

Editorials

Trouble with phones

In today’s society, many adults and students consider cellphones to be their most prized possession. It often takes priority over having face-to-face conversations with friends and family, and causes people to miss the things going on around them. Texting, Facetime, social media, and many other smart phone programs are causing people to care more about what’s going on where they’re not instead of enjoying where they are. Texting other people or checking Instagram and Snapchat has become more important than talking to friends. Being on the phone causes people to miss a lot of what is happening around them, and that is something that you can’t get back. Cellphones have also hurt this generation’s ability to have conversations with adults. Many teenagers fear talking to an adult in person because of how popular texting has become. Students text for convenience because it is quick and easy. However, when the phone is put away, actual conversations prove to be very difficult. Communication skills are very important in life, and the only way they will get better is to put the phone down and have a real conversation. Being on the phone all the time is also rude. It portrays the image that people care more about what is happening on the tiny rectangular screen than what the people around them have to say. The whole point of being around other people is to have conversations with them, not be on the phone. Many people say that they are always on their phone because they need to know what’s going on and stay informed. However, text messages and Tweets aren’t going anywhere. The only thing that might be missed is the conversation happening right in front of you. No one is going to look back on his life and wish that he would have spent more time with his phone. Put the phone down and talk to the people you’re with. It will be much more rewarding.

Fans should stay positive

Sports fans are a big part of any game’s atmosphere. Fans can either offer encouraging words to the athletes and cheer them on to a victory, or they can complain to the officials and yell obnoxious comments throughout the event, distracting the players. Fans are supposed to attend sporting events to support the players. Instead, many end up distracting and embarrassing the team, and leave a bad impression about our school and community. The main role as a fan is to support the team, but many fans end up doing just the opposite. Just as positive cheers and chants can lift a player’s spirits, negative comments can bring them down and distract them from the task at hand. Yelling at the other team or the referees is unnecessary because it won’t change anything. Once the call is made, it won’t change because of complaining. The only thing being affected is your team. Constant shouting is also embarrassing to those around you. People don’t want to sit by someone who is going to be obnoxious throughout the whole game, and it can be embarrassing to friends and family. Loud fans also reflect poorly on a town. Even though it may only be a few people who are harassing the officials and the other team, they end up representing the whole town and sending a negative message to others. Fans are supposed to support the teams and cheer them on to a victory. Shouting at the referees or the other team won’t change anything. The old saying applies to sports fans today: If you can’t say something good, don’t say anything at all.



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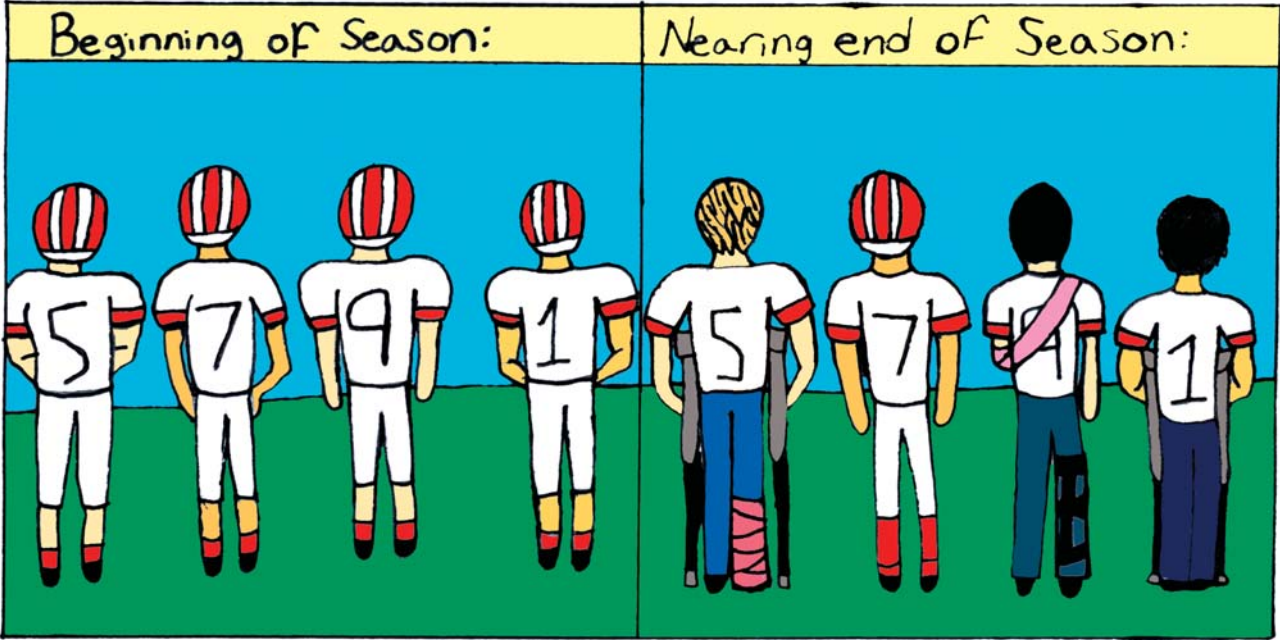
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Leaving behind a legacy

Every day there are millions of thoughts that go through my head ranging from “What am I going to eat for dinner tonight?” to “I wonder how we could accomplish world peace?” But one single question that has been constantly running through my mind the past few weeks has simply been, “When I am gone from this place for good, what kind of legacy will I leave behind?” In all honesty, I can’t say that I have ever struggled with a question more in my life, and I feel as though there are others who feel the same.

