

The Spotlight

● UNIVERSAL TRIP ●

THE IDES OF MARCH ● LADIES BEHIND THE LUNCH ● ST. PATRICK'S DAY COOKIES ● HOW TO GET READY FOR SPRING ● ACT PREP ● MENTAL HEALTH FAIR ● SHAMROCK SHAKE CONTROVERSY ●

The Ladies Behind the Lunch

By: Karen Dougher and Colbie Krakowiak

When most students go to get their lunch in the afternoon it's a routine task. Grab what looks good, go punch in your number at the computer, and go about your day. But have you ever wondered who is making your lunch every day? We took the time to interview the women who make your delicious lunch!

What is your name?: Lou

How long have you been working here?: 28 years

What is your favorite thing to make?: Spaghetti

What is your favorite part of your job?: Seeing the kids every day.

What is your name?: Cece

How long have you been working here?: 25 years

What is your favorite thing to make?: Spaghetti

What is your favorite part of your job?: Going home

What is your name?: Helga

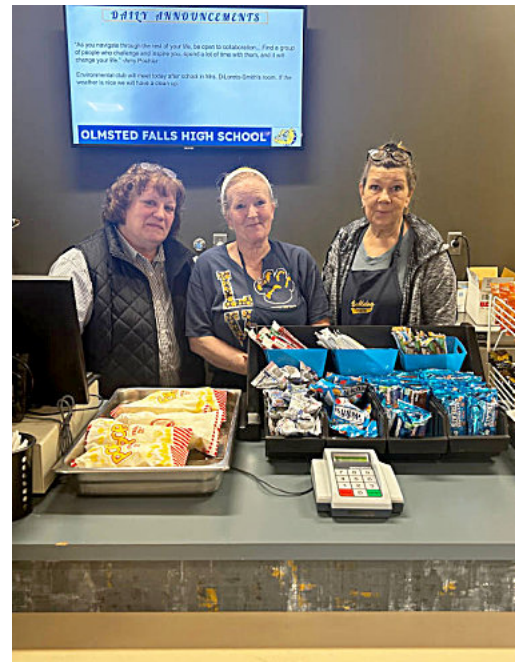
How long have you been working here?: 22 years

What is your favorite thing to make?: Pizza dippers

What is your favorite part of your job?: Talking to the kids every day and ringing people up at the register.

Don't be afraid to strike up a conversation the next time you get your lunch. These women put so much effort into their jobs; it's not easy making over 300 lunches every single day. Whether it's a friendly hello or a genuine thank you after punching in your code, your words can make a difference and remind them that their work is truly valued.

The Spotlight staff's Song of the Month is...
End of Beginning
Djo



ACT Prep

By: Kayla McMahon

Coming up on March 12, juniors will take the ACT test. The ACT is a college readiness test that helps schools with admission decisions. The state pays for this specific test and it is pre-registered so it is an easy opportunity. Students are also allowed to choose up to four colleges that they'd like their test scores to be sent to free of charge, which I highly recommend doing because if you decide to send your scores out after the test, it will cost about \$13 per score report. If you're not a junior, enjoy your day off! But if you are, here are some tips to help you ace the test!

Cnt. on Pg. 2

ACT Prep

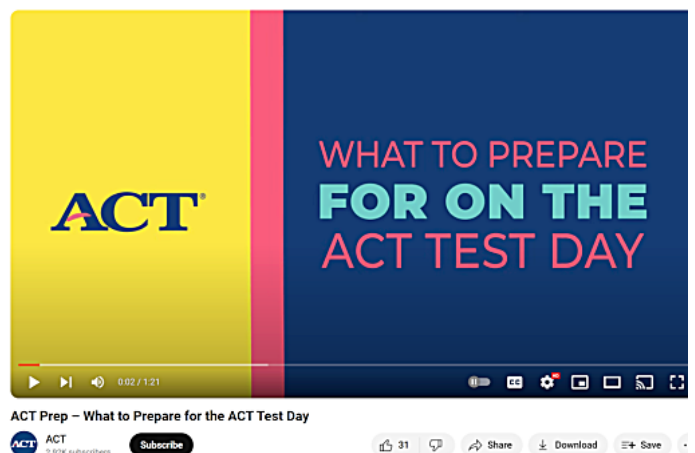
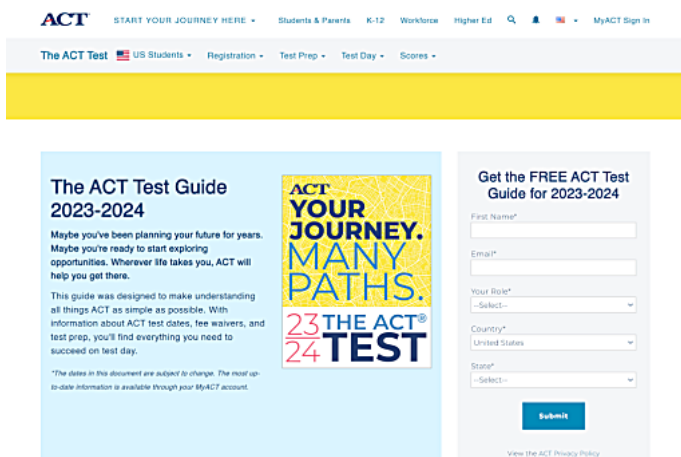
...Continued from page 1

