

# WAVELENGTHS

*Voice of the Greenwave*

Ashbrook High School, 2222 South New Hope Rd., Gastonia, NC 28054

## Three's a Crowd

Lawmakers hope passenger limitations will cause drop in teen fatality rates

By LYNSEY WILSON/Editor

According to the National Highway Traffic Safety Act, the leading cause of death among 16- to 20-year-olds is traffic fatalities, almost 20 times that of any other age group. Sixteen year olds also have a crash rate three times higher than that of 17-year-olds and five times higher than 18-year-olds.

These statistics have prompted the North Carolina state legislature to add a passenger restriction to the state's graduated license program. The addition will prevent new drivers from having more than one passenger, excluding family members, under the age of 21 in their car.

Some teens, however, feel the law will create more problems than save lives.

"My friends and I have a rotating carpool to work so we can save money," said sophomore LeeAnn Martin.

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photos courtesy of the police

Rescue workers survey the damage after two accidents involving teenage drivers. The high crash rate among teens has prompted North Carolina lawmakers to add a passenger restriction to its Graduated Drivers License Program. The addition will affect those who receive their license after Dec. 1, 2002.

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#### Sports

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## Annual senior BBQ proves continued success

Money raised will go towards graduation, senior class gift

ASHLEY CREECH & SARAH RUSH

Contributing Writers

October 11 was not just another school day, but a day packed with school pride and over 30 years of tradition. Highlighting the day was the Senior BBQ, an

annual event that typically brings the senior class together to serve up profits and spirit with a side of cole slaw.

Seniors sold a total of 2,000 plates and raised approximately \$12,000.

Class adviser, Trip McGill, felt this year's seniors met his expectations for them.

"In all the years I have

headed the BBQ it has never failed to be a success," he said. "I didn't expect this year to be any different, and the seniors didn't let me down."

Senior Kristin Cook, however, felt it was not the money but the opportunity to spend time with one another that made the event a success.

"It was fun to spend

time with everyone without the pressure of classes," she said. "We'll all be graduating soon, so the times we can spend together are really special."

Seniors were asked to sell at least 25 plates each. Those who met this goal were allowed to miss classes for the day to deliver their orders and help make BBQ plates.

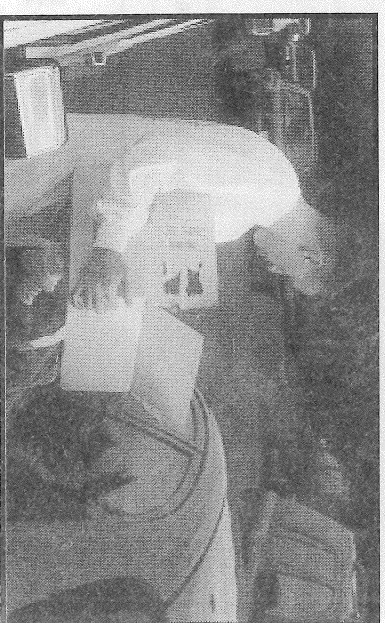


photo by Brian Cockfield

Senior Zeke Harriman carries plates out to his car on Senior BBQ Day. Seniors who sold 25 plates or more were allowed to deliver their plates to businesses throughout the county.

## School Board reinstates senior exam exemption

By LYNSEY WILSON/Editor

A student gets in his car at 7:30 on a Tuesday morning and heads to school but instead of turning into the parking lot, he just keeps going. This scenario was typical for many students last year who felt burnt out from exams, extra-curriculars and school in general.

"There was no reason to come to school last year," said an anonymous senior. "Everyone was so burnt out

by the end of the year and we weren't being rewarded for being here, so why not leave?"

This year, however, the school board has decided to reinstate the exam exemption policy to help boost student attendance.

"There was a problem with student attendance last year," said Ashbrook principal

see *Exam Exemption* page 5



"There was a problem with attendance last year. If a child isn't in school they can't learn, so it was decided to re-implement the exam exemption policy."

- Page Carver, Ashbrook principal

## FCCLA members strike gold in Minneapolis

By LYNSEY WILSON/Editor

The Ashbrook chapter of Family, Career and Community Leaders of America (FCCLA) had two members to enter their projects into national competition this summer. Junior Melisa Nelepovitz received her second award at the national level. She also received recognition for completing all five levels of another FCCLA program, which requires members to complete individual projects in five areas of personal development, called Power of One. She is the first member of the Ashbrook chapter to com-

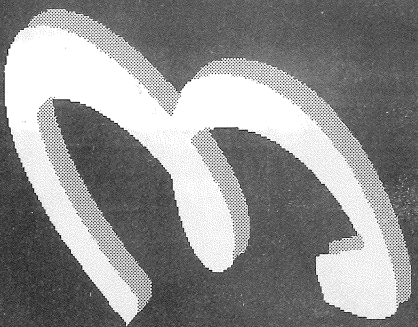
plete all five units.

Freshman Natalie Cuenca also received a gold medal for her project Happy Hands, which focused on why and how to wash hands properly. She presented her project to approximately 100 daycare children.

Cuenca was Ashbrook's first state and national winner in the competition's junior division.

"This has been an exciting experience," she said. "I'm looking forward to starting a see *FCCLA* page 5





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## AWARDS

All-Tar Heel (NC Scholastic Media Assoc.); NC SMA First Place--Best Overall (1300+); Clara Catrette Award of Excellence; First-Place rating-- Columbia Scholastic Press Association; National Scholastic Press Association. Fifth place--Best of Show

The purpose of this publication is to apprise its readership of pertinent, school-related information and, as a public forum, to offer them the opportunity to publish their convictions in the form of letters-to-the-editor. An editorial board comprised of the editors and adviser reserves the right to review all letters for ethical standards and to edit them for accuracy.

*Wavelengths* is printed by Mullen Publishing of Charlotte, NC and is paid for through contracted advertisers.

# EDITORIALS

## Students display apathy in lack of enthusiasm for extracurricular activities, participation in classes

It's Friday, green and white day, but where's the green and white? For many it's nowhere to be found. However, some say the lack of school spirit is an outward display of a national phenomena in teens. Numerous studies have been published which show an increase in student apathy. Researchers found that fewer students care about grades or participate in school events. This uncaring trend has spilled over into our halls.

Former students and teachers have commented on the disinterest in tailgate parties, spirit weeks, Painter's Club and green and white days. Many say that during their years at Ashbrook you were hard pressed to find people not participating, now you are hard pressed to find people who are.

While many attribute this lack of participation to busy schedules, it is hard to understand how putting on a green shirt instead of a red one Friday morning would interfere with a student's daily activities. The only explanation is that students just don't care.

Many feel that it doesn't matter whether they show their spirit or not, while others feel that by showing spirit they would be considered 'uncool.'

However, by showing spirit and attending school functions, students are enabling Ashbrook to continue providing for them.

Money raised from football games and other athletic events provides equipment for the team and provides money for stadium

upkeep and renovation.

Football games are, for the most part, widely attended. However, this support does not cross over to other athletic events such as swim meets, baseball games, soccer matches and just about any junior varsity game. Often times the only spectators at these events are the parents of team members and staff members who are there for crowd control.

Often people don't attend events because they don't have knowledge of how the sport is scored or played. Seldom will a person attend a game if they can't understand what is happening, or the student may simply not be interested in sports altogether.

For these students, there is a wide range of service clubs offered, another opportunity many don't take advantage of.

Civilians, Civinettes, Junior Heart Board and Interact are some of the many extracurricular clubs any student may join.

These clubs not only give the student a chance to become involved in the school but also to serve the community.

Service clubs participate in a number of activities that range from cleaning the stadium before or after games to tutoring at the Boy's and Girl's Club. Yet, the low number of students who actively participate in these clubs supports a case for student apathy.

Club sponsors say that many people tend to join but then don't

show up for meetings or participate in service projects. Those which require students to obtain a certain number of service hours by December in order to remain a member, see a dramatic loss of participants at the beginning of second semester.

While students are apathetic toward extracurricular activities, in-school activities are also being neglected.

Teachers say they have seen a drop in grades and attendance. They feel students are no longer placing as much importance on grades and academic studies.

They say students seemingly don't find missing school just because they feel like it a problem.

According to many, senioritis, the name for the apathy

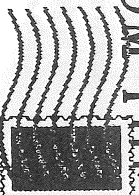
seniors display during their second semester of high school, has become a phenomena that occurs in all grades. While counselors warn seniors against senioritis because it could affect their acceptance into college, they also say they can understand it after four years of school. They say that seniors just want to spend their last weeks with their friends and family before they move on with their lives.

However, they do not sympathize with underclassmen who are apathetic towards their grades.

Counselors and teachers stress the importance of grades and involvement in school activities to a student's future. Colleges look for active participation in service clubs, sports and community activities.

If students aren't motivated enough to participate, then it could potentially have an adverse effect on their future.

