



Internships at AMES offer real world applications. Pg 3



Wrestlers wrestling with wrestling. Page 5



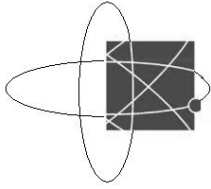
Do you look better on MySpace? pg. 8



Important News about Canned Goods page 4



When your instructor rocks. page 7



The Academy for Math, Engineering and Science

The AMES Satellite

"Completely fair and balanced. No argument."

Volume 4 No. 2

December 2006

Upcoming Events

- Dec 23-Jan 2—Winter Break
- Jan 11—PTSO & AMES Board Meeting
- Jan 15—Martin Luther King / Human Rights Day (no school)
- Jan 18—End of 2nd Term
- Jan 19—Student non-attendance day
- Feb 2—AMES Winter Social @Wheeler Farm
- Feb 6—American Math Competition
- Feb 10—ACT Test
- Feb 13-15—UBSCT Tests (10th Grade only)
- Feb 19—President's Day (no school)
- Feb 28-Mar 1—Parent/Teacher Conferences
- Mar 2—No school

MASCOTS CAUGHT IN CONTROVERSY

Alley Douros

A few years ago, the people of Cleveland had a referendum on changing the mascot of the Cleveland Indians. If you've never seen their mascot it's a throwback to the days of easy racial stereotypes, when people had no qualms about using grinning caricatures of racial groups to sell chicken or pancakes. It should be noted that the majority of the citizens of Cleveland voted to keep the mascot.



In November, University of Utah Professor Brian Brayboy gave a presentation on the issue to AMES students. Prior to his speech, students were given the opportunity to watch a documentary regarding the

controversy of universities using Native American mascots—specifically the University of Illinois mascot Chief Illiniwek.

Professor Brayboy, who holds a joint position with the departments of education and ethnic studies, referred to using Native American mascots as

"disconscious racism." Unlike the more blatant forms of racism, with Native American mascots, most people simply don't think about the fact that an entire group of people are being reduced to what is often a stereotypical image. Brayboy proceeded to show examples of stereotypical images of people of different races and asked whether it would be acceptable

to use these stereotypes as mascots for schools. Part of the controversy is that like the University of Illinois, many schools have had these mascots for years and they are tied to the traditions and history of the school. Some students consequently want to keep the mascots because of their long history, while others argue that we need to move past these racial stereotypes. Professor Brayboy noted that many individuals are disturbed by the portrayal of sacred cultural rituals, and use of indigenous images such as bringing out a mascot dressed as a respected chief. People need to ask themselves whether it is right to keep Native American mascots when they're reducing a culture to the broadest of stereotypes.

SOCIAL PROVIDES LESSON IN FASHIONS PAST

Bri Whatcott and Cesia Dominguez

Undoubtedly you heard about the Time Warp—AMES' fall social. The question is: "If you didn't attend, why not?" You missed an incredibly fun evening. The first thing you noticed when you walked in was AMES



paraeducator Nicky Richards in a bright pink hair metal wig. Other staff members were also dressed for the occasion, most

notably physics teacher Doug Hendricks in an enormous Jimi Hendrix Afro, and Janna Martin dressed as Madonna. Of course, the students were also dressed up and prizes were awarded to Reese Quayle, Angel Lopez, and James Hadden.

The evening got off to a difficult start due to problems with the DJ equipment; but through the coordinated efforts of Kim Pehrson, Kristina Spencer,

Randall Cloud, Alley Douros, and Shannon Free-stone a makeshift sound system was constructed and the rest of the evening was free of technical problems.

There was a lot of great music from all the decades, and everyone danced. Cassie Ford stated that: "The dance was pretty much amazing." Megan Whatcott added: "You never know how much fun you're going to have until you go." So when the next dance comes February 2nd, make sure you attend.

