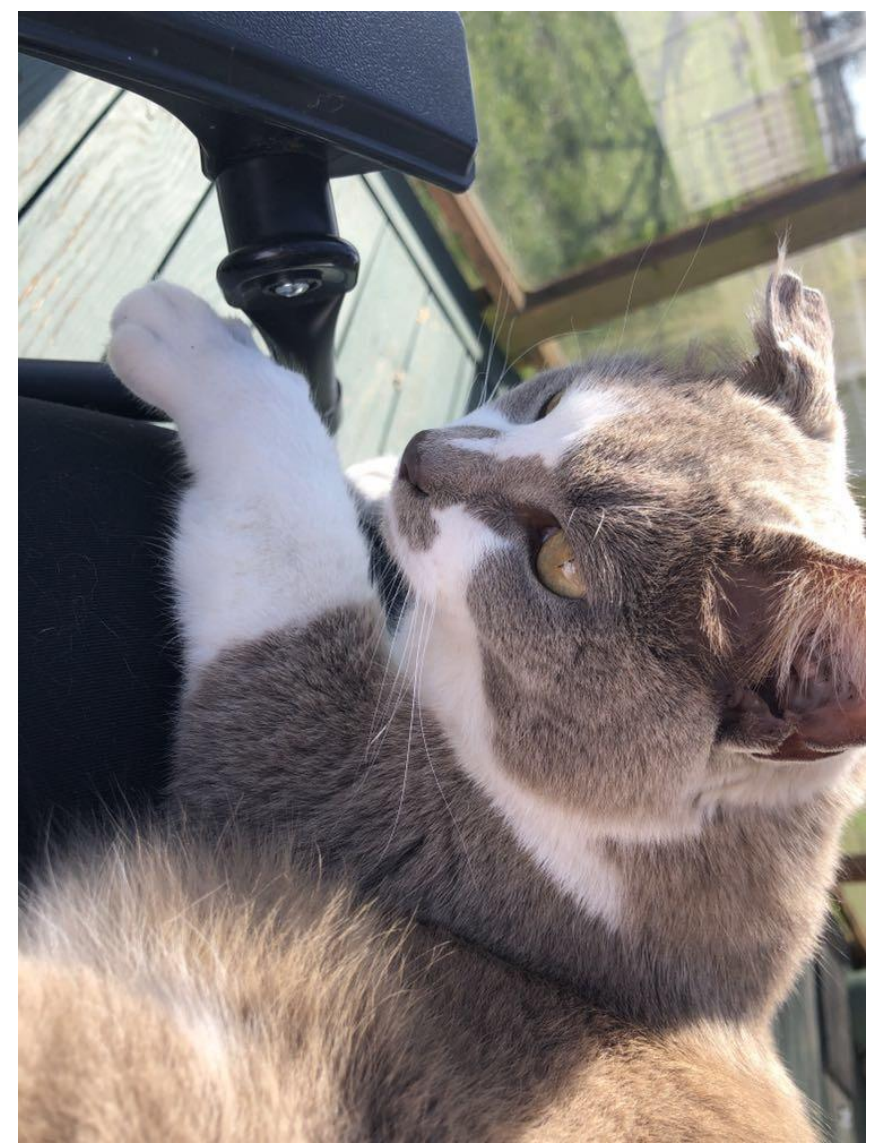
Animal Shelter Helps Island from New Home

