

## Teen Literary Fest at KHS

Kimberly Kurtz  
Op/Ed Editor

Students and members of the community are invited to attend Teen Lit Fest on January 31 at Kingwood High School in the LGI's, the Auditorium, and other locations within the school.

The event is free and lasts from 10 AM to 4 PM. Several popular young adult writers will be featured, including Gail Giles, Terry Trueman, Sonya Sones, and Judson Roberts. Attendees will be able to enjoy a student band and other vendors that will be selling refreshments. Teen Lit Fest is only held twice a year, each time only lasting a day, and is organized by librarians in Humble Independent School District to raise awareness for literacy and promote appreciation for books.

Deb Caletti is a National Book Award Finalist for her book *Honey, Baby, Sweetheart*. Caletti writes mostly about problems that teens encounter through their transformation from childhood to adulthood. A few of her other books include *The Fortunes of Indigo Skye*, *The Nature of Jade*, and *Queen of Everything*.

Gail Giles is a native Texan who first started writing when a nun instructed her to compose a story about a family dinner from an ants perspective. She now writes suspense novels for teens.

"I love Gail Giles," junior Stephanie Mendoza said. "She writes about such very different topics, and she's not afraid to say something outright."

Judson Roberts has seen it all. He has been a police officer, federal agent, organized crime prosecutor, and a private investigator. He is working on the *Strongbow Saga* series, which is about a young man who is



only at peace when he is at war. So far he has completed the first two books to the series. They are easy to follow books with violence and bits of humor.

Neal Shusterman is a novelist as well as a screenwriter and a television writer. He is the author of the popular novels *Unwind* and *Everlost*.

Rene Saldana is the author of *The Whole Sky Full of Stars* and *The Jumping Tree*. He writes about the trials of friendship, love, grief, poverty, and what it is like to have two different families in two very different countries.

Sonya Sones is a film teacher at Harvard, a production assistant, a film

editor, and a baby clothes designer. She wrote a book, *Stop Pretending: What Happened When My Big Sister Went Crazy*, based on her real-life experiences, and *What My Mother Doesn't Know*.

"The book *What Happened When My Big Sister Went Crazy* is such a good book," Mendoza said. "It was very honest, and it sent a certain emotion that one would be surprised to actually read about."

Terry Trueman is the author of the two very popular books *Stuck In Neutral* and *Cruise Control*. Trueman has also written *Inside Out*, a novel about a

boy who suffers from schizophrenia and is caught in the middle of a coffee shop robbery.

"I am so excited to meet the authors that have impacted the literary community," Mendoza said. "The fact that you get the chance to meet these people in real life and see who they are compared to the characters in their writing is very exciting." Level English classes will also be able to receive extra credit for attending. Students will need to sign in when they arrive, attend two sessions hosted by Teen Lit Fest, write a sentence about each, and get it signed by a district employee.

## THE FIGHT FOR WATCHMEN: FOX VS.WB

Monica Castellanos  
Feature Editor

*Watchmen* is a remarkable graphic novel set in an alternate 1985 about superheroes. After one of the *Watchmen* is murdered, a conspiracy is uncovered that could severely alter the course of history.

A movie based on the critically acclaimed graphic novel is twenty two years in the making. Since 1986 this movie, once deemed "unfilmable" because of the complexity of its plot and timeline, has been passed through the hands of countless screenwriters, directors, and studios.

Producer Lawrence Gordon bought the film rights for 20th Century Fox in August 1986 and in the multitude of years following, other studios bought it and showed interest in it. After that, a series of events too complicated to

explain here occurred, and Paramount claimed 25% of the film's gross and the power to distribute it in areas outside North America. Fox wanted a piece of the *Watchmen* pie, which is set for a March 6 release date, as well.

Gordon was dismayed, saying in an open letter that "both Fox and Warner Brothers were offered the chance to make *Watchmen* ... The response we got from Fox was a flat 'pass.' Warner Brothers called us ... and said they were interested ... It seems beyond cynical for [Fox] to claim ownership at this point." 20th Century Fox not only wanted to own the rights to *Watchmen*, but to delay or even eradicate its release.

"Fox notified Warner Bros. of our rights in this project months before production on the film began - they chose

to ignore our rights on this occasion and several times after that and proceeded at their own risk," a Fox spokesperson, in response to Gordon's letter, said.

Deciding to green-light *Watchmen* was definitely a huge risk for Warner Bros. The movie was originally three hours long, had a solid R rating, no big-name stars, and a budget of more than \$100 million. The DVD release will include a separate story line about another character that will cost about \$20 million for production. Though the graphic novel has a huge following risk.

"There were those who considered the project but who wished it were somehow different: ... could it focus on one main character; did it have to be so dark; could the blue guy put some clothes on," Gordon said.

He and director Zachary Snyder are

determined to stay true to the graphic novel's essence and reportedly carry it around more than the movie script. Now that the risks have been taken, the movie made, the trailers released, and the release date announced, Gordon notes the irony of the *Watchmen* movie: "after all of these years of rejection, this is the same project, the same movie, over which two studios are now spending millions of dollars contesting ownership. Irony indeed, and then some."

But fret no more, because the trial previously set for January 20 that would decide the fate of the movie is no more. Fox and WB settled the dispute outside of court: According to G4TV, Fox will receive up to 8.5% of *Watchmen*'s world box office receipts and millions of dollars in reimbursement for legal and development fees.



## Project Grad

Kimberly Kurtz  
Op/Ed Editor

Youth volunteerism is growing by leaps and bounds as high school and college students use the Internet to mobilize and help others. Kingwood seniors have the opportunity to do just that by volunteering and performing community service through KHS Project Graduation 2009 and White Oak Gives Back, a charity begun by White Oak Energy.

White Oak Gives Back will donate to Project Graduation for every volunteer hour a senior performs at an approved charity organization.

Some of these organizations include Habitat for Humanity, a well-known and respected organization who builds homes for those less fortunate. Right now they are working on building houses in Montgomery County.