## LETTER FROM THE PRESIDENT



### BY HARRISON MOSKOWITZ STUDENT BODY PRESIDENT

Dear Student Body,  
May 24! May 24! May 24! I realize how hard it is to concentrate with these thoughts occupying our minds, but it is worth taking the time to enjoy our school newspaper. Whether I greet you with "Welcome Back" or just with "Welcome," you are all now part of the academically and athletically unparalleled Ashbrook High School.

Remember that one quality we do not exhibit in these matters is modesty, show pride in your school and express it frequently with voices in stentorian. Seniors, it seems as though we have been at Ashbrook since

its founding, but too soon thoughts of our alma mater will be filled with nostalgia.

Juniors, you have assumed a leadership role as well, and it has been displayed through your school spirit and actions.

Sophomores, all too soon you have begun your ascent to seniority. You have also impressed the school with your enthusiasm for our institution. Keep in mind, however, the derivation of your class name before you try to get on the graduation stage with the senior class.

Last and duly least, only in height, we applaud the freshman class for their speedy integration

and already we have seen the contributions of your class. Soon after the realization that you don't converse with Zack, Slater, Kelly, Jesse, Lisa and Screech or crash on Valley High between every class, then you pretty much understand high school.

Along with that, I hope all of you have enjoyed the events organized by the student council thus far. We have held successful events such as tailgate parties and school cleanups. We were also most impressed with the tremendous response to the first ever Homecoming Dance.

Fortunately, we still have a full year of exciting events, both tradi-

tional and novel, ahead of us. You have elected diligent and productive student council representatives this year.

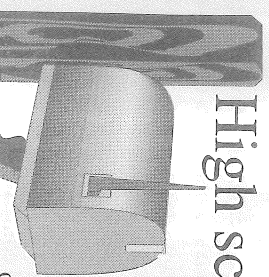
Remember that you can induce future success by conveying your opinions and ideas through your representatives. They will bring your thoughts to the council, where suggestions will always be considered. Our ability to enjoy this year extends only as far as we allow it. Let's push it to the limit.

Thank You,

*Harrison Moskowitz*



## High school will prepare students if they take advantage of opportunities



It's regardless of how and why they got there. In a few cases, it does not work out, but such is life. College is a learning experience. It's not supposed to be simple.

A favorite question parents and former teachers like to ask college students is "Did your high school experience prepare you for college?" Most often the answer is not as simple as a yes or no. High school, specifically Ashbrook, prepares you for college to the extent that you want it to. The opportunities are there: enthusiastic teachers, plenty of excellent extracurricular activities. These are the things that will teach you the time- and stress-management skills as well as the self-discipline skills you will need to be successful in college. Even so, no one steps through the door of his dorm or first college class without a little apprehension. There will be situations for which you are not prepared, and, in those situations, is where true learning occurs.

The first six weeks of college is crucial. It's almost as if you're starting adolescence over again. The friends and habits, study and other, will lay down a pattern for the rest of your college career. Make that pattern a good one. It gets more difficult to alter as time goes on. The opportunities you see will be exciting and overwhelming. They can even be disappointing. There's so much to do that you can't possibly do it all, especially if you attend a large university.

Meanwhile, it's important that you not lose sight of the here and now. College is wonderful, but in a different way from high school. Enjoy small classes, teachers who speak English well and only sharing a bathroom with your family while you can.

Because college is such a stressful time, it demands a delicate balance between stress and relaxation. You will become more stressed out than you ever have before, yet you will also have fun in exciting new situations with new friends. Work when you should work. Play when you should play.

The following are two final pieces of advice I have found useful: Go to class. Sure, attendance is usually optional, but so is deciding whether you want an A or a D. Also, ask questions when you are confused. Whether you don't understand what your teacher is saying or are having trouble finding your class on the first day, ask. Nobody looks cool walking into class fifteen minutes late.

By GREG  
VOLK



GREG IS CURRENTLY IN HIS FOURTH YEAR AT NORTH CAROLINA STATE. HE GRADUATED FROM ASHBROOK IN 1999.

## College freshman's failure to exercise, eat smart results in excess weight

Okay, all of you that honestly thought I was just going to disappear into the abyss once I left for college... I'm back!!! Well, back just long enough to enlighten you with this editorial. For those of you that don't know me, I am Ben Harkey, the "Chainsaw" guy. I was the sports editor of *Wavelengths* for two and a half years.

I now attend Appalachian State, and so far, it's been pretty phat, which brings me to my point. If you don't watch out, you'll be coming home after your first semester of college not phat but phat old fat. No matter if you end up going to Harvard or to Gaston, no one is immune to the freshman fifteen, the common term referred to the amount of pudge one normally gains in their first semester away from home.

A typical college diet consists of three basic foods: Papa John's, Oreo's and Coke, not exactly your doctor's recommendation of healthy nutrition. Couple that with the fact that a lot of students put getting exercise about as high on their priority list as watching C-SPAN, it's no surprise extra weight becomes their fate.

What can you do to avoid this? Simple, eat smartly. Don't load up on fries and cheesecake every day in the cafeteria. Drink water or juices instead of the sodas. I'll stop there. Since you are in high school, I'm going to make the rash assumption that you know which foods are healthy and which foods aren't.

Also, exercise! Most colleges have multiple fitness and weight rooms and most all places have inter-mural sports teams you can join, and most places offer guys, girls and even co-ed teams.

On top of all that, you can participate in numerous outdoor programs. Trust me, you meet lots of cool people this way, get exercise, and have fun at the same time. Talk about a triple play. Face it, the only real way to lose weight and get in shape, no matter who you are, is to get off your rump and work out.

That's all for now. So, to the underclassmen, work hard. Keep your grades up and be sure to take advantage of all the things Ashbrook has to offer. And to the seniors, hang in there and enjoy your last year of high school no matter how badly you want to get out of town. God Bless ya'll, and GO GREENWAVE!!!

By BEN HARKEY



BEN IS CURRENTLY A FRESHMAN AT APPALACHIAN STATE UNIVERSITY. HE GRADUATED FROM ASHBROOK IN 2002.

# SO WHAT DO YOU THINK?

## School store would provide revenue, help unprepared students

Dear Editor,

Everyday our students use more and more electronics at school, and a lot of them use batteries. If our school sold batteries it would generate revenue for the school and help the students out if their calculator or CD player dies during the school day.

Better yet, lets take it a step further and get a school store set up. Our library has a small stock of items, but what if we had a whole section set off for the sole purpose of selling goods to our students, ranging from the aforementioned batteries to pencils, pens, erasers, binders, etc. Then our school would have a way to get money to support school functions.

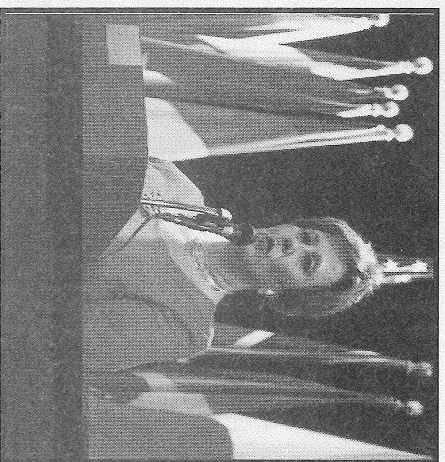
It would also benefit students who are missing something they need for class. If a student is unprepared for class, not an uncommon sight, and has some spare change, the teacher could allow the student to help the school by buying a pencil and also by preparing them for class. It's a win-win situation.

PRESTON NEILL, SOPHOMORE

## Ceremony honored 9-11 victims, helped students remember attacks

Dear Editor,

The anniversary of last year's attacks on the World Trade Center was a time of unity for our country. We looked on in memory of all things, bad



and good, that resulted from the tragic event. As we remembered that day we mourned for all of the friends, family, co-workers, and acquaintances we lost, but we were also renewed because, for now, we have overcome the enemy. Terrorists have managed to destroy a precious and vital part of our country, our security. However, we have not let them break us as they were sure they would.

Our country now stands in unity. Newspapers have dedicated whole sections to the memory of 9-11, sharing stories which supplied insight into the lives of those lost in the attacks and how their families have coped. These stories allowed us to grieve and to take pride in the heroes who diligently worked to save who they could from the Towers' remains.

I think Ashbrook's ceremony on September 11 was a fitting tribute to the losses this country has suffered. It showed our school's pride and patriotism. Hopefully, other schools honored, in similar ways, our country and those who died. This event will never be forgotten and will forever impact our country.

One year ago this nation was faced with horrific reality. We now understand the impact of this event, and I feel it should continue to be honored so it will never be forgotten. May God truly bless America.

SARAH RUSH, JUNIOR

## Attendance not imperative for good grades, passing class

Dear Editor,

I think it's crazy that kids who are getting suspended every other day, or who never come to class, are passing with ease while those of us who do try and are at school on a regular basis end up barely passing. Many kids are realizing this and, like me, don't understand it.

This problem became clear to me when I tried my hardest in a tough class and barely passed. However, someone who rarely came to class, and did nothing when they did come, made a higher grade than I. How did that happen?