Inside this issue:

AMES News	2
More AMES News	3
Sports	5
Entertainment	7
Opinion	8
Point / Counterpoint	9
Staff Info	10

AMES NEWS

MECHA Conference Emphasizes Cultural Awareness

Cesia Dominguez

On November 16th, over 35 of AMES Latino students attended MEChA'S 12th annual high school conference. MEChA stands for Movimiento Estudiantil Chicana/o de Atzlan, which translates in English to "Latino movement for students."

MEChA is an organization that inspires Latino people to take part in our community, seek a higher education, and learn about their indigenous roots and culture. At the conference there were many Chicanos from various high schools around the Salt Lake

Valley. It was great to see that we do take pride in our history and culture.

At the conference there were a number of different workshops offered, such as resistance through music, social inequalities and privileges, how to apply for college and financial aid, and MEChA 101—which covered the his-



tory of other Latino movements and how the group was founded.

First grade students from Jackson Elementary performed "La Raspa" (a traditional dance) later in the day and afterward, those attending the conference had the opportunity to go up with the performers and dance with them. Their teacher sang a traditional song. It was an incredible experience and inspiring to be there and the conference provided our students with a real positive cultural experience.

Faculty Profile: Alisa McDonald

George Pedroza

AMES is fortunate this year to have acquired a new geography teacher. Alisa McDonald comes to AMES from Oquirrh Hills Middle School where she taught painting, drawing and ceramics. Before she started teaching, she worked in public relations for Inter-mountain Health Care; but soon she found she didn't enjoy working in the corporate world, so she went back to school to become a teacher. She says that this was the "best decision" she ever made.

Alisa McDonald grew up in Salt Lake City with three brothers and one sister. She initially attended the University of Utah where she majored in Art History. After working for a couple of years she decided to pursue a master's degree in education at Westminster College. While she was there she met AMES' teachers Janna Martin, David Kessinger, and Kim Pehrson. Fortunately, they didn't warn her about AMES. In fact, they encouraged her to apply

for the geography teacher position.

When she isn't at work, Ms. McDonald states that she likes going to movies which is her "favorite Sunday afternoon activity." Of those films she has seen recently, she would recommend *Borat*, *The Prestige*, and *Casino Royale*. Similarly, she has become addicted to the HBO series *Deadwood* and *The Sopranos*. Also, Alisa is an artist who sells her work.



So far her experience at AMES has been positive. She notes: "The students are some of the best I have ever worked with. They are motivated and always provide daily comic relief. I also love the faculty. We are lucky to have an entire staff of teachers that love their work and care about their students." AMES is just as lucky to have Alisa McDonald as a teacher. The ninth grade students are certainly benefiting for her love of teaching. According to Jody Burke: "There's this happy vibe in her room that she puts out. She makes learning fun."

Science Fair Preparation Underway

Bri Whatcott

Remember when a science fair project was something you threw together the weekend before the fair? That isn't the case at AMES. Clear back in early October students were already submitting proposals and creating research designs. Last year AMES was fortunate to send seventeen students to participate in the regional science fair. Two students, Candace Murray and Breanne Anderson attended the Intel International Science and Engineering

Fair.

A few things are different this year. Students are getting off to an earlier start and there are more opportunities for scholarships, such as the \$1000 Symantec computer scholarship which will be awarded at the Salt Lake Regional fair.

Many students from last year will be participating again but there are also a large number of first time participants. Among some of the interesting projects are Jennifer Nelson, Erin Paul, and

Cheyenne Carpentier's cardiac fitness study using Dance, Dance Revolution, and Lynee Ritchie, Nicole Denkers, and Sarah Butler testing the water at AMES and comparing it to other water.

If you're not involved in the science fair this year, just keep in mind what Science Fair coach and mentor Tanya Vickers says: "Science fair may be coming to a class near you."

The AMES Science Fair is funded by a generous grant from the Micron Foundation.

