

PERS Speaks Out

The student newspaper for Project Education Residential School in Galena, Alaska

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Merry Christmas



The Christmas tree was put up by Janice Arkell in the commons area at school. Decorations were put up by Jerry Nollner, Betty Esmailka, and student helpers Candace Kruger and Janice Arkell.

PERS students belt it out

By TIFFANY WOODS
News editor

A choir has been started by Karrie Pavish Anderson, a resident advisor at PERS. The choir group meets every Monday from 7 to 8:30 p.m. in the PERS auditorium.

"We do have fun, that's what the kids tell me," said Anderson.

The goal of the group is to learn the fundamentals of music, have fun and have the opportunity to use those skills in a performance.

There will not be any traveling this year due to the lack of funding. Most of the students in the group are just starting out and will need to learn the fundamentals of singing first.

"Student's opinions matter. I'll bring them a bunch of songs and let them choose. If they want a certain song, I will try to find it," Anderson said.

Active members of the choir are Siana Tall, Sarah Reagin, Clorissia Raymond, Kristyn Silas, Brittney Silas, Olivia Agnes, Emmalyn Phillip, Tiffani

Souhrada, Chrissie Sallaffie, Cheryl Neglaska, Bradley Mountain, Josh Hodges, Craig Aloysuis, and Sean Wolf.

Tiffani Souhrada brought in a Latin song called *Dona Nobis Pacem* that the group is working on right now. Other songs they are working on are *Rock Around The Clock* and a Dakota Native American song. They are also working on a blessing song they would like to sing at graduation.

This is Bradley Mountain's first time in choir and he is doing incredibly well. When Anderson told the group to look ecstatic for learning how to show emotion, Mountain was the only student who was showing it. When Anderson told the group to think of personal experiences to help show an emotion, Mountain said that's what he did - he thought about how long he had begged his mother for a little sister and when he finally got one, that's how he could show his excitement.

Anderson taught high school choir and elementary choir for four years in Redmond,

Oregon. She taught in two elementary schools in Anchorage. Anderson was also a student music conductor in college.

A professor of Anderson's in college liked to run a Disneyland classroom.

He asked, 'What are two things that make a Disneyland class?' One of the answers was fun and the second thing was hard work. "I run a Disneyland class," said Anderson.

Air Force brass band performs at PERS

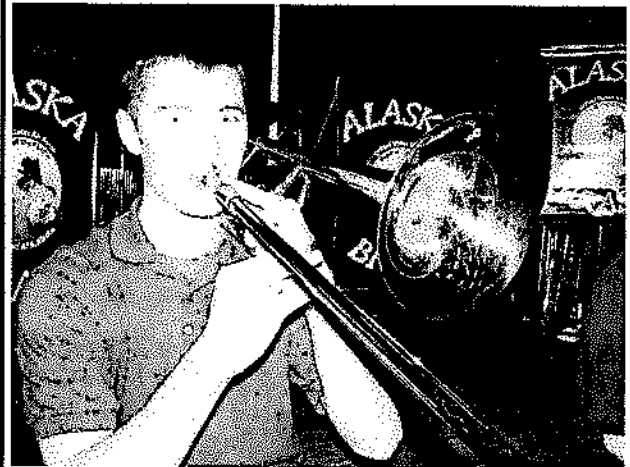


Photo by Paul Apfelbeck

The Air Force Greatlander Brass Band from Elmendorf Air Force Base in Anchorage performed on December 9 at 7 pm in the PERS auditorium. PERS students and staff, along with Galena community members, enjoyed the free performance.

Student opinion

Teen insight on medication

By **DOROTHY WALKER**
Staff writer

Towards the end of March 2004, I was prescribed to take Zoloft. I don't think that antidepressants should be prescribed to teenagers. I think that it's just a way of not offering the kind of care young people really need.

Before getting into my topic, I want to tell you how antidepressants work.

Antidepressant drugs alter the way certain chemicals in the brain work. These chemicals are called neurotransmitters.

Neurotransmitters are chemicals that send signals between the cells in our brains. Serotonin and noradrenalin are two types of neurotransmitting chemicals and during depression they don't seem to work properly. That's where antidepressants come along, to supposedly help your depression, anxiety, and behavioral disorders.

