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The Newspaper of Centennial High School





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NEWS

Boeing is in the process of patenting a force field to prevent fatal crashes See Page 2

OPINIONS

"The fight for equality is ongoing and requires support from both men and women." -Bayley Grossman See Page 3

FEATURES

5,400

The number of suicide attempts teenagers make each day See Page 3



What was your first job?



"I'm currently working at my first job. I work at Yogurtland." -Riley Rupisan, 12

Students model original fashions Free ACT

Voice of the

Bulldogs



Escarlet De Leon, 11, models a floor-length dress inspired by Barcelona. De Leon was one of 11 Centennial students selected to participate in the the Fashion Forward contest.

Editor-in-Chief



were selected from the initial 200.

Centennial has participated

exams replace proficiencies

Nicholas Hanson

Entertainment Editor ue to the passage of Assembly Bill 288 in 2013, Nevada's High School Proficiency Exam has been removed and new exams have taken its place. These exams are the College and Career Readiness Exam and the End of Course Examinations. In order to graduate, students must obtain 22.5 credits like normal, but must participate in these new exams, which will be distributed in the junior year.

Centennial sophomore Laura Rebar believes that proficiencies should remain intact. Rebar said, "I think we should still take Proficiencies since we could get certain things to study. I think these new exams will be hard. I want proficiencies back and not the new exams."

The last class to take the High School Proficiency Exam (HSPE) was the class of 2016. However, the Science HSPE will continue to be administered until the Science End-of-Course Exam is available, which is in 2017. After 2017, the Science HSPE



"I was a couselor at a kids" robotics competition for about three weeks last summer."

-Adam Whitely, 12



"I was a ranch hand. I mucked out stalls and fed the horses, goats and rabbits. Sometimes dogs. But I got to ride for free." -Susan Carilli, 12

leven Centennial students spent Mar. 14 strutting on the Fashion Show Mall's runway in their own city-inspired designs. Sixty intermediate and advanced fashion students from schools across the district were invited to design and sew their own ensembles for the Junior League of Las Vegas Fashion Forward

Hannah McDonald

contest. Participants were asked to create an outfit inspired by either Barcelona, Stockholm, Melbourne, Johannesburg, Montreal, Venice, Tel Aviv, Mumbai, St. Petersburg or Shanghai.

"At first I was kind of disappointed at getting Barcelona," said Tesha Kerr, 12. "I just really didn't want to design something boring or Kathleen Hernandez, 11, struts down the catwalk in a look inspired by Melbourne.

typical, and at the beginning all I could find for inspiration were flamenco dresses."

The contest began last fall, when eligible students began the contest by sewing a muslin sheath dress. Contest officials judged them on their technique and craftsmanship. From there, 60 contestants

in the contest for six of the seven years it's been held. This year's competition involved eight schools and an abundance of talent.

"I ended up joining fashions because of the contest," said Kerr. "My sisters Dusty and Ashley designed prom dresses for it and it seemed like a lot of fun. I wanted to do it myself."

Contestants were judged on the quality of their clothing as well as the creativity of their initial designs. They were also judged in an interview portion, where they were asked about the inspiration for their ensembles.

Athena Davis, 10, used Russia's landscape and history to create her **Continued on Page 5** will no longer be required to graduate.

Our Department of Education has negotiated a contract with ACT for the **College and Career Readiness** Exam (CCR). This means that the Class of 2017 and onwards will have to take the ACT in order to graduate. There is currently no required passing score; students are simply required to take the CCR Exam (ACT). This exam will be distributed to juniors free of charge and can be sent to colleges. Juniors of 2015 will be taking this exam on April 28, 2015 and there is a makeup day of May 12.

Centennial junior and athlete Alexa Willeford believes the chance for all **Continued on Page 5**

news



News that makes you go, "Huh?!"

Hannah McDonald

Editor-in-Chief

Color-changing flowers

Colorado-based The company Revolution **Bioengineering announced** a startup for a genetically engineered type of flower they call "Petunia Circadia." When given a drop of beer, the petunia changes from white to red, the color lasting for about a week or until the plant is watered. Interested customers can purchase one with a contribution of \$42, though shipping won't begin until 2017. The company seeks to reduce the stigma around genetically-modified organisms and hopes that these flowers will assist in that mission.

Force fields

Attorneys recently granted security company Boeing the patent to a "method and system for attenuation shockwave via electromagnetic arc." Unlike the force fields in movies and books, the Boeing force field would work on a smaller scale, acting as a buffer to prevent fatal or damaging automobile accidents. The patent is for a sensor that could detect a shockwaveexplosion generating and communicate with a generator to create a plasma field with lasers, electricity and microwaves.

_iven up your summer with local events

Blaire Berry

Copy Editor as Vegas is full of exciting opportunities for tourists and for local residents. Below are some fun occasions that can be enjoyed with family and with friends. Pet Adoptions at Nevada **SPCA**

The Nevada Society for the Protection of Cruelty to Animals is a No-Kill animal shelter with more than 1,000 animals that are waiting to be adopted. Including cats, dogs, rabbits, guinea pigs, gerbils, hamsters, ferrets, pot belly pigs, goats, turtles, fish, and birds. Nevada SPCA is a non-profit organization that promotes humane education and refers low cost for neuter and vaccination services. Nevada SPCA mission statement is "We work to achieve our adoption goals by treating each animal as an individual, with a name instead of a number. We strive to match each rescued animal with people by personality and lifestyle in order to have the best chance to find a forever home. We seek homes for the animals where they will be treated, cherished, and appreciated as members of the family."