A Very Veggie Thanksgiving

Bri Whatcott

Almost every student at some point has made a hand turkey—you know, you trace your hand and then turn it into a turkey. The truth is, Thanksgiving has become as much about the turkey as giving thanks. The Veggie Club, however, would like people to know that there can be Thanksgiving without the turkey.

For the second straight year the AMES Veggie club sponsored the Veggie Thanksgiving dinner. The Veggie Club focuses on supporting students who are



or vegans and educating people about healthy eating habits. The Veggie Thanksgiving was held at Alley Douros' house and the menu included delicious items like cookies, veggie stir fry, stuffing and Tofurkey—yes, Tofurkey. At first I was cynical about the whole turkey made out of tofu thing, but then I had my first Tofurkey sandwich and I loved it!

It was said to be a great success! If you're interested in the Veggie Club please talk to Mrs. Hansen in room 243 on 'B' days. Everyone is invited

to join.

Internships at AMES Allow Students to Explore Interests

Maria Saavedra

Near the end of 10th grade you should expect a class meeting with one of our AMES counselors explaining the concept of internships. Internships are a way to get you closer to what you want to be, or at least it can give you some experience in a profession you might want to pursue. It is **REQUIRED** in order to graduate here at AMES and is also graded. It starts your Junior year and is a full year class. If interested, you could possibly start your sophomore summer, but you would need to talk to Martha Taylor, AMES internship coordinator about that well in advance.

You don't need to already know what internship you want, but it would be easy if you had an idea of what you might be interested in doing. At the moment I do not have an internship. I will be doing mine over the summer. So

if you don't have one in mind now, don't freak out, you will figure it out eventually.

Some examples of the internships AMES students are currently involved in include:

The University Neighborhood Partners (a cooperative program with the University of Utah): AMES students are helping with translation services for new immigrants and providing mentorship to a group of young immigrant boys.

Two students are interning at the Utah Museum of Natural History: One in Fabric Artifacts and another in Paleontology.

Two students are placed at Veterinarian Clinics: where they actually help assist with the surgical procedures.

There is one accounting intern for a Candy Factory.

Other internships include: Spy hop, where some students make short films and documentaries; Juvenile Justice Service where they help with the programs for offenders; Idaho Technology where they help develop procedures in order to identify toxins such as anthrax, and also work with the department of Defense with Anti-terrorism.

AMES community connected learning specialist, Martha Taylor describes the internship program: "Internship is a great way to explore a career area you may be interested in, and to meet people who actually do that job as a career. Some internships can lead into paid employment, some can get you great letters of recommendation, some can open other doors. And some can help you decide 'no way'."

AMES Students have an Opportunity to Help

Sam Rivera

Every year AMES has the opportunity to help the community in one way or another. This year, like many of the preceding years, student council has taken charge of organizing the food drive to help feed the hungry. This event is very critical. Each year thousands of Utahans find themselves in situations where they are without food. Sometimes they are families without work, sometimes senior citizens who must decide between food and medication.

AMES has had amazing success in the past. In order to surpass the preceding years we will need the assistance of every student and staff member at AMES. If ever student brought just two cans of food we would have eight-hundred cans.

Even though most advisors insist that the food drive isn't a competition between the advisories, in reality it is. The winning advisory will get breakfast. But really it isn't about the competition so much as helping those in need.

If you are willing to help, please take canned food, and health care items (like toothbrushes) to Ms. Pehrson's room (225). Specifically, the Utah Food Bank is looking for canned fruits and vegetables, peanut butter, canned and powdered milk, canned meats, soups, stew, chili and beans, boxed cereal, and baby food and formula.

We can make a difference in this world, even if it's just a few people at a time, so do something to help others and remember to bring in your donations by December 22nd.

Saying Farewell (and Hello) to the Faraday Lectures

Krystopher Broschinsky

In 1982, a lecture series was started by the University of Utah called the Christmas Faraday Lectures. Full of experiments that explode and change colors, the Lectures have been extremely popular and well attended. AMES students have attended these lectures the last several years and have shared stories about how educational and yet entertaining they have been.