Also listed is Lake Houston Family YMCA, who needs volunteers for BridgeFest on Saturday, February 7th and Special Kids Night Out on February 21 and March 21st.

Other approved organizations include A.A.B.Y. Foundation, The Emergency Aid Coalition, Be an Angel and FamilyTime Crisis and Counseling Center. Go to the KHS Project Graduation 2009 webpage for a complete list of approved organizations.

"I'm not asking you to take part in one day of service, I am asking you to make a lasting commitment to make better the lives of your fellow Americans – a commitment that must endure beyond one day, or even one presidency," President Barack Obama said.

Seniors who would like to volunteer and help raise money for their Project Graduation may contact Kathy Kurtz at [kjkurtz2000@yahoo.com](mailto:kjkurtz2000@yahoo.com).

# Obama fills Presidential Cabinet

Hannah Babich  
Reporter

With the presidential win behind him, Barack Obama has turned his attention to building his new administration. The President will nominate fifteen officers to his Cabinet, each serving as secretary of an executive department. The nominations will then be presented to the Senate. The Senate must approve each nominee before the officer is named secretary of his department.

"I look forward to this new administration," government teacher Paula Bailey said. "I hope people will give the new president a chance to tackle all the problems our nation is facing without being overcritical."

The first, and perhaps most important, nomination Obama has released is that of Democratic opponent Hillary Clinton for Secretary of State. As Secretary of State, Clinton will be in charge of carrying out the president's foreign policy. Hillary Clinton is the wife of former president Bill Clinton and will be the first former First Lady to hold a position in the Cabinet. Obama claims that Clinton has his "complete confidence."

"Hillary's appointment is a sign to friend and foe of the seriousness of my com-

mitment to renew American diplomacy and restore our alliances," Obama said in an interview with CBS.

Obama has chosen Tim Geithner as his nominee for Secretary of the Treasury. Geithner will be the chief economic advisor to the president and responsible for the financial management of the country.

Geithner has served as a Treasury department official under three different administrations and is currently president of the Federal Reserve Bank of New York.

Obama nominated current Secretary of Defense Robert Gates to remain in his position. Gates is the primary defense policy advisor to the president and is in charge of formulating and implementing defense policy. Gates joined the CIA in 1966 is one of many proposed Republicans for the Obama administration.

Eric Holder, former senior legal advisor on Obama's presidential campaign, is the nominee for Attorney General. If selected, Holder will be the first African American to be the nation's top law enforce-

ment officer.

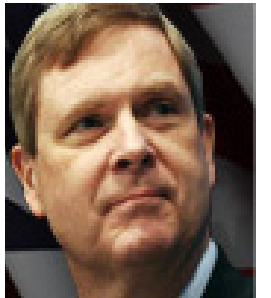
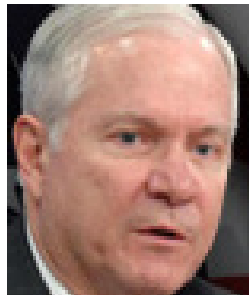
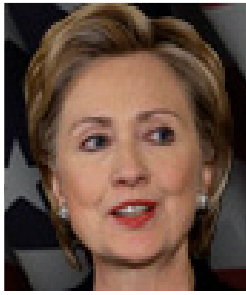
Secretary of the Interior nominee, democrat Ken Salazar, will be in charge of domestic drilling and the management of the nation's parks and wildlife refuges.

"It's time for a new kind of leadership in Washington that's committed to using our lands in a responsible way to benefit all our families," Obama said.

Tom Vilsack is the Secretary of Agriculture nominee and will oversee all food, farmland, and conservation policies. Vilsack is the former governor of Iowa and a proponent of renewable energy. Obama believes Vilsack has "been forward-looking in his policies," and will therefore be a valuable addition to his administration.

Secretary of Commerce nominee governor Bill Richardson withdrew his name due to pending investigations on the business dealings of his political donors. Obama has yet to name a replacement.

Along with the fifteen secretary positions, Obama has nominated Denny Blair for Director of National Intelligence, General James Jones for National Security Advisor, Leon Panetta for CIA Director, Susan Rice for U.N. Ambassador, Lisa Jackson for EPA Administrator, Robert Gibbs for White House Press Secretary, David Axelrod for White House Senior Advisor, and Rahm Emanuel for White House Chief of Staff.



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## New year, New President

Kimberly Kurtz  
Op/Ed Editor

For Inauguration Day, an estimated two million people crowded into the streets along the parade route and in front of the White House to witness history in Washington D.C. At eleven A.M. in Washington, President-elect Barack Obama had coffee with President Bush at the White House.

At noon on January 20th 2009, the 56th presidential inauguration took place. The United States witnessed the peaceful passing of power making Barack Obama not only our 44th president, but our first African-American president.

Guests were entertained by the U.S. Marine Band, which first made its debut for Thomas Jefferson's inauguration in 1801. Once the First Family arrived, Pastor Rick Warren gave the opening prayer and afterwards Aretha Franklin sang.

Like previous incoming presidents, President Obama commissioned a new piece of music to be played for his swearing-in. He chose John Williams, who also wrote the music for Obama's election night, as well as the themes for

Jurassic Park and Harry Potter.

Just after noon, President Obama was sworn into office by Chief Justice John G. Roberts, reading the following Oath of Office: "I do solemnly swear that I will faithfully execute the office of the President of the United States and will to the best of my ability, preserve, protect, and defend the Constitution of the United States." President Obama chose to take the oath of office on the same Bible that Abraham Lincoln used in 1861. Military bands then played "Hail to the Chief" followed by a 21-gun salute.

Our new President Obama then delivered his inaugural address to the nation, one which many watched intently to catch a hint of his goals and plans. The ceremony closed with a poem from Yale Professor Elizabeth Alexander, and a prayer from Reverend Dr. Joseph E. Lowery.

