

PERS Speaks Out

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

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PERS Speaks Out is a publication of the mass media class. Staff writers are Sarah Reagin, DJ Richardson, Devyn Walker, Brandon Walker, and May Henry. The editor in chief is Janice Arkell; the news editor is Tiffany Woods. Our photographer is Pina Sheldon. The mass media teacher is Paul Apfelbeck.

Students give relief aid

Red Cross gets \$2,000

By DJ RICHARDSON
PERS staff writer

Galena students raised \$2,000 in tsunami relief aid during the past three weeks.

PERS students worked together to raise \$619 for the tsunami victims at the basketball games on January 8. Galena City School students collected an additional \$1,400 by collecting coins and asking for donations from through-

out the community.

Galena City School Assistant Principal Jon Buchanan said that the students were excited about the opportunity to lend a hand. "That's all they wanted to do," he said. "They wanted to help." Every class and every grade at the school took part in the fundraiser.

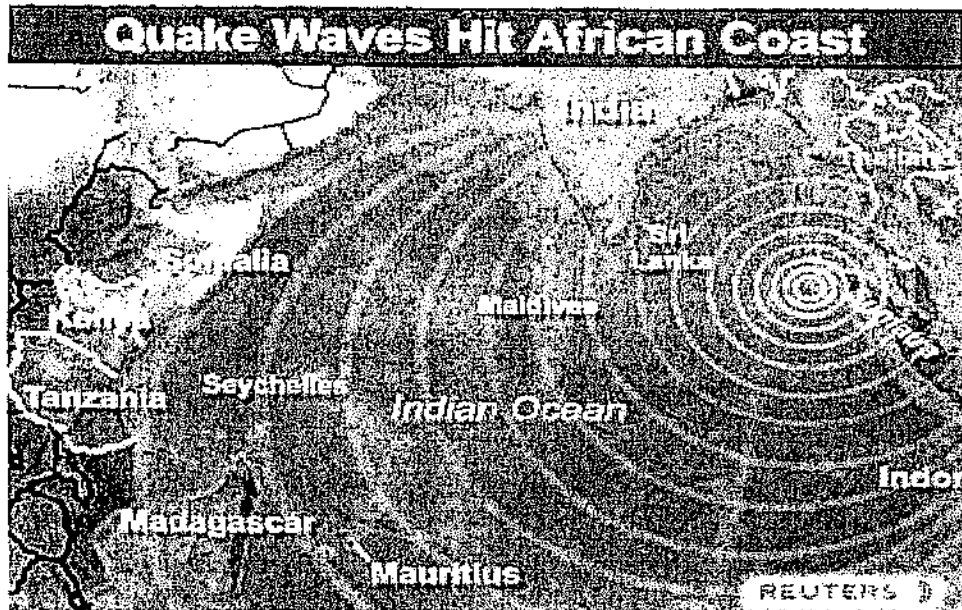
PERS students sold tickets for a "split the pot" raffle at the Jan. 8 basketball game, where the Galena boys played the visiting Unalakleet team. Lillian Olin, an elder from Galena, donated two

handmade pillows and garlic-flavored dried salmon. Language arts teacher Paul Apfelbeck and his wife Isabella helped coordinate the event.

The suggestion to help the tsunami victims came during an in-service before school started from Kate Thurmond, an elementary teacher at Galena City School

Mr. Apfelbeck's language arts classes then brainstormed ideas for fundraising. Ideas included dodge ball, a

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Dating Tips, Part 2

Your palms are sweaty, heart is beating fast and you're speechless, even though you talk all the time. There he is. The person you've been crushing on since the day you saw him. He walks past you saying nothing, so you turn and watch him talk to his friend. Going through your head are thoughts like, "I can't believe he just walked pass me. Did he see me? I wonder if he noticed me."

So, what do you do to get your crush to notice you? You could flirt, unless you're very shy. Then what do you do?

Here are some eye catching tips:

1. Smile. People love a smile and vice versa. This shows that you are happy and possibly interested in them.
2. Start up a conversation and learn a little about him. You should get to know your friend before you start putting your moves.
3. Have realistic expectations. Your crush is not going to be perfect and neither are you. Don't try to change each other, or you won't get very far!
4. Have fun! Don't think that dating is something that has to be serious right away. It's what you make of it.