Unfortunately, this year is going to see the last of these Christmas traditions. The final lectures were the 12th and 13th of December and the two days were both sold out.

While many, including me, will miss these lectures, the U of U is starting a new series called the New Faraday Lectures. The chemistry department feels that "some new faces and some new experiments" are needed. So while we bid farewell to University of Utah chemists Ronald Ragsdale and Jerry Driscoll, we will say hello to Peter B. Armentrout, professor and chair of chemistry at the University, and Chuck Wight, a chemistry professor and AMES, University of Utah liason.

Student Profiles: Know your Classmates!

Laura Angell

Name: Dallas Thornley

Grade: 9th

Favorite Activity: Dancing. She has been a dancer for 11 years.

Favorite performers: Johnny Cash, Bob Dylan, Sublime

Favorite movies: The Notebook, Zoolander and anything Disney



Favorite television: The Simpsons and the Chapelle Show

Favorite food: IceCream

Favorite Authors: Roald Dahl, and Agatha Christie

Other favorites: Pennsylvania, Roald Dahl and Agatha Christie, snowy owls, her mom, and water.

Name: Michael Anderson

Grade: 10th

Favorite Activity: Playing video games



pizza, and Sprite

Favorite band: the Black Pages

Favorite Movie: Final Fantasy Seven

Favorite television: The Simpsons

Favorite author: Orson Scott Card

Other favorites: football,

Sports

AMES Wrestlers Wrestle with Wrestling

Alley Douros

Students at AMES are perhaps taking on more than the average student with high academic expectations and college classes, not to mention busses that get you home around the time most students are finishing up homework. Some students, however, are willing to take on far more. This year AMES has five students on the Cottonwood High School wrestling team, and each night while the rest of us are headed home, they are still at school working on the finer points of take-downs and head-locks.

Both Russell Butler and Scott Davenport are veterans of the team, and the team was fortunate to pick up freshman wrestlers Ajl Anderson, Jonathan Brubaker, and Dallin Smith.

All members of the wrestling team spend an hour after school at practice and had their first meet



Jonathan Brubaker can totally take this guy.

December 9th. According to Scott Davenport the most challenging thing about being on the wrestling

team is balancing it with school, homework and a job. But he feels it is worth it to develop his strength and speed. Similarly, Dallin Smith said that the workout the wrestlers go through each day is worthwhile. He's not particularly fond of dropping weight though. Lettuce for lunch! Hooray! Dallin also thinks trying to avoid getting pinned is the most difficult part of wrestling.

Both Ajl Anderson and Jonathan Brubaker stated that the hardest part of wrestling is "the six minutes on the mat." Although Ajl thinks it is worth it. When asked what the best part of being on the wrestling team is he stated: "It's fun. You get to beat a kid up and not get in trouble."

Utah Jazz Surprise Fans with Record

Alley Douros

After the last several basketball seasons a lot of Utah Jazz fans had more or less tuned out the Jazz. They weren't particularly competitive despite having decent athletes, and a well-respected coach. Of course, they were to some extent an inexperienced team with a rookie point guard.

This year, however, the Jazz have shown new life. So far they have a record of 14-4. But better still, they are more exciting to watch. With the acquisition of C.J. Miles and Paul Millsap the Jazz are more athletic than they have been in past years.



So those of you who had written the Jazz off might want to take a second look.

Utah Ski Season Looks Promising

Alley Douros

Snow!!! It's actually snowed. Break out your snowboard or skis because it's time to hit the resorts. Admittedly, I've never done much more than slid down a hill after falling, but I'm willing to learn.

Almost all of the resorts are now open with around a 20-40 inch base. Yes, we're in need of another snow storm. Right now most of the snow is packed although the Canyon's does have some powder. Another storm isn't projected for awhile, however, and the temperatures are really cold so you might want to put off your next trip until we get some more snow and things warm up a bit.