The president and vice president then attended a lunch as guests of honor held by the United States Congress, one of the only times the president, vice president, and both houses of Congress are in the same location.



# Musical Comedy Murders of 1940

Chelsea Williams  
Sports Editor

The theater program is putting on a production of John Bishop's "Musical Comedy Murders of 1940," starring Jon Teverbaugh, Andi Shrock, Kaitlin Bouzek, and Nicole Surratt.

"I'm really excited about this play," junior Cameron Purgahn said. "It's going to be really funny!"

"Musical Comedy Murders of 1940" is based on several 1940's mystery movies. The setting takes place in a mansion in Chappaqua, New York, where a number of people have gathered to read a new musical that has the potential of making it onto Broadway.

The characters involved had previously been associated with a musical in which three chorus girls were killed by the "Broadway slasher." The show has everything from Nazi saboteurs, secret passages, the blizzard of the century, homicidal maniacs and telephones that have gone dead due to a series of electri-



cal blackouts.

The cast and crew rehearse until 5:30 every day after school, but each student has their own way of preparing for the big night outside of rehearsal as well.

"I practice walking, talking, and reacting in character outside of school, too," junior Olivia Applegate said.



Senior Ryan Darcy, junior Sam Houdek, and senior Jon Teverbaugh rehearse a scene together in an after school practice. The play will premiere February 5 and will show until the following Monday.

Photos by Chelsea Williams

# Artist Profile: Jessica Sewell

Spencer Williams  
Reporter



**How did you get into art in the first place?**

It's quite a story. In PE class in the seventh grade, I was hit in the face with a hockey stick which busted my lip and knocked off several of my braces brackets. I decided to instead use my Taekwondo and lacrosse outside of school for PE credit, and the counselor stuck me in art class to fill the hole in my schedule. I ended up loving it.

**What is your favorite type of art and why?**

Realistic, and drawing mostly. I work a lot with colored pencils, charcoal and pen-and-ink. I also love making collages.

**What kind of art do you like to draw the most? Why?**

I would call my style realistic with a twist.- A lot of my drawings are meant to be as realistic as possible, but I'll often change it up by using a different color, changing the background or doing something entirely unexpected.

**Who were your major influences that got you started in art?**

My eighth grade art teacher, Mrs. Loper, was a really nice lady and encouraged me to stick with art through middle school and take more classes throughout high school.

**Who is your favorite artist and why?**

I love many of the artists from hundreds of years ago. Right now my favorite painting is definitely Vermeer's "Girl with a Pearl Earring."

**Where do you get your inspiration for your drawings?**

Nature, people I know, animals,

including both my pets and random visitors in the backyard, pictures I've taken on family vacations through Europe and Hawaii, eyes, various objects around the house, amazing architecture, and particularly beautiful sunrises and sunsets.

**What college do you want to go to and why?**

I'm still trying to decide what exactly I want to do with my life. At this particular moment my first choice college is definitely the University of Notre Dame. Not only have I been accepted, but they have a fantastic five-year professional architecture program that includes an entire year of study-abroad in Italy.

**Do you think that you would want to be an artist as your profession?**

It's hard to make a living as a pure artist, so I'll probably end up with a different professional career. However, I want to always keep art alive in my life.

**What do you like most about art and why?**

Art is probably the only class in which I look forward to working on my "homework" assignments, and each project is a challenge in itself, pushing me to try something new like using a different medium or releasing an emotion on paper. It's crazy and difficult and time-consuming, but at the same time fun, colorful and full of surprises. I love it.

**What is your favorite tool to draw with and why?**

Prismacolor colored pencils, because they come in so many vibrant colors and blend well.

# Valentines Day: Magic

Brittany Milam  
Reporter

Valentines Day: the holiday that is covered in everything pink and red, with "love always" at the end of every valentine and secret admirers that you will never figure out.

For those Valentine's Day lovers and romantics, Valentine's Day is viewed as a day created specifically for couples and people who love the idea of love.

Valentine's Day is often one of the least favorite days of the year because its purpose cannot be justified by everyone. However, the real definition of Valentine's Day is to let the ones you love know that you love them. Either way, half the school is dreading the once-a-year "love" day.

So what is there to do if you are single and dateless on Valentine's Day? Easy! Instead of making Valentines for friends, give your single friends a invite to a small dinner party at your house or grab

a few movies and veg out on popcorn and a few appetizers.

If you are not interested in hanging out with friend make it a night just for you.

Guys- Can watch the football game, play video games, work out, get a group of other guys together and play football, or get together with other single friends and just chill. If you would like to impress your parents, volunteer to babysit while they go out to enjoy Valentine's Day.

Girls- Can give themselves a facial, take a bubble bath, give themselves a pedicure and manicure, work out, or go for a walk.

There is no need to waste a day because of what it is called. Do something for yourself and enjoy not having to deal with a date. Since Valentines Day is a Saturday this year, it is possible to go on a trip or at least out of town. So go to



Photo courtesy of chinadaily.com

a museum, downtown or to the Galleria with friends. If you really want to surprise friends and family, wake up early and run to the grocery store. Get together a meal plan and spend the day cooking. By night you will have an amazing meal for close friends and family to enjoy.

Couples- Are any of you running low

on ideas for an amazing Valentines date that will sweep your girlfriend or boyfriend off their feet? Why not make it special and make him/her a candle light dinner under the stars. You could also buy movie tickets ahead of time (a movie that he/she has really wanted to watch) and grab a nice dinner beforehand.



# MAKE A STATEMENT... WITH YOUR PLATE

Monica Castellanos  
Feature Editor

Location, tradition, and social conventions dictate what and when people all over the world eat. Different cultures favor various condiments, mealtimes, and amount of food in a course. In the United States, family members' schedules influence when or if a whole family can dine together. Most people try to eat breakfast, what they consider to be the most important meal of the day, everyday. What about other cultures?