How to properly take care of your Betta fish

Betta Fish, Fighting Beta Fish, and Siamese Beta Fish are all the same fish. The original way to spell betta is betta, which comes from the scientific name *Betta splendens*. They range in many colors, mainly blue, red and purple. If two males are put in the same bowl together, they'll fight until death. The best way to keep them is to have one betta per bowl.

Feeding your Betta

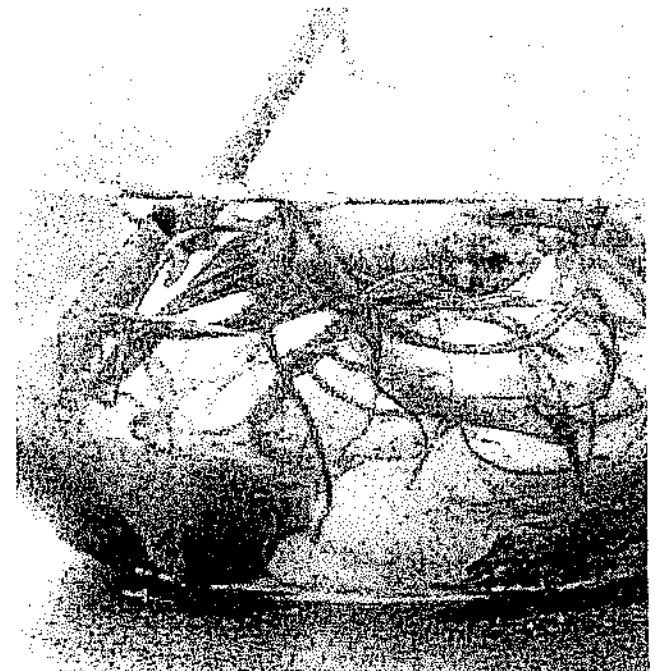
You should feed 20- 30 betta pellets to your betta fish every other day. They don't usually like eating the flakes. They'll just take a bite and spit it back out.

Changing water

You should change the water monthly, or when you start seeing algae. Take the fish out using a net and set it in a separate container of the same water. Put any plants or rocks in a separate container and rinse them. After draining the remaining water, rinse out the bowl using hot water and wipe clean with paper towel. When cleaning do not use soap! Fill the bowl halfway using bottled water, melted snow, or filtered water at room temperature before adding your rocks and plants. Dump the betta

and the water that it is currently in back into the bigger bowl. Fill the rest of the bowl with

water and you're done. You can also get water conditioners that help make tap water safe.



Mr. Apfelbeck's pet betta at the school.

Photo by Pina Sheldon

Galena Lady Hawks on fire

By May Henry
PERS staff writer

The Galena girls' varsity basketball team traveled to Unalakleet on January 7th and put up two good, competitive games.

In the first game we were competing with Unalakleet for about two minutes. We started pulling away in the beginning of the second quarter. By half time, Unalakleet didn't stand a chance. We dominated them with the final score of 59 to 33 Galena.

In the second game Unalakleet seemed to just give up. We were ahead 15 to 0, before they scored their first point from the free-throw line.

In the second half all Unalakleet's freshmen players were put in. The final score was 59 to 25 Galena.

I thought both games were played extremely well and everyone was playing as a team. The crowd was not as intense because we were blowing out their team, which made it easier for us to play.

In the first game Leann Sommer, a sophomore led Galena to its victory with the high score of 18 total points.

In the second game Jennal Burgett, a junior had the high score of 22 points, while LeAnn Sommer followed with 16 points.

The next tournament was supposed to be the Minto Tournament on Jan. 14-15, but that tournament was canceled because Minto doesn't have a basketball team any more.

Next for the

Galena girls - there is a road trip that is about a week long at the end of the month. We drive from Anchorage to Fairbanks playing Palmer, Anderson, Tok and Healy on the way.



Jay Sears, the coach of the JV girls basketball team, talks with members of the team during their game on Jan. 8

What was your favorite Christmas gift?

Janice Arkell:
Portable DVD player with lots of DVDs and a visit from my brother.



Samantha Merdian:
Game Boy Advance with cool games.



Brittany Silas:
A First Act Guitar with an amp.



Lena Hensley:
Besides my digital camera, it would be my little brother.



From student to staff

By Candace Kruger
PERS staff writer

The newest desk clerk in Wilderness Hall is an ex-student, Olivia Agnes.

This means that she is now in charge of the students that she went to classes with last fall.

"It doesn't change anything," said Agnes, who graduated from PERS in December. Her job is to answer phones and supervise the lobby.