So many people live their whole lives being hateful, bitter and cynical toward life, love, and happiness, and at the end of the day, all that there is to remember about that individual is that they were genuinely unhappy. I can truly say that ending up as one of those people terrifies me more than anything else in the world. When I get to the end of my time here at AHS, and even the end of my time on earth, I want to be known for more than just running around in the end-zone at football games with a group of crazy people that call themselves “Scream Team” (although it is pretty amazing to be a part of it to be honest) or writing a column in my school newspaper (also wonderful).



GARDNER SEEDS
by KYLEA GARDNER

There are so many people who think that being the best at a sport or being able to have a 4.0 GPA is all there is to life. While both of those things are awesome, neither one will even slightly matter in the grand scheme of things. I can promise you that when you are 50 years old, no one is going to remember that you were the most popular person in your grade or that you dated that varsity football player that all your friends had a crush on your sophomore year. Similarly, I can also promise you that while they might not remember your GPA or the car you drove, every single person will be able to remember the way you acted and the way you treated them.

If you were a nightmare to be around throughout high school, people will remember. If you were the kindest soul that stepped foot in the high school, people will remember that too. The way you made people feel and the way you conducted yourself speaks much louder than how many possessions you had or how many followers you had on Instagram...trust me. Ultimately, you have complete control of your destiny and the legacy you will leave...it’s all up to you.

Everything is not as it seems

On the first day of my freshman year, I was swimming through the halls excited to start my high school career. As time passed, I was up to my head with homework, projects, and reviews for tests. And being involved in sports and extra curricular activities didn’t help either. Lugging my backpack down the hall filled with books that seemed like 500 pounds, I looked up and saw a group of seniors. They looked so relaxed and carefree, like they were never assigned homework or had to study for eight tests a week. A glowing aura surrounded them like an angel. I longed to be them, and I envied their stress-free lives. From then on, I made myself endure the hardships of school just so I could have a relaxed senior year. Sophomore year came, and it was the same routine. Get up at 6:30 a.m., get ready for school, go to school, try to learn material that I would probably forget the next day, go to work, study till 10:30, and then finally go to sleep. After surviving my sophomore year, I couldn’t wait to start my junior year. Going into my junior year, I was expecting to have an easier schedule since I doubled up on some of my classes. Little did I know that was not the case.



REDHEADED RANTS
by CURRY WILSON

Junior year was the hardest year of my high school career. On top of homework, I had to start my college applications. Applying for and taking the SAT and ACT took up several weekends. I stayed up later in the night, and I rose with the sun. I had bags on top of bags under my eyes; my hair looked like it was a rat’s nest, and I wore sweats everyday to school. I thought I would never make it to the end. But I somehow managed to make it through and crossed the finish line. Summer came and went, and I could not wait to start my senior year! I was finally to the point where I could be like the seniors that I saw my freshman year, or so I thought. Yes, senior year is more laid back, but there is more than meets the eye. Applying for college and scholarships is very time-consuming and strenuous. I always thought that I would barely have any homework or that I wouldn’t have to study for tests as much. But everything is never as it seems, so take it from me. Yes, senior year is more relaxed, but not as relaxed as you think it might be. You still have homework assignments, tests, and school projects. So don’t get caught up in a fantasy about being a senior because it’s harder than you think.

Number of knee injuries on the rise

In a new era of football, changes seem to be made every day. New extra point distances, new rules protecting receivers’ and quarterbacks’ heads, and new playing surfaces. However, one thing that can’t be changed about the game is the violence. With an incredible rise of knee injuries at all levels of football, players and trainers are looking for the cause. Through research I have found that there are three major causes for the incredible number of injuries over the past few seasons. The first of these is the new technology that has been developed to make the game faster, most notably the improved cleat and playing surface. All the cleat companies compete for the lightest, best looking cleat with the best cutting ability (longer cleats). When you combine these with the new field turfs that allow little to no movement on cuts, you set up players’ knees for dangerous situations. To top this off, the newer, lighter cleats provide much less stability than the older, heavier versions. Many of the more serious knee injuries, are a result of the ankle rolling over and the knee following. The possible second cause is the new type of offenses that more teams are switching to: a spread-type offense that



MIKE'S MOMENTS
by MICHAEL COTTER

spreads the players from sideline to sideline. These offenses run on high speed and quick cuts, requiring both the lineman and skilled backs on both sides to play fast. The main goal is to hit short dinky passes in the flats and across the middle, allowing for hard cuts and hard hits. The third and final reason is actually the plethora of new rules which prohibit almost all head to head contact. Players can now even be ejected from a game if the referees think that a player purposely tried to target an opponent’s head. Any helmet-to-helmet contact with a quarterback is an automatic ‘roughing the passer’ foul. Although these new restrictions have slightly reduced the number of concussions, they are forcing defensive players to aim lower. The amount of helmet-to-knee contact has increased significantly over the past few years. Even though most of the knee injuries come from the twisting or bending of the knee, contact has also put many players on the sideline. I believe that knee injuries are just part of this violent sport. While knee braces can help to keep player’s knees safe, there is no real solution that provide complete protection of any body part when playing the rough game of football.



2¢ worth

What kind of music do you like to listen to and why?

“I like R&B because it is very soothing and relaxing.”
Derek Isbell
Freshman



“I like classical music because it calms me down.”
Elise Brown
Sophomore



I like Texas country music because it makes me remember my heritage.”
Grant Head
Junior



“I like country music because there is always a song for whatever mood I’m in.”
Sarah Rogers
Senior