Farmers Market

The Farmers market is a daily event that produces fresh, local and organic foods that can improve health, the economy, and the environment. Nevada Grown Farmers Market goals are to educate the communities about the use of Nevadaproduced foods. Encourage healthy eating habits that can include foods from Nevada farms and ranches. Provide an educational opportunity of Nevada agricultural producers. Create and promote a good food system and to strengthen the bonds between consumers and farmers. The City of Las Vegas hosts three farmers markets that are open from 4 p.m. to 8 p.m. on Wednesdays and Thursdays and 10 a.m. to 4 p.m. on the first and third Saturday of each month. Foam Glow 5K

Foam Glow 5K that has been defined as the most fun filled race ever! Run or walk while foam engrosses you and black lights fill the air. Runner and walkers begin the Foam Glow 5k like a brand new tarp, however at the end of the race they look like they went into a "tye-dye machine" covered in different colors of foam that glows under the dazzling black light. While running there would be Foam Glow 5K Zones that have a designated colors including: orange, pink, or blue. As runners go through the Zones they will be covered in foam that will illuminate from the high intensity black



This year's Foarm Glow 5K will be held on June 6 at the Sam Boyd Stadium. Anyone over age six can participate.

lights. All of the products that are being used are 100 percent natural and non-toxic. At the end of the race, have a blast with friends and family at the Foam Glow 5K after party that will have music blasting from the stage, foam glow, and lots of black lights. This year's Foam Glow is on June 6 and starts at 8:30 p.m.

Comic-Con

The Amazing Las Vegas Comic-Con returns this year to provide fans with new access to their favorite shows. Explore the giant exhibitor's hall, the international artist alley, a video game arena, and see people expressing themselves in their own unique costumes. Meet with comic book legends, Steve McNiven, Robert Liefeld, George Perez, and many more. This year's Comic Con includes actors and actresses from The Walking Dead, Dr.Who, Sleepy Hollow and Breaking Bad, among others. There is something to do for everyone at The Amazing Las Vegas Comic –Con.

How to study for the late summer SAT/ACT

Nicholas Hanson

News Editor lanning to go to college? Considering attending a high-stakes university? One hurdle remains: the SAT or ACT.

The SAT is renowned for being a more confusing test, but with simpler concepts. Part of the struggle with the SAT is understanding the question. The ACT is usually more straightforward.

Two more key differences are the vocabulary and test structures. The SAT tends to music, etc. After this, grade the time 50/50 on studying for so if vocabulary isn't your strength, the ACT might be a better fit. Also, the test structures are quite different. The ACT has a science section, mainly focusing on analysis, while the SAT does not. The SAT requires a 25-minute writing section, while the ACT provides an optional 30-minute writing test. In addition, the SAT is broken into more sections than the ACT, which tests students in one block per subject. Here is a quick breakdown of how students should study for the ACT or SAT during the summer for eight weeks: Week 1: Take a full length practice test under the conditions of an actual test. That means three to four hours of testing with no phone,



have more complex vocabulary, test and check the score. Then your weakest and strongest

TRIVIA CORNER

-In 1973, Mao Zedong told Henry Kissinger that China had an excess of females and offered the United States 10 million Chinese women.

-During childbirth scenes in movies and sitcoms, infant actors are smeared with cream cheese and jelly for a "just born" look.

-The Riddler from Batman has a real name: Edward Nigma (or E. Nigma).

-Deipnophobia is the fear of dinner party conversations. -The Rose Bowl was originally known as the Battle of the Flowers.

Fowl play

More than 40 birds disappeared from their enclosures at the Macaw Rescue and Sanctuary in Carnation, Washington.

The birds disappeared sometime between Friday night and Saturday morning. There were no signs of natural predators, so employees suspect that an intruder stole them in an attempt to cash in. The monetary value of all the birds--which included Senegal parrots, Meyer's parrots and redbellied parrots--would be somewhere around \$8 to \$10 thousand.

focus on your weakest section by studying what you missed and so forth.

Week 3: Now it is time to shift your studying towards your next weakest section. Try to study your second weakest section 75 percent of the time, but continue studying your weakest section 25 percent of the time.

Week 5: Take another full practice test under regular testing conditions and you should see an increase in your score. Then you should just focus on once again whatever your lowest section is on this practice test.

Week 6: Now you should study your strongest section too, so that you may get as high as a score as possible. However, try to split your sections,

Week 7: Once again, take another full length practice test under regular testing conditions. You should see a major increase from this score to your first score. Grade yourself and study your weakest section.

Week 8: With only one week to go before your test, you should just be reviewing on all your formulas, etc. Just try to get yourself prepared and ready to go for test day.

Night before the test: Just relax and go to sleep early. Eat well, hydrate, and don't stress about the test. Your preparation over the last two months will have prepared you, and any cramming you try now will just slip your brain by tomorrow. Good luck!

-In 1986, Ted Nungent made a \$10 million bid to buy Muzak (elevator music) so he could close down the company. His offer was rejected.

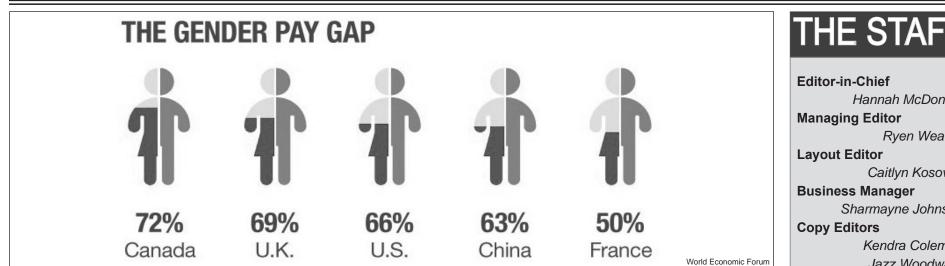
-In 10th century Burma, King Theinhko ate a farmer's cucumbers without permission. The farmer killed the king and took the throne.