In Colombia, breakfast is a light meal that usually consists of arepa, a thick and bland tortilla with toppings, and cafe con leche, which literally means coffee with milk. At lunchtime, businesses close down generally from 12:00 to 3:00 so that everyone can eat a big meal with their families and then settle down for a siesta, or nap.

Vietnamese people eat fresh food on the floor in a circle. Breakfast is from 7:00 to 8:00, lunchtime is similar to Colombia's custom, and dinner is from 7:00 to 9:00 with up to twenty people in a household. Groceries are bought every day in order to have the best quality ingredients.

Junior Christina Ngo said, "My mom always wants to have the freshest food in our kitchen. She just goes to a grocery store to get whatever we need for



the next few days."

The Dutch have three meals a day, with dinner being the main meal for most people. It is centered around potatoes, the main ingredient in a traditional dinner. Meat, boiled vegetables, and gravy are also heavily used. In Holland, people ingest large amounts of dairy products, which leads some scientists to think this accounts for the high average height of the Dutch.

The unfortunate vegans in Holland cannot benefit from these extra inches. Vegans are people who do not eat any animal by-products. That means no dairy, no meat, no eggs, or anything else

that was in part produced by an animal. Vegetarians, who could be considered a milder form of vegans, do not eat anything directly made by animals. They will eat butter and drink milk, but still abstain from eating meat. Vegans, vegetarians, and other people that are not omnivores generally choose their eating habits for health, environmental, or religious reasons.

"Muslims typically do not eat meat that's not 'zabiha,' which means it's cut in the name of God and cut in a certain way, so that the blood of the animal is drained out. It's done for health reasons," junior Hira Rehman said. "There

are a lot of 'halal' (zabiha) restaurants and meat shops we get our meat from."

Usually these eating habits do not put the eater's life at stake, but sometimes these decisions can lead to disastrous consequences. One of these consequences is nutrient deficiency. Cutting out whole food groups is not healthy for humans, so many times daily vitamins are needed to ensure vegans do not become malnourished, anemic, or ill. Eating disorders, another consequence, can range anywhere from skipping some meals in hopes of dropping a couple pounds to eating the bare minimum needed to survive. Some people see vegetarianism as an easy trick to lose weight while others tell people they are vegan in order to disguise their anorexia or other eating disorder.

To guarantee that developing a new eating habit will not make the person physically or psychologically ill, they should focus on maintaining a reasonable motivation behind their decision and a healthy weight. A doctor would have the most reliable opinion on whether the desired eating habit will have adverse effects on a person's body and would be able to determine if vitamins are needed to sustain a healthy lifestyle.

## Omnivores: A Balanced Diet

Cole Gratz  
Reporter

Omnivores are species that eat both meat and plants as their primary food source. As humans, we are put in the category of being opportunistic feeders and as such, most people are omnivores.

"I couldn't see myself giving up meat. I tried limiting my meat in come for a week. And when I did, I didn't feel as energized or happy," sophomore Rachel Frericks said

Omnivores make up the majority of the population of humans, because of the healthiness of the variety of foods. People accept being omnivores because scientists have scientifically proven that with meat in diets, the human body operates at a better rate.

"I have chosen the ways of the om-

nivore eating habits because they fit me and my love for meat," senior Glenn Nichols said.

As shown in the food triangle, there needs to be three servings of milk, yogurt, or cheese per day, and two servings of meat, poultry, fish, eggs, and nuts. A vegan or a vegetarian will not be getting the vitamins and minerals that these foods have. They make up forty percent of the food pyramid.

"I get my mass of nutrition from milk and other kinds of meat all

through the day," junior Slade Solcher said.

Most meats contain an average of 34 grams of protein, 6 grams of calcium and 10 grams of iron.



Junior Patrick Freeman, an omnivore, eats pouched tuna with his lunch.

## EXTREME CHOICE Veganism

Brooke Ley  
Reporter

Many people can hardly fathom the eating habits of a vegetarian, but if a challenge is really what one desires, try going vegan for a day. The main motivation for veganism is the respect of lives, not only for animals but for humans as well. The strict and extremely healthy diet also helps improve the environment.

"The simple choice has powerful consequences," according to IDA USA, a website supporting veganism.

Vegan diets are absent of meat, all dairy products, and any other food products derived from animals. They do not approve of the harsh living conditions for animals that are to be slaughtered.

IDA USA believes that "a bolt gun or knife ends a life spent in hell."

Using animals in medical research such as tests and labs is also subjected to disapproval by vegans.

Fur, leather, and wool are absent from the closets of vegans because of the inhumane process used in killing the animals.

"I respect their decision, but I could never limit my diet like that," junior Amy Madden said.

Aside from saving animals, vegans want to help humans. The leading cause of death for Americans, heart attacks could be reduced if we were to become 'non-dairy vegetarians'. Deaths resulting from meat

poisoning would dramatically decrease, if not disappear. If we all were to lower and narrow our food intake in general, world hunger would be that much closer to termination.



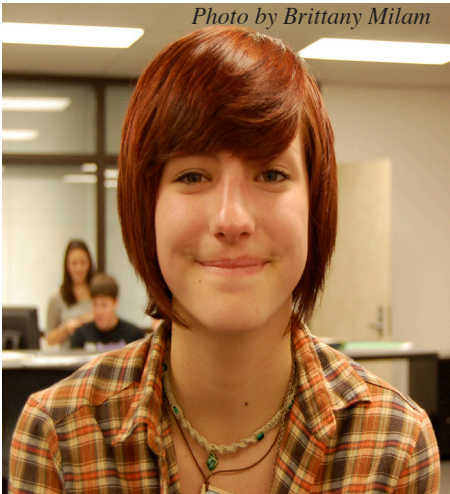
Vegan diets are absent of meat and any other food products derived from animals.



# A tough decision

## Being a Vegetarian

Brittany Milam  
Reporter



While many people enjoy the easy choice of stopping by McDonald’s for a double cheeseburger and small fries every once in awhile, it is not too often that they stop to think that not everyone eats meat.

