

# Healthful, tasty lunches provide escape from ordinary

■ CALLEY LATHROP

Staff Reporter

Brown bags, Tupperware and sandwiches made by your mom may be a thing of the past for many students. Often, they must fend for themselves in the scary world of cafeteria food. As prices rise and portions decrease, many are turning towards alternative lunch options. The best part... these out-of-the-box items are healthy, tasty, and cheap!

Students like Sydney MacNaughton, junior, have grown tired of the American "cuisine" (i.e. pizza, burgers and PB&J) that many settle for on a daily basis. "I like to try new things, experiment with foods from different cultures. It's really difficult to find things like that in a high school cafeteria," MacNaughton said, between bites of cantaloupe.

The easy, quick option for many when throwing together a bagged lunch is granola bars, chips and other munchable items. Although some are high in fiber, they do not include the vitamins people need that are found in fresh fruits and vegetables. According to a 2007 study by the University of Michigan, it was found that, on average,

teens consume a serving less of fruits and veggies per day than when they were in middle school. Similar studies have also shown that teens who eat more fruits and vegetables tend to be slimmer and have more energy.



Photo by Calley Lathrop

There are many ways to improve that generic fruit salad. Consider mixing in almonds or cashews, (both are chock full of protein!) or, for those with a sweet tooth, top it off with some miniature marshmallows. Vegetables are trickier because there is less variety—or is there? Beyond basic carrots and celery, items such as sugar-snap peas, fresh corn and avocado are bursting with flavor and very easy to prepare.

At first glance, soy is no more than a wet, lumpy slab. However, when combined with the right things, it can be full of flavor and make a perfect entree. Consider taking some firm tofu, marinating it overnight

with any combination of soy sauces or marinades, and then throwing it in a fry pan for a few minutes. The result is a firm, flavorful, nutritious snack or meal.

Another cheap and healthy option is making a wrap. The first step is taking a flour, whole wheat or flavored tortilla, taking a slice of meat, meat substitute, cheese, or a combination and laying it on top. After that, you can layer with any combination of

vegetables or other toppings. Roll it up and you'll have a filling and portable pseudo-sandwich!

For rebels who enjoy salads and sandwiches, wraps like caesar are a perfect choice. Use the same type of wrap, but instead of adding meats and cheeses, roll in salad, grilled chicken (optional) and caesar dressing. This can be done with any combination of lettuces, veggies and dressings to create a salad that

doesn't need a fork and can be eaten virtually anywhere.

These are just a few options to broaden your lunchtime horizons, and many more can be found on the internet or in cookbooks. Yes, it will take time to obtain the ingredients, but I would say an extra five or 10 minutes at the grocery store and five or 10 minutes in the morning will pay off with a cheap, healthy and energizing meal come lunchtime.

## Paws saves strays for twelve straight years

■ AUSTIN CUMMINS

Staff Reporter

Paws Animal Shelter, located in the Willamette area of West Linn, is a non-profit safe haven for stray animals that need another chance at life. Started 11 years ago, Paws has adopted out over 1,000 cats, 40 dogs, a rabbit, a pigeon, two turtles and a miniature horse.

The volunteers are caring people who love animals and people. Sharon Murphy, founder and Executive Director, had the idea when she began fostering cats and keeping them in her building as she worked. Her boss told her that she could not keep pets inside his establishment so she decided to start her own shelter.

"They told me that I'd never get off the ground and that my animal shelter would never work. They aren't saying that anymore" Murphy said while stroking the fur of her snowshoe cat, Oscar.

Paws adopts out an average of 30 cats a month, but since they are already overcrowded they cannot take in any more cats. There are over 90 cats in the shelter right now, not including the fostered infant kittens and orphans brought in and cycled out to foster parents every week.

"We get 500 to 600 calls a week from people who want us to take their cats. It's just physically impossible to help everyone and it's sad," Murphy said.

Paws will let anybody over 16 volunteer as well as those under 16 (they need a parent supervisor) as long as they are self-motivated and cope well with animals. According to Murphy, these qualities show after the first week or so of volunteering.

There were about a dozen volunteers that come in to help on a weekly basis during the summer, but during the school year this dwindles down to a handful. Paws is open Monday through Thursday, noon-6 p.m. and on Sunday, noon to 3 p.m.

Elizabeth Guzie, sophomore, volunteered during the summer twice a

week, sweeping floors and cleaning litter boxes. "It was an exciting experience for a good cause," Guzie said. "I enjoyed working with the kittens, even though it was hard work."

The volunteers at Paws are a second family to each other, brought together by their love of animals. For those who cannot volunteer at the shelter, fostering kittens is also a possibility and financial donations are greatly



Photo by Austin Cummins

appreciated. They are trying to raise \$900,000 to buy the building across the street to provide more room for the cats and customers. Currently they have raised \$20,000.

