



In an effort to lower the levels of vandalism that have plagued Halloween in past years, police warn that during school hours they will be picking up any roving teenagers. Some adults suggest extending the school day on Halloween so that teens will be less likely to vandalize neighborhoods. Photograph by Jolijt

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Students Are Growing..Growing..

Eating healthy has become old fashioned for many children and teens nowadays. Vegetables and fruits have been replaced by chips and candy bars. Long hours of television, lack of exercise, and poor eating habits are some of the many factors contributing to the growing problem of childhood obesity in the United States. This rising epidemic is risking the health and well being of today's youth. According to the NYC Department of Health and Mental Hygiene, 27% of all the kids that start pre Kindergarten are already overweight. Also, the National Center for Health Statistics published a study that says that 17% of children and adolescents 2-19 in the United States are overweight. That number represents over 12.5 million youngsters. In fact, experts at the University of Michigan believe that "obesity is common enough among children that we can consider it an epidemic." However, consuming healthy food could be a challenge for young people. There is no easier way to tackle hunger than by grabbing a 25-cent bag of chips from the corner store or a fatty burger from the popular dollar menu, full of cheap fries and sugar filled ice cream cones. The food is not only cheap, but also tasty, and can fill you quickly and inexpensively. On the other

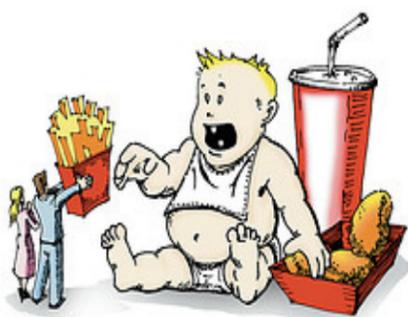
hand, healthy eating could be an expensive deal. Not too many children can afford to pay \$4.95 daily for a white meat wrap. Or to pay \$9.99 for a pound of low sodium Boars Head turkey breast at the local supermarket.

Concerned about childhood obesity, the government and educational organizations are trying to cut down on the unhealthy snacks sold to students in public schools. In New York City the Department of Education "follows healthy food guidelines in the development of meals for the school breakfast and lunch programs and is in the process of raising the nutritional quality of food served to New York City students".

Other organizations around the country will stop at nothing to prevent or halt childhood obesity. They will even bribe. In Arizona, a sponsor of a healthy bill offered \$50,000 to high schools that get rid of sugary snack and drinks. According to an article published in the Arizona Republic newspaper, 50 schools would get the reward

for clearing up the goodies from their cafeteria.

But many will agree that schools cannot do it all alone. One of the biggest hardships for kids nowadays is resisting all the TV ads directed to them. Junk food is all around, and children can hardly escape the temptation. According to the organization Commonsense Media, kids see one food commercial every five minutes during Saturday morning cartoons, most of them announcing foods high in fat, sugar, and calories. Large companies such as Pepsi, Trix, and Kellogg spend millions of dollars advertising to kids. Childhood obesity has serious consequences.



As said by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) obesity impacts the health of youngsters in many different aspects. Some of the health consequences involve high blood pressure, breathing and sleep complications, hip problems and poor self-esteem and depression. The Center for Diseases Control sustains that

"since 1980 obesity rates have doubled among children and tripled among adolescents", costing hospitals millions of dollars. The picture gets more complicated, since statistics show that 40% of overweight children turn to be overweight adults.

In the past 20 years there has been a great increase in obesity in the United States. If kids and teens want to stay healthy and fit, there are recommended amounts of vegetables to be digested each day. According to Dr. Vincent Iannelli, girls ages 9-13 should have at least 2 cups of vegetables each day, boys of the same ages should consume at least 2 1/2 cups of vegetables a day. Girls ages 14-18 years old should have 2 1/2 cups of vegetables a day as well. You should also exercise regularly. It is suggested that if you are not fond of exercise, you work with a friend to make it enjoyable. Even just being outside daily for an hour can help kids in shape... and healthy.

In spite the efforts of the schools, and other organizations, nobody can force children and adolescents today to eat healthy, only they and their parents can make a decision about it. US families hold the key to solving this epidemic, preventing this problem from growing any larger.

By Paulina Calistru

Grandma Jenkins Writes Advice

Dear Grandma J.,

I have this friend who I really like but i have no idea if he likes me like a girl-friend what should i do to find out if he likes me????

love,
LOVESICK

Dear LoveSick,

I think that you should wait and see if he shows any signs that he also like you. You shouldn't rush into somethin you dont think is going to happen or work out. I f you cant hold yourself and you just want to tell him, make sure you tell him when you guys are by yourselves. Dont make it so public because it would turn out in a awkward situation. :] Good Luck

Love Grandma J.

Dear Granny J.,

I have this friend

Cooking With the BACC Rag

This is a recipe by Jolijt Tamanaha. Though the combinations sound weird the taste is delicious. Enjoy!!

Banana Marshmellow
Chocolate Chip Muffins

2 cups all-purpose flour
1 cup white sugar
1 cup mashed ripe banana
1/2 cup margarine
1/2 cup butter
2 eggs
6 tablespoons milk
2 cups of marshmallows
2 cups of chocolate chips
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt

In a medium bowl mix flour, baking powder,

who i've known for like ever, but lately he hasn't been acting like himself. How can i tell him that he's acting like a totally different person with out hurting his feelings?

Love,
Anonymous

Dear Anonymous,

Well if your friend has changed completely then you shoul tell him. Dont be so aggressive be calm because if your mad then you will get him mad. If you dont tell him that you hate the way he is then your basically not a true friend. If you really care about him then you shouldn't have any problem in talking to him ALONE. Choose carefully what you want to tell him dont hurt his feelings or say something you will reget.

Love Grandma J.

Sugar and Spice

School is in full swing, and we have almost completely gotten used to it. School is school, and we have to adjust to it, but there is one thing that still annoys me. What's up with the locker situation??? We have been lugging books, binders and whiteboards (Chinese students) around for more than a week now and our backs are killing us, at least mine is. Maybe by the time this article comes out everything will be organized and we will have our lockers. But doesn't it strike you as odd that when school first started a lot of things were disorganized. Our advisories weren't set up yet, our lockers were distributed and our advisory rooms were not assigned.

Some of us may not have cared that much, others might have been really frustrated, and a few might be completely oblivious to what I am talking about. To those who are aware of what I am saying, don't you think a school should be a little more organized on first day of school. It is neurotic enough on the first day of school but there are some things that should be set, just to save some trouble. And now many of us are suffering with our giant book bags, because of the poor arrangements made in our school.

Now don't get me wrong, I love BSGE, it is a great school and has some of the greatest teachers I have ever met, but we need to get it together.

Now, I have another question: why didn't we ac-

The SHATS

On the 27th and 28th of October, the 8th grade students of BSGE are taking the Specialized High School Admission Test if they wish to enter a specialized high school, such as Stuyvesant, Brooklyn Tech, Bronx Science, and 5 more. This test is very strenuous for many students, because it is difficult, and proper training is needed. Because this admission test is extremely hard for the 8th grade level, lots of students have extra help by tutor, after school, etc... Some students have studied extra hard to get into the best of the best. But not only 8th graders were to take the test, 9th graders had the chance to take the test (on Nov. 3rd and 4th). Make up tests for students who could not take the tests on the dates they were given, is on Nov. 17th and 18th.

8th graders were given 3 booklets about the Specialized High Schools last year. One book was a guide to all the High Schools in New York (which was extremely thick), another book was a book with practice tests for students to experience how the test will be

knowledge the anniversary of September Eleventh? We should of a least had a moment of silence. Did everyone coincidentally forget or something? My sister had a moment of silence in her school and my friends from other schools all did something to remember 9/11. Why didn't BSGE remember?? I felt so embarrassed when my friends and my sister asked me what my school did and I pathetically replied nothing.

Now about the school supplies. I understand that binders are needed but what's up with those teachers who demand two, three, four, five inch binders. Okay I'm exaggerating, but they know we didn't get our lockers immediately and that even the lockers have limited space. Yet they still demand a billion books and binders. Our book bags cannot hold anymore, we all look like we are going camping with these enormous bags. HAVE YOU NO SYMPATHY?????