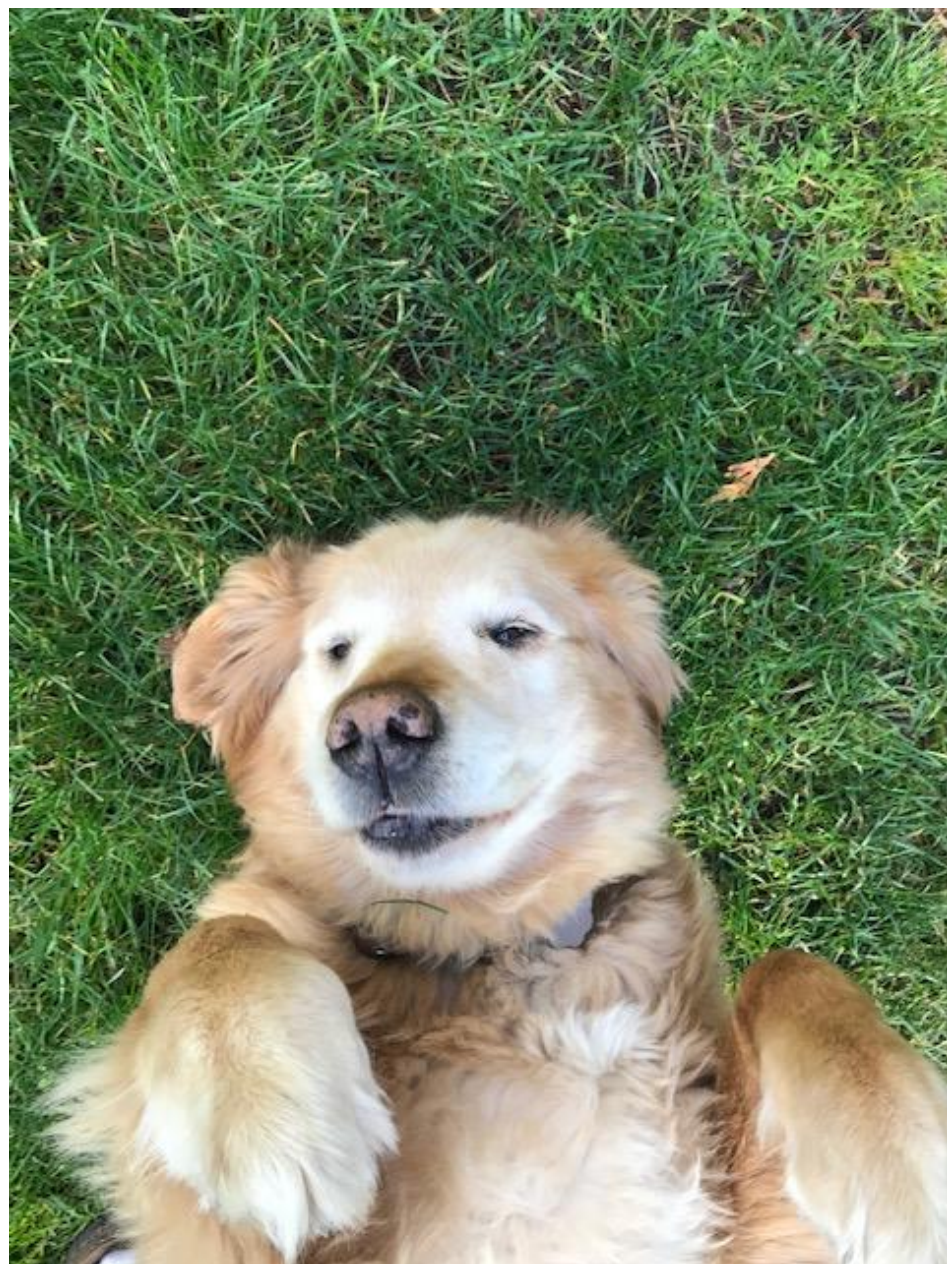
By Hope Vogel

The new Animal Protection Society's shelter is the new cat's meow to animal lovers on the island. It took seven years of fundraising to be able to build and move away from behind the airport to their new location at 994 Cattle Point Rd. on 4.9 acres of land. The design of this new shelter combines that of different, efficient, and successful shelters in which materials that have been used in construction are durable and picked to help with disease and bacteria control. Dogs and cats have separate living areas to watch out for stress levels and make sure they are not too high. The animals there have indoor areas and large outdoor areas and more trails which give the animals more freedom. Keeping infections and illnesses from spreading was important while building this new shelter, so there are isolation and quarantine areas and an exam and treatment room to help maintain the animal's health. The animal shelter also has some indoor and outdoor areas for people to come and get to know the animals that are currently at the shelter.

With the new shelter comes new programs such as student internships in animal care, educational programs for children and adults, and more volunteer opportunities. The Animal Protection Society takes pride in the fact they can offer more community involvement in their shelter and nonprofit organization, and that they have more resources and space to take care of the animals there.

Here are some more good pet runners up.





Weekly Pet Horoscope

04-30-2019 to 05-06-2019 By Bella Valdez

ARIES (March 21 - April 19)

You have more questions than answers on Monday and Tuesday, but that's OK. If you're lucky, a friend or animal expert may be able to help you find what you're looking for. Wednesday and Thursday are your lucky days. It wouldn't be surprising if you won a pet contest or door prize when attending a pet-related event. Details drive you crazy over the weekend. Focus on having fun with your pet and let someone else worry about why and how.

Taurus (April 20 - May 20)

Someone you trusted to watch your pet might not be as reliable as you thought. Take some time on Wednesday and Thursday to check references and background to make sure you're dealing with who you think you are. You can make a long-distance connection on Friday through Sunday, especially where animals are involved.

Gemini (May 21 - Jun 20)

Taking the time to fix a minor pet detail on Monday and Tuesday will save you from worrying about it the rest of the week. The discovery of a new breed or type of animal could create an immediate sense of longing on Wednesday and Thursday. Don't rush into any new pet acquisitions, no matter how badly you want to. Friday through Sunday is a good time to look beyond what you see. Your pet might be trying to tell you something with his or her behavior.

Cancer (Jun 21- Jul 22)

Your pet is pure entertainment on Monday and Tuesday. You could charge admission to their show if you wanted to! It might be hard, but on Wednesday and Thursday it will be necessary to mind your own business in a pet matter. If someone asks for your opinion, it's OK to give it, but that should be the extent of it. Gather all the facts in a pet matter over the weekend. Trust your instincts if it comes down to "he said, she said."

Leo (Jul 23 - Aug 22)

A pet situation has you overreacting on Monday or Tuesday. It probably isn't an emergency, so there's no need to go into crisis mode. You and your pet are feeling a little bit daring on Wednesday and Thursday, but it's up to you to be the voice of reason. Don't attempt anything unsafe. Friday through Sunday is a good time to deal with a pet's health issue. The sooner you get it looked at, the sooner your pet can get better.

Virgo (Aug 23 - Sep 22)

If you're single, your pet can open doors into an exclusive dating opportunity on Monday or Tuesday. Attached Bulls find their pets make them feel closer to their partners. You don't have to like a certain pet situation on Wednesday and Thursday, but you probably will have to find a way to tolerate it. Get ready for a burst of attention from your pet between Friday and Sunday. He or she is feeling especially affectionate over the weekend.

Libra (Sep 23 - Oct 22)

Money is tight early in the week, so postpone any thought of splurging on your pet on Monday and Tuesday. You're in the mood to play a practical joke on a fellow pet lover on either Wednesday or Thursday, but will the person really think it's funny? There's a fine line between laughter and panic on these days. Communication issues arise over the weekend. If someone else is taking care of your pet, make sure you write down the instructions. Be specific.

Scorpio (Oct 23 - Nov 21)

If your pet has been in the doghouse, so to speak, let him or her out. Forgive, forget, and move on. You can't resist something you see in a pet catalog or boutique on Wednesday or Thursday. As long as you have the money, why not splurge? The weekend is a good time to make plans for the future. If you're planning on taking a pet on a trip, be sure to read through the fine print very carefully.

Sagittarius (Nov 22- Dec 21)

Your pet will do his or her part, and you need to do yours. It might take all of your willpower to say no to a pet on Wednesday or Thursday, but ultimately you have to put health and safety above your desire to spoil your friend. The weekend goes by quickly. Do something fun with your pet before it's over!

Pet Lookalikes

By Isaac Brumsickle

Our Pet Lookalike winner is a young Miles Williamson with his cat, Tigger, who is much, much bigger now. Please submit your pet lookalike photos to isaacbrumsickle@sjisd.org as soon as possible, and please include some sort of description.



Capricorn (Dec 22 - Jan 19)

You aren't the best with details at the beginning of the week. You have to roll with the waves on Wednesday and Thursday, especially if you're dealing with a friend who doesn't share the same pet philosophies you do. Friday through Sunday is the perfect time to hatch a new pet plan. Start by doing adequate research and go from there.

Aquarius (Jan 20- Feb 18)

Watch your pet carefully on Monday and Tuesday. He or she may be trying to give you a clue about something that's bothering them. If you don't pay close attention, you may miss it. The big picture matters more than the details on Wednesday and Thursday. Brainstorm with forward-thinking people like you on those days. Listen to that nagging voice in your head Friday through Sunday. If you think you left your pet's cage or the fence gate open, you probably did.