I want more people to be aware of this situation. Perhaps, if more people are aware the problem exists then it can be prevented from happening in the future.

ASHLEY AVERILL, SOPHOMORE

## Sports teams lack fan support

Dear Editor,

It's a shame that the Ashbrook student body doesn't support other sports teams as much as they support the football team. It's great that everyone is so spirited and is behind the team, but what about teams that are doing well, such as the girl's tennis team, but will probably never have much fan support unless they happen to playing for a state

title? Even then, they still may not receive as much support as the football team during non-conference games.

It also doesn't seem to be just the Ashbrook student body who does this. It seems to be a trend in most high schools. I'm not suggesting that we stop attending football games just that we get behind our other teams as well.

CRAIG RAWE, SOPHOMORE

## Students not able to find tables, time to eat in crowded lunches

Dear Editor,

It is my first year at Ashbrook and after 11 weeks I have yet to figure out how to work lunch. How do you get food and keep a table at the same time?

I have to go to my locker before lunch because there is no time afterwards, but by the time I get to lunch the lines are incredibly long.

My friends and I find a table, put our things down, go wait in line so long that we only have five minutes to eat and walk back to our table only to find all the chairs gone or someone else sitting there.

Much of the problem seems to be the pizza line. Pizza tends to be the most popular item, so if they opened another line people wouldn't have to wait as long.

They could also rework student allotment, taking students out of the fuller lunches, like D lunch, and putting them in ones that are less crowded.

As it stands now, people don't have enough time to eat, nor do they have anywhere to sit.

HEATHER GREEN, FRESHMAN



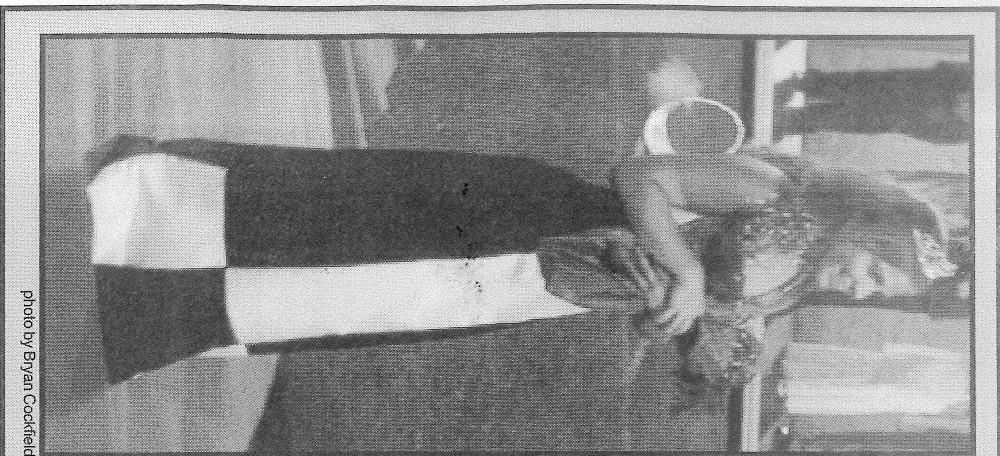


photo by Bryan Cockfield

Senior Katie Carmichael acknowledges the crowd after being crowned Ashbrook's Homecoming Queen for 2002. She was sponsored by senior Matt Dow and escorted by her father, Don Carmichael. Carmichael was chosen by a student body vote over nine other contestants. Ashbrook's 2001 Homecoming Queen, Elizabeth Davis, and this year's Carousel Princess, Deborah Cramer, were on hand for the ceremony.

## Faculty, administration work to ensure Ashbrook meets growth requirements

BY LYNSEY WILSON/Editor

Expected growth is what the state mandates as a school's potential to grow in its test scores and academic performance, based on its number of students. Ashbrook was the only high school in the county who, last year, did not meet their expected growth.

Many attribute this drop in test scores to heavy course loads because of the Academy. "I just felt completely overwhelmed last year," said senior Jayni Fernando. "We had four AP courses plus our other electives, which were mostly academic, and there was just so much work, so many tests. I never felt like I had enough time to finish anything or enough time to spend on any one class because I would be thinking about the work I still had to do for all my other classes."

Others, however, feel transition into the Academy created the problem rather than the Academy itself.

"There was a lot of transition last year with the diploma tracks and workforce development," said Ashbrook principal Page Carver. "People had random elective classes that didn't fit their track which caused them not to be able to get a diploma. There were no firm, official policies as there are this year. We just needed one more year to get everything in place."

Carver goes on to say that the administration and staff will work to ensure that expected growth is met this year.

"We don't expect a single teacher to reach every student in her classroom," she said. "Different students learn differently, but that doesn't mean we are going to accept failure. We're going to help students through tutoring programs and other methods. We've learned from past mistakes and we're going to take the information that we learned and be successful with it."

Students feel that by offering programs to help them academically it will motivate many to work harder.

"I think students will work harder if they feel like there are a lot of people behind them, supporting their learning," said junior Chris Walters. "Sometimes it seems as if you're in way over your head and nobody cares, but if the school is offering programs to help it will encourage them, which will motivate them to work harder, do better."

## Community projects inspired by summer reading

BY LYNSEY WILSON/Editor

Children are often taught that it only takes one person to make a difference. In Catherine Ryan Hyde's novel *Pay It Forward*, she explores what could happen if one person, one child, took it upon himself to make the world a better place.

The story follows the evolution of the little boy's plan and how his plan forever impacts those around him. He began by helping those in need. When someone offers to pay him back, he asks them to pay it forward, meaning to continue helping others.

Ashbrook English teacher Sharon Eccles placed this book on her student's summer reading list because of the message of goodwill it conveyed. She also assigned them a project in which they were asked to identify a problem in their community and to find a way to remedy the problem. The students, however, have exceeded Eccles' expectations.

"I originally assigned the project because I thought it would be a good way to get the kids involved in the community and to show them how rewarding giving to their community can be," she said. "However, the students came up with some of the most novel ideas and their enthusiasm, dedication and creativity have amazed me."

Projects have ranged from visiting local nursing homes to picking up trash around town. They have been assigned a certain number of hours they must put into their project each six weeks, and they are keeping journals about their experiences.

Eccles said the students' journals have surpassed her goals for the project.

"I'm impressed at the amount of work that student's have gone through to make their projects a success," she said. "A few have endured criticism from their peer groups for their projects, and others have really stretched themselves. They have gotten outside their comfort zone and taken risks. I am just amazed at the effect this project is having on these students, as well as the community."

Students agree they were originally hesitant about all their projects would entail, yet they have found them rewarding.

"When I was first assigned this project I wasn't very excited about it," said sophomore Doug Branson. "I thought it would just

Sophomore Mandy Taylor reads over her *Pay It Forward* book before the test. The novel, written by Catherine Ryan Hyde, was the inspiration for the student's community projects. The book was assigned to them by English teacher, Sharon Eccles, as summer reading. Students were then challenged to identify a problem in their community or their world and to find a way they could help alleviate the problem.

be something else that I didn't have time to do. But I found an idea that I was interested in and people who were willing to support me. Now, I'm excited about what could potentially happen and the money we could potentially raise."

Branson will be directing an improvisational comedy night at Ashbrook High School in the winter, and proceeds will be donated to the Glida Radner Scholarship Foundation, a foundation which raises money for ovarian cancer research and provides a support group for those whose lives have been affected by ovarian cancer.

Other students, along with Branson, are volunteering their time to raise money or help those here at home through organizations such as the American Red Cross and the American Cancer Society. Others, however, are directing their efforts to those overseas.

Sophomore Whitney Duncan is involved in a project organized by a local church called Operation Gaston Cares. Duncan and other volunteers fill boxes with hygiene and luxury items, such as toothbrushes and books, which mission workers deliver to under-privileged children when they travel overseas.

Though she does not see the results of her work, Duncan feels she is putting her time to good use.

"I'll probably never know what those boxes did for someone, if anything," she said. "However, filling those boxes is a better use of my time than sitting at home watching TV, and if somehow what we send makes puts a smile on one child's face, then it's all worth it."

While students still seem to feel that their projects will not impact the world as they did in *Pay It Forward*, they do see the impact their labor is having on those directly involved, which Eccles says was the original goal of the project.

"Maybe these students won't be responsible for a decline in crime rates across the country as the little boy was in *Pay It Forward*," she said. "They are learning, though, that their contributions do count and they do make a difference. If they take that lesson with them and apply it to their future maybe they will be collectively responsible for changing the world."