I wonder if Myspace is still popular... To me it is the most idiotic thing since boys wearing jeans 25 sizes bigger than their own size below their butts, but that was just a random thought. Those were my opinions on the first few weeks of school. Like I said school is school, we all have to deal with it but I think that teachers and those in charge should take some responsibility in making it halfway tolerable. Our school is doing pretty well compared to others but there is always space for improvement.

like. The last book is just couple of pages with tips and surveys. If the tips for taking the tests were read by the test takers, the tests would be less painful and stressful.

There was an application to be filled by students and parents. It was a sheet where students fill out the 12 regular High Schools they want to attend. You had to choose carefully because the order you put your High School because it was also they way you rank the High Schools. If you put BSGE as your first choice and L.I.C your second, then that means that IF your first choice chooses you, then it would be mandatory to attend BSGE because it was your first choice. But if your first choice rejected you and your second choice choose you, then you HAVE to attend L.I.C. Ranking and High School choices are really important. High Schools mostly lead your life to your future, so it's important to choose a right High School for yourself and for your education.

By Seong Ae Hung

Book Review: Zig Zag

Review:

Ellen Wittlinger, author of many other teen books including *Hard Love*, awes us with a realistic-fiction novel of hardships, a long distance relationship, the struggle of two vulnerable kids who have just lost their father and one cousin who wants to fix it all. Robin and Chris have been a couple for two years now and have made plans to spend everyday of their last summer together. Chris' parents offer him a trip for a summer learning program in Rome. The gift being too good to refuse leaves Robin crushed - all of their romantic plans automatically cancelled. Ironically, Robin's aunt, Dory, whose husband died two years ago, offers her a spot on a road trip to Los Angeles, California, stopping everywhere in between. The catch is that Robin will have to take turns driving with her aunt and help out with her two kids, Iris and Marshall. Robin, however, unsure about dealing with her two annoying, stuck-up cousins decides to go along for the ride.

Along the way she finds out that her family is more crazy and problematic than she can remember. Iris, a thirteen year old girl, suffers from bulimia and obsesses over her weight constantly. Marshall, a ten year old boy, is petrified of the smallest things ever since his father was hit by a taxi while crossing the

street. He draws to relieve stress and never wants to talk about the problems he faces. Dory, their mother, turns her head when her kids misbehave or show obvious signs of not being okay. She doesn't want to admit that her life isn't as perfect as it was when her husband was alive. Throughout the trip, Robin becomes friends with both Iris and Marshall and wants to help them as much as she can. Along the way, Dory gets injured in a car accident and Robin is forced to become the parent for the remainder of the journey. Robin can't continue to see her cousins suffering since their father died only two years ago. Robin takes on a lot of responsibility in one summer and learns something very important about herself; she is someone without Chris by her side.

Recommendations: This book was absolutely amazing, definitely worth the read! Wittlinger, the author, was descriptive and told the story well - as if we, too, had tagged along for the road trip. This book reaches out to young adults and teaches us about teen love, inner strength and moving on after a crisis. "Traveling takes you out of your usual routine and allows you to see other options for your life," says Wittlinger on her book, *Zig Zag*.



By Bianca Martinez

Tarantino's Magic In Fiction is Fact

With a cast headlined by John Travolta and Samuel L. Jackson, Quentin Tarantino did not need much help in making a modern-day masterpiece. Originally known as "Black Mask", *Pulp Fiction* provides a severe level of intensity and shock throughout the film, mixed in with the dark humor of its two main characters - Vincent Vega (Travolta) and Jules Winnfield (Jackson). These two characters take a series of twists throughout the film, having their lives intervene with the lives of 4 separate criminals all in one night. Originally released in 1994, many say that *Pulp Fiction* was the gateway to a generation of violence in modern film-making. Running almost three hours, *Fiction* is packed with climatic amounts of violence and gore, and although it doesn't sound very appealing, it's what makes the film so special. Tarantino manages to take a constant explosion of violence throughout the film and expand on it mentally and humorously, giving the film a mind's worth of creativity and a decades worth of discussion. Acclaimed critic Mick Lasalle of the *San Francisco Chronicle* had this to say, "It is an exhilaration

from beginning to end. It's the movie equivalent of that rare sort of novel where you find yourself checking to see how many pages are left and hoping there are more, not fewer." Raging past other classics such as *A Clockwork Orange* and *One Flew Over The Cuckoo's Nest*, *Pulp Fiction* is ranked 5th on the IMDB top 250 movies with an 8.8/10. Although it's not recommended that you watch *Pulp Fiction* on a weak stomach, the dialog alone will leave you gripping your couch and not wanting to get up for a second of the 168 minute classic. If you walk out of *Pulp Fiction* feeling that sense that something powerful has just overtaken you like many people have felt, then you should look into other cinematic thrillers by this mastermind of film-making. *Reservoir Dogs*, *Jackie Brown*, and most recently famous, *Kill Bill 1* (and 2). Tarantino has not yet made a film that doesn't show brilliance. And *Pulp Fiction* is easily at the top of the list. "Pulp Fiction" can easily be watched over and over again - just be aware that the first time you see it it'll hit you like a bullet. By Daniel Fridman

2008 Presidential Campaign for Dummies

As many of us should know, the United States holds elections every four years. The president is chosen by the people and for the people through a process called voting. To vote you must be 18 or older and must be a U.S. citizen. However, it is significant for us to understand that what constitutes an election is more than just the buttons we press.

Running for president starts about 1 year before Election Day. This gives time for the people who want to run to choose their party, make sure they are adequate for the position, raise money and begin their campaigns. To make sure they are adequate they must fulfill certain criteria. They must:

Be a native born citizen of the U.S.

Must be at least 35 years old

Must have lived in the U.S. for at least 14 years. The potential candidates, people who want to run for president, then go through a series of presidential primary elections which narrow down the candidates per party. These are the people who are represented by the delegates, people who are elected to represent a party.

After the potential candidates are narrowed down to candidates, they execute many campaigns. In these cam-

paigns they travel around the state making themselves acquainted with the people and their needs, demonstrating care and seeking genuine approval from the citizens which they hope to rule. This process is quite expensive since it is in charge of the advertisements, the meetings and the places that the candidate can afford to go. People enjoy the campaigning time because it gives them a chance to get to know the candidate and observe and research any whereabouts that would influence their decision.

Later, having heard the candidates speak formally in debates, and informally one-to-one, the people of the U.S. vote on the first Tuesday after the first Monday in November. The people enter a room where there are booths. Inside the booths there are voting machines which have the names of the candidates. The person pushes the buttons and has just cast a vote. Nonetheless, the person is not voting directly for the president, he or she is voting for an elector, that which constitutes the Electoral College. The electoral college constitutes a group of 583 people chosen by the popular vote on election day who in accordance to their party will be the ones who cast your vote.

Last but not least, the votes are counted and

the winner is announced. **DIFFERENT PARTIES:**

Main Two:

Democrats- people who believe in the political or social equality of all people; Promotes the election of candidates by the people.

Republicans- having the supreme power lying in the body of citizens entitled to vote for officers and representatives responsible to them or characteristic of such government;

Third Parties:

Libertarians- emphasize liberty in trade and is in accordance with complete protection of the individual from the government. Green- democratic ideas however, includes interest in environmentalism and local autonomy (self-rule).

Constitution- emphasizes patriotism and traditional ways. Anti-communist and Anti-authoritarian. Independents- candidate with no political party. Signifying neutrality between parties or dissatisfaction towards what they stand for to adequately represent his/her point of view.