Pisces (Feb 19 - Mar 20)

Try not to control every aspect of your relationship with your pet on Monday and Tuesday. Most of the fun happens in spontaneous moments. A person in a position of power may try to manipulate you into doing something you don't want to do with regard to your pet on Wednesday or Thursday. Just say no, and make sure to report any suspicious behavior. The weekend is a good time to get organized. Clean up pet cages, stalls, and yards.

Features

Prom: A Starry Night

By Ayla Ridwan

Last Saturday night, the stars were shining bright, especially at Brickworks where the 2019 Friday Harbor High School prom was being held. Brickworks was decorated beautifully. Lights were strung through blue tulle making the room glow like brilliant points of light on a clear spring night. A mural of Van Gogh's Starry Night hung on the wall. The lights of the dance made dresses sparkle like the stars as everyone danced the night away. Senior Prom King Chase Wilson and Queen Ava Hoffman along with Junior Prom King Jaden Jones and Queen Soma Andrews danced together during a short slow song bringing the night to a beautiful end. People stayed to dance the entire night to a variety of songs everybody was able to enjoy. "It was a lot of fun," said one of the event organizers, junior, Rachel Snow "A lot of hard work went into it and it was really rewarding to have everybody stay and dance until the end." Prom planning started months in advance thanks to Rachel, Molly Tangney, Fionnula Bourne, Bailee Lambright, and Katie Place, who all worked hard to put the night together. "It was a lot of fun," said Olivia Monin. "The music was a lot better than other dances."



Photo by Alli Benz
Aidan Shannon(L), AJ Kurtz, Julian Brown, Brandon Payne, and Joseph Kaden(R)



Photo by Sara Parsons
Kyle Mapstead(L), Annamarie Thomas, Miles Williamson, Natalie Meenan, Jordan Lawson, Jaclyn Domenech, Trevor Losness, Claire Rathburn, Gavin Flaum, Siri Lindstrum, Jayna Ott, Thea Seitz, Katy Kulseth, Ethan Germain, Grace Pauls, and Peter Kulseth(R)



Photos by Sara Parsons
Jaclyn Domenech(L), Thea Seitz, Siri Lindstrum, Annamarie Thomas, Grace Pauls, Katy Kulseth, Natalie Meenan, Claire Rathburn, Jayna Ott(R)



Photo by Penelope Haskew
Chiara Power(L) and Anne Marie Ryan(R)



Photo by Cere Demuth
Melanie Quiroz(L), Kaden Perez, Salud Soto(R)



Photo by Cere Demuth
Zoe Calverley (L), Olivia Monin, Zoe Wegemer, Joe Valdez, Sydney Brotherton, Luna Hernandez-Doherty

San Juan Island: Places to Be

By Kai Di Bona

There are many cool places you can go on San Juan Island, but sometimes people forget. There are many beaches, hikings spots, and fun places to explore. Somethings that tourists like to do is stay in Friday Harbor, the town/harbor of San Juan Island, or they like to go on hikes or the beaches. One of the most popular beaches to go to is Jackson's Beach. Jackson's Beach is within walking distance of the town so it's easy to access, or you could drive. There is also a trail that you can take to go hike. Another cool beach to go to is South Beach, South Beach is a long strip of beach that you are able to walk on for a long time, or can just sit and relax listening to the waves.

"My favorite place to visit is South Beach," Aida Must said. "I prefer this beach because it's the most convenient and it's the only beach I remember the location of."

There are also many places to go hiking on San Juan, for example Lime Kiln Point State Park. People like to sit on the cliffs and watch the orcas swim by if they're there. It's also just a very nice place to go and sit just to de stress and relax, or go on a hike with your family or your friends. You would also have to drive to Lime Kiln Point State, it would be a 15 minute drive from town and it's located at Bailer Hill Road on the northwest end of the island.

"My favorite place to go is mt young where you are able to view the olympics, also it is a great hiking destination." Victoria Polda said.

There is a fun spot you can go to hike, Mt Young. Mt Young is much more of a hiking spot than Lime Kiln Point State Park because it's not by the water. But once you get to the top you will have a view of the if the weather is right.

A cool spot to go to, to just chill out or go on a small walk is English Camp, San Juan Island National Historical Park. At San Juan Island National Historical Park you will be able to see a well kept garden at the end, along with an ocean view. It's very educational about the history of the island. You have to walk to get to the park, but from English Camp there is a trail to it. On the trail there are little signs with facts about the island, and the park. Alli Benz favorite spot to go to in her free time is the Southside of British Camp. At the Southside of British Camp you are right on the water, and can walk alongside the edge of cliff,. If the day is right you can get the most amazing view, making the ocean look like it goes on forever.

"My favorite place is the lighthouse on the south end, and I also like to visit the cape while I'm there," Alli said.

Entertainment

Look Out! Here Comes Audrey II

By Chiara Power

Feeling hungry for a thrilling story of love, murder, and a giant sassy plant? The Friday Harbor High School Drama Department puts on annual plays that the school and community look forward to. This past year the department put on William Shakespeare's famous comedy *A Midsummer Night's Dream*. After putting a modern twist on it and creating musical covers ranging from Britney Spears to Queen to Whitney Houston the community flocked to San Juan Community Theatre and saw a brand new take on The Bard's famous play.

Next year the department plans to continue showing off the island teens' musical talent by doing a musical. The next FHHS musical will be *Little Shop Of Horrors* directed by Jenni Merritt. The book by Howard Ashman and music by Alan Rickman provide a catchy and exciting story. The story follows Seymour a nerdy guy who works in a sad flower shop who finds a peculiar venus fly trap-like plant. Little does he know this plant is not as innocent as it seems.

Auditions will be held some time at the beginning of the next school year and the musical will run January 16-19 2020, so be on the lookout and enjoy your houseplants while you can. You may never look at them the same after the show.



