Volume 1, Issue 1

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Photo: Mr. Earle

Hey LR Students! Got Something to Say??? Let's Hear It!!!

Introducing Lake Region's NEW Student Magazine and Online Blog!

Now's your chance to get your voice heard and share your creativity. We're looking especially for reports about things going on at LR:

- Sports teams/games
- Club events and trips

We also always accept submissions of creative writing, commentary, opinion articles, politics, comics, reviews, artwork, essays you've written for classes... anything!

If you've got something you want to write, please check out the Ranger Post online at <u>www.lruhs.org/rangerpost</u> and click the "Submit" button.

We hope you enjoy reading!

Stay tuned for future issues, and in the meantime, check out the blog for more writing and art by Lake Region students.

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SPIRIT WEEK! 10/3-10/8

Be sure to check out all the events!

- Monday: Pajama Day!
- Tuesday: Twin Day!
- Wednesday: Costume/Animal Day!
- Thursday: Throwback Thursday!
- Friday: Class Color Day / Pep Rally!
- Saturday: 11am—Girls Soccer 2pm—Boys Soccer 6pm—Donkey Basketball 8pm—Ranger Rumble Dance

Opinion: Bring Back the School Store by Chris Truszkowski '16

If the school store was open again it would make our lunch periods a hell of a lot better. If they opened it again we could buy stuff and money could go towards school functions. It could help raise money towards senior trip and money could go to the school as well. They could also buy stuff for the school store so if people wanted to get stuff for lunch or whatever.

I think if we did open the school store more people will go into it. If more people went into the store that means more money to buy stuff and people and talkers to come in. If we could make more money for the school that could also go for things to go in our gym and more stuff to go into the school and classrooms.

If the school opened this we could have extra money for the senior class trip. That means if a kid didn't have all the money the school could help the kid. If this did help with stuff it would be a big help. This is why I think they should open the school store again. It will feel like a type of freedom for the kids that can't leave.



I'm Not a Barbie, I'm a Girl by Emily Lawson '15

I am not a Barbie, I am a girl I do not have a perfect body and flawless hair I'm a human being that is perfectly imperfect

I do not have people dress me People do not crave my existence I am normal in a unique way I have insecurities

Brush my hair Call me pretty Idolize me thirst to be like me

No, take me as I am accept me I'm just a girl that needs a place I have a personality, strengths and weaknesses I'm not perfect I am not a Barbie, I am a girl



Sarah McCartney '18

Hiking for the Descent by Camden Devereux '17

We hike mountains in the winter. It is cold and there is snow up to our waists. Taking turns breaking the trail, we climb around cliffs and through thick trees and brush. We are weighed down by our heavy skis and plastic boots we have strapped to our backs. Usually we hike for hours, but it takes seconds to come down.



One of my favorite places to hike is right behind my house. I think it is called Barton Mountain. We start at the bottom, or as far up as our four wheelers will make it, which isn't very far. Then we start hiking.

Two of my friends and I started hiking one morning in March. It was a warmer day, about 25 degrees Fahrenheit. Most of the recent snow had been shaken off the trees by the wind. When we got off the packed trail to head upwards, the snow was well over our waists. The sky was blue and some birds were singing. The bare trees swayed in the wind, but we couldn't feel the wind down where we were. I had my pair of skis in one hand and my poles in the other. I was wearing my heavy plastic ski boots because I think that is just as easy as carrying them on my back. We pushed off the trail in a straight line, one behind the other. The person in front had it the worst. He had to break the trail by pushing through the untouched snow. The

other two behind him just followed in the trail he made, leaving behind a little canyon in the snow everywhere we went. This was always so much work, and half way through every hike we always questioned what we were doing. We always knew, though, that in the end, it was worth it.

Eventually, the path started getting steeper. This only made things harder. A ways into the steep section the trail turns into boulders and cliffs that we have to weave our way up through. We made it as far as we could, and took a break on the edge of a small cliff. I waited while my friends changed their boots in the snow, occasionally letting out a swear or two when they got snow on their feet. I looked down the steep slope. There were not many trees in this section, mostly just rocks and cliffs. Then the trees started, and the brush and more rocks and cliffs. The cliffs

"If you hard work, what comes after is almost always some sort of reward for your effort, so always work hard."

flattened out to a steep and bumpy area of dips and small hills and trees. The blue sky was easily visible through the trees.