If you look up ACT prep, the first link to pop up should be the Official ACT Test Prep website. If you click this link, it will lead you to the website and from there you can hit the "Test Prep" drop down where you can then choose from Test Prep, Free Test Prep, Official ACT Subject Guides, Prep Guide, and the Test Prep Suite. Some of these are paid tools such as the subject guides, online courses, and tutoring lessons. I recommend hitting the Free ACT Test Prep option where you can sign up for an account and access a free full-length practice test that includes a writing prompt. It will test you in all four subjects and also tell you what you missed with an included score report. It will then provide you with resources to help improve your skills based on what you missed, giving you the option to retake the test as many times as needed. The free account will also provide you with a study guide which details an overview of the ACT test and what to expect on test day, as well as general test-taking strategies. By signing up, you can also trial the prep videos and classes.

Another free option is to find a reputable source and watch some YouTube videos. There are a bunch of educational channels that help with preparation and hand out tips on how to do your best. A good channel to check out is the official ACT account where they post some short preparation videos.

Not related to studying, the night before, I suggest you get some rest. Don't stay up too late, eat a good breakfast, and go in prepared. Day of, listen to instructions and make sure to clarify any questions you may have before the test begins. The test will go from approximately 8:10 AM to 12:00 PM, so make sure to pace yourself and be cautious of the time remaining. Make sure to answer every question because even if you have to guess, something is better than nothing. Although it is important to stay aware of the time you have left, it is also important that you take your time and think through each question. After each question, double-check that you read it correctly and choose the answer you think is correct.

The ACT is one of the most common entrance exams looked at by colleges, and many schools require you to submit your test scores during the application process. Although the ACT test is important, it isn't the end all be all. Keep in mind that your score plays a role in the college application process, but also be aware that there are so many other things that are considered when reviewing an application. That being said, do your best but don't stress about it too much, and hopefully, some of these tips will help you in your studying process.



The Ides of March

By: Marin Head

Have you ever been stabbed in the back by your friends? Have you ever been told to “Beware the Ides of March?” Do you have red boots that you wear into battle? Have you ever been captured by pirates? If you said yes to any of these questions, you have something in common with Roman Emperor Julius Caesar who ruled Rome from 46-44 B.C.E until his death.

The Ides of March is the infamous day on which Julius Caesar was assassinated by Roman senators, and it is noted as March 15th in the Roman Calendar. Legend has it that Julius Caesar was warned by a psychic to “Beware the Ides of March” prior to his death, insinuating he would die on March 15th, though Caesar paid no mind to the warning. But what truly happened to bring Caesar’s former allies to stab him in the back, figuratively and literally?

Julius Caesar, born 100 BC and died 44 BC, was the brutal and famous emperor of Rome for only a year or so. He also was an amazing military general; from 58-50 BC, Julius Caesar led the Romans through the Gallic Wars against the Gaul people. Caesar won the war and took over Gaul, adding it to the Roman Republic. After the war was won, Caesar was showered with awards and made himself dictator for life.

Because Caesar wanted to have immense power, he increased the number of senators in the Senate from 500 to 900, which is a lot of senators by today’s standards but that’s not the point. The point is that all of the new senators were Caesar’s supporters, which would make sure that every issue presented to the Senate would go in favor of Caesar. This severely diminished the power the Senate held and threw it right into Julius Caesar’s hands. Some people saw this as a sign that Caesar planned to make himself king of Rome. Caesar also began to wear red boots that resembled those worn by ancient kings, which was seen as controversial by the Roman public.