Although vegetarians are not as common as omnivores, they are still around. Senior Stephanie Sano has been a vegetarian for six months now and although it has proved to be more difficult than she imagined, she is happy with her decision to stop eating meat.

“It’s a little difficult sometimes, like at restaurants when there’s nothing vegetarian on the menu and I feel like I’m being a nuisance,” Sano said. “It’s hard to find places that have good vegetarian food.”

Despite the many difficulties of being a vegetarian, there are benefits as well.

“I feel healthier, but you have to make sure you get your protein and take daily vitamins, or it’s easy to get really sick,” Sano said. “Since I’m already anemic, I have to eat sushi once a week, and I eat egg whites for extra protein, too.”

Along with the commitment to stop eating meat, many vegetarians also have to make a commitment to cook more often since the options are so reduced.

“I just got a new vegetarian cookbook for Christmas, and so far I really, really like everything I’ve made,” Sano said. “I’m diggin’ the veggie cheeseburgers, which have parmesan cheese, parsley, egg whites and fresh bread crumbs. It’s absolutely delicious.”

For those vegetarians at school, it seems as if the options for vegetarian meals are limited at lunch.

“I normally don’t eat lunch at school, but when I try it’s pretty difficult. I mean, you can always get a hoagie and just get veggies on it, but that gets pretty boring,” Sano said. “So, I usually just bring my lunch with me.”

Not everyone has a problem eating meat, while others find it disgusting. The important fact is to remember to eat healthy.

“Over a period of time, meat just started to look unappetizing. It wasn’t a fast process, it took about five months. When my mom made quail and gave each plate a whole bird- thats when I realized I just couldn’t eat meat,” Sano said.

# Something tastes fishy

## for pescetarians

Nick Doremus  
Entertainment Editor

Pescetarians eat fish, dairy products, fruits and vegetables. While they exclude red meat from their diet along with other vegetarians, they still prefer some form of meat in their diet. Some pescetarians prefer eating only a certain type of fish, while others are open to all types and forms of seafood.

“I do eat fish, but usually only in sushi,” senior Pam Richard said.

Aside from fish, dairy products are a major part of the pescetarian diet. Cheese and milk are two major forms of dairy that pescetarians consume every day.

“I just love my cheese way too much!” Richard said.

While meat-lovers view not eating

meat to be a difficult task, many vegetarians, including the pescetarians, do not miss it. In fact, some pescetarians eat fish only on certain occasions, while most of their diet consists of dairy products and fruits and vegetables. In fact, the diet of a pescetarian

is similar to that of a Mediterranean diet, where fish is the major form of meat consumed, along with fruits and vegetables.

There are several health benefits to being

a pescetarian. Eating red meat adds toxic chemicals to the body and can cause several health issues. Fish, on the other hand, is considered healthier and more beneficial to a person’s health.

“I made the decision to become a vegetarian and I think I will stick with it for a very long time,” Richard said.



Senior Ashley Hayes, a pescetarian, enjoys eating the vegetables provided to her by the KHS cafeteria.

# The Secret of Anorexia: A true story

Marieke Harrell  
Photographer

Like other eating disorders, anorexia is simple to define, but extremely difficult to understand. It is not a diet gone too far or a game for teenage girls or boys. People with anorexia are obsessed with being thin. They lose a lot of weight and are terrified of gaining weight. They believe they are fat even though they are very thin. Anorexia is not just a problem with food or weight. It is an attempt to use food and weight to deal with emotional problems. It is the truth for a mentally disturbed young adult.

Anorexia starts off with the way people view each other at a very young age, and then when teenagers hit high school being skinny hits strong. The girls want to be skinny because people put pressure on the way they look. With anorexia people will starve themselves to emaciation, or even death. If anyone suffers from an eating disorder, they need to seek help soon, before it is too late.

If you believe a friend is anorexic, confront him or her, in a compassionate way and be understanding. There are treatment centers out there that are not expensive. Let them know that they are loved in every way, and that they are beautiful and perfect in their own way. If anorexia is not treated, serious problems could result.



### True Story:

I am a senior and have been living in Kingwood on and off for about six years. I have been dealing with anorexia for five years now. My weight is a big issue for me. When I look in the mirror I do not see what many people see me as. I see a girl with fat here and fat there. I see a body figure that is not perfect. Anorexia all started off with someone every day telling me I was fat, and then when I started dating I had horrible boyfriends, and they told me the same thing.



I had also dealt with a lot of issues as a little kid and used it as a way to deal with emotional problems. All I wanted in life was to be beautiful to someone, and I thought I would never be loved unless I was skinnier.

I have started getting treatment for this disease; I go to group meetings with people who are just like me. These meetings are different than I would have thought because there is a mix of both boys and girls. I got to know some of these people and hear their stories, which are similar

to mine. Many people who are anorexic have gone through troublesome childhoods or had a traumatic incident. The way I think, my weight is the only part of my life I can control. This is because my life has become unmanageable to me. Since I cannot control my life, I will try to control my body.

I will live with this disease for the rest of my life. No matter how old I am, I will always be concerned about the way I look to other people. Am I skinny enough to them or am I pretty enough? I do not see these characteristics inside me. What I see is a broken girl, with too many problems. I see myself as weak and unable to be loved.

I believe my eating disorder could have been avoided if only I did not care so much about the way people view me. Maybe I would not have an eating disorder if others did not call me ugly and fat, or maybe if I did not get bullied around middle school and high school, things could have been different. All I know is, I am not ashamed of telling the whole school my story because I would not be the same person I am today without it. Today I am a strong young woman who has impacted lives already and done some good. I am not afraid of the way people view me or what they are thinking. But all in all, I am, and will always be, anorexic.



# LOCAL CONCERTS COMING SOON

Hannah Babich  
Reporter



Although it is typical to suffer from post holiday depression, there are plenty of upcoming events to keep the joy alive. Houston will play host to a deluge of concert events in the coming months. From the acoustic sounds of Brett Dennen to the piano powerhouse duo of Billy Joel and Elton John, the options are practically limitless.