My friends were ready. We decided who would go first. I looked over the edge of the cliffs, and jumped forward as far as I could. Everything seems to slows down when you're flying through the air. Hopefully you are going fast enough to land on top of the snow, because if you don't, you will be stuck. It takes a large amount of struggling and sweating to dig yourself out. I was flying over cliffs and jumping boulders, cruising right along. I could hear my friends behind me. I whipped over the last cliff, and flew through the trees, my body coming within inches of the solid wooden obstacles I wove between. We went all the way back down, our skis spending more time in the air than in the snow. We didn't slow down, carving between trees and rocks. Before we knew it, we were back where we started, at the bottom of Barton Mountain.

Hard work is very beneficial. Working hard is something everyone should do, whether it in the workplace, in school, or just for fun. If you hard work, what comes after is almost always some sort of reward for your effort, so always work hard.



Fragile: Handle with Care by Rachel Butts '16

(Based on a true story....)

Was it worth it, To go to the bar that night?

A twenty-one-year-old male leaves the saloon around 2 A.M. Drives his pickup the back way home Hoping to be on the road alone, As to avoid meeting anybody on the road Trying to stay between the winding lines, Not wanting to receive any fines.

She is in her early forties Heading home from work Has three kids of her own, All safe and sound at home, Around the same age as him. Two beautiful grandbabies, Two years and the other a couple months.

At approximately 2:30 A.M. the two met They didn't meet like anyone would have thought that they'd have met. Head-on collision within half a second. Car totaled,

Seeing red, Almost on her deathbed.

Drenched in blood Knocked out cold; These accidents are getting old. Something so easily preventable, Turns into something so very lamentable.

Life is something precious, It should have a label reading "FRAGILE: HANDLE WITH CARE" Not everyone's life is treated fair. He was being reckless; He took life for granted. Lessons that should have already been implanted, He should have known that he wasn't right to drive, Now her family is deprived.

Was it worth it, To not call a sober friend? We know this was not what you would intend. There's always another option to making it home, Rather than driving drunk and alone. When walking the line of his field sobriety test, Face meeting the pavement, he confessed, "I f*cked up! I f*cked up!" Now he's headed for lockup.

Was it worth it, To have that last shot of vodka; Just to create all of this trauma? To be frowned upon for the rest of your life; She is a sister, a mother, and a wife.

Blew a BAC of 0.19 Don't even worry about the fine, Because you have someone's life on the line. He's no longer floating on cloud nine.



Photogram: Jade Piette

Fortunately she is doing well. A couple weeks have passed, She's still lying in a hospital bed, Feeding tubes wrapped around her head. She will not be recovering fast.

Surgeries upon surgeries, Thousands of prayers, Her bulging arteries, Millions of severe repairs.

When will we come to the realization That being under the influence while driving a vehicle Fills everyone with an appalling frustration The damage that can be done is unbelievable. People's lives can and will be destroyed.

It's not worth it to drive while intoxicated To have someone else's life dictated Due to your lack of good choices And ignoring other's voices.

In the blink of an eye, Two people's lives have changed forever; Especially hers, Pray for her. Think, Is it really worth it?

Divorce by Anonymous

Divorce It's hard for all involved Some think it's harder for the adults It pretty hard on the kids if I do say so Divorce It sucks to leave a parent to go to another Most weekends were cold Nothing but fighting for us Divorce My parents won't look each other in the eye Dad it's cold in here We ran out of oil suck it up Divorce Rotten milk in the fridge to make coffee It was gross Less sleep and more crying Divorce Acting out just for my dad to notice that I'm there through all the beer Worse grades Everything was going to be okay as long as my parents are still here Divorce We did everything for dad We cleaned his house He was too depressed to do anything but drink Divorce Beer bottles everywhere Nothing to do anymore Dinner was always from a box Divorce Didn't have enough money for food Had to rely on food stamps Felt like a bum using them Divorce Nothing was going right Riley was being raised by girls My dad called every night to talk to Riley RIley cried every night to see Dad Divorce Through even the worst things, he was there When my baby cousin died He was there for us and my Uncle Divorce She was 2 She was the happiest girl ever The hospital killed her, and fights broke out Divorce Uncle and Emily went insane Her funeral was so sad I've never cried so hard in my life Divorce It was hell for me and mom and Brit But we lived through it Were still standing Divorce Didn't have a lot of money for things Christmas was terrible