2008 US PRESIDENTIAL CANDIDATES

DEMOCRATS

-Hilary Clinton

-Joe Biden

-Christopher Dodd

-John Edwards

-Mike Gravel

-Dennis Kucinich

-Barack Obama

-Bill Richardson
REPUBLICANS

-Rudy Giuliani

-Sam Brownback

-Mike Huckabee

-Duncan Hunter

-John McCain

-Ron Paul

-Mitt Romney

-Tom Tancredo

-Fred Thompson

LIBERTARIANS

-Daneil Imperato

-Bob Jackson

-Mike Jingoian

-Steve Kubby

-Alden Link

-George Phillies

Wayne -Allyn Root

-Christine Smith

GREEN

-Jared Ball

-Elaine Brown

-Jesse Johnson

-Jerry Kann

-Kent Mesplay

-Kat Swift

INDEPENDENTS

-Steve Adams

-Donald K. -Allen

-Blake Ashby

-John Taylor Bowles

-Don Cordell

-Jon A Greenspon

-Bob W. Hargis

-David Koch

-Thomas J. Kozee

-Brad Lord-Leutwyler

-David J. Masters

-Charles T. Maxham

-James H. McCall

-Joe Schriener

-Kelcey Wilson

CONSTITUTION

-Don J Grundman

-Bryan Malatesta

by Emi Florez

Advil Can Give You Headaches

Headaches. Everyone has them. You failed a few tests and had a stressful day at school. Your brother insists on blasting heavy-metal music through the

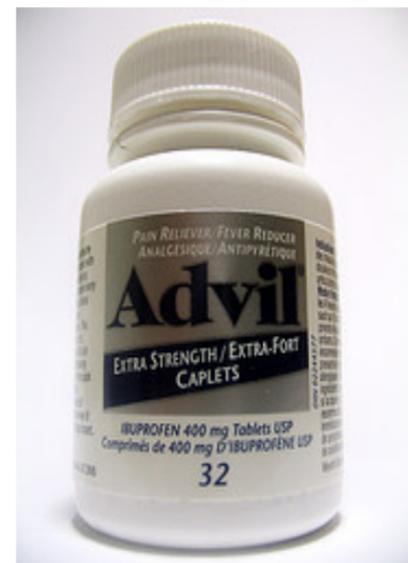
get drunk to ease the pain. You're okay, but soon enough you get a hangover. The pain is so annoying that you get drunk again. Then everything will be alright.



house. You just watched too much TV. There are hundreds of reasons for headaches. But I bet you never thought of adding Advil to the list of causes. Or Excedrin, Tylenol, Benadryl, or any other painkiller. Recent studies have shown that these drugs

Sound familiar? Every minute, over 3,000,000 Americans are suffering from headaches caused by their painkiller intake. That's three million self-inflicted headaches. That's a big number. Doctors are intent on lowering it. They give patients drugs

to stop the headaches from coming, so the people gradually take fewer painkillers. The problem with doing this on your own, without any other drugs, is that most people won't



are a very likely cause for your headaches. The funny thing is, you took the painkillers to numb the headache in the first place. Well, it stabbed you in the back. In fact, half of migraines, and a quarter of regular headaches are caused by an earlier intake of drugs. See, we are all so used to popping a pill at the slightest bit of pain that we don't even think about it anymore. Taking an Advil is as normal as eating a donut. It's a cycle. You have a headache, so you pop a pill. You're fine for the rest of the day, but then tomorrow the sucker comes back, sometimes worse. So naturally, you take another pill. It's simple as that, right? Wrong. It's like alcohol. Something in your life isn't going right, so you

begin to see results for about two months after quitting. That means two more months enduring headaches, without any medical relief. Naturally, people are reluctant to do so. Painkillers are basically turning out to be paincausers. Of course, you're not going to go through two months of splitting headaches, so most people choose to continue this never-ending cycle of pain and pain relief. It sounds much simpler to be able to pop a pill at the slightest need. But in the long run, it's really not. This may sound like some cheesy anti-drugs line, but stop today. In this case, the cure IS the disease.

by Kats Tamanaha

Would You Like Some Marijuana With Those Fries?

Most if not all of us have heard the rumors: marijuana may become legal. Some kids joke about drugs, some kids do them, but it is a topic of conversation for everyone. Like most issues some people feel strongly against making it legal and some are crossing their fingers that it will. The best way to make an opinion is to know what you are talking about first.

Marijuana became illegal for the first time in 1915 because of groups: Mexicans and Mormons. With this new group of Mexican-Americans and Mormons bringing it back with them from Mexico, whose church wanted no part of it and banned the drug. Many states followed that example. The East made marijuana illegal for its own reasons. They saw the drug being used by minorities (African-Americans), who they did not like. A newspaper from 1934 said "Marijuana influences Negroes

to look at white people in the eye, step on white men's shadows and look at a white woman twice." Fortunately, this is not the issue anymore.

Now people have other reasons for why it should remain illegal. They say that smoking will make you less aware of your surroundings and lose your better judgment. They also say that making it legal will just mean there will be easier access to it for kids. Some of these people argue that now there will not only be drunk drivers but high drivers. Some people think that smoking kills brain cells. There are some problems with their arguments. It is true that you will be less aware and probably not be able to make the best decisions. But you know what else has that affect? Alcohol, and that is perfectly legal. The problem with their next point is that kids are going to smoke it whether it is legal or not. They manage to

get their hands on it now in shady sometimes dangerous ways. Making it legal would only make it more safely accessible. It is natural to worry about high drivers because that endangers everyone's life not just the smoker. But the most we can do is make a law against that and while laws do not always stop drunk drivers they help. As for the last point, yes they are right, it is bad for your health. But it does not kill brain cells and most affects it has on the brain will wear off very quickly. Cigarettes are bad for you too, but you don't see a law against smoking that. People argue that it should be legal because it is not addictive like so many other drugs and cigarettes. Another point they make is that it is not bad for you; it is made from a plant, so you are putting natural ingredients in your body.

However, there are some problems with their arguments too. The first point is

true; there are no ingredients in marijuana to make you addicted. However, smoking it is bad for you. "The short-term effects of marijuana can include problems with memory and learning; distorted perception; difficulty in thinking and problem solving; loss of coordination; and increased heart rate," says the National Institute on Drug Abuse. Other information they shared is that your risk of heart rate quadruples in the first of hour of smoking. Another serious consequence was found from "a study comparing 173 cancer patients and 176 healthy individuals produced evidence that marijuana smoking doubled or tripled the risk of these cancers (head and neck)." Whether you believe people should be allowed to smoke marijuana or you believe it should remain illegal, it is important to know the facts so that you can have an informed opinion. By Jessie Heller

But You Don't Know Me Like That

Yes, they do. They know that you like Michael Jackson, they know you are pregnant, and they know your boyfriend cheated on you with your mother. How do they know? Well, the truth is that if you're a Gmail user, Google has the right to all of your e-mails, incoming and outgoing, your address, your state, and lots of other personal information. Clearly people who create an account with them know this, yet they are utterly unaware of what Google may be doing with the information. They naively trust the world of the networking business to protect them more fervently than they do their pockets. Thus, this article is not to scare you but to adequately inform so much of you that have been living in a utopia where businessmen can actually be trusted.

Many of us know the tedious process of creating online accounts. The company asks for name, address, etc, which in technology nerd jargon is PII- Personal Identifiable Information. Interestingly enough, we disseminate this information trusting

that this company will abide by their "Terms of Agreement," the super-long, grueling-to-even-think-about reading that explains how they will keep our stuff private. How then will they keep it private? Will they place it in a safe in their closet? Under their bed? In an envelope locked in their file cabinet? Absolutely not. Companies such as Google, with an almost overwhelming subscription and usage rate place our information in databases which are often insecure and easily accessed.

Though not very alarming to many yet, it does when they see their addresses and phone numbers easily accessed through the Google search engine all because they searched in Google Maps once to try to get somewhere. Ok, well what if you do not feel that being looked up and found on Google, is an invasion of privacy but simply believe that "it makes it easier for long lost people to find me...no biggie." This may be so, but imagine having your chats with other users read, your searches monitored

and saved, the company easily scanning through your e-mail, your plan for these weekends exposed to weirdo's at Google who know where your house is...shall I continue?

Being that Google is an immense company with millions of users a day, they need more than just paper and pen to write down people's information; not only PII but the user's interests, dislikes, illnesses and much more. That is why it is kept in large systems called databases. This database holds records and tables dedicated solely to the things exposed by your answered polls, web-site results, things written in private e-mails and/or chats. In general, the PII composes itself of all of these things which are optionally given by the user. However, many of Google's web utilities have software called cookies which download themselves onto your computer while you visit that page. Having these cookies on your computer allows Google to have further access of the user's personal files: musical preference by searching through your

music libraries, e-mails, etc. If at any time you would like to stop these from coming into your computer it is possible for you to go to the toolbar on your internet window select tools, go down to 'Internet Options,' select 'Privacy,' and choose what level on the scale you would like your security to reach. This tool even allows you to restrict cookies from selective websites. Last but not least, you press apply and are as guaranteed as much privacy as you could have on such an immensely populated network.