The kind of care that young people really need is counseling and natural remedies. By telling teenagers to take a certain drug to solve their problems, I think that it sends the wrong message and will lead to

even worse problems.

The first "real" certified counselor that I saw was when I was fourteen years old. My counselor said that I had "an anxiety level out of the roof" and "it may be hereditary".

I was under a lot of stress and was depressed as teenagers usually get. It was still dark outside most of the day from the winter season.

After a few weeks of being on Zoloft, I was told by my counselor that I was taking the wrong antidepressant drug because you preferably have to be eighteen years or

older to take the antidepressant drug.

My counselor then switched me to a child-approved drug called Fluoxetine (Prozac). It took about 2-3 weeks for it to kick in and that made me feel more lively and energetic; my friends realized a difference in my mood.

My mood has changed. However, I don't think that it's normal or natural to take medication to change the way you feel. Natural or herbal remedies might be better. And it would be great to deal with a counselor instead of a tablet promising that I'll be better.

Students at PERS are on a roll

First quarter honor roll

4.0 Students

Janice Arkell
Caitlin Lekanof
Mark Young
Olivia Agnes
Keira Abrams
Siana Tall
Tiffani Souhrada
Donald Richardson
Tiffany Woods
Daniella Vasquez
Lena Hensley
Jennifer Coyle

3.5 or higher

Steven Grundberg
Joshua Hodges
Joseph Teve
Donald Johnson
Amanda Hetherington
Candace Kruger
Andrea Grundberg
Pina Sheldon
Melinia McCarty
Samantha Sooalo
May Henry
Wesley Cruikshank
Lavern Arkell
Thomas Hensley

Allyssa Derendoff
Jenna Fallon
Chrissie Sallaffie
Brandon G. Walker
Roberto Burgess
David Kriska
Arnold Holmberg
Roseanne Kruger
Darlene Malemute
Wendy Jones
Clorissia Raymond
Emmalyn Phillip
Sarah Reagin
Kristyn Silas
Samantha Sommer
Dorothy Walker
Craig Aloysius

Eric Grundberg

3.0 to 3.49

Francis Ivanoff
Steven Kashevarof
Jarraine Ticket
Francis Captain Jr.
Alan Lonewolf
Brandon J. Walker
George Mountain
Cheryl Neglaska
Cory Madros
Samantha Merdian
Jessica Gibson
Tara Kangas

Make it a date

What does it really mean here at PERS, anyway?

By SARAH REAGIN
Staff writer

Dating is when a person of the opposite sex has a social engagement, according to Webster's Ninth New Collegiate Dictionary. So this means that you could go to a movie with your best friend, who

Mrs. A moving up

By SARAH REAGIN
Staff writer

Isabella Apfelbeck is working at the Galena School District Office, after two years of working as an administrative assistant for the post-secondary program here at PERS.

Mrs. Apfelbeck took the new job at the beginning of the school year, while James Paton filled her position as an administrative assistant.

While working as administrative assistant, Mrs. Apfelbeck worked on legal authority, student enrollment and marketing.

At the district

happens to be a person of the opposite sex, and it would be a date. Right?

Yes, it is.

So people have twisted what the true meaning of dating really is. To teenagers, dating is now considered "going out."

PERS students don't actually go on dates to the movies or have dinner together.

Then again, we do live in the dorms and in Galena, where there isn't really a place to go see a movie or have dinner alone.

Dating is just a time and day set aside for you and a friend to do something. It can be intimate or just a business date; it is still a date. Even if you want to say that you're not dating someone, setting a time with a friend to do

anything makes a date.

"Going out" is the term used when you have either a boyfriend or girlfriend. Just where are you going? Not very far, here in Galena. "Going out" is just slang for "dating."

The first in a series of articles

Anatomy lesson from the trapline



Photo by Paul Apfelbeck

Mr. Hughes brought in some skulls from martens caught on his trapline to teach his anatomy and physiology class. He also brought in a beaver from another trap, too. Keira Abrams (left) and Lena Hensley look at a marten skull as Mr. Hughes points out the features; Claire Silas and Melinia McCarty listen, along with Mrs. Hughes.