Entertainment



DVD Review: You, Me and Dupree

Tyler Espinoza

You Me and Dupree is essentially a romantic comedy/disaster film. The recently married Carl (Matt Dillon) and Molly (Kate Hudson) think that their life is going to be perfect after they get married. But really, their life is going to take a turn for the worst when Dupree, played by Owen Wilson, loses his job and asks to stay at their house. This is when things start to go very, very wrong. Dupree wrecks their house and their life. Dupree isn't the only one making demands on the newlyweds. The situation doesn't improve

any when Molly's dad, played by Michael

Douglas visits and makes a few interesting demands of his own.

I thought that this movie had some really funny parts and was entertain overall. Dupree's "party animal" character



adds a lot of humor to the movie.

The story was interesting and you get to know the main characters pretty well. The characters are well put together. Owen Wilson, in particular, is well cast as a well-meaning slacker who creates chaos despite his good intentions.

The down points of the movie are that some of the humor is rather scatological. This is rated PG-13 for sexual content, brief nudity, crude humor, language and some drug reference.

Movie Review: Casino Royale

George Pedroza

Casino Royale is a prologue to the James Bond action films. Based much more closely to the Ian Fleming novel than most of the other films, it tells the story of James Bond. Unlike previous incarnations of Bond, when this 007 gets injured, he actually ends up in the hospital. The movie starts with an agent (Daniel Craig) who gets promoted to 007 and his first mission is to stop a French banker for terrorists from winning a game of cards and the cash prize. If Le Chiffre (Mads Mikkelsen) wins, he will keep paying the

terrorists; but if Bond can beat him, he will destroy Le Chiffre's plan. In the process, Bond encounters a beautiful British Treasury official Vesper Lynd (Eva Green) who is sent to watch over the government's money that Bond uses in the poker game. As they survive the attacks and missions they start to fall in love.

The plot and action in Casino Royale are much more realistic than previous Bond films and it makes it a stronger film. Daniel Craig also

makes a more realistic James Bond than some of the previous actors.

There are pretty hilarious scenes of torture in which Bond uses his humor to get past the pain. This movie is rated PG-13 for intense sequences of violent action, a scene of torture, sexual content and nudity.



My Chemical Romance leads the Parade

Maria Saavedra

Sometimes a band can surprise you.

My Chemical Romance, alternately referred to as a punk-pop, post-hardcore, or emo band, in *The Black Parade* has found a sound that defies all of these labels.

The Black Parade was recorded in an ostensibly haunted monastery and the issues of life and death



hang like a shroud over each song. Produced by Rob Cavallo, who was also responsible for Green Day's *American Idiot*, each song is thematically tied to the story of a young man dying of cancer. Listening to *The Black Parade*, consequently, can be both a sobering and exhilarating experience. The band's influences, particularly Queen and Pink Floyd, are immediately evident. The disc begins with *The End* (ironically) and from the first notes you can start making the comparison to Queen's *Bohemian Rhapsody*.

The sound of *The Black Parade* is more in line with arena rock than their previous work—and frankly, it's better than their previous work. It's an exercise in effective overkill with glam guitars, occasionally screaming vocals, Liza Minelli, and lyrics that exclaim: "When I grow up I want to be nothing at all."

So far, the sales of *The Black Parade* haven't met the critical raves. If you haven't heard it yet, trust me, just go buy it now.

Entertainment



AMES/U of U INSTRUCTOR ROCKS THE WORLD

Alley Douros

Rebecca Vernon is one of three University of Utah writing instructors teaching writing 1010 and 2010 this year. When she's not teaching, studying, and writing CD reviews for SLUG, however, Ms. Vernon has a secret—well, not so secret life as a member and the founder of the band SubRosa. I asked Rebecca Vernon a few questions about her experience with the band and music in general.

What is your story on Subrosa?