As wrong as Google may seem to be, the truth is that because users are entering and agreeing to their "Terms of Agreement," they have the right to manage their company as they wish, taking lightly yet following the jaded fourth amendment declaring or rights to privacy. In conclusion, it is our duty to break free from the captivity of our trusting naiveté and protect ourselves from Google's invasion of our privacy in as many ways possible.

By Emi Florez

School Dress Codes

As you get older, you get more independent – most of the time. This means you don't like being told what to do by your parents, you don't like being nagged by your teachers to bring in your work, and you don't like being told what to wear. Schools are now trying to push students to wear uniforms. Most students find

what they are wearing and how they look. Others think it's a good idea because they don't have to waste their time picking an outfit; what shirt goes with these pants, which pants go with these shoes. People think that clothes don't even make the difference at all; the difference is who you are and how you act.



Then there are the students who are at a neutral point in this argument. Students should be able to pick what they wear, but the schools should be a little stricter to what their kids are wearing. Teen-

this completely unfair and ridiculous, while others find it helpful and fair.

Students who find this ridiculous think that they should be given freedom in what they wear and what they believe in, and what they wear shows what they believe in. It shows what they think. Students think that they should be able to express themselves freely which includes clothing, piercing, hair styles, make up, etc. People should be able to form their own expression because everybody has a right to be unique and wear their own things.

While there are students who hate dress codes, there are students who think that having a dress code is a good idea. Most kids, who don't have much money, don't have to worry about what they have to wear for school the next day because they can just wear their uniform; they don't have to be judged by

age girls and boys are dressing too "sexy" for their age. Girls are walking around in tube tops, way too mini skirts, and short shorts and enjoy the attention they receive when walking around. Students think that they should be able to wear these things, but the skirts and shorts shouldn't be too short, and not a lot of skin should be revealed. Boys get distracted by stomachs, backs, full showing of legs, and low neck lines. It's a distraction of the lesson.

The best thing would probably be allowing students to wear what they want, but having certain restrictions like not showing too much of areas. Allowing students to have a freedom of expression promotes understanding and growth. If teachers should be respected, students' rights should be respected to find out where they fit in.

by Alicia Saleh

Stressed Out Again?

You might consider yourself to be stressed, but ever wonder what stress really is and how it affects you? Truth is, it affects more than just your mind. It also affects more than just a few people, it is certainly not limited to the IB student. Everyone faces stress on a daily basis. Consequently, we as humans, have different ways of handling stress and different ways of reacting to it. As much control as we may think we have, we also have a breaking point. Although it may seem common to be under a ton of stress, it is not, and could lead to serious illnesses. So, sit back, relax!

One might think that stress only affects your brain, and possibly your neck. But, it goes way beyond that. Stress stimulates parts of the brain that control primary functions, such as eating and immunity. Intense stress can wear a person down. It commonly leads to headaches, fatigue, sleeplessness, and

increased heart rate. Yet, it also leads to ulcers, addiction, eating disorders, even depression. I read an interesting article by John Carpi titled "Stress: It's Worse than You Think" the other day, and I could not get one quote out of my mind: "By responding to the stress of everyday life with the same surge of biochemicals released during major threats, the body is slowly killing itself. The biochemical onslaught chips away at the immune system, opening the way to cancer, infection, and disease. Hormones unleashed by stress eat at the digestive tract and lungs, promoting ulcers and asthma. Or they may weaken the heart, leading to strokes and heart disease." It made me realize that we have to be cautious with how we respond to stress. Over-reacting and getting worked up over small things will inevitably destroy you when the time comes to face a major stress in life.

As an IB student, you

may think it is part of your role to be stressed out. Think again. Yes, homework piled on homework and test followed by test; we need to be able to handle all of it without stressing it. While it's more than normal to be stressed, we have to be careful. If high school is preparing us for college, which will prepare us for the "real world", I would rather not imagine how stressful the "real world" is. With the rate things are going, we will most likely all explode by the time we get there! Well, maybe not all of us, since we do handle stress differently. Even though you may get assigned the same amount of homework as the kid that sits next to you, your tolerance levels for stress are different. Stress is defined as a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal physiological equilibrium of an organism. In simpler terms, this just means that whenever something,

negative, happens that upsets the equilibrium of your body, you are experiencing stress. However, not everyone will react the same way in certain situations. So, the kid that sits next to you may look at the pile of homework assigned and the number of tests he has to study for and not worry a bit, while you might stress out about it. While, everyone has different tolerance levels for stress, we can also manage our stress differently. So, the goal would be to not stress out as much, right?

Luckily, there are ways of finding peace of mind. This also varies with the individual, though. Some will find their piece of mind through meditation, some will find it through exercising or yoga, while others may find piece of mind by going shopping. Everyone should find an activity that keeps their head balanced and do it at least once a week. That way we can all avoid having an ulcer anytime soon! by Briesny T.

Go Green BSGE

Why do we need to help the environment? What exactly is the problem?

The problem, BSGE is that as the years pass, the population of people is increasing. By 2050 the population is estimated to be over 9 billion. As the population increases, we are using more over our resources. If we plan on allowing our children and grandchildren to enjoy what we have now, we should do our best to help the environment and the world.

Did you know...

By recycling just one glass bottle, you can save enough electricity to power up a 100-watt bulb for four hours. For every ton of paper that is recycled, the following is saved: 7,000 gallons of water; 80 gallons of oil; and enough electricity to power an average house for six months. You can run a TV for six hours on the amount of electricity

that is saved by recycling one aluminum can.



The simplest things can be done to help our environment. We would save so much energy and so many resources if we did these little things.

The easiest way to recycle is to save paper, we would save so many trees. Use the back of the paper to write down notes, if you can, reuse the paper again. Reuse items like envelopes, folders, and paper clips, copy and print on both sides of paper.

Even at home we can recycle, you can save the amount of water used, save energy, and help keep the air clean. Don't wash dishes with the water running constantly. Convince your

parents to replace old toilets with new ones that use a lot less water. When you are not using lights, computers, and other appliances, turn them off!!! This is a common nag you hear from your parents, and you should actually listen to this. When using air fresheners use the ones that don't contain CFCs because those harm

the ozone layer. Try to buy things that you can also reuse like containers for food. Also, try shopping with a canvas bag, it's way better than using all those paper and plastic bags. You can even save energy coming to school; join a carpool with your friends, instead of coming to school in separate cars. Most of you do this already, but take the trains or buses to save energy as well.

Well, there you go BSGE, if you want to live in a better place, try following these tips to keep our environment safe and clean.

By, Alicia Saleh

Editorial: Where's the Respect?

Although it's been almost a month since 9/11, many students at BSGE, including myself, haven't forgotten the schools lack of incentive towards this historically painful date. Much of the student body felt as though something has been done incorrectly on that day this September - our entire nation honored those lost, as well as respected everyone in connection, but for some reason a school that is located roughly under an hour away from the site can not spare a minute to pay their dues. Of course our school is not the only school to not have a moment of silence on this day, and it isn't that large of a problem that it's something to grow irate over. However, something came across my attention that I could not comprehend - every year since I have been a member of the student body here at BSGE, we've had a Day of Silence for

Homosexuals, Trans-genders, etc. Of course something like this is easily accepted at a school like ours, which is highly international and open-minded. What comes to me as a misunderstanding is the question of why we can not spare a minute of our time for those who have lost their lives in a national tragedy, as opposed to an entire day of silence for those that have not died but are just a minority figure. Given that the day of silence is an optional activity that doesn't have to be followed through with, so is a moment of silence, all that is asked is that the school give some recognition to the most scared day in the nations history. An undisclosed source had informed me that teachers find it to be a disruption to their teaching methods when a moment of silence is taken during class. Given this information is true,

the question must be asked - what does a day of silence do to their teaching methods? I simply can not grasp this concept. How can it be that a day of silence draws no attention to teachers while 60 seconds can be defined as a problem. In my opinion, it's because of the population of homosexuals in BSGE, in comparison to the population of those who were personally affected by the actions taken on 9/11/01. However, it should be realized that we live in New York, the greatest city in the world, and that because of our location we were all affected by this. Of course to say that we are all victims is a ridiculous stretch, but to say that it's a necessity for all of us to pay tribute because of where we live isn't a stretch at all. It's just what I feel, but I'm sure that majority of the school will agree me - just ask. By Daniel Fridman