Kyle Riabko, star of the hit Broadway musical “Spring Awakening,” took a break from the traveling production to kick off the entertainment season at Warehouse Live on January 12.

“It was a really awesome show. They had a really unique staging,” senior Emily Zinsitz said about the Broadway show.

Scott Weiland, former front man for The Stone Temple Pilots, pro-

moted his second solo album with a stop at Warehouse Live on January 17. Thee Armada, a local Houston pop-rock band kicked off their Back to the Futour tour on January 16.

“I’m glad a local Houston Band is finally getting some attention,” senior Nick Panzarella said.

Acoustic melodies dominated the stage yet again when Brett Dennen stopped at Warehouse Live on January 22 for his Hope for the Hopeless Tour. Soul singer John Legend rocked the Verizon Wireless Amphitheatre with Estelle, known for her hit song “American Boy,” on January 24.

“ ‘American Boy’ is a great song. It’s the only one I like Kanye West in,” senior Alice Rornez said.

Legend visited Houston on his Evolver World tour which included

trips to Dubai, Zurich, and Amsterdam earlier this year. February continues the concert craze as the Killers bring their unique sound to the Verizon Wireless Amphitheatre on February 2. Texas will be the band’s last stop before taking their tour overseas.

“The Killers are a good band. I’m sure they’ll be great live,” senior Lauren Hahn said.

Joshua Radin travels to Warehouse Live on February 10 before taking his tour overseas in March. Slightly Stoopid pays a visit to Houston performing at Warehouse Live on February 13. Matt Wertz will play at Warehouse Live on February 19 and Billy Joel and Elton John bring their combination Face 2 Face Tour to the Toyota Center on March 19.

## Jolie Vie

Anna Hojnacki  
Reporter

New stores and restaurants are popping up everywhere in Kingwood, including Jolie Vie... located in Town Center, on the corner across from Burger King. In a prime location, Jolie Vie... is getting business from high school girls and women alike, becoming the ‘new’ thriving business.

“The store is a great addition to Town Center!,” junior, Kim Jones said. “I don’t have to go all the way to Humble to shop.”

A boutique geared towards young contemporary women, Jolie Vie... is the brainchild of Kimberly Pruitt and Shelley LeBlanc, Pruitt’s moth-

er. Here in Kingwood where creative stores are lacking, Jolie Vie... rose to the occasion.

“I like to get all my skin stuff at Jolie Vie...,” junior, Sydney Ware said.

Jolie Vie... has merchandise ranging from clothes to accessories and skin care. Packed full of fashion forward clothing, it is hard to leave without a purchase. After having several partners and stores in Houston, Pruitt moved to Kingwood and opened shop in Town Center.

“I’ve always wanted to open a store, and Town Center seemed like the perfect place to start in on the boutique business,” Pruitt said.

## 7 Pounds

Nick Doremus  
Entertainment Editor

Ben Thomas (Will Smith) has a purpose. While this purpose is not evident in the beginning of the movie, it eventually, through flashbacks and dialogue, reveals itself. He places himself in the way of 7 strangers who need different medical procedures: heart transplant, kidney transplant, etc. These strangers at first oppose his wishes to help them, but eventually they, one by one, accept his offers. One individual in particular, Emily Posa (Rosario Dawson), begins to fall in love with Ben. At the end of the movie, all

of the flashbacks and pieces of the movie that once did not make sense became clear, with a surprise ending.

This movie has supreme acting and was very well written. It is a movie that has a purpose: giving to others really does make yourself a better person.

The movie has very good camera angles, all of which add to the clarity and quality of the movie.

I would recommend watching this movie. It is a very emotional and causes anyone watching it to examine themselves.



## 838 Sushi

Anna Hojnacki  
Reporter

If you are in the mood for sushi, 838 is the place to go. With a wide range of oriental food, 838 appeals to even the pickiest eater. The prices are low, and the atmosphere is cozy. Forgotten in the Atascocita Kroger’s parking lot, 838 Sushi is a diamond in rough.

On Mondays a ‘happy hour’ is offered, with twenty per cent off on all sushi. The menu ranges in price from about 99 cents to ten dollars. For the less adventurous, 838 has the standard California and Philadelphia Rolls, filled with imitation crab, salmon, avocado, and cream cheese. And for those that are hoping for a more exotic experience, there are Okinowa Rolls, that contain tuna, salmon, yellow tail,

imitation crab and cucumber. With choices of soup, tempura, various Asian appetizers, and sushi, 838 is a prime spot for any Oriental craving.

As soon as you walk in, you feel welcomed. The lights are dimmed low, and water features provide ambient noise. A sushi bar is the focal point of the whole room. The restaurant itself is small, with space for about twenty booths, but an outdoor patio expands seating in the warmer months. The staff is very accommodating, placing your order quickly, and providing assistance when ordering.

All in all, 838 Sushi is the perfect place to try out something new. It keeps you wanting more and anticipating your next visit.

## Yes Man

Nick Doremus  
Entertainment Editor

Carl Allen (Jim Carrey) is a man who is afraid to take chances: within his job, with his friends, and with everyday strangers. One day he visited a seminar that taught him the power of saying the word “yes.” Since Carl is a new member, he is assigned to say yes to everything that someone asks of him. Following along with the power of “yes,” he gives a homeless man a ride home, he goes skydiving, and he even met the girl of his dreams, Allison (Zooey Deschanel).

The movie did not live up to its

expectations. It was one of those movies where you sit there thinking that it is funny, but never laugh out loud.

The graphics were very good for this “lower” budget movie. It was clear and crisp. Additionally, the angles in the movie were very clean and precise, and did not become either too static or too shaky.

I would recommend watching this movie on DVD rather than watching it in theaters. It is not worth the \$9.50 that it costs for admission at a normal movie theater, but it is still a fun comedy to watch.