-Pearls dissolve in vinegar.

-Clinical lycanthropy, or zoanthropy, is the delusion that one has turned into an animal.

Courtesy of Mental Floss

opinions



We need to conquer the gender wage gap

Bayley Grossman

Photo Editor

eminism is the advocacy of women's rights on the grounds of political, social and economic equality to men. Being the year 2015, most people would think that a subject such as gender would not be such a controversy. However, in every country in the world women are still treated as unequal to men.

The United States is one of the leading countries and has made very influential advances regarding equality rather than discrimination. People such as Susan B. Anthony and Martin Luther King Jr. have helped to make this country earn the rights of freedom. Although much progress has been made, there is still a battle of equal rights between males and females.

Women make up almost half of the workforce, but they get paid 22 percent less than

men. A male and a female employee could be doing the exact same job, but the female will always get paid less due to wage inequality. How can we, as a country, support and stand up for women's rights in other countries when we are not yet equal ourselves?

Women have made huge steps in diminishing the gender gap in the past few decades by integrating themselves into the work force and doing jobs that were previously done predominantly by males. In this decade however, there is still work to be done. In 2009 President Obama signed the Lilly Ledbetter Fair Pay Act at an attempt to close the wage gap. Yet, six years later, no changes have been finalized.

An analysis recently released by the IWPR states that the poverty rate for women would be cut in half if they were paid the same as men in the same profession. Both genders have the ability to perform at an equal level at any job, but there is still prejudice that exists in a society and particularly in the work force. Opponents say that women receive lower wages than men because they choose to do lower paying jobs, but a woman with equal or greater education than a man in her same career may still be overlooked for jobs or promotions.

More and more women have entered the work force and are the main provider for their families. It is neither fair nor right to pay them less when they are producing the same results as a man. The efforts of Susan B. Anthony for equal rights might as well have been in vain if we, as a country, are still thinking of men as being the dominant gender.

Many female celebrities have spoken out on the matter of equal pay because even famous women get paid less than men. Patricia Arquette,

Oscar award winner, spoke on the matter in her acceptance speech for best supporting actress at the Oscars. Actress Emma Watson recently announced that she will be hosting a HeForShe event in London advocating gender equality.

Arquette ended her speech saying, "To every woman who gave birth, to every taxpayer and citizen of this nation, we have fought for everybody else's equal rights. It's time to have wage equality once and for all. And equal rights for women in the United States of America." Her inspiring message earned her a standing ovation from many celebrities including Jennifer Lopez and Meryl Streep.

The fight for gender equality is ongoing and requires support from both men and women. The United States has improved. However, we cannot call it progress until the wage gap is diminished.

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Mission Statement

It is the mission of BARK! to provide to Centennial High School students necessary information from their school and the world, to generate awareness in current issues

and critical thinking, to recognize and promote the diverse cultures at CHS, to serve as a forum for student expression and to entertain.

How to recognize and prevent suicidal tendencies

Ryen Weaver

Managing Editor eenagers and young adults often feel that the power of mastering their feelings, coping with stress, and choosing solutions is often not their choice but is decided or forced on them by the adults around them.

Suicide is the third leading cause of death between the ages of 10 and 24, according to the U.S. Centers for Disease and Prevention Control (CDC). Suicide attempts are even more common. Some research suggests that four to eight percent of high school students attempt suicide each year. Those most at risk have a history of suicide attempts, mental illness or substance abuse or a family history of mental illness, access to lethal methods, and abuse mentally, physically, and emotionally in the home. Often, the people who are deliberating killing themselves have exhibited three or more warning signs to their family and friends. Most of the time, these signs are brushed off and are not listened to.

-Killing themselves -Having no reason to live -Being a burden to others -Feeling trapped

-Unbearable pain

A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss, or change. Recognize:

-Increased use of alcohol or drugs

-Looking for a way to kill themselves, such as searching online for materials or means Acting recklessly -Withdrawing from activities -Isolating from family and friends

occupying time with healthy and stress relieving activities can help cleanse and relax the mid for the time being. In order to maintain long-term results, work has to be put and giving up is something to be put on the backburner. Try activities that spark interests and improve overall mood. -Getting enough sleep

-Try yoga and/or meditation -Keep a journal and write down one thing that was a happy memory or something that helps with the appreciation of life

supports groups, abuse groups, and LGBTQIA groups throughout the community and websites designed for these and many other situations in which a friend or even you may be going through. Reaching out may be hard and even embarrassing, but it's best to get help soon.

Remember that suicide is a permanent solution to a temporary problem.

Amid the fullness of youth and pressure, teenagers may only see the darkness in themselves, around them, and in the future. Some try to end it, many think about ending it all because they believe their life will never get any better. "I used to think, 'When are they going to fix me and give me a magic pill?' I realized I was the only person who can prevent myself from killing myself," says Kristen Bellows.. After years of trying to end her life and trying to find a way out of her pain Bellows began surrounding herself with people and situations that could help her and uplift her rather than bring her down.

Recognize the signs: People contemplating suicide may talk about:

-Sleeping too much or too little -Visiting or calling people to say goodbye

-Giving away prized possessions

-Aggression

People who are considering suicide often display one or more of the following moods:

-Depression

-Loss of interest

-Rage

-Irritability

-Humiliation

-Anxiety

There are many ways in which to prevent suicide and not give in to the weighing effects of depression, anxiety, and social pressures. By -Try to not put to overwhelm your life with too many activities, jobs, work, etc -Fill a box with things that make you happy. Put things in this box that keep your hands and your mind busy on activities you enjoy.

Obviously these things are easier said than done. Talking to someone is one of the most helpful and cleansing things a person can do. There are hundreds of support groups throughout the community and country that are designed to help anyone with any problem.