Photo Credit: Jenni Merritt

Picture from the San Juan Community Theatre season announcement party

Throwback Crossword



<http://collider.com/detective-pikachu-screening-arlight/>

Yeet Old Movies Here Comes More

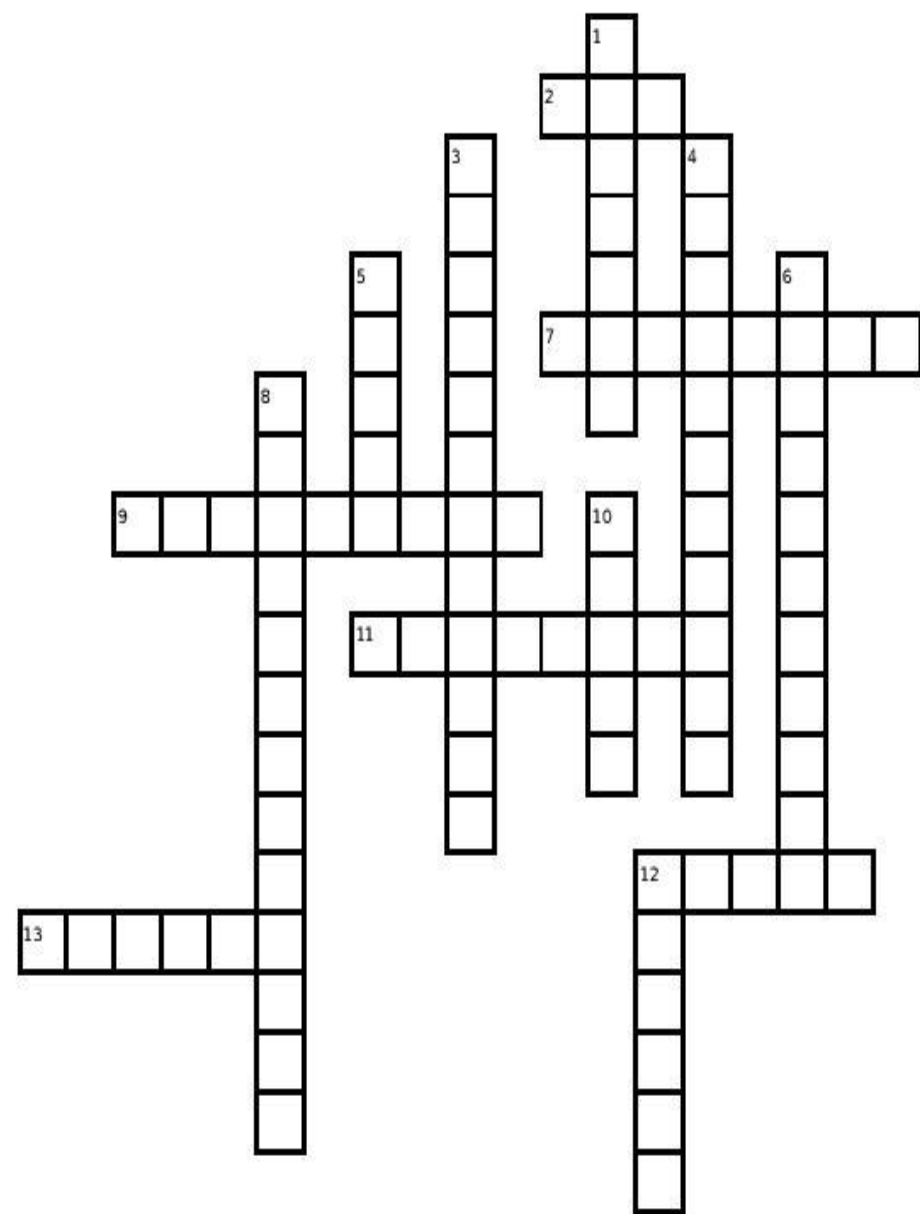
By Jack Knapik

With the recent release of *Avengers: Endgame* on April 26, many viewers could use a break from the intensity of the film, however this May isn't letting up with new exciting movie releases.

Detective Pikachu: Pokemon is a well known franchise across the world, and when people heard about the release of a live-action movie they were skeptical. Being released on May 10, 2019, it holds high hopes for viewers, however, with voice actor Ryan Reynolds, and promising looking trailers, it's probably worth seeing if your a fan or not of the franchise.

The Hustle: Starring Anne Hathaway and Rebel Wilson, *The Hustle* tells the story of two female scam artists, one high class and the other low-rent, who team up to take down men who have wronged them in their past lives. Being released on May 10, 2019, it's a comedy to look forward to with its interesting story and comedic actors.

Continue on Entertainment 2



Down:

1. RIP Club _____
3. Jack Black would be an awesome sub
4. Have you seen my son?
5. The best trash robot
6. The rat who saved a 5 star restaurant
8. Best Of Both Worlds
10. A cute blue alien
12. Me? A princess? _____!

Across:

2. According to all known laws of aviation a _____ ...
7. What team?!
9. He lives in a pineapple under the sea
11. Button eyes
12. Like an onion...
13. The Wii game where you got *shredded*

Coming Soon to Theaters

By Jack Knapik

Continued from Entertainment page 1

John Wick: Chapter 4 - Parabellum:

Releasing May 17, 2019, John Wick returns once again in this action packed thriller. Making a name for itself with its previous releases, the movie seems to be another chaotic thrillride, with intense action throughout the entire film. If you are a fan of action, this series is a must watch

A Dog's Journey: A sequel to the emotional but popular film *A Dog's Purpose*, this film is set to release on May 17, 2019. Be prepared to cry at this film, as it will throw your emotions on a rollercoaster. Like its predecessor, this film takes place from a dog's view on the world and the relationships they make with humans. If you are prepared for the tears then definitely give this a watch in theatres.

Aladdin: A live action remake of *Walt Disney's Aladdin*, this film worried many fans of the original movie when trailers released. The film looks very promising, however the live action part that worries most people. The film has already had a major influence and acknowledgement after mass amounts of content creators found out that actor Will Smith was playing the role of the genie. Releasing May 24, 2019, the scare of this movie is great, however if it ends out well, it could be a huge success.

Rocketman: A biographical film following the life and rise to fame of famous singer Elton John. Helped produced by Elton John himself, the movie looks like a fantastical one. Setting to release on May 30, 2019, the film from trailers alone look like it could be a huge success. Following a similar film style like *Bohemian Rhapsody*, the movie is to be filled by musical hits from the years. If not for the nostalgia of the music, this film is worth catching in theatres for the fantastical journey of one man's life in music.

Of course May will contain a handful of other film releases such as *Tolkien* and *Brightburn*, but, fear not, the following months will not be shorthanded as June will also be filled with exciting films such as *Spiderman: Far From Home*, *Toy Story 4* and *Men In Black: International*. Even after the huge success of *Avengers: Endgame*, there are still plenty of movies worth watching.



Illustration by Hope Vogel

What Does The Future Hold?

By Bion Phelps

Aquarius (Jan 20 - Feb 18)

This month will be a good one to go out and explore. You'll have good luck, but be careful not to get a big head. You might just find something shocking this month. It's not an electric fence, I promise.

Pisces (Feb 19 - Mar 20)

Stay away from Aries, for the love of god, just stay away from them. You know what happened last time. Also, 12, 27, 14. You're welcome. This month is looking like a good time for studying.

