

Respect

By Lizzie Urban News Editor

"Always respect other people's feelings thoughts, opinions, decisions, and choices."

That quote although it is unknown

piece of advice the world should

Indirectly, the clothes we wear, the music and people we associate ourselves with all affect how people view us, and in turn how they treat And although that may not be

right, it still happens.
We are so easily swayed by our peers, the media, and overall everything. When someone tells us that we should do something we automatically assume that that's the best choice for us. It's expected we listen

but what really is respect?

But what really is respect?

Well we know it's a noun. Uh, it has seven letters. It's English too.

Let's get a professional opinion.

defines it as: The Merriam Webster Dictionary

1. : a relation or reference to a noun, ri-'spect

particular thing or situation
2.: an act of giving particular attention: consideration
3. a: high or special regard: es-

teem ing esteemed b: the quality or state of be-

plural : expressions of high

or special regard or deference So it means two things: considera-

well now tion and ap-

our own choices, why would ture. ourselves enough to make "If we don't even respect anyone respect us?"

that we have

that established, we can move on to my actual

Everyone wants respect. Whether you're young, old, or in between, you don't want to feel disregarded or dismissed by your elders or equals. We all want people to give us the appreciation we believe we

deserve.

But do we deserve it?

I mean, if we don't even respect ourselves enough to make our own choices, why would anyone respect us, just in general?

It's like how we are constantly degrading ourselves. We call ourselves stupid or fat or ugly and many other inappropriate and derogatory terms. We're willing to hurt ourselves of the order of the property of the control was may not always. selves, although we may not always think of it that way. But if we call ourselves those things, why do we

thing? others do the same get offended when It's human na-

man nature to want

to be respected.
But again, if we can't respect ourselves, how can anyone actually expect to be respected, if they don't even note their own self-worth?
It's irony at its finest.
It's unhealthy to not respect ourselves. It creates poor self-image and

hurt your self-esteem. It's often very apparent if you don't, so other people think it is right, to not respect you either.

It can ruin your potential in life, because you don't think you're good enough to do something. has us lacking in self-confidence, which can

It hurts your chances of good relationships, because you don't know how to respect other people. You've why expect others to do the same never given yourself the courtesy,

and have people return the favor. Or, you can live your life second guessing yourself, and tearing yourself down, and being overall not happy with your life as a result of how you don't respect yourself, and other people won't respect you. The choice is yours. And most importantly, it's hypocritical. It's a double standard, and you can't have it both ways. Either respect yourself, unconditionally,

fust like it is hu-

Bowling their guts out

Bowlers losing respect during big winter sports season

By: Kyle Soldan News Editor

Walk into any bowling alley after school hours in winter and all will be silent. But a crowd can be seen. A pop and a roll can be heard faintly. Then the crowd jumps and cheers at the sight of wooden pins flying eve-

The beauty of bowling is something to behold, so it is hard to understand why bowling is such an unappreciated sport in Richmond.

three straight state championships. The cheerleading team is fresh off a state championship after being runner ups the previous year. Even the basketball team's popularity and prestige are reasons for attention. by the powerful winter programs here at the school. Wrestling has won Yes, bowling is a sport.

Maybe it has been overshadowed

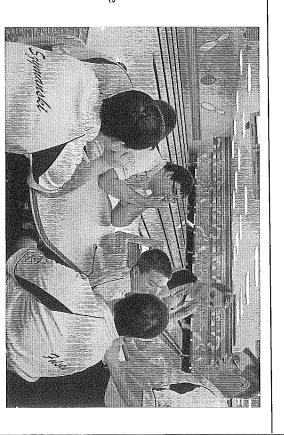
Yet bowling has dominated for years and deserves to be given more atten-

gram. Wrestling has been a staple here for decades, cheerleading is an amazing competition to behold and basketball has been part of the American pastime since the days of Wilt Champastime si Maybe it is the history of the pro-

Bowling has created a history on its own despite being young, but the answer does not lie here.

tling program says, "Tradition never graduates:" Cheerleading has already begun to establish a mainstay during the winter sport season and basketball continues to thrive under its fans' sup-Maybe it is tradition. As the wres-

Bowling? Tradition runs through the program's blood. There is even a banner that reads "Winning is earned, not given" at Strikers to remind Rich-



The boy's bowling team gathers before a match to discuss a game plan.

Grab a bowling ball, throw it and knock down pins. Bowling is pretty basic to the naked eye.

even an idiot can understand, many It is hard to respect a game that

letes

Yes, bowlers are, therefore, ath-

might say.

