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## ...scams continued

Principal Casey Brewster suggests to double check the organizations interested in you.

"An online search would be a good idea, to get feedback and check it out," said Brewster.

Most of these programs have websites and if they do not, that might be a good indicator that this is not a reputable organization.

Another possible setback to one of these programs may be what you have to invest in it out of pocket. Many of the trips are quite expensive, most allow fund-raising and even offer scholarships. The Youth Leadership Programs offer scholarships in the thousands of dollars. Many programs will assist interested students if contacted.

All kinds of students may be chosen for an

academic program, not just the "very top" students. An individual can be chosen for a specific trip based on what one put as their choice of major on the PSAT or other standardized tests. For some not-so-trustworthy programs, just the fact that one is a student may guarantee an invitation.

For some of the more elite programs, one must be nominated by a principal or school administrator. If Brewster's name is on the invitation, it is probably credible, and if it is not, just asking the principal would be an easy way to check. Brewster looks for the following in a nominee, "top 5%, responsibility and if they are an all-around good kid."

The school will be glad to answer any questions one should have on an academic program a student has been asked to attend.

Story by Gracen Dunn

## Is it Legit?

Deciding whether an offer is from a reputable organization, not just out to get your money, may just come down to asking some simple questions.

### Exotic locations included

When one receives an invitation to an academic program one should always ask, where is it held? Is the location of the event logical with the subject?

### Who needs a college fund? Let's go to...

The getting there might be the trickiest part and very expensive. If the out of pocket expense seems ridiculous, so might the experience. Many reputable organizations will also help with scholarships.

### He's going, she's going, he's going...

Programs that are open to anyone who can come up with the money might not be such an "honor" after all.

### ...but the letter came with a fancy seal...

Just because the "invitation" came in a fancy package with an elaborate seal does not make it legitimate. Take time to see if the organization has a website with more information. Also, the guidance office can also help you check out a program to see if it is for real.

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## McAdams Mortuary



"Celebrating 25 years"

# New menu follows rules; fights obesity

After coming back from Christmas Break, the PHS cafeteria saw many changes being made to the lunch menu. At the end of the first semester, Head Cook Donna Walls retired and Throop Elementary Head Cook Brenda Edwards took control. Some of the changes that students have recently seen to the lunch menu include things such as the new stuffed-crust pizza.

There are actually a couple of different reasons why the cafeteria is making changes. "We are trying to introduce new food and add a variety to the lunches here at school," said Edwards.

Along with introducing new food and adding variety to the meals, the cafeteria staff must also follow some Indiana State Laws.

There are many different ways that the State influences how things are run in the cafeteria. The State's main influence on the cafeteria is the serving sizes. The State tells the cafeteria staff how much of what types of foods are necessary in order to provide a healthy, filling meal. Safety precautions that the cafeteria must follow are also decided by the State. The cafeteria must also cook foods to the right temperatures required by the state.

Both cafeteria cooks Donna Wilder and Debbie Archer agree that along with healthier foods, the cafeteria starting to see more name brand foods like Tyson's. With First Lady Michelle Obama's program "Let's Move: America's Move to

Raise a Healthier Generation of Kids," the cafeteria is seeing more changes with the healthiness of their food choices. Most of the changes that the cafeteria will see next year will not be disclosed by the State to them until summer vacation.

Obama's "Let's Move" program is designed to lower obesity rates in America. Over the past decade, the US has seen obesity rates triple in children. According to the program info, one in three children in the United States are obese. If the trend continues, and nothing is done about obesity in children, one third of the children born in the year 2000 or later will suffer from diabetes at some point in their life time. By promoting the "Let's Move" program, Obama hopes to make these rates better.

As far as the staff is aware, there will not be any more changes coming to our cafeteria for the rest of 2011-2012 school year. This year the cafeteria is required to serve a half a cup of fruit for lunch but next year, the cafeteria will be required to serve a cup of fruit.

For next year the PHS lunch staff will have to continue to improve the way food is cooked and served.

"Next year the food is going to be even healthier. We are also going to have to work on cutting down on the sodium, Trans fats, and our lunch will have to be so many calories," said Edwards.

Recently there have been some news headlines on cafeteria lunches. Although people are trying to ban the product, pink slime is possibly going to be making

its way into some school lunches, but not ours. The PHS school lunch has never contained pink slime in it. According to Foxnews.com, pink slime is ammonia hydroxide treated beef trimmings. Such restaurants like Burger King and McDonald's have already banned pink slime from being used in their products. If these fast food restaurants do not permit the use of pink slime in their beef products, should schools?

"I have been receiving emails from different food corporations stressing that they do not use pink slime in their products. There will not be any pink slime products used in our school lunches," said Edwards.

Just since Christmas Break students have seen an increase of changes in the school lunches. The school lunches are changing in an effort to make school lunches taste better and healthier. Although students have already seen a handful of changes this year, there are more changes in store for our cafeteria for the 2012-2013 school year. If anyone has ideas of food products that could be made in the cafeteria please contact the cafeteria staff and let them know. They are open to new ideas to try and better the lunches at our school.

"We are open to suggestions because we want to make foods that students are going to eat," said Edwards.

Story by Bailey Rankin

## SOUND BITES




**"Scared... to the end of my life, or something like that..."**  
Senior Ashley Toliver, not remembering a common saying.

**"Do they grow their own cows?"**  
Junior Aaron Key discussing Super Burger restaurant.

**"I thought you said Yogi Bear! Wait, who is Yogi Bear? Doesn't he represent wildfires or something?"**  
Senior Josie White to government teacher Scott Gudorf brought up Yogi Berra (baseball player).

Compiled by Mark Miles

## IN THE NEWS:

Recently, in Stanford, Florida, a 17-year-old boy was shot and killed by the neighborhood watch. Trayvon Martin was simply walking back to his father's house after buying some Skittles. Some say he was killed because he is black and was wearing a hoodie, which made him suspicious in the watch-man's eyes.		<b>What do you think of the public outcry after Martin's death?</b>	<b>What do you believe Martin's death says about racism in America?</b>
<b>Sophomore Hannah Dooley</b>		I really think it's showing there still is racism in America, and that people didn't realize it.	That it still exist and isn't something to be looked over.
<b>Senior Nathan Daugherty</b>		There are thousands of people killed everyday, all races, why should there be a public outcry now because one human is killed by another?	I think if people look at this event and see racism it say a lot about stereotyping and the thought process of Americans.
<b>Teacher Chris Lindley</b>		Much of it is based on what people want to believe already about the case. NBC and some other media have made mistakes in how they have handled the case, causing misperceptions and feeding the bias that already exists.	It reveals how much we are still concerned about race. We can't seem to get past that such incidents have a racial component, and that's a sign that racism is very much a part of our culture still.

Info by Allison Nail & Samantha Patton