Agnes, 19, said she will be working in Fairbanks in the summer and going to college in the fall. She had few options since this fall and said "I had no other job."

Agnes has

moved from the student floor to the adult first floor. She answers the phones and transfers calls, checks out keys, logs students in and out when they get checked out and keeps the lobby in check when students are around.

This experience has not changed her perspective on dorm life at all. Students say she is doing a good job. "I think it would be hard to go from a student to a staff person, because if she has to write one of her friends up" said Pina Sheldon, a junior at PERS.

Tiffany Woods, a junior said "She's older and it doesn't really change things because she acted older anyway, it's like she was

staff all along."

Another student mentioned respect. "She did a good job going from a student to a staff member, because she does her job well and has respect from the students," said DJ Richardson, a senior.

Her new boss Ben Blasco, dean of students said "she's a

competent young lady. She needed a job and we needed somebody to work, it worked out to a real hopeful win. We always like to help out our students. She knows about the students and the way things work. She brings student perspective and a smiling face."



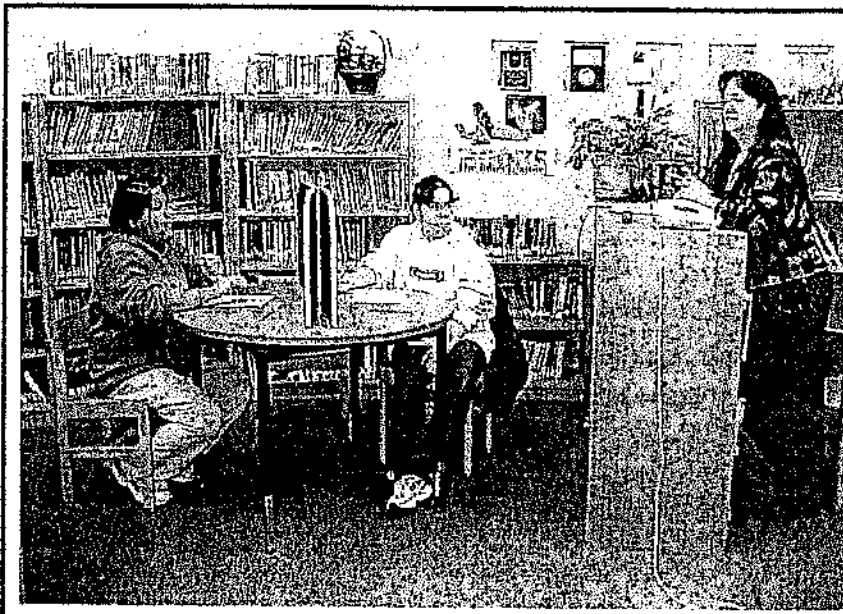
Olivia at the front desk.

Photo by Pina Sheldon



Honor roll recipients fill the auditorium

Forty-eight students earned honor roll for the second term at PERS. Thirteen students had a grade point average of 3.0 to 3.49; twenty-eight students had GPAs of 3.5 to 3.99. Students with a 4.0 GPA were Tiffany Woods, Janice Arkell, Caitlin Lekanof, DJ Richardson, Tiffani Souhrada, Siana Tall and Mark Young.



Battle of the Books

The Battle of the Books was Jan. 18 at the Galena City School. Four students from Galena made the state team. The state competition is Feb. 15. PERS students shown here are Cheryl Neglaska (left) and Sarah Reagin, along with battle moderator Genny Brown, city school librarian.

13 facts why teens need more sleep

1. Teens try to fit too much activity in any given day.
2. Society of overscheduled lives.
3. Teens average 6 hours of sleep on school nights.
4. Teens who exercise tend to have the least sleep problems.
5. Late night hours seem to be the time for kids to relax, by themselves.
6. Hormones needed for sexual development and mental development are secreted during sleep.
7. Teens need at least 9 hours/night.
8. Too little sleep can be dangerous.
9. More than half of car accidents are linked to fatigue or drowsiness.
10. Sleep deprivation is linked to lack of school retention.
11. Lack of sleep may be a sign of a bigger problem, such as depression, lack of zest for life, anxiety.
12. Athletes are more prone to injury due to reaction

time.

13. Sleep keeps immune system strong.



Janice Arkell gets some shut-eye.

