

Save three lives by donating blood on April 8

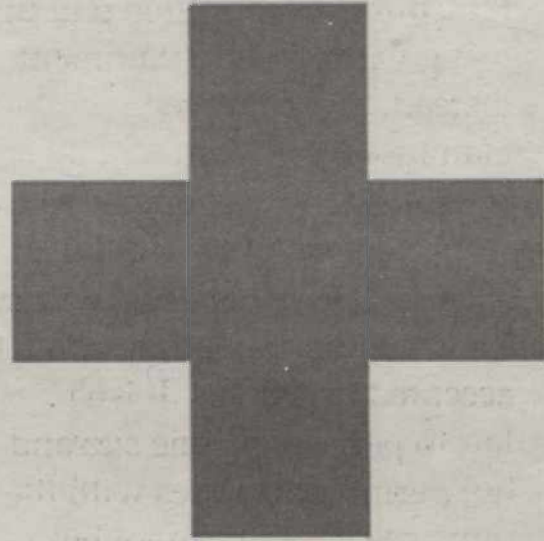
LEXI WELP

Staff Reporter

Imagine the opportunity to save a life and know that a person has been given a second chance because of a simple donation. The blood drive, which will be held on April 8, offers every student at WLHS the chance to do just that; because for every pint of blood donated by a student, three lives are saved.

"I give blood because it's a way to reach out into the community and support a cause that actually works to aid people," Jaimie Lorenzini, junior said. Lorenzini has been giving blood for the past three years and likes the opportunity to help people in need.

"The Red Cross is very impressed with our organization and students' generosity to donate blood," Julie McLeod, head coordinator, said. The Red Cross wants



surrounding areas with WLHS's blood drive according to McLeod.

"The Red Cross is always in need of blood," McLeod

said. Because the Red Cross helps out in major disasters and provides relief and aid to its victims, they must have a constant supply of blood in order to continue aiding the wounded and save the lives

can donate blood, they need to meet health and age requirements.

"A student must be 16 years old with parental consent and if you are 17 or above you can give blood of

our own free will," William

American Red Cross

of those who are in critical condition.

This year, as opposed to past years, the Red Cross will be providing more health history stations and donor/recovery beds to help serve those who have volunteered to give blood. Before a student

Gillham, student coordinator, said. If a student wants to pledge to give blood there are many ways to sign up. Students are recruiting at lunch or during break and student volunteers such as Gillham can answer any questions about pledging

or even giving blood.

Each student must also go through a medical history packet and make sure they don't have any of the conditions in the packet, or are not taking any of the medications that make them ineligible to donate. After pledging to give a donation each student must physically prepare.

"I would recommend drinking eight glasses of water a day and eating foods rich in iron and protein," McLeod said. It is also important to drink at least two glasses of water the morning of the drive and stay completely hydrated according to Gillham. The more hydrated a student is, the smoother donating blood will be, and the faster they can get in and out and back to their classes.

"Our goal is an hour to an hour and a half turn around time," McLeod said. On average, most students will stay in the gym for about two hours before heading back to their classes and it takes nearly 24 hours to completely recover. However, it really depends on the person, according to McLeod.

"Losing a pint of blood is not that much, but gaining a pint of blood is very helpful," Gillham said. Each pint of blood saves three lives, according to Gillham, because the blood can be distributed to several different people.

"We're all part of the community and should do what we can to help the people around us—be it by donating cans, blood, or our time. People need our help and if we can help them then we need to. That's what it means to be a community," Lorenzini said.

For more information about donating blood, regular meetings are held in Room 702 or reach McLeod by e-mail at McLeodJ@wlwv.k12.or.us.

"I think it is important for kids to experience giving of themselves to a worthy cause," McLeod said.

Students advance to International ISEF Fair

HALEY EPPERLY

Staff Reporter

Over 160 students from West Linn and Wilsonville high schools won a plethora of awards on May 13 at the District Science and Engineering Fair. Approximately one third of all district competition participants advanced to this year's Intel Northwest Science Expo which was held at Portland State University.