But we said thank you and it was a great Christmas anyway Divorce It was rough for my parents It was rough for all of us But it was the worst for my brother



Photo: Emily Faust

Divorce We went down the road, winter, black ice Spinning out of control Landed in the river Divorce Totaled car Traumatized Nightmares to this day Divorce Mom blamed dad for this It wasn't his fault Black ice is a bitch Divorce After that Lisa came into his life New house New people to deal with Divorce She didn't cook well It was terrible to be honest Christmas Tree Cakes were life there Divorce Lisa had kids that were terrible Cassie was a bitch So I was a snitch Divorce They were the Meads Terrible people to deal with Cassie stole all of my Christmas Tree Cakes Divorce She tried to steal my clothes She tried to steal my friends My brother punched her in the face, he was 4 at the time Divorce Christmas with the Meads was terrible All of their family together And all of mine was split up Divorce "I don't like them, Dad" "It's okay we will be home soon, Hail"

"That isn't my home, home is my home" Divorce Staying up all night with my sick brother Dad went to bed at 11 My brothers raspy breathing kept me awake Divorce I held him to keep him breathing His asthma was kicking his ass I was just waiting for it to pass Divorce I slept on the floor next to my brother on the couch Dad came back in around 4 Asked me why i was on the floor Divorce It was torture to watch him struggle He couldn't keep anything down But i stayed by his side all night into the morning Divorce Held him in the rocking chair Holding his inhaler to wait for his relief He couldn't breathe without the inhaler Divorce My sister wasn't there most times She stopped coming with us when he moved into Lisa's I missed Brittany when she stayed home Divorce I watched my life seem to fall apart When in all reality it wasn't I just thought that it was Divorce I was told it was going to be fine It wasn't It was worse than in thought Divorce It was a living hell I got through it It's all back together now Divorce It was really hard on me I fought with my parents so much They always forgave me Divorce After so many years of the struggle Dad got kicked out because of me He was sleeping in his truck, and we took him home Back together for 3 years now

D-I-V-O-R-C-E

Stuttering by Sam King '17

Small victories are what I aim for. Successfully ordering food at a restaurant. Talking on the phone without panicking first. Even saying my name fluently while introducing myself.

I've had a stuttering problem for as long as I can remember. In fact I cannot recall a specific time or a single day being stutter free. Every night before I go to bed I unconsciously predict what the rest of my life will be like with this problem that I have. And each morning as I lie in bed I think about all the challenges I will face that day. Will I have to read aloud? What if get called on to answer a question in class? However, now I also think about how I can use my speech impediment to change someone's life.

Until just a year ago, I had never met another person who stutters. I joined a stuttering support group where a small group of stutterers from the area would come together to simply exchange stories and tell each other about their latest accomplishments or failures. No speech therapy and no stress - just a room of imperfect people trying to make sense of a difficult world around us. The first fellow stutterer I met was Ben Manning. Ben is student at the University of Vermont studying to be a Speech and Language Pathologist, to help people like us. Meeting another person with the same abnormality as me was renewing, but on top of that he was one of the coolest people I had ever met. He was an athlete just like me, and I could tell he was extremely smart. His courage and openness about his speech inspired me.