Aries (Mar 21 - Apr 19)

You will receive a vague hint about things to come, and you'll spend hours awake at night trying to find what it means. (You left the sink running by the way.) This month is not looking great for your social life.

Taurus (Apr 20 - May 20)

Stay away from sharp objects, including but not limited to: Knives, forks, construction paper, metal fencing, and Leos. Also, stay away from Twitter for a while, for your sake. The outdoors seem like a great place, so stay inside.

Gemini (May 21 - Jun 20)

You'll meet a long-lost twin. Not literally, but you will have an encounter that will make you think that. Brace for impact. This month, expect Aries to cause more problems for you than other people.

Cancer (Jun 21 - Jul 22)

You have 3 hours left until it happens. The month ahead looks dark for you. Not that there's bad luck ahead, it's just gonna be hard for you to see. You will experience many new things, but a lot will be similar to your past.

Leo (Jul 23 - Aug 22)

Everyone will want to get a picture with you. I'm not telling you why. That's for me to know and for you to find out. This month will be a good time to take up a new hobby.

Virgo (Aug 23 - Sep 22)

Here is the time where you'll pick up a new meaning in life. This month is gonna be a wave of self-discovery for you. Try to keep a level head when things inevitably go awry.

Libra (Sep 23 - Oct 22)

Here is a good time for gaining new knowledge. Avoid Aries, they will attempt to steal your new knowledge. It's probably a good time to take up bowling.

Scorpio (Oct 23 - Nov 21)

This month people will find it hard to break through your shell. Try to open up to people, but avoid trying to get too close to Aries. Avoid people as a whole if you're feeling off.

Sagittarius (Nov 22 - Dec 21)

Stay out of planes for a while, and stay outdoors too. Go outside, get some air, and keep your mouth closed to stop the flies (That's a metaphor) from going in. Some fresh air is going to be good, though.

Capricorn (Dec 22 - Jan 19)

Share all of your mundane experiences with all of your friends to immediately become 43% less likeable! Making decisions is definitely a good idea, so you should try to decide things for yourself.

Your Favorite Shows Are Dying

By Jack Knapik

All TV shows have a lifespan. Some stick around for a while due to popularity and profit, to continue on for years. Some others must come to end because of their story or maybe it's just time to move on. This year doesn't mark too many shows ending, however it does include some very popular ones many will be sad to see go.

Game of Thrones: You can begin your crying now as many don't want this show to end. Wrapping up its incredible story and leaving everyone waiting for who may win the Iron Throne, the show is set to end on May 19, 2019, airing on *HBO*. Winning multiple Emmy's and Golden Globe awards during its eight year run after its debut in April, 2011. Though this show did have a bit of a shaky start, the popularity of it has grown to incredible heights. After its intense storyline and characters, it won't be easy to find a replacement for this show once it airs its final episode.

Big Bang Theory: Almost everyone has probably heard of this show. Though very popular and airing for about twelve years, it has a general annoying tone to most people, but that's why they keep going back to watch it. The show debuted in September 2007, Winning multiple Emmy's and Golden Globes, and plans on ending

this May. Actor Jim Parsons decided it was time to call it quits. When his end was announced, many other actors admitted to being ready to move on, so writers and actors planned on wrapping up the series once and for all. Love it or hate it, *The Big Bang Theory* has become one of the most popular sitcoms over the years.

Orange is the New Black: Though it doesn't feel like it was around for too long, this show has been on air for about six years since its release in 2013. Winning multiple Emmy's this show has maybe not been as popular among younger viewers, however has grossed a large amount of viewers. The plot falls around a woman who ends up in a minimum security women's prison and all the drama that occurs in the months to come. With no exact ending date yet, the finale will show somewhere late 2019. For fans of the show, they are sad to see it go as it isn't the easiest show to replace with its interesting story line.

Surprisingly, there aren't too many shows leaving the air this year, however these major ones will have a huge impact. It's going to be hard to replace shows like these. So if you're a major fan of any of them, it's recommended that you start searching now to prepare to fill the emptiness once they are over.



Reviews

Go Set a Watchman :

To Kill A Mockingbird Sequel Shocks the Iconic Character's Childhood Innocence



PHOTO BY: Melyssa Taylor

By Melyssa Taylor

The entire school is required to read Harper Lee's classic book, *To Kill A Mockingbird*. If you read the book like you were supposed to, you'd remember that *To Kill A Mockingbird* is centered around Jean Louise (Scout), Jem, and Atticus Finch, as well as the people of Maycomb County, Alabama.

Although Ms. Lee never meant for the book to be so widely taught in schools, the story has given us lessons of ambition, prejudice, innocence, morals, and the effects of racism, just to name a few. It turns out that this was not the original book that Ms. Lee wrote. Her first draft was a completely different book, which was released to the public in 2015 as the unofficial sequel, *Go Set A Watchman*.

The book takes place in the "current day" of 1950's Maycomb County, as Scout returns home at the age of 26. She is faced with many different realities throughout the book. Scout sees what has become of Maycomb over the years that she has been away, occasionally overwhelmed with memories of her childhood as we remember it from *To Kill A Mockingbird*.

There are a lot of beautiful parts to this book, weaving the past with the present into a seamless story. The memories of Scout make

sense with whatever is occurring in the present, allowing the reader a depth of character that would otherwise be hard to achieve.

However, *Go Set A Watchman* forces the characters and the reader to see what they don't want to, bringing morals of the town and characters to light, specifically morals that would not be acceptable today. After raised to think of people as people instead of race and colors, then moving to a place where desegregation has been long introduced into society, Scout finds these morals as unjust as the reader.

"Harper Lee's second novel sheds more light on our world than its predecessor did," said a New York Times writer in a review.

It has helped people to realize what they believe in and how far our country has (or hasn't) come throughout the past 70 years.

Ms. Lee is definitely living up to the name she has created for herself, giving the nation yet another book to evaluate and critique. That being said, if you want to preserve the innocence and morals that the characters presented to you in the first book, it is recommended that you hold off on reading *Go Set A Watchman*.

Interested in reading *Go Set A Watchman*? You can find it in the FHHS/MS Library! It is located in the Fiction section under the label, "FIC LEE" or ask Ms. Salisbury for assistance. Happy Reading!

If you haven't seen Taylor Swift's new music video yet, here is the official link to Youtube VEVO!

[CLICK HERE](#)

Taylor Swift's Sugary New Single "ME!"