The two projects that received Best of Fair and will be heading to Intel-International Science and Engineering Fair in Reno, Nev. are Avilash Cramer, junior, and a team project by Ann Bernert and Haley Epperly, sophomores. They will be accompanied by two observers, Anneli Tostar and Graham Frank, sophomores.

"This year's awards night went really well, it was really exciting when our names appeared on the big screen, kind of like the highlight of an overall good day," Bernert said.

Two team projects, one by

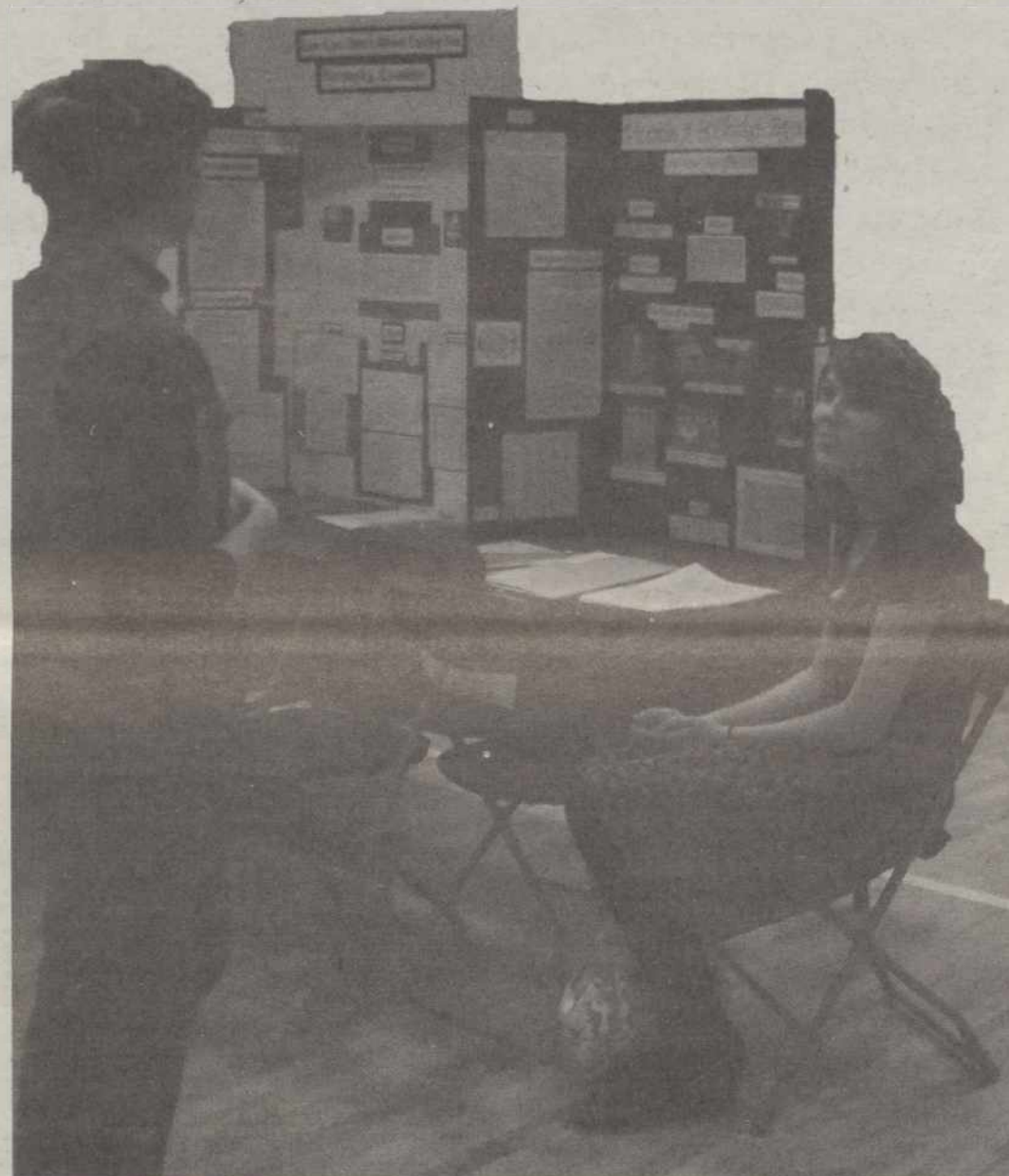
William Maurer and Jeffery Richardson, sophomores, and the other by Rahul Gates and Emily Axelrod, freshmen, were awarded the Most Outstanding Sustainability Award and will be advancing to the International Sustainability World Project Olympiad in Houston, Tex.