I felt perplexed by Ben's attitude about his stuttering. He acted as if he didn't even have an impediment at all. Although his fluency was "Each morning as I lie in bed I think about all the challenges I will face that day... However, now I also think about how I can use my speech impediment to change someone's life."



clearly hindered, I never saw him become upset or show that he was worried having a hard time with his speech. In one group session there wasn't a single word that came out of his mouth smoothly, but he kept talking and stuttering. He just didn't care. It didn't seem like he was thinking ahead to all the challenges that he would be presented with throughout his life. He seemed carefree. Don't get me wrong, I'm sure he had crippling anxiety and possibly some depression as many of us stutterers do, but he was focusing on living his life - not as a "stutterer," but as Ben Manning.

Ever since meeting Ben I have been trying to look at my life completely differently. Before, if I had a rough day with my speech I would get upset and start feeling sorry for myself. What Ben showed me was that lingering in depression and sadness wasn't a way to live my life and that I should just laugh at myself and move on because there's nothing anyone can do about it. Life goes on. His words and attitude changed my life for the better and I hope someday I can be that person for someone. I hope I can inspire others to live happily with whatever hand they were dealt.

6th Gear by Dylan Lahar '15

heart beating fast mind searching hands gripping tight to the steering wheel

left foot pressed deep into the clutch like a sunken anchor

the words running through your head wishes to just be able to thank her

but its to late

and you've already decided your fate key turns and you're the devils next date

the sound of the engine is your new symphony

and the exhaust is your harmony you reach for the cardboard box in the passenger seat

and grave your 9th beer

It begins with first gear

body filled with moods but no fear sound of flowing exhaust fills your ears the rpms climb fast

2...3...4...5...6...7...8 shift

the speed gains as your feeling start to lift

blood flowing through your veins but this is life, and your at the edge of the cliff

shift

third gear

you're lost in the emotions of your lost wife

this tragic world has claimed her life the blood she shed by the point of that knife

nothing can fill you now

except for the feeling of throttle down bottle up.

the speeds begin to fly up thoughts of why you can't just stop forget what is now gone peoples voices screaming in your head just move on

shift

fourth gear heart beating fast and your minds searching

your adrenalin fills you now with every corner you barely make

you begin to ask yourself what will it take

to make you forget what makes your bones just ake

you've routed from the inside out trying to find a way to just end the doubt

the what ifs

and if you were there she must feel like you just don't care how could you ever let this happen your lost heart is now blackened



shift

fifth gear is here

you grave the next beer the now gone memories began to play in your mine the wishes for just a little more time speeds climbs deeper into the triple digits the last bit of sense you have craves for you to stop but you're gone its to late all senses lost as if you where helen keller why couldn't you have just gotten to tell her

shift

sixth gear the car is your new home your one, united, melted together from bone to steel feet to the pedals and hands to the wheel no more time to kneel by her grave no more questions no longer a slave to the memories and pain of deaths game

shift

its back to fifth gear your eyes open wide and filled with fear times up no more tears if only you had remembered that corner was so near you know now there is no cure your wife is gone nothing more to dwell on you slam down on the breaks as your life begins to flash before your eyes not even a chance to cry your car slammed end over end and still no chance to say goodbye silence is what now fills your mind and the blood pouring out of you its only a matter of time vision blurred with nothing to be heard but theres a new melody one you can no longer refuse to play it begins with the sound of sirens with a chorus of falling broken branches and burning plastic but of this song there is one thing so graphic it fills your ears with a sound of defeat it is that of your faint dying heart beat 1...2...3...4...5...6...7...8

shift

but there are no more gears only the shift from this now past life no more thoughts of your lost wife heart not beating mind still

Fortune By Bianca Mackay '16

Kylie walked down the gloomy street late that night to go to a restaurant she never knew existed in downtown New York City. She saw the moths getting magnetized by the flickering street lamps that shined down on the cracked and bumpy sidewalk. She walked in the Chinese restaurant as the door made an obnoxious creek. She was approached by a chubbier character with a scar down the right side of his face. Kylie had a bad feeling about this place. She explained to the man, "I'm meeting my date here?"

All the big guy did was point to the barely lit corner of the isolated restaurant where one guy with dark hair and mystery hidden in his eyes sitting in a booth. She had no idea what she was getting herself into. She slid in the slippery green seat. As they introduced themselves, the food is brought over on a rusty silver platter. The man explained in his deep voice, "I hope you don't mind, but I ordered for you sweet thing."