There are hundreds of websites designed for specific needs. There are depression support groups, anxiety

Focus on progress, not perfection.

In memory of all Clark County students who are no longer with us.

BARK! is published by the advanced journalism students at Centennial High School, with additional contributions from Journalism I students. Editorials express the views of the editorial staff of BARK! All other views expressed on the Opinions pages are those of the specified writer and do not reflect the views of Centennial staff or students or the Clark County School District. BARKI's business office is

located at 10200 Centennial Parkway, 89149, in room 215.



Junior student council members helped plan 2015's Pirates of the Caribbean- inspired Prom. "Prom is an amazing experience you will never forget," said Rosalie Chaleunsouck, 12. "It will forever be one of my favorite memories with some

of the best people in the entire world."



by Kyle Brathwaite, Cub Reporter rom is the night when unimaginable events display themselves in an abundance of moments right before your eyes.

Not everyone's prom is the magical night it's reputed to be, though. Some prom experiences are, if not magical, at least comical.

Mix up

Varsity volleyball player Terrell Hicks was supposed to have the best night he possibly could, which would have been easy if not for the fact that he was forced to go with his ex- girlfriend. Not only that, his girlfriend at the time saw him with her.

Bouquet buffet

When his date took too long in the bathroom with her friend, assistant principal Doug Wilbur ate her beautiful arrangement of flowers, petal by petal. Prom gone wrong never tasted so good.

Cupid v. Durkin

Usually a friend would persuade you to help him or her get together with someone. In this case, varsity volleyball player Tanner Durkin became Cupid's nemesis, splitting apart couples instead of bringing them together. Durkin maneuvered to sever his friend's relationship because his friend wanted his wings of freedom back.





Left: Cheerleaders practice for the Battle of the Sexes assembly. Above: John Lohuis rocks out peforming his first place talent show act.



Avoiding the monster named prom

Prom has its ups and downs, but avoiding it or not being able to go is another story. Retired Navy Senior Chief Petty Officer Borders says his prom horror story is not going to prom.

In the end, prom is ruthless and takes no prisoners. But if you manage to escape its bad side, it can be a life-changing or at least memorable experience.

Photos by Hannah McDonald

Change from night owl to morning bird



Ryen Weaver

Managing Editor ith school, work, sports and clubs it's hard to try and wake up early day in and day out. According to The Body Clock Guide to Better Health, only about one in 10 people is a true morning person. With these eight tips, though, you might be able to fake it.

1. Practice good sleep hygiene. Keeping a consistent sleep

schedule is one of the best ways to ensure quality, restful sleep. If you have to wake up earlier than normal, set the alarm clock in fifteen minute Overly drastic intervals. adjustments will make you want to hit the snooze button. **2.** Implement a routine.

Establishing a schedule can help your body understand what is going to come next. Maintaining a consistent routine before bed will help your mind relax and in return help you fall asleep easier and quicker.

3. Eat and drink smart.

Some experts caution against going to sleep too full or too hungry, as the discomfort may keep you awake.

4. Power down.

Any type of light can shift sleeping rhythms, making it harder to sleep at night. Harvard Health Publications' research has found that artificial blue light emitted from electronics like laptops and cell phones disturbs sleep even more than natural light. Powering down an hour before bed makes sleep come easier.

5. Wake up before your alarm



Courtney Oakden, 9

What do you spend most of your time doing outside of school?

Swim team and theater. And practicing the cello.

What is your most unusual ambition?

To be a chiropractor. It's just really interesting. I like the study of bones and muscles.

What's your biggest fear? Failure.

If you could do any job real or imaginary, what would it be?

Sketch comedy! I love theater and Studio C (a sketch comedy television show) is my favorite.

college, and I don't mind not

having a day off, it's worth it."

graduate is the End of Course

Exam (EOC). There will be four

sections of the exam; Math 1,

Math 2, English Language Arts

1 and English Language Arts 2.

Math 1 will focus on algebra,

while Math 2 will focus on

geometry. English Language

Arts 1 will focus on reading

comprehension and English

Language Arts 2 will focus on

The other required test to

What superpower do you wish you had?

Mind reading. I have a really hard time understanding people, so if I could just know what they're thinking I could get along with them better.

If you had to go by a new name, what would it be? Uh...something creative like Piper. But not Piper.

What are your biggest pet peeves?

Dirtiness, tests and boring assignments, butterfly stroke.

What is the best advice you've ever received?

A situation isn't positive or negative. How you react to or view the situation determines how it affects you.

Justin Carter, 12

STUDENT FEATURES IN A FLASH

What's your dream job? I'm already trying to achieve my dream job in antihacking intelligence for the U.S. Army.

What is the best piece of advice you've ever received? The best things in life are the hardest to achieve.

How did that affect you? It showed me that I needed to start trying harder for what I wanted in life, instead of trying to sit around and do nothing for myself.

What advice would you give to a large group of people?

The most important thing is be you. When you're in a large group of people

you're concentrated on what other people think of you. When you're you, that's the happiest "you" you can be.

What's your biggest fear? Heights. And claustrophobia.

If you had to go by a new name, what would it be? People have told me I look like a Chad or a David. Or a Zack.

What's the worst thing someone could say when meeting another person for the first time? "I'm a conservative."

What's the most interesting thing about you? I build and program my own computers.

TESTS: cont'd from page 1 writing. Students will take this juniors to take the ACT is a exam in the spring. The Class good idea. Willeford said, of 2016 will take these exams in the spring of 2015. There "I'm really happy that they are will be no required passing offering a free ACT to juniors because it gives everyone an grade until 2019. equal opportunity to take another step towards going to

Mr. Sehnke, Algebra II teacher here at Centennial High School, wonders how the End of Course Exams are truly going to work. Sehnke said, "I think it's a good idea. But, I don't like how the district doesn't know how the tests are going to work or what is going to be on them. I like the concept though."