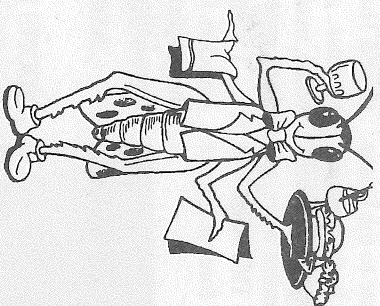


## A SMILE IS FOREVER



-THE PROFESSION OF DENTISTRY

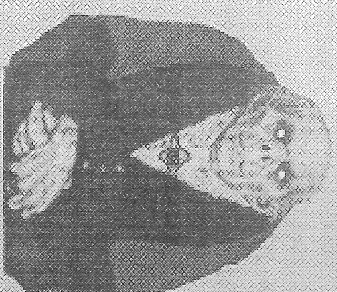
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## Three's a Crowd

continued from page 1

"Since there are four of us, these new restrictions will mean that either we all have to drive, putting more teen drivers on the road, or that the one or two of us who can have more than one passenger will have to drive all the time, which defeats the original purpose of the carpool."

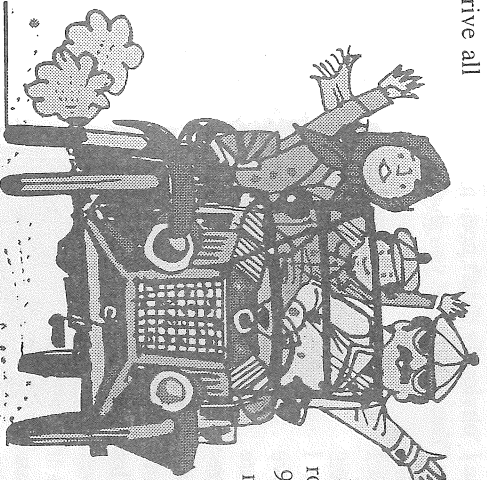
However, a recent study done by John Hopkins University and the Insurance Institute for Highway Safety Foundation found that if 100 percent of teen drivers drove alone rather than with passengers it would save approximately 275 lives every year.

Experts point out that these numbers do not relate only to teens. However, teens are more at risk because they do not have enough experience behind the wheel. Students agree, saying that oftentimes passengers make it hard to concentrate on the road.

"I know when my friends are in my car everyone's always talking and laughing, and that along with the radio makes it hard to focus on my driving," said junior Brandon Shaw. "I've never been in a wreck, but I've come close a couple of times. Every time, there was someone else in the car and I was paying more attention to what they were saying or doing as opposed to my driving."

Many also feel the new freedom that comes with having a license and being on your own makes teenage drivers more susceptible to distractions.

"It's not only lack of experience that poses a problem," said Ashbrook parent Ali McGraw. "The first thing my son wanted to do when he got his license was drive all



his friends around. He didn't understand when I said no, but that fact is that not only is he not experienced, if he gets into a difficult situation, he is also more concerned with his friends and their thoughts about his driving. He may put himself at a greater risk in order to impress his friends, risks he would otherwise be too scared to take as a new driver."

Others agree, saying that teens often don't understand the level of responsibility that comes along with driving.

"What many teens aren't mature enough to realize or just don't think about is that every time they get behind the wheel they have the power to kill someone," said Dr. Jeremiah Lang. "Granted, that's a morbid way to think, but it is the truth. In a car your life as well as your passengers lives are in your hands. I don't think there are many teens who are ready to accept responsibility for someone's life, especially when they have just started driving."

Teens, however, feel that this is an unfair assumption.

"Adults often make the statement that we are not mature enough or responsible enough to drive on our own," said sophomore Craig Williams. "If we're not ready though, why do they allow us to get our license at 16. If they don't feel that we're mature enough at that age, why not change it? If a person's parents feel they're ready and they can pass the test that should be enough."

North Carolina lawmakers, however, felt it wasn't enough and took action to reduce the number of teen traffic fatalities. In 1997, they proposed the

Graduated Driver's License program (GDL) which required that new drivers be on the road only from 5am till 9pm for the first six months. Since the program's implementation, the fatal crash rate for teens ages 16 to 18 has dropped 61 percent. Lawmakers hope this new addition to the program will have the same effect.

## ASHBROOK'S TEACHER OF THE YEAR

### DIANE SMITH

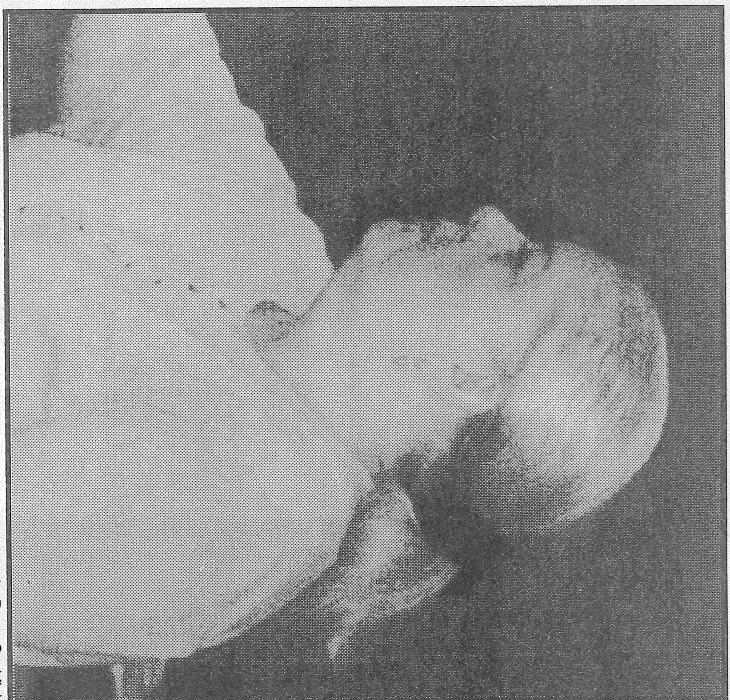


photo by Bryan Cockfield

Parent and Child Development teacher, Diane Smith, looks on as her students complete an assignment. The Family, Career and Community Leaders of America (FCCCLA) adviser was named Ashbrook's Teacher of the Year in September.

"Mrs. Smith is a teacher you can count on to be there for you," said sophomore Melissa Drew. "She is not only concerned with her student's grades and school work, but she is also concerned with their lives outside of school. She cares about them as people, not just students."

## Exam Exemption continued from page 1

principal Page Carver. "If a child's not in school then they can't learn, so the principals discussed it and it was decided to re-implement the exam exemption policy."

Exemption is only available to juniors and seniors who have missed no more than three days and have an A average in the class, or who have missed no more than two days and have a B aver-

age in the class.

Students who have three unexcused tardies or one unexcused absence will not be eligible for exemption, nor is exemption offered in courses that require students to take an EOC or VoCat.

"I think it will improve attendance and tardies," said junior Alan McGraw. "Nobody wants to take an exam, so they will work to

## FCCLA continued from page 1

new project for competition this year."

Cuena and Nelepovitz also displayed another of the club's service projects called The Bug Stops Here. The project, which focused on hand washing and reached over 800 kindergartners, was chosen to represent North Carolina at the national level.

"It is such a pleasure to offer FCCLA opportunities and to see students take advantage of them and have successes such as these," said FCCLA adviser Diane Smith. "I enjoy taking students to nationals where they get to experience much more than competition. They can enjoy area sites and attend workshops and sessions, which offered insight into personal development and leadership. We return inspired to excite as many others as we can to work toward these same experiences at the highest level FCCLA offers."

Smith plans to continue the clubs success both at Ashbrook and in competition. Students are already working on their projects and preparing to present them to the student body.

On Saturday, they will participate in Make-A-Difference Day at the Greenway.

The day focuses on everyone simultaneously working to make the world a better place. Club members will be volunteering their time at non-profit organizations.

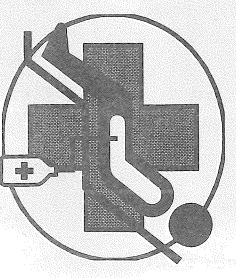
make sure they don't have to." Carver, however, reminds students that they still must attend school on exam days.

"Just because a student is exempt from an exam doesn't mean they aren't expected to be at school," she said. "They are expected to be here and teachers are expected to provide work for those who are exempt."

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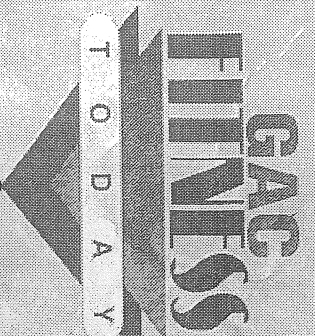
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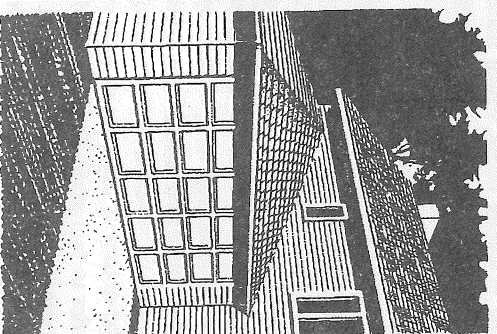
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# It's just a date

BY LYNSEY WILSON/Editor

## Mental and emotional effects of abuse can last a lifetime, leave victims depressed and suspicious

Every five years more teens are victims of dating violence than the number of Americans killed in Vietnam, and according to a recent study by the National Center for Victims of Crimes that number is steadily rising.