# Faculty places more restrictions on students

Sadie Porter  
Photographer

With the new semester came new parts of the building, more space,

and many other positive aspects. Although the layout of the school has improved, some would say rules have tightened up and placed more restrictions on the students.

Sweeping people down the hall for being merely seconds late to class, which causes them to miss more class

than they would have, and preventing us from going upstairs or in the hallways during lunch are juvenile restrictions. In attempt to regain some control from our laid back environment, teachers and principals seem to have become power hungry.

The hallways should not be roamed without objective, yet some students may need to go to their locker after and before they eat, since we have much less passing time. Some may find lunch as a

time where they can exchange books they need to carry. Simply going to your locker to grab a book during your lunch should not be a violation of a rule.

Food transportation is another issue on which students disagree with the teachers. Not being able to even bring a bag of chips out of the caf-

eteria is a ridiculous rule to follow. When a student does not have time to finish what they eat in lunch they should be able to keep it with them, with in reason. This rule makes no sense to me, especially because



the parents and sometimes students themselves, are paying for the food they buy at the cafeteria lines. Also, the food restrictions get in the way of having holiday parties and celebrations.

Another of the restrictions is shorter passing periods. Being put under a six minute clock for some students is a task close to impossible. Although the nine minute passing periods from the previ-



ous years seemed to be more than enough there were still others struggling to get to classes. Even with the t-buildings gone there are some people who have a tricky combination of rooms, making them

hard to reach in six minutes. Some students even have to make it from the art classes to a 4100 hallway class on Wednesdays, or have a sixth period class past the natatorium that they have to make to the top floor science wing from! Needless to say, six minutes is definitely cutting it short for some of our students.

# Tardy Sweeps

Cali Apodaca  
Indepth Editor

After returning to school from a much needed Christmas break, I soon learned that a new program called tardy sweeps was going into effect. At first I was puzzled, not knowing exactly what this program would entail.

When I learned the details of this program, my reaction was a mix of disbelief and shock. Disbelief, because I could not believe that this was Kingwood High School's way of solving the epidemic of student tardies. On the first day back on the announcements I recall overhearing Mrs. Hayhurst say that this epidemic has been caused by the students becoming so comfortable with being tardy

due to all of the construction and use of the T buildings and that being tardy also causes an unacceptable disruption of class. This may be true, among the many other reasons why students choose to be tardy, but, enstating this program immediately as we return from break and as soon as the majority of the construction has stopped is neither fair nor sensible.

Our school has been going through constuction for several years now. I am also willing to admit that many students have become comfortable with getting to class a few minutes late by using the construction as a crutch; however, as soon as the construction comes to a end, the tardy sweep program goes into effect. I feel that the student body was not even given a chance to shape up and start getting to class on time. Our principals could have made an announcement when we returned from the break, perhaps giving the students a set time period to try and change their tardy ways and if they saw a significant drop in the number of tardies at the end of that time period then the problem would be solved. There could even be a second announcement rewarding the students for their complete turn around.

Instead, when a student has been "swept" they are told to go to the nearest principal's office to stand and wait in line for the amount of time that will be required to get through all the students who have been swept up during that passing period and receive their tardy, D-Hall, or Saturday/Thursday class right then and there. Meanwhile, classes are continuing, with their doors

locked.

Finally, when students arrive to their class after being herded into the nearest principal's office like a bunch of cattle, they must knock on their classroom door, which has been locked, for the teacher or a student to DISRUPT the class from what they were doing and open the door for the student. In my experiences, drawing everyone's at-



tention to whoever has to open the door is not the only disruption due to the tardy sweep program. Many of the students like to ask the person who just underwent the horrific process of being swept about all the details of what happens, which definitely qualifies as

yet another disruption caused by the flawless, so-called savior of all tardy problems at KHS, the tardy sweep program.

Also, this program not only affects the students but the teachers too. Teachers on their off period are designated to stand in a certain area and wait to gather all the students who were not able to make it to class on time and escort them to the nearest principal's office. Many teachers would use that time to catch up on grading, answer emails, make copies, prepare lessons, much needed leisure time during 7 hour work day and only a 30 minute lunch break, and many more of the million responsibilities that rest upon the teachers.

Personally, if I were a teacher, I would be offended by minimizing my extra work time to participate in a program such as the tardy sweeps. On the contrary, many teachers, recieve so much pleasure from doing their part in the program that they have even gone the extra mile to bring brooms to school and literally sweep students, and some have thought that it would motivate students even more if they were to throw nerf balls at them. It seems to me that the entire staff has also caught an epidemic of the wonderful feeling they get from being in positions of power may feel like. Weather it is a felling that should be used over and over agian, maybe even abused, is the real question.

Everyone has their own different oppinion about tardy sweeps, but it is another rule at Kingwood High School that must be followed.



Nicole Kearney  
Player Profile

Cali Apodaca  
Indepth Editor



Nicole Kearney has been involved in track all hroughout her High School career. She has earned quite a name around the track for being one of the hardest 4 by 4 runners KHS has seen.

Q: What has been your motivation to continue running track all of these years?

A: “Well the biggest reason I love track is because of the girls. We are all so close, its like we are one big track family. And staying in shape is also a big plus.”

Q: Will you be continuing your track career in college? Why or why not?

A: “No, because it is very time consuming and I will really need to be focusing on school at that time. Also, it just wouldnt be the same, running track for KHS is something I really loved and enjoyed. I wont be able to experience anything else like it”

Q: What is you favorite type of weather to run in?

A: “It would have to be a day where it is 65-70 degrees outside, the sky is clear and the sun is shining.”

Q: What is the worst weather to run in?

A: “If it is too hot then you are sweating like crazy and its hard to breath. If it is too cold then you are weaing a bunch of layer and if you get too hot then you cant take them off because then you will be too cold. There is no comfortable area in between.

Q: When is the first track meet? Are you excited?

A: “[The meet is] Feburary 4th. Yes and no. yes because it is great being with your friends, going out and winning meets and all the competition and rivalry. No, because it can get very stressful and there is a lot of pressure on you.