To adopt a cat from Paws, Murphy said it is important to spend time with the cats to find the right fit. They can also choose whether or not to sell an animal to a person if they feel that the person should not have a pet. The first cat adoption costs \$80, the second \$40, and the third cat is free. All payments must be made either in cash or check. This is to help ensure that the adopter is serious about the commitment.

Cats come with a small zip lock bag of food, a cat dancer toy, and a \$30 rebate when a cat is spayed or neutered.

There are some special cats that the people at Paws have grown very close to, like Oscar. Oprah, the golden and white American short hair is known around the shelter for her elegance and only drinking water fresh from the faucet.

Paws can always use extra help as well as customers. Adopt a pet, volunteer or donate; stop by Paws Animal Shelter and make a new feline friend.

## Freshmen find freedom from fears

■ LEXI WELP

Staff Reporter

At one point almost everyone must experience being a freshman in high school. It seems like people have those good freshman memories...and those horrible freshman experiences. As with others who have gone before them, some members of the Class of 2012 are a bit nervous about what lies ahead. So what are freshmen nervous about? What do freshmen really fear?

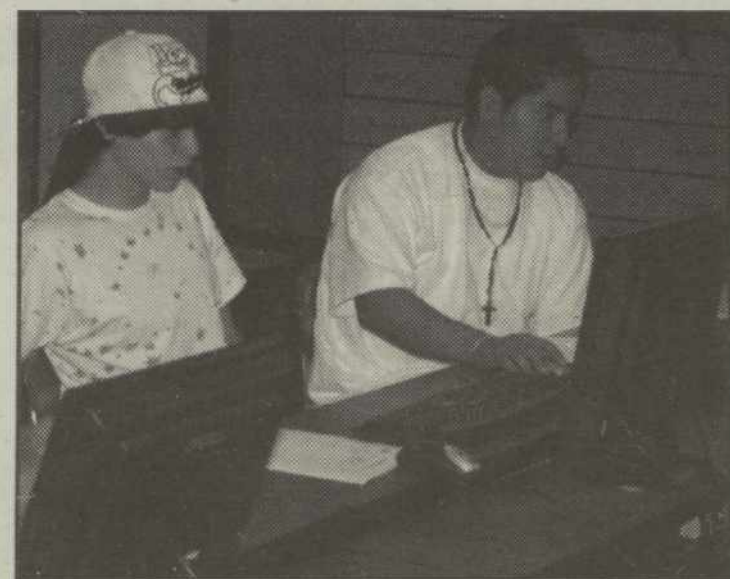
"It's pretty much the same every year; thoughts like am I going to get lost and be late, or even that upperclassmen are mean," Megan Runyon, freshman counselor, said. She commented that it's OK to be late for class if frazzled; teachers are understanding. (Plus, she doesn't think upperclassmen are mean.)

Although it may seem trivial to other students who have moved on from freshman year, things like missing the bus, not making new friends, not knowing the schedule or getting lost are all too real. With time, these can be solved or will solve themselves. Eventually, most people will join a group they click with; and the block schedule will eventually become imprinted in every new students brain. It's also possible to go out to the bus stop a little early to guarantee a ride.

What about the issues that really matter in high school though? The things

that freshmen really need to care about? Everything else is different. Now your grades actually count," Alex Lair, freshman, said.

Freshmen have to earn 48 credits to graduate. This translates into no room for error. So that begs the



Keaton Gunselman and Oscar Alvarez, freshmen, research Greek mythology for English 9 on Porch 1A. This year, as well as last year, freshmen need 48 credits to graduate. Photo by Zack Mueller

question, what happens if a student just doesn't pass a class?

"Credit recovery," Runyon said. This includes anything from summer school to taking an early bird class. The good news about this is it allows freshmen to make up credits and graduate. The bad news is most of these classes are pass or no pass. This type of grade obviously doesn't look as good as a letter grade and some colleges frown upon them. Credit recovery also costs money. Most classes run about \$200.

"West Linn does accept Ds," Runyon said. Which is good

news for those students who like to cut the grades close. However, most colleges will not accept D's so it is a good idea to make them up with credit recovery.

To keep from failing classes it is good to stay organized. "Definitely utilize the planner,"

Runyon said. "That will really help."

It may also be helpful to visit the Academic Center before and after school for individual help. If a student is simply having a problem understanding the class they can also go to the Tutor Center. It is open every week for students to come and receive help with homework or take

make up tests. For information about the Tutor Center schedule look at the Roar on the student e-mail or go to the school website.

As each student will or has eventually learned, freshman year is not all bad. "It just takes a little time to adjust to a new school. It's a little intimidating at first, but I'm already getting used to it," Julia Tatiyatirong, freshman, said. There are many cool things to look forward to according to Runyon. "There's the dances; the games; just being in high school. I think there is certain freedom that comes along with that," she said.