A masculine and handsome playboy

**Mystery student of the month by
the enigmatic Lena Hensley**

Sex: *Male*

**Hair color:
*black***

**Eye color:
*dark brown***

Height: *5' 9.5*

Weight: *143*

**Favorite
movie: *The
Wizard of Oz***

**Favorite
Food: *Bacon
Cheeseburger***

**Favorite
drink: *Red
Bull with
cherry coke***

**Favorite class:
*Health***

**Favorite car-
toon Charac-
ter: *Stewie
(from family
guy)***

**Favorite thing
to do: *swim on
a beach***

**What do you
like most about
the opposite
sex? *A unique
style***

**What do you
say when you
want to swear,
but can't?
*Nothing, I just
mouth it***



**What you
would do with
a million dol-
lars: *Travel the
world. Go to a
white sandy
beach.***

Who could this person be? Give your guess to Mr. Apfelbeck by emailing him at papfelbeck@galenanet.com or calling him at 907-656-2380, and the first person to correctly name the Mystery Student gets a six-pack of pop of his or her choice. Sorry, mass media students and the Mystery Student (duh!) are not eligible to win.

* Last issue's mystery person was Daniella Vasquez. Congratulations to Lorena Braskett for guessing the name of the mystery person.

Up your stars

By *PHEBE*

1/20-2/18 Aquarius - Someone will be dishonest with you but will be able to figure out the truth.

2/19-3/20 Pisces - Don't be afraid to challenge authority.

3/21-4/19 Aries - Don't be afraid to ask if you don't understand.

4/20-5/20 Taurus - Don't

wait until the last minute to do something.

5/21-6/21 Gemini - You will receive a phone call from an old friend soon.

6/22-7/22 Cancer - You don't always have to be outgoing; take a relaxing day.

7/23-8/22 Leo - There is a lot of pressure on you to

succeed but it will all work out.

8/23-9/22 Virgo - You will travel somewhere soon.

9/23-10/22 Libra - Someone has developed a crush on you.

10/23-11/21 Scorpio - There will be a conflict with a friend soon.

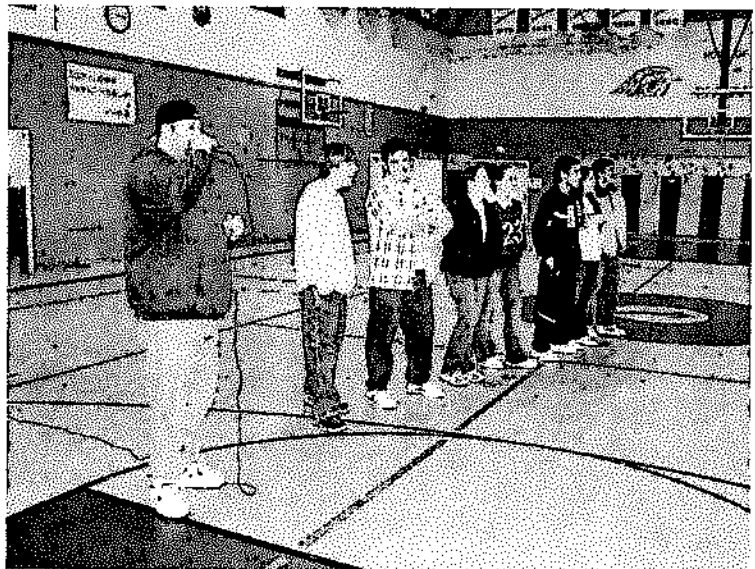
11/22-12/21 Sagittarius - Someone unfamiliar will visit you soon.

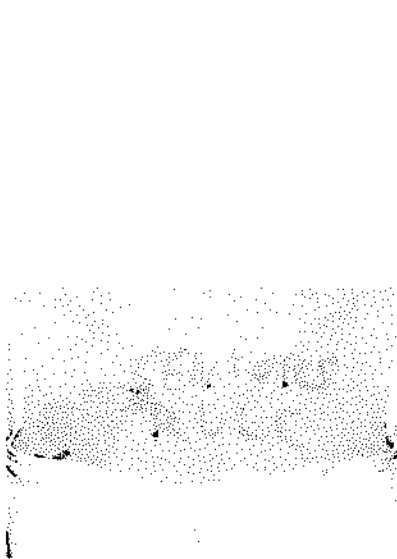
12/22-1/19 Capricorn - You will receive mail soon.