However, it is much more than this. It is a game of precision. One wrong move and the competition will crush all hope. Bowlers are

no one cares or supports them, much like athletes remain determined through adversity. dedicated to what they love even if

Like any other sport, bowling can be exciting, too. However, no one seems to give it a chance.

Continued on page 8

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anuary 18,

Question of the Week: What is your mid-term stress reliever?

Staff



Mr. Rineer takes lots of breaks and talks with Mr. Brown to calm his nerves.

Senior



Senior Liz Eland rocks out with some music

Junior



Morgan Conner likes to wind down with a game of bowling and some good friends.

Sophomore



Thomas Biafore knows that he can't feel stress if he isn't conscious. A good nap works wonders.

Freshman



Maryss Thompson enjoys a good meal and extra sleep.

The Stress of Mid-terms Staff Editorial:

student looks Midterns. It's the dreaded week that no It's so stressful, or forward to.

so we think. $4 \frac{1}{2}$ months of

It's just another test, right? the midterms are so stressful stood is why everybody thinks learning crammed into one test.
What we have never under-

a student passes English or their imath class. "Just another test" is usually 20% of our final grades.

Because of this, this is why midget a passing grade. some students put in to simply Not to mention the weeks or countless hours of studying that deciding factor on whether or not terms are so stressful at RHS. "Just another test" could be the Well, it's not that simple.

midterm or final exam that you are doing. It's your you an evaluation on the work you graduate and get a job, it is likely that your boss will give terms as an evaluation. But why not think about midschool student? But this really matter as a high For grades, yes. After

terms. not just English. quirements on their own midlike it used to be—teachers now have to fulfill many different re-Not only is it stressful for stu-dents, but teachers are stressed over midterms as well. It's not Things like a reading and g sections for every class,

Although teachers may not be stressed as students before an

all takes work. that everything is entered PowerSchool correctly. 1 exam, just think about all of the work that they have to do after. scantrons into DataDirector. It The grading: not only for one It all takes time Making sure entered into . Running

have to be prepared world" for stress. It some things that you can do plaining about it isn't going to know that our high school midpends on how we handle the situing to go away; it just all deuations that face us in life. terms aren't the end of the world get you anywhere. petter to just grin and bear it and Instead of stressing, here are We can't limit the stressful sit-It's obvious that com It is never goin the "real We , it is

ed on. By being prepared, your stress level will automatically be Study!!! Your test will be a lot less stressful if you are prepared for what you are going to be testabout your midterm instead

idea. but only getting three hours of sleep the night before your math exam probably isn't the best Get a good night's sleep before Yes, studying

Immensely.

The less stressed you are, the Just these two things can help

high school, but in your entire life. more you can achieve not only

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lowered.

Letters
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Outside book presentations in English!



2013



Bowling

Continued from page 7

A friend once said that if you can eat, drink, chat and horse around all at the same time, then something cannot be called a sport. He was probably referring to bowling.

That would be interesting to watch such im-

possible multi-tasking.

fight off the stereotype that man has carelessly st over the sport Yet bowling programs continue to try and

In spite of their struggle, bowling programs across the state have fallen victim because of a lack of interest in the sport.

Anchor Bay, for example, has several championship banners for the girls. Today, their

program is about to disappear despite almost winning states last year because they do not have enough players. To compete, a team needs

champion once in their boys' team.
Thanks to a New Haof sup-

ing can be exciting, too. However, no one seems to give it a "Like any other sport, chance."

peared into irrelevance.
This is what happens to a game that fails to amuse the common man.
Richmond's team is fighting through this adversity, but it can only slow the bleeding.
Despite the perfect seasons, the utter dominance of the girls' and boys' varsity teams, the constant regional championship runs and the almost-state champion seasons, there is no light

in sight. The program has somehow flown under the

boys' team; state runner-up is not too shabby. The girls' No one reading this probably remembers the 2009 2012 team is not all that different. They were state runner-, too.

These were great

accomplishments, no doubt. But 2012 also had the wres-tlers and cheerleaders win states. Not

much the bowlers could do about that one.

Those 2009 boys' bowlers were different, though. There were no state champions that year for the school, but the bowlers were one of the closest to getting one. Richmond had never seen a bowling team that good in their history.

In the four years since, the team remains as non-existent as

The girls' team has never lost the conference in its history. Why, then, is the team approaching an end for good?

All that can be said is that the game has lost respect from the common man. Man is afraid

to drift to try something new. Why risk leav-

ing the comfort zone?

