

THE INDIAN VOICE

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SOCIAL MEDIA SABOTAGE

STAFF WRITER HALIE BOO

Facebook, Twitter, Instagram; most all of us use at least one of these sites. We chat with our friends, meet new people, and show off our duck faces, but what are people doing that we don't know about?

Cyber bullying is becoming a bigger issue year after year, and with so many people posting hurtful comments anonymously, it can be hard to tell who is driving the stake into innocent victims. Cyber bullying is the harassment of a person through a social media site. Examples of cyber bullying, provided

by stopbullying.gov, include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

Nearly 30% of kids on social media sites have been bullied online, says bullyingstatistics.org. According to a recent survey of 150, 13% of this school believes that cyber bullying is no big deal. With the fact that teens who have been victims of these verbal attacks are 2 to 9 times more likely to commit suicide, is it

really "no big deal?" I'm sure the 4,400 victims who committed suicide last year would disagree. The mental effects of cyber bullying are numerous and often life-altering. Victims are more likely to have low self-esteem, a feeling of insecurity, anxiety, and depression. While bullying leaves physical scars that will eventually fade, cyber bullying inflicts emotional scars that will stay with the victim forever.

Victims are encouraged to report the act to a school official, your school guidance counselor, or a trusted adult.

BALANCING WORK AND SCHOOL

STAFF WRITER CHLOE BROWN

High school is a difficult part of life. On top of all the stress of school, there are many people who have jobs as well. **Tonda Chasteen** and **Annalea Forest** both work at County Market. Many times, between classes, they will change into their uniforms and as soon as they leave school, they go straight to work. Working students find it difficult to juggle work hours and school activities. Sometimes tough choices have to be made. Both of these students had to give up an activity because of their decision to work. These students are hard working and devoted to success, which is why this week's Spotlight is on them. Congratulations!



Balancing act. LHS students Tonda Chasteen and Annalea Forest find the right balance between school and work.

FOOTBALL LEADS THE PACK FOR MOST DANGEROUS SPORTS

STAFF WRITER CALEB HUDSPATH

Midway through the fall sports season, several Lewistown Indians are on a tear. Brian Kruzan has rushed for over 200 yards in 3 games this season. Austin Cooper is on a different kind of tear. After damaging his knee during a hard fought game of line tag in P.E. last spring, Cooper learned just before the football season started that he had completely torn his A.C.L., and while the injury has slowed him down, it cer-

tainly hasn't taken him out. Tyler Spotloe wasn't quite so lucky, having to be operated on after tearing his A.C.L. and damaging his M.C.L. in the season opener against Beardstown. Also hurt early in the season was Austin Weaver, who missed the Beardstown game with a sprained ankle. Following on the injury trail, Dakota Thomas suffered a concussion towards the end of the game against Peoria Heights. While Thomas

was unable to play against Bushnell-Prairie City, he was able to return for the game against conference rival North Fulton. These injuries may seem like bad luck, but *latimes.com* has published that young athletes account for 4 million injuries a year in the U.S. The team is hoping to stay injury-free for the rest of the year, as they fight for a spot in the IHSA playoffs.

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A-ROD ON TRIAL

STAFF WRITER ETHAN RICE

Steroids, human growth hormones, and other performance enhancing drugs are and always have been a disgrace to every professional game on the planet. Alex Rodriguez, however, did not get this message. Upon the use of steroids, Alex Rodriguez (A-Rod) has been suspended from Major League Baseball through

the end of the 2014 season. He will be missing a total of 211 games and any playoff games that his team may possibly advance to. A-Rod has chosen to sue the league for suspending him, while no other players that have been suspended followed in his path. This is not the first time he has been accused of using perform-

ance enhancing drugs (PEDs), nor has this been his first suspension from the league. Ryan Braun is also receiving a suspension from the league for 100 games. Others have been accused and even tested, but no one other than A-Rod is receiving this kind of punishment.

COSTLY COLLEGE!

STAFF WRITER MYRA DOUBET

Do you know how much college costs? It is never too early to start looking into colleges you may be interested in and start saving up! In the table at right, you will see the cost of colleges that you could attend in our area. Cost, however, does not include books. Just a heads up, the national average cost of books and supplies hovers around \$1,100 per year (considered as two semesters), with that figure continuing to rise. To save on book costs, consider chegg.com for textbook rentals.