In response to the fears of the public, 60 Roman senators,

including Caesar’s rumored illegitimate son, Marcus Junius Brutus, started to conspire to assassinate the dictator in 45 BC. The conspirators had to move fast; Caesar planned to leave so he could invade the Parthian Empire on what would’ve been March 18th, 44 BC. The conspirators decided to assassinate the dictator on the Ides of March, or March 15th. They planned to commit the act in the Theatre of Pompey, which was the site of the Roman Senate, so they could argue the assassination was a political one.

As I mentioned before, there is a story that rumored Caesar had been warned prior to the Ides of March that he would be murdered on that day. He supposedly was told to “Beware the Ides of March” by a fortune teller. There is more to this story, though, which just adds to the view that Caesar was very narcissistic. On his way to the Theatre of Pompey on the day of his death, he saw the same fortune teller and mocked them for their “incorrect” predictions, though little did he know that inside the Theatre were his assassins.

Inside the Theatre of Pompey, the conspirators waited for Caesar to arrive, to attack him. They waited for much longer than expected, as Caesar considered not attending the Senate because his wife, Calpurnia, had envisioned his death the night before. Caesar ultimately dismissed his wife’s dreams and still went to the Senate.

When he arrived, he was quickly attacked by his conspirators. Publius Servilius Casca drew the first blow, hitting Caesar in the neck, but only after Lucius Tillius Cimber had distracted the dictator. The rest of the assassins joined in, delivering 23 jabs to various areas on Caesar’s body. Caesar died due to blood loss from the attack on that fateful day.

The conspirators believed the death of Caesar would get rid of any sort of attempt at a monarchy, until Caesar’s heir, Gaius Octavius, secretly created a Roman monarchy. Moral of the story: don’t betray your friends, because it won’t fix any problems; it’ll create more.

How To Get Ready for Spring

By: Selah Rush

Step One - Get Ahead On Spring Cleaning

You may be a person who loves cleaning or you may be a person who hates cleaning. Either way early spring cleaning is something you should invest in! Getting a head start on spring cleaning will benefit not only your physical space but also your mental space.

I recommend starting with cleaning your room, making your bed, and cleaning out your backpack. Start with the simple bigger picture; that way you won't get too caught up with the details and you will be ready to jump into spring.

Step Two - Breath of Fresh Clothing

Long skirts, Light Jeans, and a Little Less Layer OH MY! A Pre-Spring wardrobe change will surely get you ready for spring. Now while this may be part of pre-spring cleaning, I recommend going through your clothes and picking out what is only for winter and what you could wear for spring. Packing away your winter clothes for spring hibernation is the perfect way to start your spring wardrobe.

Next to the store! If you're a more feminine dresser, I recommend investing in a long green, yellow, pink, or light blue skirt from the thrift store this spring! My favorite spring clothing combo is a white cable knit over a sweater, a cute crop top paired with a long skirt, and Converse. Gentlemen, I recommend wearing lighter jeans, pullover blue and white crew necks, and boots.

Something everyone can buy is a pair of rain boots matched with a raincoat!

Step Three - Gardening / Flower

Flowers and gardens are one of the best things about spring; after all, it is "April Showers Spring May Flowers!" I recommend getting some tulips and putting them in a teapot to add some festive decoration to your room.

I also recommend trying to grow something new! Try growing your favorite fruit or some tomatoes to make some salsa.

Step Four - Get ready for spring forward

I know sleep isn't something that's on a lot of people's minds right now, but fixing your sleep schedule before springing forward is sure to be a ritual you will not regret! The recommended hours of sleep you should get is 8-10 hours, but I recommend getting at least 9!

St. Patrick Days Cookies

By: Maya Smith

If any of you tuned into last month's baking article, you know my hands got stained red from my Valentine themed cookies. My problem was that I used store-bought artificial dye on sugar cookies. My goal for this time around was to walk away with unstained hands. I also wanted to keep the cookies on theme for Saint Patrick's Day, so I wanted them to have a shamrock on them. I asked my friends (cookie taste testers) for some advice on what kind of cookies they wanted. They decided they would rather the design be made out of sugar cookies rather than frosting on top. I ultimately decided I would use matcha for the color of the green sections and for some extra flavor.