The district reported that "the current High School Proficiency exam is not aligned to the new state standards that we are teaching in classrooms."



Centennial's 11 participants pose together backstage after the completion of the fashion show and judges' remarks.

FASHION FORWARD: cont'd from page 1

Petersburg-inspired St. design. Drawing from sources like the Russian military and the St. Isaac's Cathedral, she created a brown velvet coat with a gold lining.

"It was really difficult

wracking seeing everyone else's work," she said. "You're confident about it until you get there."

Despite their nervousness, all 11 finalists were prepared to walk the runway with grace and confidence.

"The most fun part was

If you naturally wake up within minutes of your alarm going off, it can be tempting to close your eyes and savor the extra few minutes of rest. Studies have shown it is better to just get out of bed. When you wake up spontaneously, you are most likely in a light sleep stage. Going back to sleep could send you into a deeper sleep stage, making it harder to wake up and start your day.

2. Try an app.

There are several apps made to help you get out of bed and get ready to start your day. The app "Wake n Shake" makes you shake your phone in order to turn the alarm off. "Better Me" shares your failure to wake up to social media every time the snooze button is hit.





"I went to Australia last summer. We were out watching the sunset and we heard a rustle in the trees and I looked over and there was a group of kangaroos. There was a mama and a joey and a couple of babies." -Ryan Stochinksky, 12

making the coat because I couldn't iron the fabric at all," Davis said.

Because they were not allowed to work on their creations outside of school, many contestants were still working to the last day.

"I was working on my dress all the time," said Samantha Richardson, 11. "I was still trying to finish my dress on the last day. I think I could've made it even better with a bit more time."

Though the design and craftsmanship of their clothing was the main focus, all of Centennial's contestants had to face another hurdle: the fashion show itself.

To tenth grader Kirsten Chester, that was the hardest part. "It was really nerve-

getting ready for the fashion show," said Richardson. "They did our hair and makeup for us and we got to talk to friends."

Kerr added, "It ended up being a lot of fun. I was told I have model legs."

At the end of the show, judges announced 10 finalists. Senior Darrell Major took the stage as a finalist, scoring high marks for her coral and apricot ensemble inspired by Mumbai. The first, second and third place finalists received award baskets and summer internships. Though no Centennial students were included in the top three, Kirsten Chester promises that will change.

"Next year they'd better watch out," she said, "because I'm bringing my A-game."

features



Chess boxing

Originally played in the United Kingdom and Germany, chess boxers now compete worldwide and participate in a world championship held every year in different locations across the globe. The most popular locations for Chess Boxing in the modern day are Germany, India, Great Britain and Russia. Chess Boxing is played with both brains and brawns, and can go up to a total of 11 rounds. A victor is claimed once a player wins the chess match, knocks his opponent out, or by the judge's decision at the end of the match. Chess Boxing is one of the fastest growing sports around the globe due to its unique union between the brutality of boxing and the calmness of chess.



Extreme ironing

Now played all across the world, extreme ironing was originally played in Britain. The "sport" is played in almost any exotic location including caves, forests, waterfalls, the tops of kayaks, mountains, New York City, in parachutes, underwater and even more. The first Extreme Ironing World Championships were in 2002 in Valley, Bavaria. During this tournament, competitors have to be able to iron clothes in five different locations: urban,water, forest, rocky and freestyle. The Extreme Ironing Bureau calls it "the latest danger sport that combines the thrills of an extreme outdoor activity with the satisfaction of a well-pressed shirt."



Wife carrying

A man must carry his female partner through a special obstacle course in the fastest time. This sport has been played annually in Sonkajarvi, Finland since 1992. The wife has to be carried in piggyback, fireman's carry (over the shoulders) or Estonian-style (the wife hangs upside-down with her legs around her husband's shoulders, holding onto his waist). The award is beer in the amount of weight of the wife. This award is considered legendary to the people in Sonkajarvi.



Underwater hockey

Also known as Octopush, underwater hockey is played globally, but was invented in England in 1954. The game involves 10 players (six in play) getting a puck across the bottom of a swimming pool and into the other team's goal with a small stick called a pusher. Each player wears underwater equipment such as fins, goggles, diving mask, snorkel and mouth guard. Now the Underwater Hockey World Championships are played every two years.

QUIZ CORNER

Which weird sport should you play?

Choose the answer that best fits your personality.

What is your dream job?
 A.) World dictator
 B.) Housekeeper
 C.) Musician
 D.) Ninja
 E.) Scuba diver

2. What kind of friend do you appreciate most?
A.) Someone who is both brainy and brawny
B.) Someone who is clean
C.) Someone very charming and charismatic
D.) Someone who is very active and athletic
E.) A mermaid

3. How do you take tests?
A.) By studying beforehand
B.) Through slow and
efficient work
C.) By persuading the
teacher to give you a
passing score
D.) By just winging it
E.) By beating up the nerd
for the answers

4. Choose an extracurricular activity.

- A.) Science Olympiad
- B.) Fashions
- C.) Band
- D.) Cheerleading E,) Underwater basket weaving

- 5. What is your favorite television show?
- A.) Sherlock
- B.) Wipeout
- C.) Empire
- D.) Arrow
 - E.) Hannibal

6. What is your dream vacation location?
A.) Japan
B.) Canada
C.) India
D.) Russia
E.) the Bahamas
7. What is your favorite food?
A.) Peanut butter and jelly
B.) Salad

C.) Spaghetti and meatballs D.) Anything with lots of

kick to it E.) Sushi

8. If you were an animal, what would you be?
A.) An elephant
B.) A cat or some other kind of domestic animal
C.) A bird of some kind, like an eagle or a robin
D.) A kangaroo, or maybe a rabbit
E.) A dolphin, or maybe a frog

Look at your answers. If you marked:

Mostly A's: You should try chess boxing.