Forty percent of American high school students said they had been victims of dating violence and approximately 65 percent reported they knew someone who had been a victim of dating violence. With such high numbers many are wondering what's being done to combat the problem and why more awareness isn't being raised.

"People don't realize that a problem of this magnitude exists among teens," said Dr. Frank Girard in a recent interview by the *Journal of the American Medical Association*. "A lot of the focus nowadays is on child abuse and domestic violence, plus many teens don't come forward or don't realize what they've experienced is actually abuse."

Girard feels that many teens don't realize that abuse can be verbal as well as physical.

"The medical definition of teen dating violence is a problem of repeated or actual threatened acts to physically, sexually or verbally abuse a member of an unmarried couple in which one or both partners are between the ages of 13-20," he said. "Many teens see abuse as only physical or sexual. They don't realize it includes verbal as well, and that's the most common form."

In fact, 64 percent of abuse is either solely verbal or begins as verbal abuse, but many teens feel the problems don't begin until it becomes physical abuse.

"Many feel that verbal abuse doesn't have any real affects on the victims, but they're wrong," Girard said. "Verbal abuse often has long terms effects that people don't see. Since the effects aren't visible, people tend to forget that the person has been hurt, or they just expect them to heal faster."

Carly (not her real name) has experienced this for herself.

"People don't understand how deeply verbal abuse cuts a person, especially if a person lives with it for a long time," she said. "I've been free from my boyfriend for a little over a year now, and I still have trouble opening up to men or starting a new relationship. My friends don't understand why I'm hesitant in relationships or hold back when we meet new people, but that's just who I am now. I don't know that it will ever change."

Dr. Silas Heine, a psychologist at Blount Regional Memorial Hospital, feels that the impact that verbal abuse has on self-esteem and trust causes a person to need a lengthy healing process.

"Many people are much more vulnerable emotionally than they are physically and it's the emotional wounds that take so long to heal," he said. "If a person is being verbally abused and has stayed in that relationship for two months or longer than it's likely they've started to believe the lies their boyfriend or girlfriend is telling them, which leads to issues of low self-esteem and questioning their self-worth."

Janna (not her real name) agrees.

"When I got out of my abusive relationship I felt like I had no right to exist as a person," she said. "I felt fat, ugly, unloved, unappreciated, depressed and worthless. Those are hard feelings to overcome, especially after somebody you thought cared about you, and you cared about enough to value their opinion has drilled those points into you for over a year."

Girard contributes most verbal or physical abuse to the fact that the abuser is insecure in their own person, and in order to feel good about themselves they must make someone else feel inferior, or that it is all they know because they have an abusive past.

"Typically, an abuser is male and typically in their

past they have been abused or seen abuse in regards to their own family," he said. "Abuse also stems from the fact that a person feels unsure of themselves or they feel they need the relationship to validate them as a person, meaning they will do whatever it takes to keep that relationship."

Heine also points out that verbal abuse is not just a boyfriend or girlfriend screaming at their mate about how fat they are or how ugly they are or how they can do nothing right.

"People who have been victims in abusive relationships aren't stupid people," he said. "They didn't just wake up one morning and think, 'Hey, I'm feeling awfully good about myself, let's see if I can find somebody to change that.' Usually, they meet somebody and think they're great, starting dating them, become involved in an exclusive relationship and then the abuse starts, once they've already trusted that person."

Carly agrees, saying her boyfriend followed that pattern.

"When I first met him he was great, and I was totally swept off my feet," she said. "Then he would start making comments when we were out with my friends like 'Don't you think you've had enough to eat already' or 'You know that milkshake isn't good for your beautiful figure.' After that it became a lot less subtle. He would call and say he was paying for everything that night so not to worry about bringing a purse if I didn't want to, I thought he was being considerate because he knew that I hated to carry my purse, but when we got to the restaurant he would refuse to buy me anything except a salad, if he bought anything at all because I 'obviously didn't need it.'"

"He didn't just say 'You're ugly and you should be ashamed of yourself.' If he'd have said that I probably wouldn't have this problem, because I probably would have smacked him in the face and gotten out of the relationship," she continues. "It started small and ended with a whole lot more pain than I ever thought possible, but it wasn't something I saw happening to me, otherwise I would have gotten out."

Carly was able to get out of her relationship before she hurt herself physically, largely because her parents saw a change in her personality and intervened. Janna, however, was not so lucky.

"I felt like if I dumped my boyfriend, I'd never get another date, I'd have no friends, no one who would want to spend their time with me. I'd totally bought into all his lies, and I was at a point to where I'd do anything to keep him," she said. "I went through a lot for him. I was anorexic, bulimic, depressed and those kinds of things leave deep emotional scars. That relationship is some-

thing I'll never forgive anybody I date from because the real me that relationship. That me from now on."

Heine said Carly realized what was going on because their son or daughter their pain," he said the victim turns to severely depressed. emotional impact the person's personality

"Essentially that it typically takes victims. They are typically someone just met making their usually their relationship will take them long enough open themselves up because they are at lives when they are meant to be."

While verbal abusers and is an emotion rest of their lives, ten into physical abusers tact the police until "It's true we can kind of verbal abuse how often verbal at someone makes you abuse," said officer

You may be in an ab-

Is extremely jealous

Tries to control you

Tries to isolate you

Is violent or loses th

Blames you for their

Abuses alcohol or dr

Humiliates you eithe

Often accuses you o

Makes "jokes" that



# TEEN LOVE

ever completely get over. I won't get the real me, I've been altered as a result of his abuse will be with me because her parents

see what's happening becomes so good at hiding usually not caught until a or bulimia or becomes t point it's had such an ue what Jenna says, that e permanent altered." e same person; however, ot longer to trust people. us of anyone they have shy and introverted, and move a lot slower and it they love a person or to is always that fear of-be y traumatic for teenagers vulnerable point in their ing the person they were

common among teenagers dship that can affect the ng violence can also stem times people don't con- physical abuse occurs. ly arrest someone for that people just don't realize ade to physical or that if d about yourself then it is ope of the Charlotte Po-

lice Force. "Parents need to be very aware of who their child is dating, where they are and what they plan on doing. I know that's said all the time, but people don't realize how many teens have suffered abuse, especially verbal abuse, that could have been prevented had someone taken the time to ask them about their relationship."

Heine agrees.

"It's important to talk to your teens about how they're feeling and to reaffirm how special and important they are," he said. "Teens tend to withdraw when they're facing a problem instead of asking for help, so we've got to ask them. Potential abusers are always gonna be out there, the only way to keep our kids from being victims is to pay attention and to be aware that this risk is out there."

"Teen dating violence is a reality," said Girard.

"A reality people just don't know is out there, but it is. It's out there and it's affecting a lot more kids than we realize. We, as parents and as adults, need to help and we need to tell our kids it's out there so they know, because if they don't know, they can't stop it from happening to them, and every kid is worth something. Every kid deserves to have it stopped from happening to them."

## Black and Blue

Abuse victim escapes relationship, struggles to overcome emotional scars

by ISABEL WARREN\**Contributing Writer*

re relationship if he/she:  
 obsessive of you  
 being demanding or bossy  
 your family and friends  
 temper quickly  
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I met my boyfriend when I was 15-years-old. He was older, and I was so excited that he was interested in me. He was good-looking and charming.

When we first started going out he could be a little protective, but it made me feel loved and wanted.

After about a month, though, it stopped being cute. His protectiveness turned into extreme jealousy, which turned him into this aggressive, hostile, angry person that I'd never seen before. He was no longer charming, and I was no longer excited about the relationship. I was scared, and I didn't know what to do.

He started pressuring me to have sex with him. I didn't want to, but he just wouldn't let it drop. He kept telling me that we were the only ones not hav-

ing sex, which obviously proved I didn't love him like I said I did. Eventually, I decided to sleep with him, not so much because he pressured me into it but because I thought things would get better if I did.

hour working on out of my hand and ripped it up. If I had any thoughts of backing out of my decision to break up with him, they were gone at that point. I told him it was over. He yelled and threatened to tell my parents we'd had sex, but I didn't care. I knew that facing my parents would be easier than staying with him.

I was wrong, things got worse. He just became more and more controlling. He wanted to have a say in every aspect of my life. He told me who to talk to, what to say, what to do, even what to wear.

He hated my friends. He didn't like me talking to them and if he found out I had been talking to one of them, he would grab me and shake me, all the while telling me that by talking to them I was destroying our relationship. My friends tried to point out that I was headed down a dangerous road, but he had convinced me they were just trying to break us up.

Things kept getting worse. He only really hit me once, but it was hard enough to give me a black eye. Afterwards, he apologized. He usually did, but his apologies weren't much. He always made sure whatever happened was still my fault. He would say things like I'm sorry, but if you wouldn't do things to make me angry we wouldn't have these problems.

I came to a point where I believed anything he said. I thought everything was my fault. I rarely thought about leaving him, but when I did he always threatened to tell my parents we were sleeping together, which was one of my biggest fears.