It is human nature and it is a hard habit to break. To the public, bowling is not part of normal life. Therefore, there has been an es-

girls

tablished disrespect by the public for the sport.
Blue Devil bowling is not an exception to this rule anymore. Actually, it may have never been one to begin with.

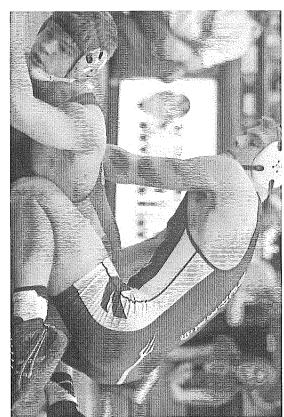
Bowlers continue bowling their guts out to stay relevant in a sports season dominated by big name programs. There might not be enough guts to spill if this current trend continues.

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Kicking



Junior Jake McKiernan tries to do a tilt on his opponent. The 189er ended up winning his match.



Above: Nick Burg works over his opponent. Below: Sophomore XJ Nuckles sizes up his opponent.



Editorials

Entertainment

MUST-SEES" MONTHLY

Gangster Squad Texas Chainsaw

The Haunted House
Parental Guidance

Action
The Hobbit

Lincoln

Rise of the Guardiams Frankenweenie

Source: www.movies.com

Would you rather?

State Building or get mauled by hammer head Would you rather jump from the Empire sharks?

Ric Gustafson, senior, said he would take on the sharks.

Would you rather pet a polar bear or swim with killer whales?

Kelly Fanale, junior, said she would rather pet the polar bear.

Would you rather have a rain day or day^{2} Snow

have a snow day because he likes to snowmo-Adam Mayes, junior, said he would rather bile.

F71688 Geacher is Who? What THIS?

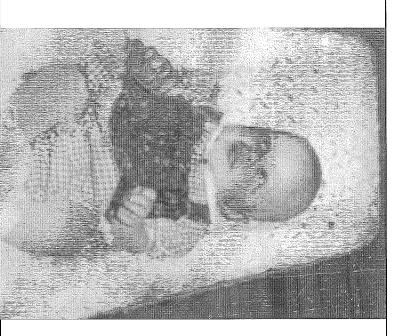


B) Mrs. Woodruff

C) Mrs. Germain

D) Mrs. Taylor

Answer on Page 11

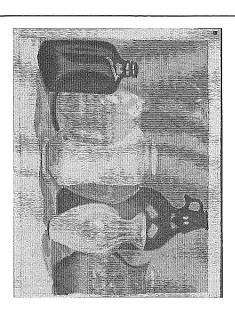


Ryan Ruff, junior, has a talent of playing the gui-

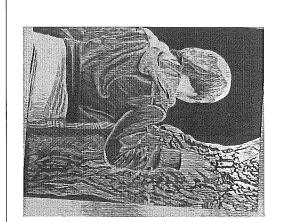
out that you can't speak verbally." "It helps me get emotions electric guitar seven years He started playing the

is "Tears Don't Fall" by Bullet for my Valentine. His favorite song to play

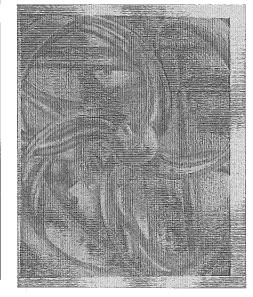
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Oil Pastel, by Madison Zarkowski, 10th grade



Scratchboard drawing, by Kaelyn Wilcox, 11th grade



Pencil, By Ashley Fanale , 12th grade

Good, Bad, and the Funny

By: Shelby Stewart News Editor

I love my new sweater, Grandma......
At some point in everyone's life, they get a gift that they don't like. They smile and lie about how they love it, and then the next year, they put it in the white elephant gift exchange.

Hopefully it doesn't go back to the same per-

from Moms, Dads and Grandparents. They can't believe Mom got them those new shoes, or Grandpa got them that great new video game. Either way, there were some great gifts given out this seas Students at RHS are buzzing with talk of gifts

But what about throughout their lives?

Have the gifts always been so great? "I've gotten candy, and don't get me wrong, I love candy, but it's gone in 60 seconds," said senior Haley Johnson.

o maybe candy isn't the best Christmas gift.

What most high school girls look forward to when opening presents is cute clothes.

Most of the time they're cute, anyways.