"Last year State was so fun; the only terrible part is being at school as the sun is rising. There is a lot of freedom at State to wander around when judging is done," Tostar said.

First place winners were: Cramer in Engineering, Computer Science and Math, Frank in Medical Sciences and Microbiology, and Bernert and Epperly in Enviro/Earth/Plant/Animal Sciences.

West Linn students took second and third awards in all categories except third in Physics and Chemistry. Michael Biancardi, Avilash Cramer and Monet Meyer, juniors, won scholarships to Oregon State University.

The number of participants is growing each year. "It keeps increasing every year. I think



Carolyn Cruze, freshman, presents her project to one of the many visitors at the District Science and Engineering Fair public viewing night on March 13. Over a third of the participants advanced to the Intel Northwest Science Expo held at Portland State University on April 3.

Photo by Haley Epperly

the first year the CREST-Jane Goodall Science Symposium had around 15 projects on display. Last year there were 89 projects; this year 106," Amy Schauer, CREST Program Coordinator, said.

Most students enjoyed the ISEF experience this year and are thinking about continuing. "It's a lot of work, but I'm looking forward to furthering my project for next year," Frank said.

The participants have been working on their projects since October, and some are in the second year of their projects. Even this early start does not prevent participants from staying up until early in the morning the night before the project is due. Frank was awake and busy until 3 a.m. before judging, putting the finishing touches on his project.

Judging occurred March 12 from 12:30 p.m. to 3:30

p.m. Each student spoke with several judges that had previously read through his or her project.

"As the judges said, talking with them is like talking with peers," Schauer said.

Orchestra, Symphonic Bands enjoy successes

Symphonic Band

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"We had just a good of chance of going to State this year as we did last year. Classical band music is where Mr. Egan thrives," Davis said.

The Symphonic Band had no trouble adjusting to a new conductor though, and neither has the Symphony Orchestra. On March 17 they took first at the League qualifier,

automatically qualifying for State. The Symphony Orchestra is composed of a full orchestra, and members of the Symphonic Band. For example, in Symphonic Band there are six trumpet players. However, in the Symphony Orchestra only the two best play.

"The great performance at League Orchestra was due to the incredible musicians that performed in that group," Egan said.

ISEF Awards

Behavioral and Social Science

Second-Sabrina Levy; Anneli Tostar

Third-Monet Meyer

Engineering, Computer Science & Math

First-Avilash Cramer

Second-James Siderius

Third-Tim Donnelly

Honorable Mention-Julia Tatiyatirong; Daniel Blanc-Gonnet

Medical Sciences & Microbiology

First-Graham Frank

Second-Charlie Iwata, Neelou Etesami

Third-Calley Lathrop, Avery Breyne-Cartwright, Kaylyn Schaber

Honorable Mention-Spencer Chang

Physics & Chemistry

Second-Hannah Cotter, Haley Rivet

Honorable Mention-Carolyn Cruze, Christine Biancardi

Enviro/Earth/Plant/Animal Sciences

First-Ann Bernert, Haley Epperly

Second-William Maurer, Jeffery Richardson

Honorable Mention-Miranda James