Teenage Drug Use

John was so overwhelmed, his parents were going through a divorce. His school gave him so much work and since he wasn't paying attention in class anymore, everything was so confusing. His older sister was in a coma. This was clearly too much for a 12 year old to handle. His friends had similar problems at home. They always seemed more relaxed. They told him that they were smoking weed.



will make their problems and fears disappear. Bottom line: IT DOESN'T. The National Household Survey on Drug Abuse (NHSDA) did a



They told John that he should do it too. So he did, hoping it would make him feel better. Later on he committed suicide. Although this is a story of my imagination,

report on Teen addicts in 1999 and 2000. In the year 2000, 14 million people were using illicit drugs. This estimate represents 6.3 of the population 12 years and older. The



it's based on real life events. Many people today as young as 12 years old are using illegal drugs. Teens may be overwhelmed by work at school, or problems at home. Kids are using these drugs, hoping that it

rate of girls ages 12 to 17 that use marijuana has increased from 3.1% to 3.5%. Among teens 12 through 17, 9.7% have used an illegal drug. About 2.1 million kids in that same age group have used inhalants at some

point of their lives. 3.9% had used glue, shoe polish, or Toluene, and 3.3% had used gas or lighter fluid. When you use an inhalant you purposely smell a chemical for the intention of getting high. These chemicals deprive the brain of oxygen, are

addictive and deadly. Nearly 25% of children agreed that it would be easy to get marijuana if they wanted some. One in four kids agreed that lot of drug selling goes on in their neighborhoods. One in six of them had already been asked if they wanted marijuana. More than 25% that had been asked use marijuana. About 9.5 million youths stated their friends smoked marijuana. This is a growing problem that has to be annihilated. With drugs like Acid (LSD), Crack (cocaine), Ecstasy (MDMA), Heroin, Marijuana (weed), Steroids (gym candy) and Methane (crystal meth) on the loose, it's easy for kids to get sucked into that whirlpool of mayhem. Youth today needs to realize that drugs are not the answer to your problems. If you're taking drugs now tell someone immediately so they can help you. Drugs damage your brain cells and are deadly. A drug's effect only last so long before you're right back to the same problem, except now you feel worse. Drugs can make you feel like committing suicide. If you're taking drugs now get help. If you aren't taking drugs and are pondering if you should, DON'T. The effects are monstrous.

by Misaël Syldor

BSGE Sports

The Historic Collapse

The New York Mets have officially done it. They have completed a collapse of historical proportions. They were up seven games with 17 games left in the season. Their historic collapse has left thousands of fans heart broken. Their hopes of winning the World Series and to prove that Philadelphia is not "the team to beat" were shattered by a 2-2 slider that Luis Castillo swung over. The Mets were unable to shut Jimmy Rollins up and to give the fans something to remember. The Mets became the first team to ever own a seven-game lead with 17 games to play and not win the division or league, an amazing feat. There were several reasons why the Mets lost the

National League East. The fact that their record for their last 17 games was 5-12 might have had something to do with it, but also, Jose Reyes, the Mets star leadoff hitter, gave up easy out after easy out. It was as if a ghost batted in the leadoff spot. The Mets shortstop batted an atrocious .187 with 5 steals in 9 attempts and with four errors in his last 17 games. With all the "NL MVP" buzz that Reyes was getting in the beginning of the season, he was supposed to have a spectacular year, but his hitting and fielding took a turn for the worse. "I don't know what happened," Reyes said. "Baseball changes quickly." Overall in September Reyes batted and abysmal .205, but as Jose

Reyes collapsed so did the Mets. The future possible "NL MVP" was dejected and lost much like his own team, hanging their heads watching their impending doom. However, the most disappointing thing yesterday, aside from the fact that the Mets started the season strong and ended up having nothing to show for it, was Tom Glavine's pitiful performance, in the last game as a Met and possibly as a major league pitcher. Glavine gave up 7 runs on 5 hits 2 walks and he committed an error in only a 1/3 of an inning pitched. Willie Randolph took the ball from Glavine and he was booed off the mound by angry Mets fans. The worst start in Glavine's major league career came

at the worst possible time. The 2 time Cy-Young award winner basically ended the Amazin's season in the first inning. Willie Randolph should be fearing the stability of his job, although Omar Minaya calmed everyone down by say "I like what Willie has done this season" no offence to Omar but if your team is not playoff bound, and when your teams leadoff hitter is batting .187 in the time you need him the most, or if his "ace" pitcher says that the reason his team is losing is because "you're so good that sometimes you get bored" then there is nothing he should be proud of. Sorry Mets fans but in 2007 you can't believe.
by Rudy Fuzaylov

Editorial: Team Baccalaureate

Athletics and academics are the two main aspects of what most high schools focus on. Our school in particular only focuses on one of the two. Here at BSGE, we concentrate on getting high grades and striving to get IB diplomas by the end of twelfth grade; all of which are going to help us in the future. Bad grades aren't rare and many opportunities show themselves when we are struggling in a certain topic. We have many chances to correct our mistakes. The teachers make it their business to help us out when we need it and make sure we learn almost everything we need to go off into the real world.

One topic at BSGE, that seems almost taboo, is sports. We don't have a 'regular' gym, only a weight lifting room. There is only so much you can do with the weights and machines and frankly it doesn't appeal to many of us. Mr. Powell and Mr. Mac take us out to the local park when the weather is nice, [if we have P.E. that semester, that is] but what about when the weather is bad? How can we use all that extra energy we have from sitting in the classroom all day long? Where can we spend time with our friends learning a new sport or improving a skill and getting ready to compete with friends at other schools? Where can we learn important life lessons like being a team player, having sportsmanship, and experience winning and losing as a team if we don't even have the opportunity to try something new?

In sports, we learn that winning isn't everything; trying is what counts. Confidence is gained by participating in a sport and this will show in the classroom as well. We become disciplined – coming to practices and games, never giving up - and become dedicated to the players on the team and the coach. Through it all; the tears, the sweat, the pain, the winning and celebrating; we learn for the next game.

There are no negative aspects to having sports teams; it keeps teens healthy, active, and busy with practice and games so we will stay out of trouble. It teaches us life lessons about winning and losing as a team. Also, the athletes will have to maintain good grades if they want to maintain their position on the team. Honestly, the only negative aspect is not having different sports teams.

Many good things come out of sports. Some athletes eventually become good enough to play at a higher level where scouts will come and look at games, deciding which players are good enough to compete at the college level, and maybe even qualify for a full or half college scholarship. As of now, BSGE students are not exposed to athletic scouts. Many students future relies on sports; for some of us, the athletic department is our calling. How can we express this talent if we don't have a place where we can grow, learn and expand our horizons as athletes as well as active learners?

Many teachers have told kids that if they want a team, they must make it happen. Jessie Heller, a 9th grade student, wanted to make a track team so she could be active during her high school years here at BSGE. All summer long she did research and made a plan so she could present her ideas to the gym teachers, who were considering becoming coaches for her team. Come September, all of Jessie's hard work was put to waste. The team was only considered a club that wouldn't compete with other schools, as of now. Yanni Stefanidis, an 11th grade student and an active soccer player, wanted to make a team so he and his friends, from all grades, could play organized soccer against other local schools. When he approached Mr. Mac, he was let down with some unfortunate news. Mr. Mac told Yanni that the Board of Education was not going to fund any teams and that he was sorry.

What are we supposed to do? Boys and girls, of all ages who attend BSGE, crave regular high school sports teams like basketball, soccer, softball, baseball, track and football. If so many people would be dedicated to something so positive, why won't it happen? How much can we, as teens, do to convince our teachers, principals and the Board of Education that this is important to us?