Kylie felt more uncomfortable and anxious than when she walked in on her husband fooling around with one of his college students. She didn't want to be rude and leave so she stayed and ate the slimy undercooked stir fry her blind date ordered. Little words were exchanged between the two making Kylie's stomach turn even more. She wanted to get out of there as soon as possible. She picked up the fortune cookie on the side of her plate and crinkled the plastic wrapper open. She noticed her delicate hands shaking as she put the fortune up to her bright blue eyes. It read "Your life's in danger. Say nothing to anyone. Leave immediately."

As Kylie's face was filling with

panic, she didn't even hear the man as he mumbled something. "Huh?" she asked with her voice trembling in fear.

"I said, what does it say dearest?" he said in his croaky voice that made a shiver go down Kylie's spine.



"Oh, it says 'you will soon come into great success" stuttered Kylie nervous as hell.

"Hmm, mine says I need to tie up some loose ends."

Kylie caught a glimpse of shining silver by the man's side. "*He has a knife.*" Kylie jumped out her seat and beginning running to the door in her little black heels. She was almost there and then the man appeared from around the corner and put the knife up to her neck. He said in a danger filled voice, "*You're not going anywhere.*"

Kylie felt her whole body quivering as she was frozen there with nowhere to run, nowhere to go. All of the sudden someone appeared behind the man with a gun to his messed up head. It was the man with the scarred face, "Let go of her before I do something I'll regret."

With a rush of adrenaline, Kylie swung her purse at the man with the knife and knocked him out of her way. As Kylie ran out the door and back up the street, her ears were blasted by a gunshot as her ears began ringing. "*No looking back, just keep running*" she kept saying to herself. She saw a cab in the distance. She began screaming and throwing her hands around to call it over. The heroic cab pulled up and Kylie threw her scared weak body inside.

She hollered her address at the driver in a hurry. The driver turned around with a psychotic smile on her face. It was the college student. "Hello Kylie, nice to see you again. Guess who's pregnant with your husband's baby." Kylie passed out in a moment of anxiety in the back on the cab.

She suddenly woke up in her bed to see her husband sleeping beside her. She felt nauseous to her stomach and leaned over and puked up a storm in the trash can as she thought to herself, "Oh god, not again..."

Failure by Zach Royer '16

Does failure define who we are? Some argue this is a valid point but me, I believe it shapes the choices we make next. It is the test that we take everyday The inevitable that most of us refuse to face. It is like a sharp point pencil which breaks on the last word of your final exam. It is a sign that is trying to tell you that it wasn't meant to be. Or the blunt fact that you were not good enough.

Can failure be reversed to something positive? To a negative mind, failure is a scapegoat of getting out of something. To the right mind, failure is everything but negative. To a positive mind, failure is an opportunity to learn. Failure is a test within itself to see how strong willed and hearted you are. To me, failure is not negative it is an incentive to get better. Absolutely, failure can be turned into something positive. If I have never failed what is pushing me to get better? The lack of failure causes settling, and to a positive minded person this is never an option.

How does one fail and come back even stronger?

Failure is like a beard, once shaved it only comes back thicker and bigger.

It knocks you back a few steps and then you leap past where you once were.

This is because where you were was obviously not good enough for what you want to accomplish. Working out is a failure every time.

Never once when you work out is your body strong enough.

Every rep you lift, your muscle tears and fails on you.

But then once healed it is stronger than it has ever been before.

How does constant failure not get demoralizing?

It is all in the power of the brain.

If you let it tie you down, you will never "pass" again.

Failure is the downfall of people with negative minds.

They can't see the good in failure.

But for those with a positive mind, they are joyous when they know they have room to improve. As long as you are failing you will always be winning.

And as long as you are winning you will always to failing.

Nothing is guaranteed therefore you have "failed" but as long as you continue to press on you will always "pass" in the eyes of the beholder.

Therefore Failure is never an option.