Sometimes he would even yell at me in front of his family, but they would make it seem like my fault. His sister would always ask me why I provoked him, knowing what kind of temper he had.

I felt unloved and hopeless. I don't know how it happened or what I dreamed about, but one night I woke up sweating and knowing that I had to end it. I decided I would tell him the next day when I met him after school.

That day I stayed late to work on an extra assignment I had been given so I wouldn't fail my class which made me late meeting him. When I got there he was so angry. He grabbed the paper I'd spent an

When I finally went back to school he would walk up to me in the hall and either start apologizing or start yelling. I had told a few friends, that I still trusted, what had happened, and they made sure that I was never alone. For awhile I felt guilty for leaving him and even contemplated going back to him.

Of course, my family and friends wouldn't have let that happen, but the thought did cross my mind. Eventually, though, he gave up and I moved on. Two years later, I have a wonderful boyfriend who loves and respects me. He's never pressured me into anything I didn't want to do, and he understood when I asked him to take the relationship slow.

I haven't talked to my ex-boyfriend since the last day he tried to convince me that he changed and we should give it another try. Even now, when I see him in the hall I feel myself tense up. I don't think I'll ever fully get over what he did to me.

He has another girlfriend now, and I hope he is treating her with respect, that he learned something from our relationship. If not, though, I hope she respects herself enough to get out and get out soon. That's my advice to anyone in an abusive relationship, get out and get out soon. It may be easier said than done, but everyday you stay with him you're losing yourself.

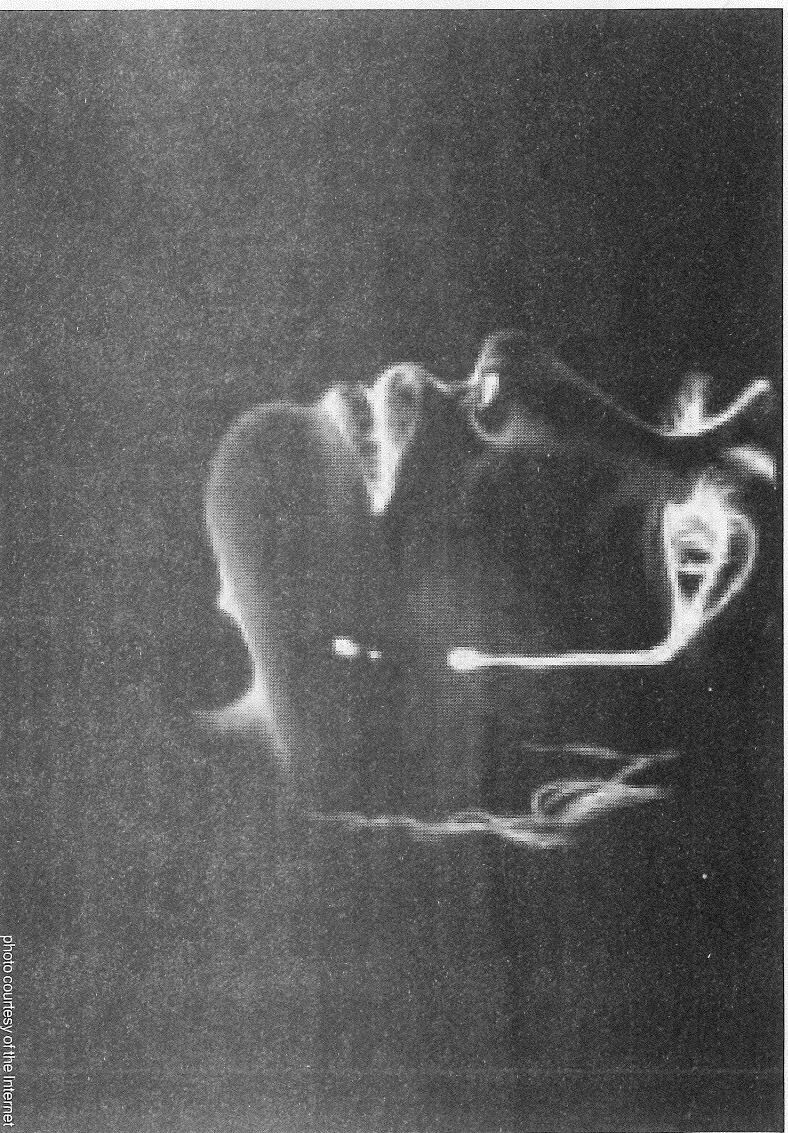


photo courtesy of the Internet



# The bigger the better

## High school students using creatine, other steroids to enhance athletic performance

BY BRYAN COCKFIELD/

Feature Editor

Ashbrook and numerous other schools are fighting a bioterrorism war of their own. Schools not only battle drugs such as marijuana, cocaine and tobacco, but athletic departments are constantly combating performance-enhancing drugs like creatine and other steroids.

Creatine is an amino acid that is produced naturally within the kidneys and liver and then stored in the muscles. Creatine is offered as a nutritional supplement, one that is legal for high school athletes. However, in large doses, creatine can be deadly.

"There haven't been enough studies to ban (creatine)," said Ashbrook Athletic Director Lloyd White. "There have been football players that have died, and their deaths have been directly linked to creatine, but it still hasn't been banned."

Experts agree that middle or high school students should not use creatine. Dr. Jordan Metzl, medical director at the Sports Medicine Institute for Young Athletes at the Hospital for Special Surgery in Manhattan, warns athletes about creatine, as reported in *Detroit Today*.

"We don't know what this stuff does and we don't know what's in it," said Metzl.

Metzl and three other doctors have studied the use of creatine in high schools. According to these studies, the top percentages of users were wrestlers and football players, while track was the reported at the lowest.

Death is the least common side effect of creatine, but it's not the only side effect. Most commonly, creatine causes weight gain. As much as 6.6 pounds can be gained within the first three

weeks of use. Short-term side effects include nausea, diarrhea, liver and kidney disorder, and water retention in the muscles.

This water retention is more commonly known as "bulking up," when the muscle appears to increase in size. Actually, the water retention in the muscle causes it to

expand. A f-

ter this water disperses, the tissue that is left behind turns into fatty tissue.

Along with these problems, some athletes may think it's better to take steroids for a month prior to a sport. While this can be better than using steroids all the time, many argue against this.

"There's no good time period, short term or long term (to take steroids)," said White. "You might as well play Russian roulette."

While the long-term effects of creatine are somewhat unknown, they may include easier damaged or torn muscles and increased chances of cancer. However, creatine has some positive effects as well.

Creatine has been shown to raise metabolism and enhance athletic endurance. This may be why so many athletes are taking creatine.

"It's what you let out about a mile or two miles into your run to make you keep going," said

Sam (not his real name). "If you take it before you run, it just gives you that extra edge. I don't use it anymore, though, because there hasn't been enough studies done with it."

Sam had only been using creatine for a few weeks before he stopped.

"I took it a while ago and I've stopped now, but I only

took it for two or three weeks, and I wouldn't have taken it, but I already had some and I just wanted to get rid of it."

Richard Kreider, director of the exercise and sports nutrition

other schools in the county currently test for drugs such as LSD, marijuana and cocaine. In every group that is called at random, there is one person that is tested for steroids. The limited number of people that are tested for steroids is limited due to funding.

There is no cost for drug testing to individual schools. The financing for these tests is distributed at the district level.

Of the slim number of people that are caught using drugs or steroids, any student caught will be strictly reprimanded. "In our student guidelines, if they're taking drugs or if we catch them in possession, it's 10 days suspension," said Principal Page Carver. "If they go for drug assessment, that suspension can be reduced to 5 days."

The punishment may be more severe when the conflict is taken out of school jurisdiction. "Our resource officer is involved, and the student is arrested and I do try and contact a parent or guardian," said Carver. "Sometimes students have no clue what they're taking. They could pick up some yellow pill and think it's something wonderful when it's really a baby aspirin."

Students, however, think they have a good handle on what they are taking. They feel they know what they're doing, and that if creatine's controlled, it shouldn't be banned. "Creatine shouldn't be banned because it's naturally produced and it doesn't give you that much of an advantage," said Sam. "If God didn't give you enough of it, then you shouldn't have it anyway. God gives you everything you need."

Whether creatine is safe or not, schools still test for other steroids and illegitimate drugs. Ashbrook and



### Do you think high

### school athletes

### should be allowed

### to take legal

### steroids?



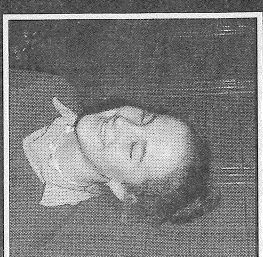
"No, you have to work to keep your body in shape even when you're taking something like creatine so why not just do it naturally."

Oreon Mayfield, senior



"No because steroids can give people an unfair advantage. A lot of people work hard and gain their ability fairly. It's wrong for them to lose someone who hasn't worked as hard."

Kristin Cook, senior



"No, because we're really too young to be doing that to our bodies and increase our risk for injury. They shouldn't be allowed to abuse their bodies just to gain an edge."