By Melyssa Taylor

Last week, Taylor Swift released her new single, "ME!" featuring Brendon Urie, along with the music video to compliment the release. The music video is by far one of the strangest videos the artist has released.

The video starts out with a snake that turns into a burst of butterflies after striking the screen, panning up to Brendon Urie and Taylor Swift having a heated argument in French. The color scheme is nothing other than pastels and rainbows, making the entire video a visual representation of a sugar-high. The first few seconds of the video allow viewers to immediately see where the rest of the video is going.

There are several hints towards tv shows and movies that would seem silly to put into such a video. However, the headache inducing video somehow works with the "lame guys" as chimney sweeps flying on umbrellas.

The song starts out emanating self awareness and empowerment, lyrics pointing out that Taylor is unique and flawed.

"I promise that you'll never find another like me. I know that I'm a handful baby, I know I never think before I jump," Taylor sings.

Then the self empowerment continues as the scene shifts to her rocking a pastel yellow suit and tight bun, creating a fierce business-woman aesthetic. The quality of the song quickly decreases after copious repetition and Taylor saying, "Hey kids, spelling is fun!"

The lyrics change to a much more simplistic and childish tone as the two dance their way through their fantasy candy land.

"Girl, there ain't no 'i' in team, but you know there is a 'me'," Brendon sings.

Nothing else is added to the song for the remainder of the time, with no trace of the story-telling abilities that Taylor Swift is known to incorporate.

The song is genuinely disappointing to most. Many expected Taylor and Brendon to create an incredible song together. After all, they are both known to write songs that consist of a strong message and story, including their recent work.

The video must have had an extremely large budget with all the special effects Taylor's team created. There wasn't a moment throughout the video that there were no special effects or green screen involved, creating more fantasy candy land. Clouds attacked Taylor, people rode on umbrellas, and two Taylor's costumes flowed like a combination of water and paint to create waterfalls and puddles. Even the sky was decorated with a prismatic and oddly metallic esque.



Reviews

Youtube and Tik Tok: How to make Money on Social Media?

By Allie Fleming

It takes blood, sweat, and tears to create quality social media content, so what is it that compels creators to pour countless hours of their lives into these platforms? Nowadays, teen culture is dominated by all types of social media apps. Instagram, snapchat, Tik Tok have all turned normal, everyday teens into internet sensations. People who were once average teenagers are now producing albums and have wardrobes full of Gucci. Now, the question might come to mind, how do they make so much money? What is the appeal of social media platforms to teens? And how is modern culture responsible for establishing these faux internet influencers?

First of all, how do YouTubers make money? There are four main ways that you can make money on Youtube, depending on how successful your channel is. The first way to make money on Youtube is through advertising revenue. Youtube video producers can earn anywhere between \$3 and \$10 per 1,000 views of the advertisement.

Youtube pays the video owner 55% of any ad revenue collected on the video page, and keeps the rest. Basically, a video that receives around 10,000 viewers can be expected to bring in at least \$300 dollars. Youtube influencers can earn advertising revenue through Youtube partnership programs. Ads are embedded in videos and on a channel page, with the goal being that that company that is being advertised generates publicity and profit from channel viewership.

Another way that you can make money on YouTube is through corporate sponsorships. Companies who create products that are relevant to a certain creator's content commonly sponsor influencers to promote their product, and they pay the influencer to do so. However, you are only going to be sponsored by a company if you have a wide following. Companies are only interested in sponsoring a YouTube influencer who is likely to attract widespread attention and revenue towards them, so only big YouTubers can profit from this type of collaboration. In addition, if a YouTube video producer has a dedicated, large fanbase, they can make a great deal of money off of merchandise sales. Depending on how popular the YouTuber is, this can be either a very profitable market, or can be a faltering business.



Another app, Tik Tok, formerly known as musical.ly, has resurfaced and is quickly becoming one of the most downloaded apps in the world. Tik Tok is an app where you can make music videos, and is responsible for launching many young teens into fame. While the Tik Tok app doesn't physically pay their creators, if you gain a wide following and build a name for yourself, then that opens the door for you to make money through other platforms. Teens who have become famous off of Tik Tok have commonly gone on to gather a wide Instagram following or a successful YouTube account. Tik Tokkers who have a lot of followers on Instagram can also get money through company sponsorships, by posting a picture on their Instagram of them with the product. The amount of money that you make from that would depend on how many followers you have, and how big the company that you are collaborating with is. However, the chance of you making any money off of YouTube, or finding success on Tik Tok is very slim.

But why do teens enjoy the social media platform so much? What is the appeal to logging on to apps and leading a cyber life? For some, it is the pipe dream of brand deals, subscribers, money, and fame.

"Tik Tok is for non-creative people with nothing to do," Female Student number One, a sophomore at Friday Harbor High School, said. "All they want is to get famous."

For many teens, this is true. The dream of having Instagram followers and YouTube subscribers lives on in them. They aspire to be like their favorite YouTubers, making millions and partying while they do it. However, not everyone is in it for the fame and money.

Some teens just have a genuine passion for creating content, and they upload just for fun. Jack Knapik, a junior at Friday Harbor High School, talked about his passion for creating content.

"For me it's a lot more about the effort that I put into creating videos or music. It's about getting the ideas and bring them to life, which I find really fun. I don't do it for a profit."

Another student at FHHS, Tyler Fleming, also enjoys uploading videos to YouTube.

"I like YouTube because it's fun and convenient," Fleming said "It's a great way to send videos and post videos for school projects, because you can send it via link. It's a satisfying feeling when I see people watching my videos, because it feels like they're recognizing my work. It's fun knowing that out of the millions of videos on Youtube, someone's watching mine."

While many teens enjoy watching YouTube videos and scrolling through Tik Tok, a lot are actually too intimidated by the power and publicity of the platform to actually produce content.

"It's too embarrassing to open yourself up for the world to see," Said Female Student number Two, a junior at Friday Harbor High School.

Youtube and Tik Tok are both content apps that are about putting yourself out there, directly in the eyes of the world. While many teens enjoy looking at other people's content, they are too scared to open themselves up to the public eye.

"It's the fear of rejection," Female Student number Three said. "I think that most of us are too afraid to open ourselves up for the world to see, because we are scared of what will happen if we allow others to truly see who we are."