Q: Have you every gotten any injuries?

A: “Nope, nothing ever extreme just shin splints every now and then, knock on wood.”

Fresh on the Field

Spencer Williams  
Reporter

Soccer is known across the world and is one of the most popular sports. That is no exception here in Kingwood. Our soccer teams are well known for winning many titles and championships over the years, and adding the freshmen to the teams will not slow them down at all.

“Transition from different leagues to high school soccer affected my game a little, mostly because of the new people and its faster pace,” freshman Alexis Quintanilla said.

In soccer, positive interaction between players is extremely important. Now that the freshmen are coming from different schools they all must learn each other and be able to work as a team.

“I feel great about the freshmen team this year,” Quintanilla said. “We have really strong players and we have learned to work together as a team very well.”

Some say that you really have to have a passion for the sport to be able to play high school soccer and juggle friends and school.

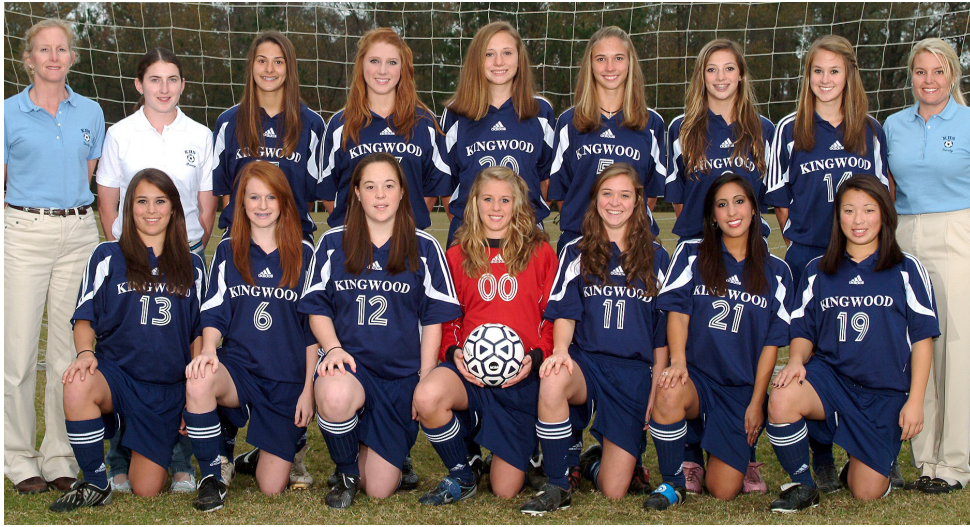
“I love playing the sport,” freshmen Kaitlyn Fitz said. “I love the rush of scoring a goal in the final minutes. My favorite part is playing with all of my talented teammates and the first walk on to the field before the game to get ready.”

Some people are just born with natural talent to play a demanding sport like soccer, and others have to work very hard to be good enough. It is the coaches job to teach the skills necessary for the game.

“I feel that the coaching staff is amazing here,” Quintanilla said. “They have taught me so much about the game, and how to improve myself.”

High school soccer is not all about the competition. When you are on a team, you build a bond with your fellow teammates that can outlast the season by far.

“I definitely want to stay in soccer throughout my high school career,” Fitz said. “ I want to stay because of the team, my teammates, the great coaching and my love for the game.”



On The Run

Chelsea Williams  
Sports Editor

With spring comes flowers, light showers, and the sound of running feet. It is track season once again! Time for hurdles, shot-put, and of course, those short track shorts. The track students have been waiting all year for spring. No, not so they can smell the pretty flowers, but they can make Kingwood proud in track and field.

“The meets are so much fun,” junior Victoria Mannon said. “It’s not like when you are working out cause you get to support each other and just hang out.”

Pre-season training officially starts when school begins, but district does not begin until the end of January. In the mean time they are working hard and getting the best times

they can get before district. That is hard work, but that is only the beginning. Once district starts, these boys’ and girls’ lives revolve around track and school.

“We have a huge warm-up so we don’t hurt our muscles,” Mannon said. “Then we practice after school till 3:45, even when we don’t have class.”



Track girls warm up for their daily practice under the watchful eye of their coach.

Photo by Sadie Porter

Varsity track meets are held most of the day on Saturdays, while junior varsity and freshmen meets are held on Tuesdays after school.

New club  
flies into  
Kingwood

Kelsey Spinnato  
Copy Editor

Junior Stephanie Mendoza started the new Quidditch club just before the winter break. They played about once a week at the beginning, but now that school is back up, Mendoza plans to have the group play only twice a month.

Quidditch uses three balls: a football (the quaffle) and two soccer balls (the bludgers). Each player must run with a broom and have a position. The beaters throw the soccer balls at the other players and the chasers pass and score with the football. If a player is hit by a bludger, they have to drop the broom and football.

“I started Quidditch at Kingwood because I thought it would be fun,” Mendoza said. “I’ve always wanted to play it. A friend of mine sent me a Youtube video of Middlebury College playing Quidditch and I copied what they did.”

Quidditch is violent but the players are not competitive, making it fun for everyone to participate.

“If you love football, capture the flag, hide and seek, and chase, this is the perfect sport,” Mendoza said.

Quidditch is described as rugby on brooms. Once the ball hits the ground, it is free game, and team members wrestle to gain possession.

“At first, Quidditch sounded extremely nerdy, but once I started playing, I realized that it’s pretty non-nerdy, intense, and amazingly fun,” senior Jaime Altermann said.

Many of the members of Harry Potter Club also play Quidditch but that is not a requirement. A number of college students joined in over the break to play. With the combination of sports that make up Quidditch, anyone can be good at it.

“Quidditch has been one of the best things about this school year,” senior Sharon Mika said. “I’ve gotten to know a lot of different people, and gotten to have sort of a recess experience.”



Junior Chris Flood makes a quick dash toward the goal with the “quaffle”, played with a football.

Photo by Kelsey Spinnato