"This year I got this hat that looked like someone stitched it together. Ugh, it was so ugly," said Kayde Hambaum,

Freshman Sarah McNichol agreed with Hambaum on bad clothing for

"One year, I got this really ugly sweater. You know the ones that Grandma always gives you? Yeah, it was bad," said McNichol.

Working from top to bottom, Alexa Dentai, sophomore, said that the worst gift she got was "I just don't like getting clothes for Christ-as. And I especially don't like getting socks,"

said Dentai. Sometimes presents can be bad. Remember at pair of home-made gloves you got a few

were ugly, weren't they?

for the rest of the day. they are actually Best. Present. Ever. But Christmas gifts aren't all bad. Sometimes ey are actually pretty great. Every year there one thing under the tree that makes you smile

"One time when I was like 7, I got this Dancing Debbie doll. That was the best gift ever because it was all I had wanted that year," said Hambaum. "And this year me and my family went to church on Christmas and out to dinner.

Make it Snappy

A New Era in Communication

By: Logan Iskra Opinion Editor

It was nice to spend time with all of them." Gifts aren't always material possessions, though. Sometimes time with others is all a

best present ever," said Johnson. "We went and saw Wreck-it Ralph and then we went to the Toll House Bakery. It was really fun and really "My boyfriend got me a day out. It was great, set present ever," said Johnson. "We went and

Ugly sweaters aren't all bad, right?

As long as you have a great gift to counter it. "My mom got me books. I love my books," said McNichol. "And my boyfriend got me a necklace. And then on Christmas day, I went to my aunt's house and hung out with my family." end got me a s day, I went to

Knowledge is the best gift.

"This year, I got a really pretty necklace from my boyfriend. It was so beautiful; I love it," said Dentai. "And then I went to my aunt's house. It was a nice family Christmas.

The hills look like White Elephants. White Elephant gift exchanges are wh

re-gift something that you don't like. Sometimes people get extremely hilarious gifts through this particular gift exchange.

"This past year, my family and I had a white elephant gift exchange where we gave each other gag-gifts. All of them were from the movie 'A Christmas Sto-

ry'. It was awesome," said

From one movie to another, Dentai got a funny gift worthy of Willy Wonka.

"I got this huge chocolate bar one year. It was Fragile. Must be French

huge. And it was really heavy, too," said Dentai. "And then, the socks I got, well they were fuzzy and I was wearing them and I slipped and fell in the kitchen. My family thought that was finner. I didn't." I didn't It was

Dentai said her least favorite gift ever was

socks, well Johnson finds her sock gift funny. "My funniest gift was one sock. Just one. My parents figured that since I miss match my socks anyways that I only needed one sock for Christmas," said Johnson.

gifts can be any of these categories. Either way you love the person that gave it to you, that's all that matters. The Good, the bad, and the funny. Christmas

gift that ugly sweater t it. And who knows? Maybe next year you can re-ift that ugly sweater to someone who will like







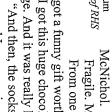








Kayde Hambaum (Photo courtesy of RHS yearbook)



low people to communicate in a more human way without having to worry about maintaining your permanent online image that has "taken all of the fun out of communicating." of the fun out of communicating.

anything else to do. Morgan Conner, a junior, said, "Snapchat is fun and easy to use. It's great to have for those times when you are bored and can't think of

Teenagers everywhere are downloading the newly popular photo messaging app, Snapchat. Snapchat is a smartphone app that allows people to take a picture, add a caption, and send it

when they are bored people will merely text their friends

However, Snapchat seems to have something

sending a picture message over a text?

Well, there is one critical point that gives this app an appeal over traditional picture messaging. The message is temporary.

So what? How is this different from simply

unique to add to the conversation.
"You can really see the emotion in the message. It makes things more personal," said Con-

make poor think that the app may provide a false sense of security and give their teens the confidence to Concerns have arisen over the messages automatically deleting themselves. Some people

Sage, ranging from one to ten seconds.

Once this time limit is up, the photo is erased from both devices forever. This is what the creator of Snapchat, Even Spiegel, intended the

The sender may pick the duration of the mesage, ranging from one to ten seconds.

That's right.

main appeal of the app to be.

Evan Spiegel said the app was created to al-

Continued on Page 11.



The s andonoff

Favorite Teacher: Mr. Favorite Movie: Step Brothers Ladd

you grow up? What do you want to be when

a doctor



Ashleigh Reece

Favorite Movie: Fauorite Teacher: Mr. Murphy Hair Spray

you grow up? What do you want to be when

field Sanething in the medical