Mostly B's: We're expecting you to be the newest extreme ironer, you neat freak.

Mostly C's: You should try your skills at worm charming.

Mostly D's: You'd be boss at bossaball.

Mostly E's: You should dive into underwater hockey.







Rock, paper, scissors

The simple use of hand motions has in fact made its way into becoming a sport. Rock, paper, scissors is a game that almost everyone knows across the world. However, the United States has made a special league for the game. The first championship game was played on Apr. 9, 2006 in Las Vegas at the Mandalay Bay Hotel and Casino. The champion was awarded \$50 thousand in cash after winning the tournament. There is also a world league for rock, paper, scissors that isn't as well known.



Quidditch

Muggles clash in this epic sport that is famous to the world of Harry Potter. "Muggle Quidditch," as players call it, is very popular among college students. It is a semi-contact sport that requires players to run around with a broom in between their legs. Referees use rules from J.K. Rowling's Quidditch Through the Ages, deducting points for fouls like cobbing (the excessive use of elbows) and bumphing (hitting bludgers towards spectators). The seven players on each team aim to shoot the ball in one of the hoops on the opposing team's side. The United States holds a World Cup every year.



This sport combines the aspects of volleyball, soccer and gymnastics in one acrobatic game. The sport was originally played in Spain, but is now played all across the world. The game uses a tall volleyball net and has trampolines on both sides, so the players may spike the ball in a more spectacular way. There are usually four to five players playing and have the ability to kick, spike, or get the ball over in any means necessary.



Worm charming

This interesting activity has been declared a sport because of its tournaments in Great Britain and Canada. People must use different techniques such as playing music and "talking to the worms" in order to get more worms to come up to the surface. Competitors get a three meter by three meter plot to unearth worms. The victor of the tournament is whoever can get the most worms out of the earth in a certain time period.

College Alternatives:

Learning from life, not just books

By Hannah McDonald, Editor-in-Chief

While statistics say that college enrollment has increased by 11 percent since 1991, logic says that the college track isn't for everyone. High school students who aren't so eager for universities' time and money requirements might consider other alternatives.

1. Sign up for a gap year program.

While it's quite common for European students to take a year off before attending university, few American students consider the same. Plenty of companies offer gap year and gap semester programs for recently graduated students. Some even allow attendees to earn college credit along the way. **Programs like Outward Bound give** recreation-minded individuals the chance to experience life in nature, providing challenging courses in which participants backpack through the Rockies, kayak in the seas of Lake Superior or work with a dog sledding team in Alaska. Other programs provide opportunities for students to explore art history in Italy or music in New York. Gap year students often have higher grade point averages upon their return to school. While they provide a great opportunity for students interested in travel or educational immersion, gap year programs tend to be expensive, costing about the same as a year at college. Like college, though, most offer scholarships for students who can't afford the hefty price tag.

2. Take a year off to work. Some students already established in a job choose to continue working either to raise money for college or to increase their chance for a promotion. Working can act like a sort of vacation for other students, though. With the right references and a killer résumé, you could find a high-paying job as a steward on a yacht, an English teacher in Thailand or a ski instructor in the Alps. If your desire is a work experience abroad, BUNAC offers high school graduates eighteen and up the chance to work in either Ireland, New Zealand or Australia, where your earnings act as your travel fund. After a year of work, you can enter college a bit richer and a lot more prepared for the workload.

3. Be an apprentice or go to a trade school.

If you're interested in learning a specific trade, both apprenticeships and trade school programs provide hands-on training in your field of interest. Trade school programs typically take a maximum of two years to complete and provide training in everything from aviation to private investigation. Apprenticeships tend to be narrower, offering on-the-job training in fields like construction, carpentry and cooking. Apprenticeships act like an entry-level job, paying up to \$25 thousand a year for new apprentices, while trade school programs cost around \$33 thousand. However, the quality of an apprenticeship depends wholly on the strength of the mentor, while a trade school generally provides a more upto-date and varied education.

4. Join the military. Though it may not be an

especially popular or safe option, military service provides certain benefits, like reduced college tuition and work experience. Military experience opens doors for civilian jobs after eight to 30 years in the service. Recruits generally have the choice between two types of service: active duty and reserve duty. Both branches must complete boot camp, but members of the reserve only serve part-time, allowing them to work other jobs or complete education at the same time. Officers and enlistees usually have the option to switch between services-often active duty members switch to the reserves to complete their service. The military isn't for everyone, but if you have a desire to participate in humanitarian and defensive services for your country, you might consider contacting a recruiter for more information.

Besides the fact they founded billion-dollar companies, Steve Jobs, Bill Gates, Henry Ford and Walt Disney all share common characteristic: а none of them held a college degree. If you have the next big idea for business, you can choose to forgo a college education and jump right into entrepreneurship. Skeptics falsely say that not everyone can start a business, but anyone can, and easily. Starting a *successful* business is considerably more difficult. Over time and a few failures, though, you might finally arrive at your billion-dollar business model. Anyone interested in entrepreneurship should have thick skin and a cunning mind for finances-business is arguably riskier and more cutthroat than anything else

6. Sell real estate or insurance.

on this list.

As far as entry-level jobs go, both real estate and insurance are fairly lucrative areas. With less than a thousand dollars and a couple months, interested salespeople can take a state licensing test within a year of graduating. The average yearly salary is comparable to that of a recent college graduate, but the potential commission is much loftier. The job has its perks-you can set your own hours, but many of them may have to be at night or on weekends.