PERS Speaks Out is a production of the mass media class. Janice Arkell is our editor-in-chief; Tiffany Woods, news editor; Pina Sheldon, photo editor; May Henry, sports editor; Lena Hensley, entertainment page writer; Sarah Reagin, Andrew Attia, Devyn Walker, Dorothy Walker and Brandon Walker are staff writers. The teacher is Paul Apfelbeck.



***Pep rally on Thursday, December 2
at Galena City School***





PERS and Galena City School students participate in pep rally games



No dogs or cats - but no turtles?

Pet policy at the dorms has two girls with homeless reptiles

Clorissia Raymond, a PERS sophomore, wants a turtle in her dorm room, but can't have one due to the fact that students aren't allowed to have any pets, other than fish. She was one of two girls who wanted a turtle in her room after being checked out and seeing Mr. Apfelbeck's turtle, Albert, which he's had for 7 years.

Not having turtles is a school policy, for health reasons, said Ben Blasco, PERS dean of students. To request a pet in the dorm it needs to be cleared with Mr. Blasco.

Mr. Blasco's health concerns are supported by public health officials, who say reptiles carry a significant risk of salmonella.

"I agree that pets can be healthy for self esteem and emotions," said Blasco.

"Only possible pet would be a fish", said Ben Blasco.

Students are restricted to fish, because fish live in water and don't have an odor.

Many students have fish called betas



Photo by Paul Apfelbeck

Sarah Reagin holding Mr. Apfelbeck's pet turtle at his home earlier this year. Students wanting turtles in the dorm room were told no due to health concerns.

that they've purchased through Mr. Apfelbeck. Mr. Apfelbeck has a beta in his classroom.

Mr. Apfelbeck said he got the turtle for his students in Tuluksak, who had never seen a turtle before. The turtle spent two years in his junior high classroom.

Mr. Apfelbeck bought Clorissia's turtle at Petco in Anchorage and brought it back to PERS after Thanksgiving. Clorissia's turtle is now living at Mr. Apfelbeck's house.

Clorissia said,

"Mr. Blasco told her that turtles carry some kind of disease, and that they have to be in water for at least an hour, but he wanted to extend the time the turtle spent in the water to three hours."

According to the article "Salmonella and Reptiles" at About.com (<http://exoticpets.about.com/cs/reptiles/a/reptsalmonella.htm>), the disease of salmonella is a problem with pet reptiles. Salmonella causes nausea, cramps, and diarrhea. It usually

comes from eating contaminated food.

"The CDC (Centers for Disease Control) estimates that 74,000 cases of Salmonella per year are associated with exposure to reptiles or amphibians (directly or indirectly), which makes this a significant public health concern," according to the article. Pet reptile owners are told to keep the cage clean and wash their hands after handling the animal.

First pep rally of the year

By KEIRA ABRAMS
Staff writer

PERS and Galena City School student government put on a pep rally for the Volleyball team, on December 2, right before regionals, in the Galena City School gymnasium. Both PERS and City School attended the pep rally.

The freshmen initiation ended up being the highlight of the pep rally, in which several freshmen boys were dressed up as girls and a

couple girls were dressed as boys. The crowd was roaring with laughter when the pretty freshmen boys ran out of the boy's locker room. Eric Grundberg was stunning in his skimpy cheerleading skirt, and Craig Aloysius was enhanced from top to bottom, with the emphasis on the bottom.

Other pretty boys were Shane Clark, Ethan Sam, Harley Keller, and Roberto Burgess. Roberto's bosom was decorated with a heart and the

Spirit Week

This week at PERS was filled with fun and awesome school spirit. On Monday was pajama day. Tuesday was nerd day. Wednesday was camouflage day. Thursday was cross-dress day and Friday was dress up/ blue and gold day. There was also a pep rally at the Galena City School on Dec. 2 at 3:00 pm.

words "seniors rule."