I'm Finally Home By Kiana Royer '16

Home; my home that floor, those walls, that roof. That is home; my home

The floor that holds poker chips, the walls that hold fans and racks, racks like my granddaddy's ten pointer. Man we heard that story every season, but seeing the smile, the smile that showed his remaining teeth, was the best sight.

The roof hangs flowers, flowers that remained from granddaddy's funeral.

That is home; a home built from dirty hands

Crosshairs, crosshairs that have seen it all. Bow season full of downed does Muzzleloaders off by millimeters Rifles that can't hit broad side.

And a floor that holds beer caps, with walls that hold pictures, pictures worth far more than a thousand words. And a roof that holds nails from granddaddy himself.

That is home; a home where a man can't be forgotten.

Because that man taught us well and served us better and there's a stone that don't do justice for the man that lay beneath. He may be six feet down but he never lets us down. We folded that flag with pride although we cried we cried with pride.

That is home; a home where a man can't be forgotten.

Coolers full of beer, mouths full of stories, stories of the hard week at work. Stories of the bucks we all dream of knocking down and stories, stories of grandkids who will live it.

The floor holds stains, stains that came from the deer on that old oak. Walls are home to drunk punches and the roof that broke a dozen arms. That is home; a home where the kids will play

And on Thanksgiving day, we let the boots stomp, branches snap and bullets fly. And if you're lucky there will be one that strikes but five that strive, to pull that eight point buck through the swamp, across the thicket and to the weigh station.

The floor that holds dirt, dirt from battlefields. Walls that hold drunk jokes and the roof that has seen hundreds of snow falls.



Photo: Allison Warner

That is home; a home where family gatherings have importance

Drinking beer and shooting deer. Slurring words and dragging deer. You learn to walk. You learn to cuss. You learn to drink. You learn to aim. You learn to shoot.

That floor holds broken chairs those walls are home to hundreds of quarters The roof holds smoke from granddaddy's old wood stove.

That is home; a home of many lessons

We live deep in those woods. We call it camp road We are family, family made from the brothers and the sisters the nieces and the nephews the uncles and the aunts the cousins and the grandkids. We learned to call with the grunt and track with the scrapes. We are hunters who wear more orange than camo.

In fact we represent our redneck roots.

There is a floor that has seen many drunk faces. With walls that hold glass bottles. And a roof that let us see stars

That is home; a home where legends never die

We have bobbers that float and bait that sinks. A family business soon to take. A river with dropoffs A granddaddy with laughs

Five generations with more kids than fingers and toes. Nicknames that run a mile long Brother Moose Momma Doe Brother Buttons Cousin Skipper Brother Tootsie Cousin Bambi Brother Grizzley Uncle Slayer Sister Smalls

That is home; a place for many more

We take that family trip with those family boats. We sit around those family fires Because we are family, family with bigger roots, and louder boots. A family full of loud mouth drunks but hearts full of love.

That is home; my home.

My home away from home. My home that holds freedom. My home that has hope.

There is a roof that hangs flowers, flowers that remained from granddaddy's funeral.



[Your voice here!]

If you have any work you'd like to share, opinions you'd like to express, or news from a team or club you're a part of, write it up and share it on *The Ranger Post*!

Submit online: www.lruhs.org/rangerpost



Photo: Melanie Joubert



THIS ISSUE EDITED BY:

Mr. Tatum with assistance from Hannah Brown, Rebecca Doucet, Margo Foster, Elizabeth Locke, Ashley Morrill, Olivia Owens, and April Streeter

Anyone interested in being an editor for either the print or online version of the Ranger Post should see Mr. Tatum

Special thanks to all the writers who have already submitted!

More writing updated on the Ranger Post blog!

www.lruhs.org/rangerpost

Want to write something for the Ranger Post? There's a submit page on the website too! We're looking for reports on the sports teams, political commentary, opinion pieces about school, interviews with teachers, creative writing you've done, art pieces you've made, comics you've written, doodles you've drawn... ANYTHING!

Don't forget to check the online version of The Ranger Post blog for more writing updated regularly! www.lruhs.org/rangerpost



Photogram: Sierra Cortez '16