By Bianca Martinez

Shut Up and Run The Coming Track Team

"What? Your school has no sports teams?!" I've heard that shocked response a million times from students like me who were surprised, and disappointed, to learn our school has no sports teams. But that never meant our school didn't want them. So, after speaking to several people involved in running clubs and at our school, including Ms. Johnson, about creating a running club, they were all for it. Being on a sports club would be good for everyone. There are benefits for all students, boys and girls, of any grade or age. Especially important is the benefit that running brings to everyone: it will keep you physically fit, so that you are feeling and looking good, on the inside and out.

For those of you who are

pretty new to BSGE, joining the running club will be a great way to meet new people. And if you start early on, like those of you in 7th and 8th grade, think of how good you will be when you get into the upper grades. You'll run faster and longer every year, as your times get lower and lower. You could be one of the star runners, the team MVP, or maybe a captain, and won't that look great when it's time to apply to college. I know that college seems like it is far away for some of you. But you ninth and tenth graders – it's time to get ready. Because all colleges will want to know, what activities you were involved in high school, starting in the ninth grade. Telling them that you joined the running

club shows colleges a lot about your character, which is just as important as your grades. There is no better way to show the leadership, confidence, and determination they look for in students than by joining a club and sticking with it. And joining the school's running club shows you are involved in your school, which is just what colleges hope you will be when you get there. After a grade or two of high school goes by, it is going to be time to start thinking about that IB diploma. For those of you who are in 11th or 12th grade, that diploma is going to be based on these years. By now you all know about the Community, Action, and Service credits you need to get the I.B diploma. Running is the thing anyone

can do to get those required credits. Peter Wilson, will be the first one to tell you that. People are wearing their BSGE sweatshirts, shorts, and shirts around school, but we definitely need another reason to feel school spirit. A running club could be the one. We'll be running, racing, winning trophies, going to events, raising funds, and getting ourselves known as the team to be on. If enough people join, we could become a team. But whatever we do, we'll always find a way to compete (and win!). So, if you think you might find something here for you, let us know. You can email me at BaccRunners@aol.com, and you know where to find Ms. Johnson. We'd love to hear from you.
By Jessie Heller

Is It All A Matter of Strength? Boys Vs. Girls

Many of us are aware that even though girls were able to beat up the boys in 2nd grade, these High School years are the time that the boys are definitely getting stronger than us girls, as much as we all hate to admit it. This is pretty much human nature; men are born with more strength than women. Well, at least most men (you know who I'm talking about). The strength issue is something that should be taken into account for some different situations. A lot of these particular situations are issues that many people really don't agree on. Seriously, one much highlighted issue is whether or not boys can hit girls. To many, it is simply a matter of ethic. People just don't

think it's fair. I mean, it is true; guys do have a pretty big advantage when you come down to that. Many people make their judgments according to that fact, and also the fact that they believe that women deserve a certain amount of respect from a man, who should have to earn the title "gentle man." On the other hand, other people believe that it's not right that girls can go hit a guy, and they should not have any form of defense, all based on "ethic." The matter itself is usually based upon opinion, but could be a source of unfair judgment when there are two opposing sides. Many people I have spoken to in regards to this matter that were of the older population said that any man

who were to hit a woman is considered "trash," or "lower than dirt." Today, ethic is not as paid attention to when it comes down to matters such as this because more people are entitled to their own opinions without being judged, which according to many is not right, and that is why the world is much worse than it has ever been when it comes down to respect in general. Another common subject is the idea of co-ed physical education. Many people believe that it is right; others believe that it is unfair to girls, who are much more pressured when it comes down to keeping up with the guys. I asked my friend Kaitlyn her opinion on this matter. In middle school, she only had physical educa-

tion with girls, and she now attends a high school with co-ed phys. ed. "I liked it much better in my old school, because it was a lot easier for girls who were not as good at certain activities to learn how to do things. Now that we have phys. ed with guys, the girls are often made fun of because of their lack of knowledge of certain sports." In BSGE, we have co-ed phys. ed, and I personally find that to be great. I think that putting ourselves up to a challenge is great, and even if boys are better than some of the girls, we get a better chance to achieve and eventually show them who's boss.
By Kristen Spang

Happy Halloween

Bloody Mary Tricks in Treats

Did you ever here the story about the girl who had telepathy? The girl who was humiliated by her "friends" at her senior prom. Covered by pigs blood; everyone chanting "Bloody Mary, Bloody Mary, Bloody Mary". She killed many people that day, after that the Bloody Mary legend was born.....
 "Bloody Mary, Bloody Mary!!!" I closed my eyes nervously, feeling scared by every passing second. Being in a cold and dark bathroom didn't really help me. I was starting to give up on this stupid idea of summoning Bloody Mary, until the horrible sound made its way to my ears. I slowly turned around, looking straight in the mirror. A dark figure looked right back at me. Not paying

attention to it, I turned on the light believing that the figure was my own reflection. The same weird noise was made as I was washing my face. I ignored it, clearly convincing myself that my friends were trying to scare me. I grabbed the wash cloth drying my face, when something red caught my attention. I turned to the mirror as a girl with hair and face drenched in blood starred at me. A cold shiver ran up and down my back, as I noticed that there were holes of blackness were her eyes should have been. I wanted to scream but it was caught in my throat. I opened my mouth but no sound came out. The girl in the mirror grinned at me; it was like nothing I have ever seen before. Before I knew it her head was out the mirror and she grabbed my arms. Deep like endless wholes, she dug her nails into my bare skin. I could feel her rage her disgust everything, she was in me.

She looked at me one last time before she clawed my eyes out. I screamed so loud that people in China could have heard me. Yet no one came to help me, was it that my screams were blocked by her presence???? I can still here the crunching sound as her nails dug themselves into my eyes. She dropped my lifeless body on the tile floor. The blood guzzing out of my empty eye sockets. Drop by drop, was like breath by breath. Red as wine my blood stained the floor, my mouth dropped down in horror, my opened mouth unable to make a sound. Now it's I that looks for eyes, I'm now that bloody reflection in the mirror; I'm Bloody Mary.....
 To actually find out I this is really real, just chant Bloody Mary 13 times in the mirror. You never know next time I'll do it might be you who claws my eyes out.....
 By Kathy Ortiz

Trick or treat, smell my feet; give me something good to eat! For many kids, Halloween is a time of year that they look forward to. All of the scary stories that you hear, and all of the decorations that make the neighborhood seem like a haunted trail just get you physced up for the great day. You get to dress up like your favorite character or monster, and you get to walk around the neighborhood and get free candy. What's better than that?

confused when it comes to which little Witch is yours, especially when you are going with groups of people. The thought of loosing a child on any day would be terrible, but on Halloween a lot of kids that are out are up to no good. Kids are egging homes, throwing toilet paper all over schools, and covering cars with shaving cream. You never know what could happen to your kid that day.

the candy that the children receive. Make sure to check all of the candy that you or a younger sibling receives before eating it, you never know what could possibly happen. Crazy people in the world go to that extreme in order to make sure that Halloween can't just be fun for kids.