I've been wanting to do a really heavy, abrasive, slow band for about three years, but I just couldn't get up the guts to do it. I played drums in bands for about 10 years, and I was very comfortable with that. I finally had to come to the realization that I wasn't reaching my potential with music. Last summer I began to write the songs for Subrosa. It was really, really discouraging at first because I couldn't get any other musicians to be in the band with me besides my best friend Sarah (who's on electric violin) and I only had about three songs. Finally, I wrote some more songs, recorded a demo on a four-track, and was able to entice three more members to join—two bassists and a drummer. I play down-tuned guitar and sing. We are now a four piece: elective violin (Sarah Pendleton), drummer (Bonnie Shupe), guitarist (me, Rebecca Vernon) and bassist (Julie Stutznegger). Both the violinist and the bassist sing back-up and main parts on some of the songs.

How much time do you spend practicing?

We used to practice once a week for three hours, and now practice twice a week for an hour and a half, be-

cause the bassist was diagnosed with carpal tunnel a month ago, and can only play for an hour at a time. The latter is much better, because less time passes in between practices, and we're able to focus more because we know our time is short.

If you had a choice between being a full professor or having your band be really successful, which would you choose?

Ha ha. Having my band be really successful, of course. Now, if I had a choice between having my band be really successful and being able to teach at AMES for life, not that's something I'd have to think about for at least five minutes....

Who are your main influences?

PF Harvey, The Melvins, Goatsnake, Nine Inch Nails, Joy Division, The Who, Isis, Acid King, Red Bennies, Eli Morriison (of local bands The Wolfs, Power Tools for Girls, etc.), Mastodon, Tina Turner

How would you describe the local music scene?

In one word: raging. As you can see, I've listed two local bands/musicians in my influences list above: Eli Morriison and the Red Bennies. Local music has had a huge impact on me, musically and personally. I was first exposed to local, underground, risk-taking music while I was living in Provo, and those musicians, who later became some of my closest friends, helped me through bad times there.

I was feeling sorta burnt-out on local music for the last year or so, but my enthusiasm for it is resurging. I

think the SLC music scene is one of the best in the nation, even if no one outside this passed-over state realizes it.

I've worked on promoting the scene through helping with the past two SLUG Death by Salt compilations and marketing said compilation to international magazines and radio stations; also, writing the local CD column for SLUG for four years.

Even if SLC never gets the recognition it deserves, I consider the world as being the one missing out on the gift we could give it, not the other way around.

What's the best part about performing?

When I get off stage and I know that I meant every word I said and the audience connected to it. That's much better than a technically flawless performance. Sometimes it's hard not to just

go up there and go through the motions, especially when you're tired and you've had a long week...you know, with grading papers and such.

What schools did you go to and where did you grow up?

I grew up in Virginia and Germany mostly because my dad was in the Air Force. I went to Hunt Valley Elementary in Springfield, VA; Randolph Middle School in San Antonio, TX; Hampton High School in Hampton, VA, and Ramstein High School for the last half of my senior year on Ramstein A.F.B., Germany.

What is your ultimate goal?

World domination. For real.



Rebecca Vernon and SubRosa perform.

Opinion

Think Before Contributing to Animal Cruelty

Guest Editorial: Kenan Karalic

Often people contribute to animal cruelty without even knowing. Factory farming, the fur industry, and even the cosmetics industry all engage in unethical practices that torture animals sometimes for years before they are killed.

In the past, animals lived on farms and though it was expected that eventually they would be slaughtered for food, they were able to wander the farm a little and get some fresh air. Today, most meat is the product of factory farming. The goal of factory farms is to earn money and so animals live their lives in small cages inside. Conditions in factory farms are often so toxic that the animals must be fed



antibiotics from birth so that they don't die from the conditions. Turkeys, for example, rarely get the chance to live through a single Thanksgiving. They are fed chemically enhanced, fattening food to get them ready for Thanksgiving.