Sally Peach, sophomore



# S

## Ashbrook's Top Five Women's Golfers



1. Anna Hardee



2. Bridger Floyd



3. Millicent Yackey



4. BethAnn Urban



5. Morgan White

### Alternates:

Melissa Gonzalez  
Shannon Howell  
Lauren Workman

# SPORTS

## Golfers overcome skeptics, conference rivals in first season

BY BRYAN COCKFIELD/Sports Editor

Coming into Ashbrook as a freshman isn't always easy. Countless first-year students walk through the doors of Ashbrook each year and are lost within the halls or have trouble finding their classes.

There's a new freshman within the athletic department this year. The women's golf team is making its opening appearance for the first time in school history. Regardless, many feel the team has been neglected as "just another sport," and people are starting to show considerable disinterest in this new sport.

"Critics have said that the team is horrible and they think that it wasn't a good idea," said sophomore Anna Hardee. "They think it is just another sport to fill up some pages in the newspaper and yearbook."

Hardee currently plays for the lady wave golf team, and frequently plays in the number one seed.

"I think that people think it is a boring game and don't want to spend or waste their time on it," Hardee goes on to say. "It is an individual sport and all of the pressure falls on you and your opponents. It helps me show everyone that coming to a match is worth it."

Hardee believes the amount of spectators at golf matches leaves something to be desired in comparison to the number of people at other sports, such as football.

"I think that it is kind of a trend. It is a tradition to go to football games," said Hardee. "We need to make going to golf matches a tradition."

Ashbrook is not the only school that is skeptical about its first women's golf team. Since Ashbrook is one of the last schools to incorporate a women's golf team, other golf teams have been overconfident and skeptical about Ashbrook's team.

"I think the people we have played so far have had a golf team for at least two or three years," said Hardee. "Other schools think that just because it is our first year we can't be any good."

Hardee indicates the Ashbrook-Forestview rivalry as one of the hardest matches.

"Forestview believes they can beat us," she said. "It's just their attitude that kind of hits the overconfidence."

Another factor contributing to the skepticism about the first women's golf team is the team is composed primarily of sophomores, with the exceptions of freshman Morgan White, senior Melissa Gonzalez and junior Shannon Howell.

"I believe that most people think that because the team is new and the top five players are sophomores and freshmen, that the team is not worth having," said sopho-

more Bridger Floyd. "They think that the team must be terrible because of all the freshmen and sophomores."

However, four sophomores and a freshman are seeded in the top five of the team. Hardee and Floyd, along with Millicent Yackey and BethAnn Urban are the sophomores, while White is the only freshman. However, these young players can only get better.

"I think we're pretty good," said Floyd. "We're not the best, but we try to be, and many times we succeed, even though we are all just freshmen and sophomores."

Even coach Matt Collins considers that the women's team can only become improved with time.

"If our girls work, they can win conference," said Collins. "If they don't work, they'll be at the same level they are now. We could win conference in the years to come."



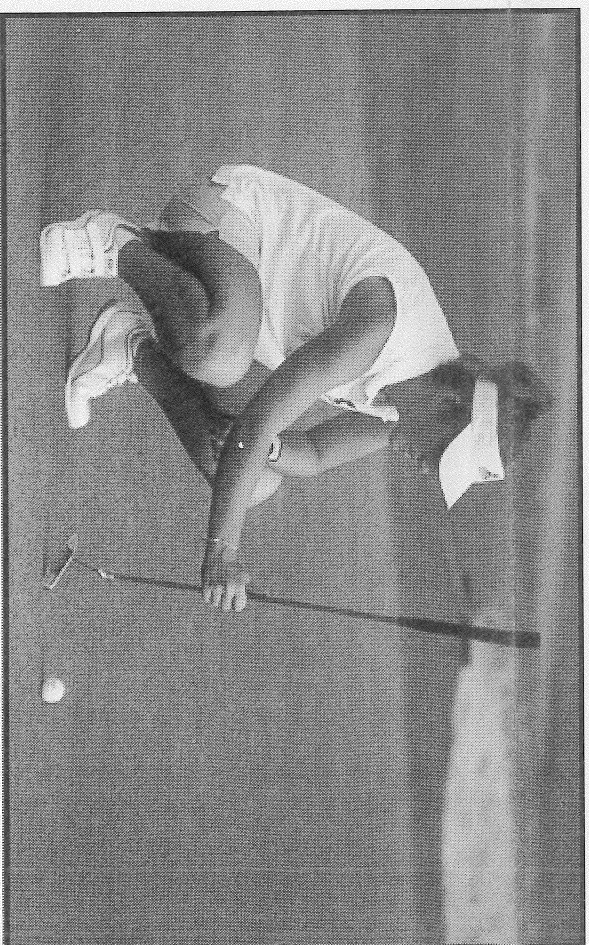
TWO-MINUTE DRILL

by Bryan Cockfield

Ashbrook High School is going through more firsts this year. Last year we were demoted from 4A to 3A. This year, the North Carolina High School Athletic Association (NCHSAA) put us in one of the two 3A subdivisions in football. This time the change is due to money issues.

Although the NCHSAA has denied that this "clever" scheme is to hopefully raise a large chunk of funds during the upcoming football season, why else would they cause such turmoil? Too many things are wrong with the new football divisions for there not to be a link to money.

The playoff brackets, as well as the new divisions, are what the NCHSAA hopes will attract the most money. Each division will be split into two groups of



Sophomore Bridger Floyd concentrates on lining up a putt during a recent match at Gaston Municipal Golf Course. According to coach Matt Collins, the team has been a contender in many of its matches season and will be able to compete for the conference title next season thanks to the talent and leadership of young players. The team will compete in the regional tournament on October 22.

teams. With each playoff bracket having 32 teams. This will allow more teams to advance to the playoffs, drawing more people to the games, resulting in more money. Two hundred and fifty-six of the 332 teams will make the playoffs with this system.

Having a large portion of schools in the playoffs, especially in football, isn't always a good thing. Since the NCHSAA has guaranteed almost 80 percent of all football teams in North Carolina a spot in some playoff bracket, some giant like Crest will probably massacre a 1-9 team in the first round. This is a huge shot to the morale of a team who might have had the idea they were good enough to make the playoffs. The other team just wasted a Friday evening they could have used as practice time, and may even begin to think they can slack off in their next game. That's not what playoffs were meant for.

The playoffs should be for teams that have played well in the regular season. The Panthers didn't make the 2002 NFL Playoffs with a record of 1-15, so why should a high school team with a 1-9 record?

With so many teams in North Carolina getting a playoff bid, the prestige of being in the playoffs is dulled. Now, football teams

won't play as hard with a playoff spot as their motivation. If they know they can get into the playoffs with a 3-7 record, then that's what their goal will be.

It will be difficult for fans to support a team with a record of 2-8. The NCHSAA may have another problem with money if they can't sell enough tickets to the first round games in the divisions.

Playoffs aren't the only problem with this new idea. Perhaps the worst consequence of the new divisions is how it will cut into the winter sport season. Athletes are not allowed to participate in two sports in different seasons at once, so the football players that also play basketball or wrestle will sacrifice part of those seasons.

For the faithful football fans and athletes to be convinced that these new divisions will work, the NCHSAA will have to get through one perfect football season in all divisions. If the NCHSAA doesn't have enough money to get by, they need to leave well enough alone and find some other way to milk money out of the fans. Football is one of the great American pastimes that isn't corrupt or flawed, so don't make it that way.

Women's tennis makes a case for regional title

page 10



# Sisters lead the way as women's tennis team takes conference title

BY BRYAN COCKFIELD/Sports Editor

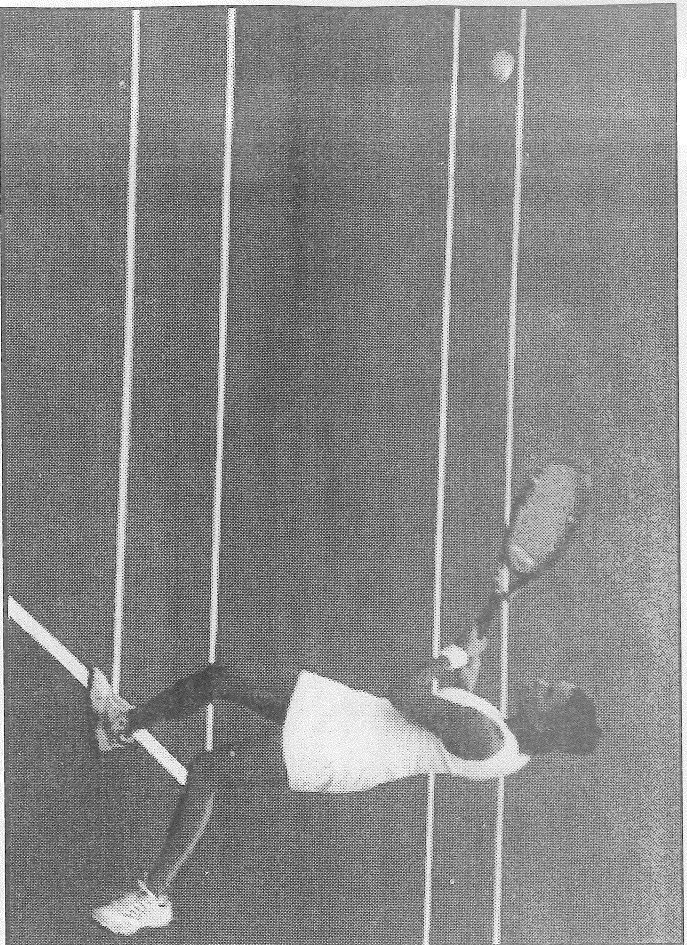


Photo by Bryan Cockfield

Senior Haddon Mackie returns a serve during a recent tennis match. Mackie, along with her sister, sophomore Anna Mackie, have been instrumental in the Lady Wave's march toward the conference title. Head coach Sandy Burris looks for young players like Anna to develop their game and step up as leaders next season, as the team will lose four of its top five players in seniors Jennifer Hancock, Haddon Mackie, Lisa Foltz and Katie Carmicheal.