Some people also steal children when they ring their doorbell, as horrible as it is to believe. Many parents will not allow their kids to go trick or treating alone because of this reason. Halloween itself is a very enjoyable holiday, one unlike many other. It is a time for the community to also create a sense of giving, and even cause a couple of laughs every now and then. Just remember to be safe and have fun!
 by Kristen Spang

Poem of Death

I walk slowly
 the leaves crunch beneath me
 the still wind tells me I'm alone
 the chill up and down my spine
 tell me other wise
 closing my eyes
 forcing them back
 opening them to a cold piece
 of stone
 simple words that write the
 past
 sinking myself down towards
 him
 feeling his urge for me to leave
 slowly they fall one by one
 silent drops at the end of my
 eyes
 I hallucinate hoping to see him
 trying to grab him, feel him
 but I only grab still air
 time seemed to go on
 while I was stuck not believing
 the truth
 I have no one to help me heal
 the only person that could help
 in the end caused the pain
 I want to give in to the tempta-
 tion
 just a couple of pills
 I'll soon be in his arms again
 but I'm not as brave as I was
 he took the best parts of me
 now all I do is fake a smile
 while inside I just want to
 shout
 yet when I try to cry out
 no one seems to hear me
 all I have that's left
 is the lost memories
 and the tomb that lies in front
 of me
 I lay down
 Praying time could rewind
 itself
 I close my eyes
 knowing that when I wake
 I'll have a piece of stone
 and no one to hold
 I'm moving on slowly
 trying hard to breathe
 blindly walkin
 holding on to a memory
 you don't know
 how I bleed inside
 hurting that you're not here
 hoping the truth is a lie
 by Kathy Ortiz

The Angel: His View

Remember when we first kissed
 I'm sorry baby I can't be there in
 a bliss
 just look around you
 baby you'll see me
 I didn't mean to leave your side
 but god took me
 He took me in a blink
 of an eye
 we belong together,
 we knew it from the start
 something happened down the
 path
 it just tore us apart
 I can't explain it
 I was taking a step
 but the only way out of these lies
 was to die
 now I watch you in silence
 I love you from afar
 every time you smile
 tears roll from my eyes
 I need you here with me
 but it will take time
 Baby don't let go
 hold on to me
 never forget what we used to be
 life made a mistake
 god was wrong for once
 He killed two souls instead of
 killing just one

The Angel: Her View

Remember when we used to talk
 alone
 baby I miss those times
 'cuz you're not around anymore
 Show me how to heal my wounds
 the ones you made inside
 I knew we were meant to be
 So tell me the reason
 why god took you away from me
 now I'm here crying out every
 single tear
 every day I wake up wishing I
 was dead
 hoping I'll be in your arms once
 again
 Sometimes I don't think
 its real
 it's just a bad dream
 I'll wake up being scared
 and you'll be by me
 I try to grab your hand
 but it slowly disappears
 which makes me come to realiza-
 tion
 knowing you'll never be here
 By Kathy Ortiz

Halloween Is Such A Lonely Day

The sun is dark, the moon
 is full
 Clouds are black and stars
 don't spark

'Perhaps it's another foggy
 day'
 As everyone says on the
 Hallow's Eve.
 It's a festival for the hun-
 gry souls

"Trick-or-treat" fills up
 the air
 Here and there, knocking
 on the doors-
 to the infernal one on the
 Hallow's Eve

The loud rainstorm spitting
 out the sins for the
 Dead bodies resting in the
 dusty coffin

Low moans and groans
 Give goosebumps on the
 skin
 Chilling the bones

Walking down the quite
 street, on the way to home
 Feeling melancholic, and
 you can say:

Halloween is such an
 lonely day
 By Seong Ae Hong

Join
 Mouse
 Squad!!
 Talk to
 Mellissa
 Hinson.

Blue October

Red, yellow, brown and
 orange
 Leaves are dry...

Crunch crunch

Why those colors in
 October?

Winds are blowing,
 clouds are covering the
 sky
 Everything you say seems
 like a lie

Whispering to me

The benches are empty
 Woods are tall and lonely
 My own footsteps and big
 cold sigh

Ocean seems shallow
 I myself is hollow

Only company is my own
 shadow

No sounds at all
 Not even the sounds of
 fall
 It's an empty hall, small
 part of the world

Unlocking the door to
 autumn
 Yet no voice
 Everything is all so blue
 to me.

Why do I feel so blue in
 October?

By Seong Ae Hong
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Halloween Costumes

It's that time of year again,
 where we all try to dress as
 hot as possible and blame it
 on the costume if anybody
 asks. It's Halloween, the one
 time you can be whatever
 you want to be and nobody
 can say anything about it. Of
 course, some people have no
 clue what they want to be and
 end up going as something
 like a box or a tree. So I've
 written down some random
 costume ideas that can be
 cheap without going over the
 top.
 There are, of course, the ba-
 sics, such as a witch. Witches
 can actually be really cool,
 you just need to know what to
 do. Don't go with a dress that
 reaches the floor; you won't
 be able to walk. But don't
 overdo it by cutting your skirt
 up to your waist. Balance is
 the key. You can also wear
 purple or black lipstick, nails,
 and eye shadow. You can look
 as purple as you want.
 Another beloved and some-
 what overused costume idea
 is a pirate. Pirates are really
 fun to create, because you
 can add whatever crazy ac-
 cessory you want, and it'll
 pretty much go with the rest
 of your outfit. You can also go
 completely 'bling bling' with
 this costume, because pirates
 are technically supposed to
 love gold. Add huge 'gold'
 necklaces, big hoop earrings,
 and pile on yellowish bangles.
 Then again, you can also go
 with the less used ones, the
 ones that sound nuts but turn
 out really fun and cool. You
 can be a hanging lamp (I
 told you these were crazy),
 and wear some tight yellow-
 brownish top and a really
 wide matching skirt that goes
 out like a lampshade. Take an
 unraveled clothes hanger and
 string it through the brim of

the skirt to create whatever
 shape you like. If you want to
 be really bright, you can even
 string white battery-powered
 Christmas lights along the rim
 of your skirt.
 Another crazy costume idea
 is the iPod commercial. Dress
 in all black with big heels and
 crazy hair. Put iPod earplugs
 in your ears and dance around
 like they do in those com-
 mercials: wild and completely
 off-beat. Try to look as slim
 and shadow-like as possible.
 You can wear whatever color
 bright (or black) makeup,
 because the background in the
 commercials are always some
 strong vivid color anyway. Go
 for a strong orange, or neon
 green. This costume is also
 really fun to make.
 If you like making fun of
 celebrities and reading the
 latest in magazines, goes as
 your favorite celeb. Or even
 better, your least favorite.
 These are really entertaining
 because you can make fun of
 the person you're imitating
 in whichever way you want.
 Think Paris Hilton is way
 rich for her own good? Pile
 on the fake jewels and carry
 around a stuffed puppy. Tired
 of Britney Spears? Wear a
 horrible wig and try to look
 skimpy without actually being
 skimpy. You can come up
 with something for whomever
 you want. Even make up a
 person if you don't care for
 celebrities. These are really
 fun to make, because you can
 wear whatever you feel like.
 If you're one of those people
 that refuse to take a costume
 idea from a newspaper, think
 of these ideas as inspiration
 for your own work of art. Go
 crazy. Be whatever pops into
 your mind. This is Halloween,
 after all.
 By Kats Tamanaha

Games and More Page

Try this month's sudokus from www.dailysudoku.com

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Monthly Horoscopes

aries

(3/21-4/20)

Try not to expect too much from your friends, or from a big event you might plan to attend. The moon will be trying to make everything come off the way you want, but Neptune might get in the way. Make sure you get all your plans laid down as thoroughly as possible. You won't want a misunderstanding to ruin your plans for fun this Saturday night.

taurus

(4/21-5/21)

Don't be upset if you don't hear from the people you want to hang with until later in the day. The moon will be out of touch with the other planets, and people will still be recovering from the intensity of yesterday's full moon. Pay attention to the dreams you might have had overnight. Neptune often will allow you to tap on those thoughts you try to hide from yourself.

gemini

(5/22-6/21)

If ever there was a time to go with the flow, it could be today. The moon will be out of touch with the rest of the planets, so if you don't have your costume together yet, be very careful if you have to buy it today. You could be overcharged, or find out something you bought is the wrong size or color. Check before you hand over the cash.

cancer

(6/22 - 7/22)

This could be one of those weird days that suddenly turns into a great night. With the pre-Halloween eeriness in the air, the moon's reclusive attitude could make it hard to figure out what to do for Saturday night fun. Fear not. By evening, the moon will move into chatty Gemini, and a flurry of calls and messages with offers to meet up with people can't be far behind.

leo

(7/23-8/21)

If you feel a little off today, don't worry about it. The moon

will give everyone a rest today. Enjoy yours by thinking back on the great things you're doing at school and in your community. Even though your plans for the day might get rearranged, the chatty Gemini moon will make sure you have a crazy time with a large crowd of people you love to be with!

virgo

(8/22-9/23)

The moon and Neptune will square off today, so expect some emotional outbursts here and there. Someone you depend on, like a co-worker or classmate you like to study with, could be unable to meet a commitment. Don't worry, though. By tonight, you'll get the respect you deserve. The Gemini moon will make you very noticeable, and the guy you like will be looking at the right moment.

