

TIMBERLINES

UP TO date

The band will compete at Semi-State tomorrow at Pike High School.

The football team will play Mount Vernon at home tonight. Kickoff is at 7 p.m., and the theme is "Halloween Costume Night."

Detentions for not purchasing parking tags begin today. The tags are \$15 and are available in the office.

Yoga Club eases Monday stress

Hannah Heilman

Feature Editor

For the first time, Yoga Club is now offered at GHS. "I had Mrs. Fenner come in for health to talk about mindfulness and yoga and how she uses these things to deal with stress and anxiety," Ms. Kathleen Dyer, co-sponsor, said. "I knew she was interested in yoga and wanted to bring it into the school community; I liked her idea, so I came up with starting the club."

The goal in starting the club was to incorporate time to relax into students' schedules.

"It's a way for kids to have a break in the day," Mrs. Tanya Fenner, guidance counselor, said.

"I want kids to learn about yoga and just have fun; I don't think we have enough fun throughout the school day. I think you guys are stressed out, and from things I've read, you guys need breaks where you're not thinking about classes. Yoga's just a good way to find your inner peace."

-Mrs. Tanya Fenner

The Yoga Club meets every Monday during PowerHour 1 in the mat room.

"I like having it in the middle of the school day because you can release whatever anger you have from the first half of the day," sophomore Kathleen Carr said. "Then, you haven't had the second half of the day, so you can calm down and get ready for it."

Both sponsors plan to become certified yoga instructors.

Ms. Dyer said. "As for right now, we are just seeing what works best. Mrs. Fenner led a meeting one day; I led a meeting a different day. We use videos that we can show, and I want to get certified yoga instructors to come in. If there are students down the road who have taken it a couple of years and want to lead a class, that'll be great, especially if that's something they would want to get certified to do in the future."

Students do not have to have experience to join the club.

"I like Yoga Club because you get to calm down before you go to other classes," freshman Melia Gorrell said. "I had never done yoga before, and it was pretty easy. But we are just starting off with the basics, so it's getting harder as we go."

Currently, Yoga Club is only open to female students.

"We want everyone to come join," Mrs. Fenner said. "I know right now we have said it's just for girls, but if young men are seriously interested in it, we will open it up to anybody. We just want everyone to feel comfortable."

Ms. Dyer and Mrs. Fenner encourage students to join.

"I encourage people who have never done it to give it a try," Ms. Dyer said. "It does feel weird, and you do feel uncomfortable at first. But if you try it and you like it, you'll have a way to cope with stress and work on flexibility. It's a nice way to take a break in the middle of the day, kind of forget about school, meet some new people in the club and start a community."

almost, showtime

Brayton Laster

Reporter

Almost, Maine is coming to an auditorium near you this November as students and teachers alike work together to portray multiple love stories in this year's fall play. The play will take place Nov. 8-10 with the curtain rising at 7 p.m.

Mrs. Amy Kendall, drama teacher, is excited for this year's fall play topic, love.

"It's a series of short stories that all revolve around love, all kinds of love," Ms. Kendall said. "Love we have lost, love we have kept to ourselves, love that sneaks up on us."

Sophomore Christian Jones said audiences will be intrigued by the play.

"This year it is not one big long show like previous years. It will be a bunch of smaller parts put together," Jones said. "I think it will be a lot more fluid, and because of its fluidity, I believe the audiences will be able to pay more attention throughout the play."

Jones said that this year should be hilarious.

"I'm really looking forward to Haden Cain and Jeffery Elsey in act 5, I think they are going to be absolutely hilarious and make it more comical," Jones said. "I think the fans will love it."

Mrs. Kendall wants the audience to relate to the characters.

"I want the audience to be able to know how and what the characters are feeling," Mrs. Kendall said. "I want the audience to be able to know what is going on in their mind."

Some actors can see themselves in their roles.

"My role is based on a man that can't feel pain," junior Avi Forrest said. "As the scene develops, he changes so that he can feel love as well. I feel like I can really connect to the characters, especially mine. My character is awkward and fidgety, and while I don't think I am as bad as him, I can see myself in his place."

Jones said that the audiences should watch closely for deeper meanings.

"I think the audience should know that the whole show is just going to be hilarious, but it has a lot of deeper meanings inside the show," Jones said. "The play is mainly just a bunch of little pieces of love stories, but the deeper meanings are also really important. The audience will just have to watch closely."

Forrest wants the audience to understand the characters.

"The characters are extremely realistic in my opinion," Forrest said. "I think they are very three-dimensional and in-depth, so I like to see the amount of structure they have."