COLUMNS:WHAT YOU SAY

NUTRITION: WHAT HOW AND WHY! Isaac Drops You a Line: Fishing Tips With Brum

By Olivia Monin

Nutrition, is the process of providing or obtaining food necessary for health and growth in your body. Making sure the beautiful human bodies we all have are happy and thriving is so important. That can so easily be tossed aside, but no worries it's easy to make a tiny change to make a big change to your mental, and physical health. How can you get started on this tiny change? Well first off, the word nutrition can bring thoughts of bowls of broccoli or never seeing chocolate or anything satisfying and yummy again. That is false!!

Nutrition is all around us and can be so yummy and make your body feel great and no need to diet.

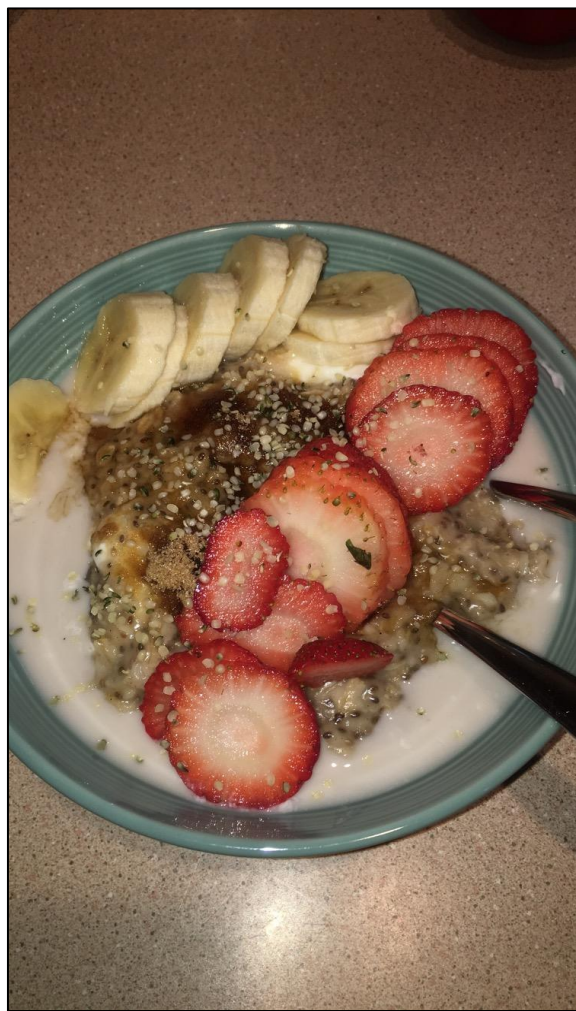
Avocados, many people love and some people don't love, but avocados hold so much nutrition for you, they carry omega-3s, vitamins C,E,K. They are full of potassium and they keep you full for a while. If you do not like a bland avocado, put some salt on it, or make a easy guacamole, or even slice it on a sandwich!

Dark chocolate, is a love/hate relationship, but we can make it a love relationship for there's many ways to spice it up. First off, dark chocolate why is it healthy? Dark chocolate is full of antioxidants, lowers blood pressure, reduces heart disease, and it can help reduce food cravings which can help people with weight loss. Ways to make it succeed your taste buds expectations are, drinking it in some cocoa and adding honey for sweetness, buying a dark chocolate bar that has coconut or orange or any additional flavors, melt it on a banana, put it on your ice cream, be creative!

Garlic is amazing, garlic is very good for your blood and helps keep it clean, it helps when you're sick, and full of antioxidants. If you're at home struggling with the flu or that nasty cold that's always circling around, take some lemon juice, hot water, honey (lots) and ginger and pressed garlic and that tea will make you feel so much better. Garlic pan fried with zucchini is so delicious, garlic is a simple statement in many dishes and is easy to incorporate and very worth incorporating.

Yogurt, is so benefiting to your stomach health, its full of probiotics and enhances the health of your gut bacteria, it's high in protein and calcium and chock full of vitamins. Yogurt in smoothies, in your cereal, just in a bowl, is easy to make.

Go in your kitchen and eat fruit, or a handful of nuts, or celery and peanut butter. Once a day can make a impact in your body's health, and bring up your mood, your energy, your bowel movement and make your body very happy!!



Photos by Olivia Monin

By Isaac Brumsickle

Spring and Summer are arguably the best seasons for fishing. The bait and tackle vary depending on the season and temperature, and the trick is to figure out what works best for each species.

Bass

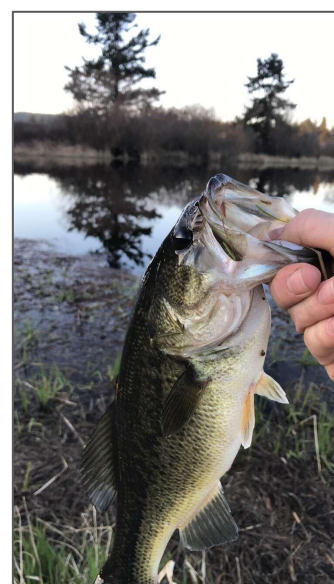
Largemouth bass are extremely fun to catch. The quantity of fish that can be caught and the fight they put up make for a great time. Bass are freshwater fish, and can be found in almost every pond and lake on San Juan Island. Sportsman's Lake is one of the main bass fishing spots on the island, and has plenty of Largemouth to go around.

When it comes to lures, there are literally thousands of options. Generally, people use an artificial lure, ranging from large, flashy spinners, to simple rubber worms. Largemouth bass are generally very aggressive fish and will attack almost anything that is dangled in front of their face. I have had my best luck using a Gary Yamamoto rubber sanko in the pumpkin seed or green color, or a shallow diving crankbait. A medium-light to medium-heavy rod with anywhere from 8-25 pound test line is recommended, since they can grow up to 10 pounds in the northwest and dragging through weeds and hard hooksets require strong tackle.

Being springtime, the bass will either be pre-spawn, spawning, or guarding their beds. This means that you should work the shoreline and look for places where a bass would bed down, usually underneath a tree. Loud, flashy, and otherwise irritating lure can also trigger a bite out of pure aggression. A topwater frog can also work during the early morning or late evening. Since bass are not good to eat, the fishing is all for sport. It is important to release the fish safely, in the same place it was caught so it can return to its bed and continue to guard it.

Bluegill

Bluegill are a small, fun to catch fish. They are pretty easy to catch and great for inexperienced fishermen and women. They are definitely not a catch to eat fish, and they usually only grow to around 8 or 9 inches. A lightweight rod works great with 4-8 pound-test line. A small spinner or rubber worm works amazing, as



well as a bobber with powerbait. Bluegill tend to hangout in the shallows of most of the lakes and ponds on the island. Sportsman's, Egg Lake, Lakedale, and the quarries at Roche Harbor all have loads of them.