5. Become an entrepreneur.

DAWG ON THE STREET: CENTENNIAL SENIORS ON HIGH SCHOOL AND FUTURE PLANS

What is your best high school memory?

"When Ryan Mailloux walked into our AP Chemistry class with three bags of tacos." -Susan Carilli

"Taking first place in color guard at nationals this year." -Shawn Rice

"I think mine is probably going to be senior awards night. Because I get a lot of

How have you changed since freshman year?

"I don't spend two hours getting ready. I get ready in 20 minutes and come to school in pajamas."

-Makenna Hulme

"I'm a harder worker." -Charlie Tainter

"I was ugly freshman year, but now I'm decent."

decent." -Tiaira Curry "Don"

What advice do you have for underclassmen?

"Actually study for your ACTs and SATs." -Sarah Gottfredson

"Drop out while you're still young."

-Jacob Laughry ter "Sleep more often." -Tesha Kerr

"Don't make too many

What's your dream job?

"National Geographic photographer." -Makenna Hulme

"Pediatric physical therapist." -Jacob Laughry

"I want to design lego playsets." -Dante Di Blasio

"An asteroid mining executive. Or a lawmaker for

What are you doing after you graduate?

"I'm going to work over the summer. Then I'm planning on going to Alabama State to major in biology."

-Tiaira Curry

"I'm going to Washington D.C. to George Washington University. I'm majoring in International Affairs with a minor in Russian language."

stuff. Don't put that in there,		people mad at you freshman	asteroid mining."	"Sleeping."
but it's true."	"I'm a lot more calm now. I	year. I know firsthand."	-Charlie Tainter	-Sarah Gottfredson
-Elizabeth Lancaster	used to be very energetic	-Dante Di Blasio		
	and hyper, but now all my		"A District 12 coal miner."	"I'm going to Europe for two
"My best high school	energy has been sapped."	"Don't date. It just causes too	-Julia Stolt	weeks with my family. I think
decision was joining the	-Susan Carilli	much drama. Just leave it		we're just going to a couple
band. You get like 60 new	edean eann	alone. Don't even."	"I want to be a private island	cities. We haven't decided
friends right there."	"I've gotten meaner."	-Ashli Hanson	caretaker."	yet."
-Zach Soukup	-Alison Barney		-Susan Carilli	-Julia Stolt
24011 004144	, alcon Barriey	"Buy yourself a cat or a	oddari odini	ound oton
WM/here I herd me teecher	"I definitely get a let mere		"I'd like to be rich and	"I'm ining the Quidditch
"When I had no teacher	"I definitely got a lot more	dog, or, if you are allergic, a	"I'd like to be rich and	"I'm joining the Quidditch
show up to my government	confident and I got some	goldfish or a pet rock, and	famousnah, I don't really	team at Northern Arizona
class so all except for seven	muscle definition on my	have that be your closest	care about being famous. I	University. I want to be a
people left. I had so much	body. I used to be a stick,	friend because it's worth it."	just want to be rich."	seeker, no doubt."
fun just with the students	and now I actually have	-Elizabeth Lancaster	-Tesha Kerr	-Jacob Laughry
that were left. We were all	muscles."			g,
laughing and having fun."	-Shawn Rice	"Join band! If you're a	"I want to operate a	"I'm going to Texas Southern
-Erinn Williams	Chawn Hood	freshman, join band."	submarine and worry the	University and I'm going to
Ennit Winditio	"Two things. I grew a beard	-Zach Soukup	Russians. They'll be like,	major in music and minor in
"Coing to Elorido with				dance."
"Going to Florida with	and I actually grew some	"D () () "	why is that submarine over	
Science Olympiad."	sense of wisdom."	"Procrastinate every day."	there? It's just sitting there	-Erinn Williams
-Sarah Gottfredson	-Zach Soukup	-Makenna Hulme	and not doing anything."	
			-Ashli Hanson	

Kick off your summer with this to-do list

weird summer holidays this year Chloe Wallace

Celebrate these

Cub Reporter

ummer is already fun without school to worry about, but if you are looking for something to do, these weird and wacky holidays might bring a little bit of a kick to your day!

Dare Day is held on June 1 and is dedicated to dares. Dare a friend, a family member, or let someone dare you on this holiday.

What better way to kick off the school-free summer than with eating some delicious doughnuts? National Doughnut Day is celebrated on June 5.

Here in Las Vegas, it gets very hot in the summer, so beat the heat and enjoy an ice cream soda on Ice Cream Soda Day, held on June 20.

Pretty much everyone has heard of bring your kid to work day, but bring your dog to work day? Yup, it exists, and it's celebrated on June 26.

Waffle Iron Day, held on June 29, is a holiday about appreciating the appliance that creates the wonderful, fluffy breakfast foods we know as waffles!

Creative Ice Cream Flavors Day is celebrated on July 1, and is about recognizing the many uncommon or creative flavors of ice cream.

On July 10, take a trip to your favorite picnic spot with your favorite teddy bear and participate in Teddy Bear **Picnic Day**.

Everyone has at least a little bit of geekness inside of them, so let it shine on July 13, also known as Embrace Your Geekness Day.

Finally, the day we have all been waiting for, the day where you can shamelessly eat all of the junk food your little heart desires! Celebrate National Junk Food Day on July 21st.

After eating all of that junk food, it might be wise to work it off by participating on Take Your Pants For a Walk

Caitlyn Kosovac

summer verv you make a goal to make this summer the most memorable, but every year you do the same thing: sit at home bored. With three months of summer vacation, you may as well make the most of your time off.

Layout Editor

1. At the beginning of the summer make a bucket list for you and your best friends to complete by the end of the summer. Make a goal to do at least one event per day. Make sure it's reasonable but adventurous at the same time. For example, you could fly a kite, read a book, go ice skating or play mini golf.