Photo by Pina Sheldon

Tips to help teenagers get some needed sleep

- Don't eat or drink sodas, coffee, chocolate, or other sources of caffeine in the afternoon or evening.
- Use dim lights in the evening and brighter lights in the morning.
- Use your bed for sleep only.
- If you can't fall asleep go to another room until you feel sleepy.
- If you feel that you might miss out on your favorite show, tape it for later.
- Try hard to maintain a consistent sleep schedule.
- Get more exercise.
- Take a hot bath, climb into pajamas, and get in bed.

A stranger in our wonderland

How old are you? 16

Hair color: Black with a little bit of red

Eye color: Brown

Sibling status: One

Are you social? Yeah, I guess

Favorite food: None

Favorite drink: Water

Favorite TV show: South Park

Favorite thing to do: Nothing really

Favorite clothing brand: none

Who is your hero?

Lots, but I prefer not to grovel.

What's your favorite movie? Brain dead (AKA dead alive)

Where is your favorite place to shop? Amazon.com

What color socks do you normally wear? White

What kind of shampoo do you use? Whatever
What is your worst fear? I'll never have a girlfriend

What kind of music do you like? 50's and 60's rock-n-roll

What comes to mind when you hear the color red? Blood, lots of it

Mystery student of the month by the enigmatic Devyn Walker

What do you want to be when you grow up?

That would probably give away the answer to this mystery person thing.

Are you more attracted to someone that is intelligent or good-looking? That

would be a good combination.

Are you friends with people that are exactly like you or totally different? It would probably suck to know someone like me, or it could be kind of cool.

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 Josh Hodges.

Up your stars

By PHEBE

Aquarius (January 20- February 18)
You always seem to wait until the last minute to do something, if this continues you may not get what you want.

Pisces (February 19- March 20)
Someone is keeping a secret from you.

Aries (March 21- April 19)
You will receive a

phone call from an old flame.
Taurus (April 20- May 20)
Someone will be dishonest with you be careful who you trust.

Gemini (May 21- June 21)
You don't always have to be perfect, take some time off.
Cancer (June 22- July 22)

Someone far away will travel to see you.

Leo (July 23- August 22)
You will get an unexpected gift from a friend.

Virgo (August 23- September 22)
Someone unfamiliar will visit you.

Libra (September 23- October 22)
There is a lot of pressure on you to succeed, but it will all

work out if you play your cards right.

Scorpio (October 23- November 21)
There will be a conflict with a friend over something minor.

Sagittarius (November 22- December 21)
You will get the chance to challenge authority, take it.

Capricorn (December 22- January 19)
You will receive mail soon.

Elementary students collect coins for tsunami relief



Students in Kate Thurmond's fifth-grade class helped collect change from their homes and throughout the community to help tsunami victims in south Asia. All the classes at Galena elementary and high school took part. The elementary and high school students raised more than \$1,400.



Galena vs. Unalakleet

Alan Lonewolf (left) practices his lay-up before the Jan. 8 game in Galena. The final scores of the boys games were Galena 61 - Unalakleet 67 (Friday) and Galena 41 - Unalakleet 73 (Saturday).





Junior Lena Hensley goes into the stands at the Jan. 8 basketball game collecting donations for tsunami relief.

Photo by Paul Apfelbeck

Tsunami relief effort does well

Cont. from front page

bake sale, and movies, but the best idea came from senior Janice Arkell – to have a “split the pot” raffle.

PERS Principal Harry White said, “I’m very proud of the students, I really am.”

At the end of the last game, the tickets were drawn and the winners confirmed. Tonya Korta, a Galena

city school elementary teacher, won the money, but wholeheartedly gave the money to the relief effort. Lora Hughes, a teacher at PERS, won the two pillows and Lillian Olin won the salmon. Since Lillian herself made the salmon, she gave it to the referee, who proceeded to give it to the Unalakleet basketball team.

Tickets were being sold by students throughout the last game. The winners were scheduled to be drawn at halftime, but there was so much money being donated that the drawing had to be postponed until the end of the game so the students could sell more tickets.

Students from the Galena school have been busy collecting donations. Students collected coins from throughout the community, their home, and

their piggy banks. One class from Galena City School counted \$40 in pennies!

Galena City School Principal Chris Reitan is putting the funds in a special account set up by Wells Fargo for the American Red Cross.

On December 26, 2004, an earthquake with a magnitude of 8.9 struck off the coast of Sumatra in Indonesia, causing tsunamis that destroyed the coasts of 10 countries.