In November, the turkeys are crammed into six inch cages and shipped to slaughterhouses. Some of them die along the way because of harsh weather conditions, and others have body parts broken by careless workers once they arrive. Then they are hung in shackles and have their throats slit by machines and go into scalding hot water for feather removal. Many of the turkeys are still alive through this procedure.

Fur farms are also interested in mak-

ing a profit at the expense of ethics. Most animals raised for fur are held captive in cages throughout their life. Many of these animals go 'cage mad' and turn in circles in their cages. Many die in the cages from lack of food and water. Their diet often consists of the carcasses of other animals that have died. Another interesting source of fur is being imported from China which kills 500,000 dogs and cats each year for their fur. Many designers, such as Ann Taylor and Ralph Lauren are refusing to use fur, but many other retailers around the world continue to sell fur.

If you don't want to support animal cruelty, be more conscientious about what type of meat you buy if you buy meat (organic, free-range meat is available); and avoid purchasing products made with fur.

Is MySpace Your Space? The Pro's and Con's of Cyberspace's Number One ?????

Rachel Howery

The way I look at it, MySpace is like a 16 oz. glass with only 8 oz. of water in it: people can see it either half full or half empty. You can focus on all the bad or accept it and notice the good; it just depends on the person. As I was in the process of writing this article I asked several people to name one bad thing about MySpace, literally everyone replied "on-line predators." You notice it's not "MySpace predators" but *online*. That means *everywhere* on line.

Let's face it, there are creeps everywhere. MySpace, Gaia, hi5, even 'phishers' through email. What does this mean? We're going to ban the internet? Make it something that can't be used in the name of safety? No! We simply have to practice caution.

There's a flip-side to everything, MySpace included, so we also need to look at the good.

A lovely attribute of MySpace is finding old friends and those you've lost contact with. This September a good friend of mine found a friend she hadn't seen in 5 years on MySpace. She hadn't heard or talked to her since moving from her old home in Nevada, but now they're great friends again all thanks to MySpace. Did you know that MySpace can be used as a business promotion tool as well? A good family friend, Bruce Goldwell, author of *Dragon Keepers* books I and II, uses



Shaun and Yonatan think you look better on MySpace.

MySpace as a way to not only promote his book but some other side jobs of his and a Christmas fund called Literacy Claus.

Others use MySpace not so much to communicate with friends, but primarily for music. Many well-known and up-and-coming bands have their own page where you can listen to their music, check touring schedules, and learn more about the band.

MySpace is a diverse place when you really look into it: friends, businesses, and music all crammed into one site. I think MySpace is an okay place, but you need your own opinion. So what's it going to be? Half-empty or half-full?



Point/Counter Point



Vegetables...yum...!

Alley Douros

Is it possible to have an all vegetarian diet and still be healthy? But of course. Many of the time people might argue it is unhealthy to exclude meat from

a well balanced diet, yet at the same time there are countless alternatives to staying healthy and getting the amount of protein needed.

By not eating meat, it automatically counts out most all fast food, which is extremely unhealthy for your body. In reality, people have lost more weight becoming vegan or vegetarian mostly because of that problem. Have you ever seen "Super Size Me?" That documentary shows the problems that are so abundant in the fast food places we



have today. It's easy to find out why it is so toxic to your

body, especially with excessive intake. Chemicals are being pumped into animals to make them grow faster and reproduce more, and are also being used to keep them alive before they get to the slaughter-

houses. And that is what you eat. Not only the meat but the countless chemicals being injected to keep the animals alive before they're allowed to be sold, slaughtered and put on your plate.

It isn't difficult to have a healthy, balanced vegetarian diet. Protein comes in a variety of forms other than meat. Vegetarians can easily meet their protein requirements eating beans, nuts, soy products, and (at least in the case of vegetarians) dairy products.