2. Go camping with your friends. You could set up camp in the mountains or in your backyard. You'd sit under the stars around a campfire singing songs and making s'mores. When you wake up from your night of sleeping



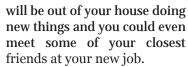
under the stars you can go on a morning nature walk.

3. Have a movie night. An idea for movie night to mix it up a little is get a projector to use and project the movies onto a sheet on a wall in the back yard. Set up blow up mattresses and lots of blankets and pillows and have a Disney or scary movie marathon under the stars with your best friends.

4. Take a road trip! For those of you who drive, you can go on a road trip for a week or two. While you travel you can sightsee or even just relax.

5. The Foam Glow 5K is Saturday, June 6. According to active.com "Foam Glow 5k is a unique experience focused less on speed and more on Glow in the dark fun with friends and family." Runners of any age can arrive with light-colored clothes (the lighter the better) that volunteers will decorate with luminescent foam.

6. Get a summer job. You



entertainment

7. Go hiking. Hiking is a way to get exercise and you see beautiful sights. It's a great way to experience nature and to clear your mind when you need to. Just remember to bring water and know where you're going.

8. Go to a concert. You'll probably make new friends at the concert and that will be even more fun because you will have someone to dance and sing along to all the songs with.

9. Get out of town and go to a place you've never been to see things you've never seen. Every family has their "go to" vacation that they do, so instead see if you can talk your family into going somewhere none of you have been before.

10. Spend every day of the summer with the people you love and who make you happy. Make memories with family.



Legendary senior pranks

Bayley Grossman

Photo Editor

very graduating class wants to leave their mark **d**on the school and be remembered. Pulling a prank, while being a rite of passage, is also a risky thing to do. Pranks should be creative and funny, without getting the pranksters into any serious trouble.

pranks Senior have been done for years and as you can imagine it can be difficult to think of new and memorable ideas. Here are some ideas for the class of 2015 to leave as their legacy and possibly make "h15tory". Fill up all the Purell bottles with super glue • Disorganize the desks in all of the classrooms or set up an outdoor classroom • Everybody participating in the prank brings an alarm clock and set it to go off simultaneously and hide them in different parts of the school. Fill an entire hallway with balloons • Put petroleum jelly on all handles and rails at school Have all seniors park in a big cluster or maze through the parking lot • At graduation give everyone a small object like a penny or a marble to give to the principal

when they shake his hand • Set up plastic cups covering the entire floor filled with water in the cafeteria at school

Put post-it notes covering the floor and ceiling of certain hallways • Put saran wrap on the rails of the main staircases so that it is impossible to walk up them

Every graduating class goes into their senior year thinking that they are invincible and that their last year of high school will be the best. In order to do that though, the underclassmen need to remember the class of 2015. There have been many times where pranks have been attempted but not accomplished. Do not be the class that everyone forgets about as soon as they're gone. While the intentions of senior pranks are harmless, any senior needs to make sure that their pranks will not jeopardize the chance of them walking on graduation. Work out the details well before committing the act and be sure to not get caught or blamed for the situation. However, do not do anything that is illegal or will cause damage to school property. Senior pranks create an everlasting image for the graduating class, make it sensational.

Summer vacations for less

By Kendra Coleman, Copy Editor

ith summer on its way, you may be undecided as to what you want to do, but there are still many options for vacations that won't break the budget.

Disney Parks

Whether you're taking a vacation with family or a few friends, going to one of the Disney parks is often a popular choice. A 2015 Magic Your Package deal gives you the option to choose how many tickets you need, the number of days per ticket and whichever park is more convenient for you.

Spring vacation specials also make it easier to afford a trip during the spring season. Until June 15, you can get up to 25 percent off on rooms and upgrade to one more ticket-day on your tickets when you add four-day tickets to your order.

Six Flags Magic Mountain

Six Flags Magic Mountain can be a cheaper and easier alternative if you wish to visit an amusement park. With only 273 miles between Las Vegas and the park, traveling to Six Flags for a couple days is a reasonable option.

General admission tickets for Six Flags Magic Mountain are \$69.99 for a daily ticket, but the park allows you to buy tickets off of their website in advance for up to \$25 cheaper than if you would buy them in person at the theme park. This eliminates the need to wait in line, thus making buying your tickets online quicker and more cost effective.

Day on July 27, so take a walk and work off some of those extra calories.

This is probably one of the weirdest holidays in all of summer. Sneak Some Zucchini Onto Your Neighbor's Porch Day, held on Aug. 4, is about getting rid of zucchini by sneaking it onto your neighbor's porch.

Spread some humor this August by telling jokes in celebration of National Tell a Joke Day on August 16.

Put 20 dollars in your pocket and get ready to pop some tags on National Thrift Shop Day, held each year on Aug. 17.

Held on Aug. 18, Bad Poetry Day is about both appreciating and writing bad poetry verses.

Universal Studios Hollywood

Universal Studios Hollywood offers entertainment in all aspects, including theme park rides, movie studios, cinemas, restaurants and shops. Admission tickets can cost anywhere from \$92 to \$299 depending on the type of ticket.

If you wish to skip long lines and get priority access to rides, shows and attractions, there is a Front of Line Pass available for a price of \$159 per ticket, or a discounted price of \$149 if you buy it online. It serves as a one day admission pass during a selected range of time rather than for a specific day, making it easier on you to visit if plans change during a vacation.

A one year pass is \$12 cheaper than the general admission tickets and gives you all of the benefits and special offers that an Annual Passholder member gets throughout the year. You get a one day admission pass and Black-Out dates that apply on return visits, which allows you to visit the park again later on in the year on select days for free as long as you use them before Dec. 31, 2015.