Recipe:

4 cups of all-purpose flour
¾ teaspoon salt
¾ teaspoon baking powder
1 cup unsalted butter (softened)
1 cup granulated sugar
2 eggs
2 teaspoons vanilla extract

Instructions:

Mix and sift dry ingredients together in a medium-sized bowl. Mix butter and sugar for two minutes. Once combined, add eggs and vanilla (food coloring if needed). Once that is incorporated add dry ingredients slowly. Take the dough and let it sit in the fridge for 2 hours. Preheat the oven to 375. Take the dough out and roll it into a ¼ inch thick sheet. Cut our desired cookie shapes and put them onto a tray with parchment paper. Bake the cookies for 10 minutes and enjoy!



My process:

The instructions above come from the most basic sugar cookie recipe I could find. I had to take some extra steps on my own to get my desired design. Once I took my dough out of my fridge, I rolled the green dough into three separate circles and a stem. Each shape was long, so it could be added together to make a tube of dough. I attached the three circles and stem together to make a shamrock shape, and then I wrapped that with regular dough. Once I attached all the dough, I rolled out the tube and sliced it into individual cookies.

Results:

I hate to say it but my cookies came out of the oven looking a little more blob-like than I expected. My friends and family could all recognize the shamrock shape I was going for, but I think it could have turned out better. Looking past that, I was happy with the matcha flavor. I was scared I did not add enough to taste, but everyone who taste-tested my cookies could taste the matcha. Overall I was happy with my results: I managed to stay on theme, walk away with unstained hands, and make a tasty cookie, which were all of my requirements.



SADD Mental Health Fair

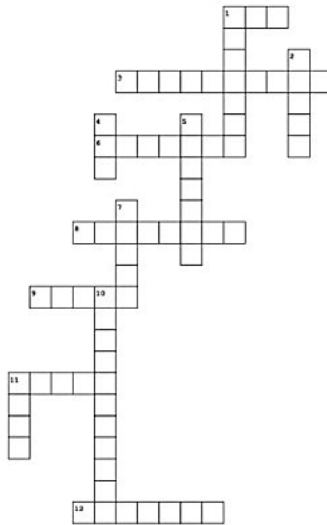
By: Hailey Johnston

On March 8, 2024, there will be a Mental Health Fair at OFHS. During this one-day event, all OFHS students are welcome to visit the main gym and unwind from their studies and or any outside pressures. To assist everyone release some of the tension and stress they are under, the gym will be filled with several stations designed to let students connect with their inner child. There will be Henna, Tattoo, Gym, Yoga, Art, and Fidget stations, which represent things we have all grown up experiencing. For instance, we can all recall how much fun it was playing on the scooters in gym class or how coloring allowed the artistic abilities of our younger selves to blossom. We are hoping students can release stress by remembering our happy moments and rekindling our inner kid.

It's critical to manage stress since it keeps our bodies and minds in good condition. Stress can have detrimental impacts on both physical and mental health. These stations at the mental health fair can all aid in stress relief by encouraging us to put more emphasis on what is happening now and less emphasis on our troubles. Coloring, for example, stimulates our creativity and gives us a fun, stress-free, and calming opportunity to express ourselves.

We all have times when life and school are stressful, whether because of an approaching huge test or something personal going on in life. In any case, you should prioritize your mental health and use this health fair as a chance to better yourself. Students must understand that we are all simply children and that feeling stressed or overwhelmed from time to time is normal and acceptable. Students can use this mental health fair as a platform to help relieve stress and to take a step and help themselves. As a reminder, all students are welcome to use this time to decompress and are encouraged to do so during lunch periods and study halls.