libra

(9/23-10/23)

Things might seem a little disconnected today, because the moon will be off duty. Take this opportunity to investigate what's going on inside your heart. If you've recently made relationship-related decision, don't second-guess yourself. You probably have done what's right for you at this point in time. Although Neptune might try to confuse you, be confident that when you follow your heart, you make the right choice.

scorpio

(10/24-11/22)

Go easy on yourself today, because you might have to adapt to some changes in your plans. The moon will be out of touch with the planets for most of the day. Try not to get frustrated, even when you find you can't control every last detail of the things going on today. By this evening, everybody will be ready to cooperate and have a good time.

sagittarius

(11/23-12/22)

You'll love the way this Saturday unfolds, because you won't be stuck dealing with the exact plan someone has laid out for you. The moon will be out of touch with the planets in the afternoon, so those of your friends who are intent upon controlling every little thing that happens might have trouble doing that - and you'll be left with a 'mystery' evening that makes you smile.

capricorn

(12/23-1/20)

Take a break today. The moon will still be in your house of social activity, but you'll probably spend more time talking about what already happened than making any more immediate plans. There will be plenty to cover, so you'll be busy! Later in the day, as the moon enters Gemini, your energy levels will be up. Encourage friends to join you for some active fun tonight.

aquarius

(1/21-2/19)

Take it easy today. Although Halloween is coming, you may not want to get as rowdy about it as you have in years past. It's totally normal to grow out of trick or treating with the kiddies, but don't go without having a little bit of fun this weekend. Even watching the little ones run around in their costumes could bring back memories and show you hope for the future.

pisces

(2/20-3/20)

Relax today, and have faith that things will work out whether they're planned down to the last detail or not. The moon will be on hiatus today, and make it difficult for you to reach people. Any worry about being stood up by a date or a friend is probably unfounded. By tonight, the Gemini moon will make sure you're having a great Saturday night.

Horoscopes provided by www.seventeen.com

Jena 6, Racism Today

Many people today don't know what Jena 6 is and quite frankly that's a shame. It is a subject that most newspapers and news channels wanted to ignore. In Jena, Louisiana six black students, Mychal Bell, Carwin Jones, Bryant Purvis, Theo Shaw, and Robert Bailey, Jr., allegedly ambushed Justin Barker a white student.

10% black students, and 85% white students inhabited Jena High School. At lunchtime white students would sit under a tree eventually called the "white tree" and black students would sit on the bleachers near the auditorium. A black student asked the principal if he could sit under the white tree. The principal said you could sit wherever you wanted so they did. The next day three nooses were hung on the tree. After the principal discovered that it was three white students that committed the crime, the principal wanted to expel them. The board of education overruled that action and Superintendent Roy Breithaupt agreed. The white students only got three days of in-school suspension.

The tree was cut down thinking that it would make people forget about the

nooses. IT DIDN'T. On December 1 2006 there was a mostly attended white party with some blacks at the Jena Fair Barn. 5 black students tried to come at 11 p.m. but a white woman said that no one was allowed in without an invitation. They insisted on going in and a white man jumped in front of the women and attacked the black students. After the fight broke up the 5 black students had to leave. Then they were attacked by a group of white men. Justin Sloan, a white man was charged with simple battery for his role in the fight and was put on probation.

On December 20, 2006 at a convenience store Robert Bailey jr. and friends ran into a person. The white man claimed that Bailey and his friends chased him so he got his gun, but they wrestled it out of his hand. Bailey claims that outside the store they were confronted with the white student with a shotgun, wrestled it out of his hand, and then ran away. Bailey and two others were charged with theft of a firearm, second-degree robbery, and disturbing the peace. The white man who owned the gun was charged with nothing.

On December 4, 2006

a white student Justin Barker was attacked from behind, and the other students kicked his unconscious body. He spent three hours in the emergency room. Later when he was released he attended his school's Ring ceremony that very same day.

Mychal was the only one of the six tried so far, and even though he was 16 he wasn't tried on a juvenile court. He was charged with attempted second-degree murder. He could've possibly gotten 22 years in jail. Later on he was tried in a Juvenile court and his sentence got reduced to a 45,000-dollar bail. Due to his record Bell will be called back for 18 months in jail because he violated a probation unrelated to Jena 6. His life is now in the hands of this judge.

Something so simple as expelling these students could've prevented all these things from happening. Hopefully the boys will get tried fairly and will continue to live their lives. Sadly racism hasn't been abolished in our world after all the work of activists. Martin Luther King's dream doesn't seem like it will come true soon. By Misael

A Halloween Story

I was sitting at my table, thinking of nothing in particular, just listening to my thoughts ramble on and on. If you are lazy like me, you don't like to be disturbed during your peace and quiet. But as if listening to my thoughts, I heard a knock coming from the door.

"Whoever is waking me up at this hour is not going to be pleased," I muttered. When I opened the door, I saw an elderly women gazing up at me. She wore tattered pants and a navy blue shirt full of patches of different fabric. Before I could talk, she spoke in a nasally voice-

"I'm terribly sorry sir, but could you be so kind to let me in and stay for the night? It is bitter cold outside tonight". While looking at the women, I noticed she held a picture frame in her hand. While trying to get a closer look, I reached out for it. Before I could touch it, the women slapped me on the arm. I was appalled! Who is this lady, asking me for help, thinking she has the right to slap me!

"Do not ever, touch my frame! This is the only memory left of what I used to be!", the lady said fuming. I was brought up by rich parents and never experienced the life of the poor. I had no idea what this old woman was going through. I felt no pity for her.

"Excuse me madam, but you have to leave. You disturbed me before and you are disturbing me now. Please go away, I have no time for you", I said while closing the door. After two steps, I heard another knock. I opened the door and saw the same lady, again. She looked mad this

time.

"Are you denying an old lady a place to stay? That is a crime... a sin... you do not have a heart," the lady said unusually calmed. I took that as a threat. What was she going to do if I refused to take her in? At the time, I thought of nothing.

"Go to the neighbor next door, he will let you stay. I am sorry but you cannot take refuge in here. For the last time good-bye." I tried to keep my temper from flaring up.

"You do not have a heart," she repeated. "If you don't give me a room or a place to stay, I won't let you have a moment of peace. You need to get heart." Despite her insistence begging, I closed the door, turned around and with no remorse went to sit on my chair, but I noticed it wasn't there. As a matter of fact, none of my furniture was in its rightful place. How did everything disappear and when did it go? Where did it go? I admit that surprised me, but I refused to get scared. I sat on the floor to think. What happened here? I didn't devote one single thought to the old lady. I was tired and my bed was gone. So, I rested my head on the carpet and closed my eyes. After two seconds, But when I turned around I saw her looking through my window laughing. I heard her voice. It was a raspy, somewhat familiar voice. I bolted up and walked around the living room. I wondered where the voice was coming from. Then the voice came again, but sounded closer.

"W-Who's there? Re-Reveal yourself! There's no place to hide!" I said frightfully. It responded, "I am nowhere. I do not need to hide from you," the raspy voice replied back. I turned my head in all directions. Where was it coming from? How did it get in here? Suddenly, all of the lights went off. It was pitch black. I couldn't see anything. I only felt and heard a soft breeze coming from my room. I moved towards my room. My legs were shivering. Inside, there was the elderly lady. She looked distorted. Her arms were lumpy. Her eyes were completely white. As she started to walk towards me, she asked, "You like what is happening? Do you find it peaceful? Get out! Find your own place to stay. Learn how it feels like to be poor and denied a place to stay. Now go!" she screamed. I ran out of the house before she could say anything else. When I was outside I felt relaxed.

"At least she can't get me out here!" I said with comfort. I spoke to soon. At that very moment, the lady appeared out of nowhere. In her hand, she was holding a bat. She swung it up in the air. "Home run!" she screeched. The next thing I knew, I was on a hospital bed and my head really hurt. I looked around and saw no one.

"Helloooo? Anybody here?" I asked. Nobody answered. I laid my head down and stared at the ceiling. Then I heard the door opened. I got up and saw a nurse's uniform.

"Thank God you're here! I've been meaning to... OH MY GOD!" In the uniform was the lady with the frame. By Paulina