Cost of Area Colleges	
Private Universities/Colleges	Cost of Tuition, Room & Board, Fees
Bradley University, Peoria	\$38,714 per year
Eureka College, Eureka	\$28,560 per year
Monmouth College, Monmouth	\$39,100 per year
Illinois College, Jacksonville	\$36,640 per year
Public Universities	
Western Illinois University, Macomb	\$19,400
University of Illinois-Springfield	\$22,378
Southern Illinois University, Edwardsville	\$16,915
Junior Colleges	
Spoon River College, Canton	\$125 per semester hour
Illinois Central College*, Peoria	\$255 per semester hour

*If you would like to take a course that Spoon does not offer, ICC will honor that and you will be charged the same as Spoon

LEWISTOWN HIGH SCHOOL
 HTTP://
 WWW.CUSD97.FULTON.K12.IL.US/

SHUTTING DOWN THE RUMORS

STAFF WRITER ERIKA WARD

The recent government shutdown has left people across the country asking questions. What does the shutdown mean? Are people losing their jobs? The government shutdown basically means that Congress could not come to an agreement as to how they wanted to distribute funds. Because they could not reach an agreement, the government decided to shutdown until they can come to an agreement. Gov-

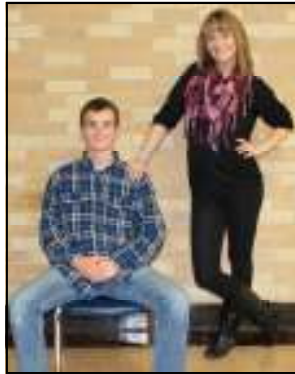
ernment jobs are being separated into "essential" and "non-essential" workers. Those who are considered "non-essential" are told to leave work without pay until the government can once again begin funding their programs. Different government-funded programs and national parks are closed down. Anything from NASA to the Grand Canyon to parts of the EPA along with many other programs and national

parks, are being stalled. While mail is still being delivered and Social Security checks along with Unemployment benefits are still being sent out, many families and individuals are being negatively affected by this shutdown. Congress has worked out a deal to reopen the government and solve their financial disagreements. As of now, people are beginning to go back to work and resume their jobs.

FASHIONABLY FIT!

STAFF WRITER BLAKELIE BORDNER

Fall is just around the corner and fashionable style these days is all about knowing how to mix what you have, adding trendy pieces occasionally, and not breaking the bank while making your effortless style shine. Things that are in style this Fall for women include: cardigans, skinny jeans,



Colin Hummel and Blakelie Bordner are Fashionably Fit!

cowboy boots, leggings, and scarves. Things that are in style this Fall for men include: flannels, button down sweaters, sweater vests, Jordan's, and work boots. Maybe the things that are "in style" this Fall aren't your cup of tea. If that's the case, there's nothing wrong with being original. Falling into something just because it's "the cool thing to do" doesn't mean it's right for you. More than anything else, be your fashionable self.

HOT TOPIC OF THE WEEK

STAFF WRITER
MEGHAN RATLIFF

High school is a very judgmental place. You're always hearing gossip about the school play or a sports team, but the most you hear is gossip about students. Even though you might not gossip during school, that doesn't mean it won't get back to the students of LHS. When teens gossip, the rumors not only reach their unsuspecting victims, they also land in the ears of parents and teachers. Do you want to create a positive image or strive for a negative? So next time you have the urge to speak negatively about others, remember that if you have nothing nice to say, say nothing at all.

ASK ADELYN...

Q: Dear Adelyn, I am getting bullied at school for my appearance, what should I do and how should I go about handling it? – Tired of it

A: Dear Tired, I think that the best way to go about bullying is to show that it does not bother you, even if it does. The people that are doing the bullying are usually doing it because it

makes them feel better about their own situations. Keep your head up and be confident in yourself. If it is serious enough, you should confide in an adult you trust to help you better handle the situation.

Q: Dear Adeyln, I have a friend whose Facebook account has been hacked and I know who did it, what should I do? – An outside source

A: Dear Outside Source, If you know who did the hacking, I think that you should definitely consult your friend if you have evidence to back up your accusation. Depending on the severity of the situation, it might even be appropriate to contact your local police station to put the hacking to a stop.

SHOUT OUTS!!!!