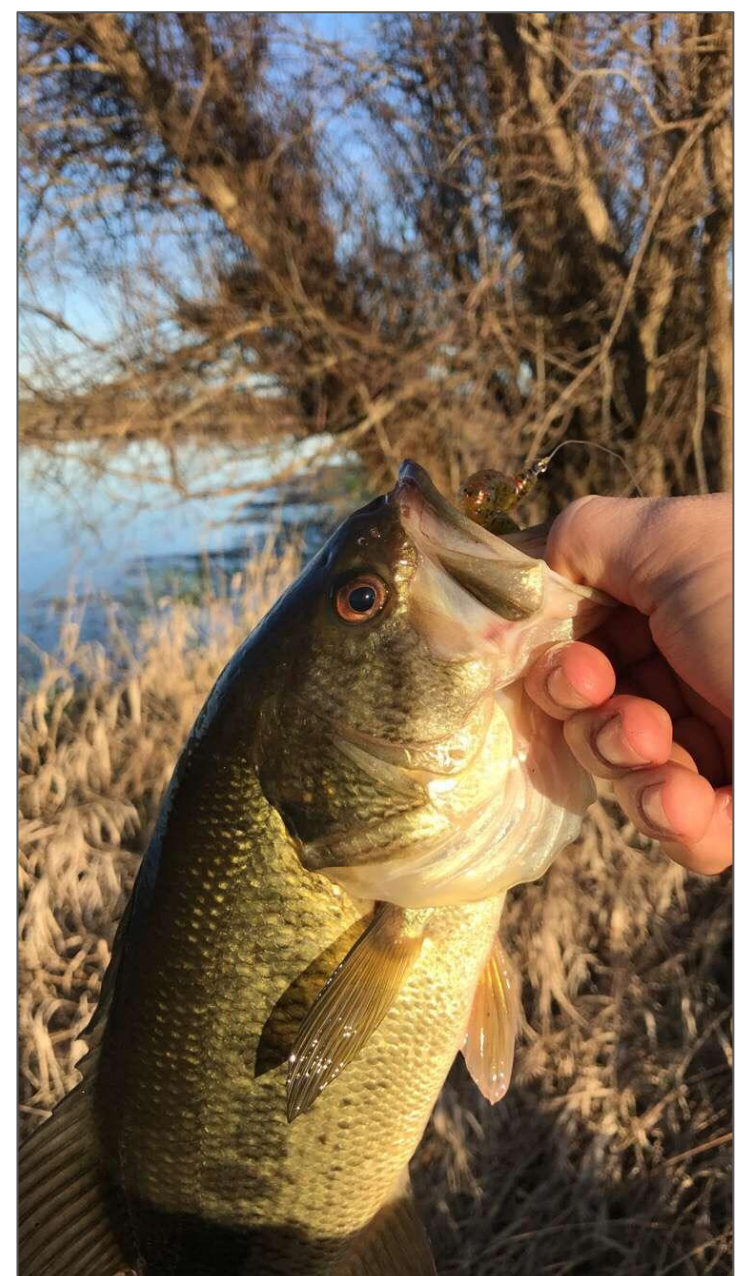
Trout

Trout are a very exciting and fun fish to catch. They can be somewhat difficult because they are very skittish and delicate, but when hooked put up a great fight and can taste great if prepared properly. There are many ways to catch trout; a bright colored spinner, such as a Rooster Tail or Blue Fox, a fly casted with a fly rod, or a simple bobber and worm all do the job.

Using a spinner is pretty simple, just a simple cast and reel. I have had the best luck using a bobber with a worm, fished with at three to five feet deep with a hook, worm, and some small weights. The depth all depends on how warm out it is. The trout will be closer to the surface during warmer weather looking for insects, and they might stumble across your worm, or they might just smell it from a long distance and come in and see what is going on. Powerbait or fish eggs work well, but the good old fashion worm will never fail. It is important to use light line while fishing for trout because they can get spooked if they notice it.

Fly fishing, while being one of the most difficult techniques, arguably works the best. This is not a good choice for inexperienced fishermen and women, but if you have the time to learn it can be very enjoyable. The island is not really the best place for fly fishing, but it still can work well. Egg Lake and Lakedale are pretty much the only public places for trout fishing, but many people have personal ponds stocked with trout. Orcas has really good trout fishing in Lake Moran and Mountain Lake, and they even have an annual fishing derby.

Photos by Isaac Brumsickle



COLUMNS:WHAT YOU SAY

Vegan and Keto Diets Offer Tasty Food and Healthy Choices

By Isabella Valdez

Keto Diet

Hey, are you feeling like you want to change up your diet? If you do then you should continue reading. The ketogenic diet is a very low-carb, high-fat diet that shares many similarities with the Atkins and low-carb diets. It involves drastically reducing carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis. When this happens, your body becomes incredibly efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy for the brain. Keto diets can cause massive reductions in blood sugar and insulin levels. This, along with the increased ketones, has numerous health benefits. If you want to start to eat on a keto diet this is what you should be eating and what not to eat. What to eat: Fish, shellfish, low- carb vegetables, cheese, avocados, greek yogurt, eggs, cottage cheese and meat. What not to eat: apples, bananas, oranges, grapes, watermelon, peaches, melon, pineapple, cherries, pears, lemons, limes, grapefruits, plums, mango, juice, smoothies, soda, sweetened tea, coffee, ketchup, BBQ sauce, tomato sauce, Splenda, aspartame, saccharin, corn syrup, cereal, bread, pasta, rice, corn, oatmeal, crackers, pizza.

Vegan Diet

People choose to follow a vegan diet and for reasons usually ranging from ethics to environmental concerns. Also they can stem from the desire to improve one's health. A increasing number of people choose to follow a vegan diet. The diets are far more controlled and allows them to eat until they feel full. Vegan diets have 42% lower risk of having heart diseases. What to eat: Tofo, legumes, nuts, nut butters, seed, fruits, vegetables, whole grain cereals, sprouted, fermented plan food. What to Avoid: meat, poultry, fish, seafoods, dairy, eggs, bee products, animal based products.



Jaclyn Domenech enjoying her school vegan environment



Jayna Ott made her friend Jaclyn a beautiful vegan cake for AP English "Cake Week"



Some of FHHS student and vegan Rachel Scott's favorite Treats



Photo taken by:Olivia Monin