Seniors Haden Cain and Jeffery Elsey rehearse "Almost, Maine" after school. The cast practices every day after school until around 5 p.m. Ethan Falks photo

signing in or out of the building or Guidance Office, checking out library books, recording attendance, and especially for detentions and required PowerHours. Perhaps, students can even use them to purchase lunch one day."

Many schools are moving toward this type of identification. Cathedral High School introduced lanyards to their students this year. The principal had some of the same reasons for using them.

"The number one purpose for us is safety," Mr. Dave Worland said. "We think that every student and every adult -- anyone who attends here -- should have a piece of evidence on them that would be recognizable so that we could notify and be able to assist them at any time."

GHS students who attend C9 are used to wearing specific ID cards. C9 students are required to wear lanyards to identify where a student is coming from. Junior Kaylyn Bates studies early education at C9 and already deals with the identification cards during the school day.

"Well it's not as bad as people say it is," Bates said. "They can be pretty annoying to wear, but it's also good to know who is coming to our school. If they see that you have your lanyard on, they know that you're coming here for C9. They won't let you in the school without them."

The GHS administration is considering, using the same color-coding system as they do for Spirit Week. Students would receive new cards each year with colors that match their class colors.

"I would like seniors in one color, juniors one color, sophomores and freshmen," Mrs. Busch said. "So if I say freshmen aren't allowed in the locker bank, I would look at their lanyards and know 'oh you're a freshman you need to be in the cafeteria.'"

Along with the lanyards, identification cards are also color-coded.

"This year identification card are by color by grade, so we can identify who is a freshman and who is a sophomore and so on," Mr. Bruns said. "This just allows us to identify quickly students

who attend this school and what grade they are in."

The administration needs to plan for students losing their lanyards. Cathedral's solution depends on whether students think they know where they are or have lost them permanently.

"Just this morning, I was leaving our liturgy, and I stepped out into the hallway and saw a card laying on the floor. I picked it up and got to the P.A. In two minutes, the student was down to pick it up. That's the good news," Mr. Worland said. "If it's lost and it hasn't been found and students think that they will probably be found because they had volleyball practice and left it in the locker room or something like that, we give the students temporary lanyards. They are red and say 'I lost my lanyard.'"

Punishments for not wearing the lanyards are already being discussed.

"If you don't wear them, it will probably be detention. C9 won't let them in the building," Mrs. Busch said. "We are just in the talking stage. This is not in stone."

Some students think a fair amount of forgiveness is needed.

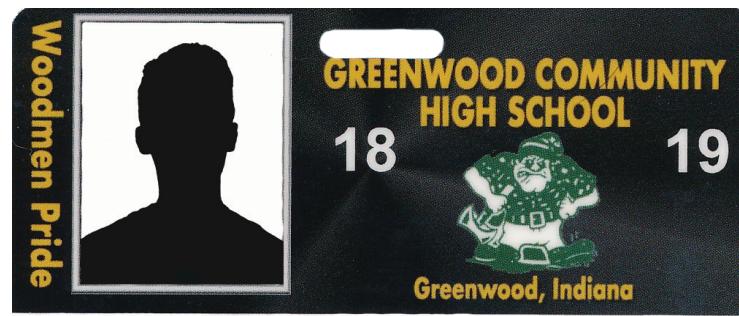
"I believe they should have a rule where you only have three days to forget your lanyard then you get an in school suspension," senior Peyton Lutz said. "I think that we should have it refreshed every nine weeks. I've seen people skip C9 because they don't have their lanyard and don't want detention."

Administration understands students will need time to adjust.

"You don't have a rule without having a consequence going with it," Mr. Bruns said. "The introduction of any type of new rule requires a learning curve that takes a while for students and staff to adjust to. But, you would absolutely have to have some type of consequence eventually to encourage students to follow that rule."

Students do see the importance of the lanyards and understand some of their purposes.

"I believe the lanyards are a good idea," Lutz said. "Many workplaces have lanyards, so I don't see why not here."



STUDENTS MAY HAVE TO WEAR LANYARDS

Rheannah Hoover
Reporter

Students may have noticed that different grades received different ID cards that matched their class colors. This might have been the first step in students wearing lanyards displaying their ID cards next year.

The idea is to increase security.

"Because of PowerHour, we allow kids to go everywhere. It's really hard to know who is who. So, that is why we would like to have these lanyards," Mrs. Karen Busch, assistant principal, said. "For security's sake, it's nice to know who walks in. Any teenager can walk in here; I don't know all 1,200 kids by face. If you don't have a lanyard, most likely you don't belong to this school."

Lanyards and color-coded ID cards would both identify the grade of the student and carry personal identification. Using the ID cards' barcodes, administrators hope to use them for school services as well as identification.

Mr. Craig Bruns, assistant principal, said. "The identification card could be used for multiple purposes as well, whether that is