The events that took place during the pep rally were a class relay race which the seniors won, as well as a burping contest. Josh Hodges won the contest

with a burp that shook the entire gym.

The volleyball and wrestling coaches also introduced their teams, with something specific to say about each of their athletes.

Pep rally takes place later than usual

The beginning-of-the-season pep rally for sports, such as wrestling and volleyball, didn't occur in October because of planning difficulties, on the student government part. There was lack of communication between PERS student government and the City School student government.

"I think that we wanted one, but we had problems contacting the city school and the student government," said Kristen Paton,

PERS student government advisor.

Brandon Walker, PERS student body co-president, said he didn't plan for the pep rally because he wasn't here in mid October. He was in Anchorage with his family attending Alaska Federation of Natives conference.

He said that he's heard many angry complaints about not having the pep rally. "I didn't have time to count them all," he said.

He said he had

problems organizing the pep rally because he

didn't have anyone to talk to.

Fun facts about Alaska

1. Russian whalers and fur traders on Kodiak Island established the first settlement in 1784.
2. Alaska became the 49th state on January 3, 1959.
3. Alaska's most important revenue source is oil and natural gas.
4. The state of Rhode Island could fit into Alaska 425 times.
5. The state motto is "North to the Future."
6. The state flower is the wild "forget-me-not."
7. The state bird is the "willow ptarmigan."
8. In 1968, gold was named the state mineral.
9. The four-spot skimmer dragonfly was the state insect.

Cutting christmas vacation short

By TIFFANY WOODS

News editor

Christmas time is coming up and we all know we will be out there doing last minute shopping on Christmas Eve. However, the students here at PERS only get two weeks for Christmas vacation this year. If you think about it, the students at PERS come to school in August and most of them don't go home to visit until December (Christmas

break). There are a few students from nearby that can afford to go home on the weekends, but for other students it is very costly to go home and they don't see their family for months. The students get to see their family and friends for two weeks and then they're back to Galena for another five months. Now if you were a teenager in high school, away from home, wouldn't you be upset that you only

had two weeks to spend with family? What could be a possible solution for this problem, you ask? Let the students have a three week vacation instead. I understand that as students, you have to go to school for so many days in a year, but what is the problem with going to school a week longer so you have more time to spend with family? Hopefully, someone in authority will read this and take into con-

sideration that students at PERS can't just go home after school and see their parents like city school students. The students at PERS don't just want a longer vacation, they need a longer vacation.

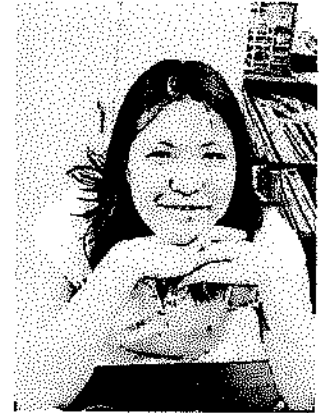
PERS Speaks Out welcomes letters or comments in response to anything that we write. Please send letters to Mr. Apfelbeck's class at papfelbeck@galenanet.com or by coming to Mr. A's class in the commons lab at PERS.

All I want for Christmas is my two front teeth ... well, maybe, something else

Craig Aloysius: "I don't know...I respect whatever I get."



Siana Tall: "I want love from my family. There is nothing more I ask for."



Olivia Agnes: "I want a laptop, so get me a laptop!"



Melinia McCarty: "I want a new pet. A German Shepard puppy."



Steven Kashevarof: "To get the heck out of here, and a vehicle."



Dorothy Walker: "I want a thrift store."



What do PERS students want for Christmas ?

Wellness days

The school sponsored two days of health-related workshops



Most of the activities centered around community building and self-esteem exercises.



Mrs. A's new job

From page 4

office, Mrs. Apfelbeck does salary and payroll as well as dealing with financial aspects. Mrs. Apfelbeck says her district office job is very different from her old one.

Mr. Hughes (above) taught trapping; most of the other students devised "superhero" costumes as a way to show off their own special talents.