STAFF WRITER MAKENNA BARKER

Shout out to Jessica Watson! Thanks for being my person! ;) -- Anonymous

Shout out to Mr. Osborn for being patient and working with us this year in Calculus. We appreciate you! --The entire Calculus class

Shout out to the girl I like. If you guess who I am I'll buy you dinner!--Anonymous

Shout out to Sean, the new tuba player of Lewistown High School Marching Band! We're glad you're here! --LHS Band

Shout out to the seniors. Keep pushing through senior-itis! --Legend Staff

POST SECRETS

STAFF WRITER MAKENNA BARKER



CAMO IS IN FULL SWING!

STAFF WRITER MADISON PRATT

It's that time of the year! Whether you are an avid hunter or just a Duck Dynasty watcher, you probably know by now that hunting season has begun. On October 1st, half an hour before the sunrise, deer hunters took to their stands with their bow in hand. During the 2011-2012 Illinois hunting season, 61,974 deer were taken by bow. Our Illinois deer hunting season record is still being held from back in 2005, with 66,093 deer being killed. The

hunting season for deer is open 107 days in Illinois. Every hunter dreams of bagging a record buck. Some of the largest record bucks have been tagged right here in central Illinois. In 2003, Dave Jones obtained the Illinois record for bow hunters, with his buck being the fourth-largest of its type ever shot by an archer in North America. The deer, killed in Mason County, scored 36 points. So get your camo on and come join the hunt!

WELLNESS

DO YOU HAVE STRESS?

STAFF WRITER MIRANDA DYE

Stress is a part of life that ends up being a major health issue. The human body is made to experience stress and respond to it. There are positive and negative ways of dealing with stress. Stress can be made positive by keeping us alert and ready to avoid danger. Stress is made to be negative when a person faces continuous challenges without relief or relaxation between challenges. Ways to relieve stress is to do deep breathing, meditation, rhythmic exercises, yoga, and stretching. If stress becomes a major issue, talk to a parent, doctor, or a trusted friend. For more fitness regimens, you can visit: <http://www.yoga.com/yoga-workout-routine/>

FUN IN THE FALL!

STAFF WRITER ELIZABETH MCCLAY

There are many fun activities to do with your friends and family in the Fall! The top 5 activities that people have voted on are: being with friends and family around the bonfire, visiting a haunted house for a scare, enjoying a relaxing hayride, getting lost in a corn maze, and carving jack-O-lanterns. Fall has a beautiful sight to enjoy, from the foggy and golden mornings to the beautiful, colorful trees. This is a time of fun filled activities for everyone to enjoy, so try one of the top 5 activities today!

JOBS FOR TEENAGERS

A GOOD WAY TO START SAVING MONEY

STAFF WRITER MARISA GRIGSBY

- **Pet-sitting.** When someone in your neighborhood goes on vacation, there's often a pet that needs looking after.
- **Working for your parents.** If mom or dad owns a business, they might be able to use your help.
- **Tutoring.** If you're good at a subject, you may be able to earn money by helping others to understand it.
- **Lifeguard.** In some parts of the country, there are shortages of lifeguards. If you have the skills needed, consider this option.
- **Mowing lawns, raking yards, shoveling snow, and gardening.** These can all be part of the same job.
- **Be crafty.** If you enjoy arts and crafts, you might make jewelry or other items and sell them.
- **Serve the elderly.** Not only might you find work in a nursing home or retirement community, but you might also serve older people in your neighborhood.
- **Volunteer!** If all else fails, or even as a first choice, consider volunteering.

Info from this article came from *The Motley Fool-to-educate, amuse, and enrich.*

PRINCIPAL'S NOTES

(AS REPORTED TO) STAFF WRITER TAYLOR BASTIAN

I think the quarter has had a good start to the year. The students seem ready to learn and the teachers are anxious to try new things. I hope the students get in a regular routine for their studies. The transition to high school for 9th grade students should be complete by the end of the quarter. Hopefully students and teachers have gotten to know each other and the expectations for student success. The parents have a major role in the student's education. By supporting the students and the school, the parents send the message that school is important. The students must take the responsibility to do their best, and the school must provide the opportunities for their students to learn. I would also like to proudly say Dairy Queen has agreed to sponsor our monthly attendance drawing! Now, moving into the second quarter, let's make it even better!