Saint Patrick's Day Crossword



Across

1. A container used to store gold
3. Small mischievous Irish man
6. What do leprechauns call home
8. A plant having 3 or 4 leaves
9. A popular phrase you might hear is, "Kiss me I'm ____"
11. The color of emeralds
12. City that dyes its river-green

Down

1. What happens if you don't wear green, you get....
2. To be fortunate is to be...
4. The Irish ____ is a popular folk dance
5. A colorful display in the sky
7. The month St. Patrick's Day is celebrated
10. March _____ is St. Patrick's Day
11. yellow tinted precious shiny metal

Shamrock Shake Controversy

By: Sofia Birkch

Yep, it's that time of year again when McDonald's brings out their annual minty mess of a drink: The Shamrock Shake. Some people go feral for the creamy mint shake and others... throw up at the idea of drinking the green slime. Both parties are extremely passionate about their stance, and there are few people (none I found) who are on the fence about the taste of the shake. The majority of the people I asked enjoyed the idea of Shamrock Shakes and the season of having them. Some people feel it is an obligation to have a Shamrock Shake at least once a year to get into the holiday spirit, but they don't necessarily enjoy the beverage. Others would not dare to be put through the torture, and a select few have never had one EVER! (Are they lucky or missing out?).

The vast majority of people I asked LOVE Shamrock Shakes. They rave over how amazing they are and my friend Addison Burkhard even said that the "Shamrock McFlurry brings me bliss and it is the only thing I look forward to after Christmas." A lot of people agree with Addison, but I for one do not. I am a certified Shamrock Shake HATER. I think they taste like toothpaste and I'm a mint girly but Shamrock Shakes just don't do it for me. Despite my hatred for the shake, my friend Eden was sick and was craving one so being the amazing friend that I am, I did drive and get her one despite it being the middle of the night. Mara Brkich is also a certified Shamrock lover and is an avid McDonald's visitor when the St. Patrick's Day season comes around, though she is a bigger fan of the McFlurry version of the Shake. Overall the hype behind Shamrock Shakes is a mystery to me, but a word of advice is to never voice that opinion to ANYONE who likes the shakes because they'll get mad and you probably won't have a friend anymore.

Now, the people who have good taste that I asked agree that Shamrock Shakes are absolutely, positively, GROSS. I don't have any direct quotes, but the answers were always some version of a short "NO" or "EW STOP." So the consensus is no thanks to Shamrock Shakes. Personally, I think that they taste like toothpaste. It's not even the same mint as toothpaste, but it just has the texture of toothpaste along with the mint flavor. It's just a bad combination. Now, even though I don't like the shake, I do think that if there was some form of chocolate mixed in the shake it would be better, which is why I'm tempted to try the Shamrock McFlurry because it is mint and Oreos and I LOVE mint Oreos.

Overall the Shamrock Shake has consistently stayed as one of the most controversial beverages to date. Whether you think they're splendid or absolutely awful, no one can help but have a strong opinion for or against the St. Patrick's Day treat.



The Pride of Olmsted Falls Takes on Orlando

By: Nora Barnard

This year the Pride of Olmsted Falls Marching Band had the opportunity to take a trip to Orlando, Florida! They rode the buses down to Universal to march in a parade and record in a sound studio!

The band marched about a mile through Universal in Florida's intense torrential downpour. They blasted Ohio's anthem Hang on Sloopy and Uprising through the streets of Universal! The students and teachers also were able to enjoy a couple of days inside the park in small groups to explore the park and everything it has to offer.

On one of the later days of the trip, the top band, Wind Symphony, was guided to a recording studio behind the scenes of the park. After warming up, they recorded a song they had been practicing with the help of the Disney instructor. The next step was to get some voice actors involved. As the instructor read off characteristics describing each character's personality, our classmates called out who they thought would match. Senior Taylor Gluss was chosen to be the voice of the sassy teenager Margo. She says, "It was boss, but I'll never forgive Noah Gailey for offering me up." Let's be fair, everybody was thinking it, and she was, in fact, perfect for the part. When asked for the biggest and toughest person in the band, Zach Johnson of course came to mind. His part was then revealed as... Agnes, yes the little girl with the fluffy pony. He gave us his very best toddler voice and blew the recording professionals away. Following this, we welcomed Ben Purdum to the mic in order to make weird sounds acting as a minion. The most spot-on casting had to be the voice of Gru, though. For the last four years, Colin Grant has very successfully dressed up as Gru many times and can perfect the accent.

By the end of the two hours, the band heard the rough draft of their professional recording. The whole band had a great trip and learned about some real jobs in the music industry!



The Spotlight Staff

Nora Barnard (Editor)
Sofia Brkich
Karen Dougher
Izzy Grove

Marin Head
Hailey Johnston
Colbie Krakowiak
Kayla McMahon

Selah Rush
Maya Smith
Katelynn Weaver