A balanced vegetarian diet lowers the risk of heart disease and cancer. Plus, with a vegetarian diet you don't have to worry so much about getting your recommended daily allowance of vitamins and minerals. Remember, you should be getting four or five servings of fruits and/or vegetables each day. Why not improve your health and save a few animals in the process.

Meat...yum...!

Bri Whatcott

Why do people become vegetarians? I mean meat, any meat, is delicious and don't even get me started on milk and eggs. Besides the obvious argument that meat is delicious, what other reasons are there to remain an omnivore?

The U.S. Department of Agriculture has revised the food pyramid. The food pyramid basically recommends what individuals need to eat in order to remain healthy. According to the USDA, people should be eating two servings of meat per day and two servings of dairy per day in order to be healthy. This is to ensure that we all get enough protein and calcium.

The problem with vegetarianism, is that too often those choosing this particular lifestyles don't have a healthy diet. Sometimes



they rely too much upon carbohydrates, eating a large amount of bread and simple carbohydrates. Large scale consumption of simple carbohydrates can not only lead to obesity, but is also implicated in the onset of Type I Diabetes.

Humans have always been omnivores. We have complex needs for specific vitamins, minerals, protein, fat, and carbohydrates in order to remain healthy. The problem with a vegetarian diet is it becomes difficult to meet all your dietary needs.

Another frequent argument for vegetarianism based on animal cruelty. There are factory farms out there where the focus is producing as much meat and dairy products and quickly and effectively as possible. But there are also farms that have free-range animals, and produce organic products. Eating meat doesn't mean you are necessarily supporting cruelty to animals. It isn't difficult to find organic, free-range meat and dairy products.

Ultimately, choosing a vegetarian or vegan diet means risking your health. With a little effort and education you can be a healthy, and ethical omnivore.

Chemicals are being pumped into animals to make them grow faster and reproduce more...that is what you eat. Not only the meat but the countless chemicals being injected to keep the animals alive....

Veggie Wars

GOOD OR BAD?

Humans have always been omnivores. We have complex needs....The problem with a vegetarian diet is it becomes difficult to meet all your dietary needs.

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	Dayna Shelby

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Bouncers	Neda Kobasijevic

AMES QUOTES and NOTES

"I don't like those songs about the handcars." —Alley Douros

"Chicken and squirrel don't rhyme." —J.T. Perkins

"I'd be a bad imitation blind person." —Neda Kobasijevic



So, don't like the articles in this fine publication, huh? If you want to change that, maybe YOU should submit some articles, eh? Come on, just sit down, and write a half-page article. Give this coupon and a lot of money to Ms. Freestone to get your article printed. (Not really, money is optional, and so is this coupon)

Student Profiles: Know your Classmates

Cesia Dominguez

Name: Dayna Shelby



Grade: 9th
 Favorite Color: Green
 Pets: A horse

and a dog

Favorite Subject: Russian

Hobbies: Playing the piano and cello, horseback riding and playing tennis

Career Plans: Equine anesthesiologist

Favorite Car: Bentley Continental Flying Spur

Favorite Trips: Washington

D.C., Hawaii

Favorite artist: hott guys

Favorite book: There's about 82 of them.

Favorite movies: *The Last Samurai*, *Roswell*

Favorite Brands: Ambercrombie, American Eagle, and Hollister

Quote: "If you're not hott don't read this."

Name: Steve Carroll

Grade: 11th

Favorite color: Yellow

Pets: A puppy named Boomer

Favorite Subject: Physics

Hobbies: Sports, Halo 2, hanging out with people, movies



Career Plans: Mathematical engineer, actuary, or business administration

Favorite cars:

Mustang, Cadillac Escalade, Acura

Favorite Trips: Hawaii, and New York for baseball

Favorite artist: Dave Chappelle

Favorite Book: Ender's Game

Favorite Movies: *How High*, *Friday*

Favorite Brands: Aeropostale, American Eagle

Quote: "I'm Rick James...."

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