World tennis may have Venus and Serena Williams playing together in countless championship matches, but Ashbrook has senior Haddon and sophomore Anna Mackie playing in the number two and three ranks respectively.

Last year, Haddon was an all-conference player along with her younger sister, Anna. This year, the two sisters are looking to improve upon last year's season by leading the team to a conference championship.

"We have become more competitive," said Anna Mackie. "I feel that I have to beat Anna because I'm older. In a way that's good because we try to work harder to get better."

Although this sibling rivalry is strong during Ashbrook tennis matches, Haddon and Anna have been competing together since they were children.

"(Haddon and I) have been playing off and on since we were five," said Anna. "Our mom started us with tennis, and we carried our game over to Ashbrook."

The length of time the Mackie sisters have been playing together has added to their ability level, but this year is Haddon's last year.

"Anna's going to have some big shoes to fill next year," said coach Sandy Burris. "All our new players) will have to make up a lot in the off season."

Anna won't be the only player making up for seniors Katie Carmichael, Lisa Foltz, Jennifer Hancock, and her sister Haddon. Burris indicates juniors Sarah Day Dickson, Tyler Dickson and Ashley Pate, sophomore Meredith Bohin, and freshmen Mary Knox Dickson, Katie Gray Nelli, and Meredith Lysle as future key players.

"We kept 14 this year to keep a big team so (the underclassmen) could all have another year of work before they had to step up and fill in the senior's positions," said Burris. "It's been a fun two years."

Burris hopes to have at least four all-conference players in Anna and Haddon, Hancock and Foltz.

This year, the team is hoping for a conference championship. With a conference record of 4-2, Burris cites Southpoint as the biggest competition.

"We'd like to finish in the top two," said Burris. "I'd be very disappointed if we did not finish in the top two."

# Men's soccer team relies on leadership of returning players, talent of underclassmen

BY BRYAN COCKFIELD/Sports Editor

A disappointing loss at the beginning of the season in the Gazette Cup isn't enough to dwarf the Ashbrook men's soccer team's spirit or abilities. Many believe that at the very least, it should make them stronger.

A conference record of 8-3, the varsity soccer team is still capitalizing on past seasons and improving beyond expectations. Even with three underclassmen, the team is proving to be a serious threat to other teams in the conference and the region.

"(The underclassmen) have impressed me," said coach Andrew Collins. "If they didn't impress me, they wouldn't be playing on the varsity team."

Sophomore Patrick Nelli, along with freshmen Donnie Yavelak and Alden Brooks have impressed their teammates as well.

"There is a lot of talent in the underclassmen," said senior Joe Gates. "They have given 100 percent since day one. They've worked hard to improve their level of play and have become real contributing factors to the team."

Nelli says he, along with the rest of the underclassmen, felt they had to step up their level of play to show they were worthy of their starting positions.

"Being underclassmen, we've had to work hard to prove ourselves," he said. "We wanted the team to know that we were there to play, and that we could be major factors in their defense."

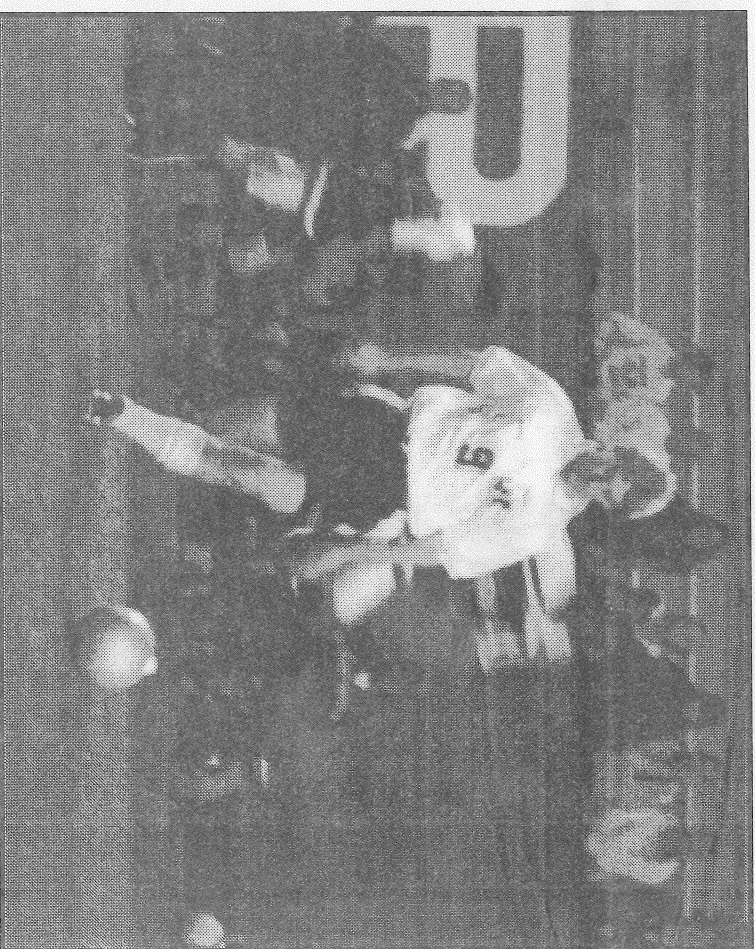
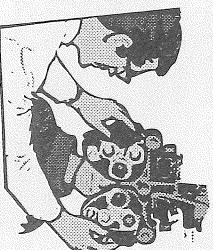


Photo by Leah Holier

Senior Brandon Barnhill takes a shot at the goal during the Ashbrook vs. Forestview game. While Ashbrook was not able to overcome their rivals this season, they have amassed an 8-2 record. The strong play of underclassmen and the leadership of returning players has allowed the team to move past its early season loss in the Gazette Cup and become a contender in the conference.

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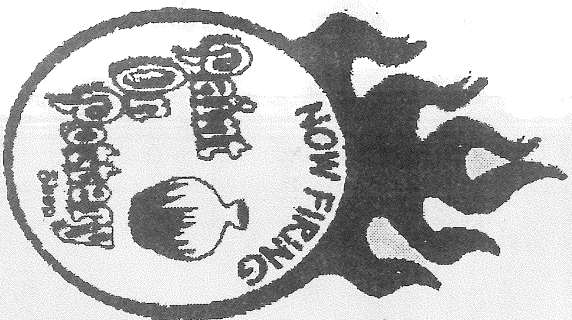
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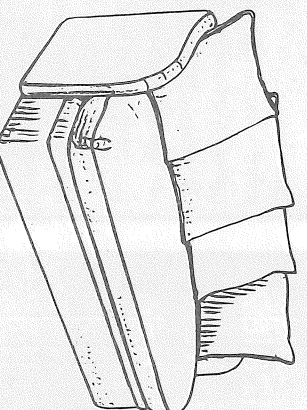
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# Racing toward victory

## Runners' spirit, camaraderie propel them towards their goals

BY LYNSEY WILSON/Editor

In an age where professional sports players are more concerned about the money than the team, many feel Ashbrook's cross country team is unique in it's quest to accomplish their team goals, as well as gain individual accolades.

Coach Al Hess points to seniors Daniel Reed, Caleb Davis and Kristin Cook along with junior Rebecca Cramer, as not only the team's key runners, but who also provide leadership.

"They are the most influential runners," he said. "They lead by example, which is very important."

Cook feels that being a leader comes from more than just being a good runner. "Part of being a leader is the ability to run and show underclassmen what they can accomplish," she said. "However, it is more than that, it is also being able to motivate someone to do better and being spirited and committed to the team."

Hess also mentions seniors Deborah Cramer and Sarah Kahn, sophomore Sally Peach and freshman Catherine Stover as other key runners for the girl's team and sophomores Craig Rawe, Bryan Cockfield, Austin Munnell and Paul Krawczyk as key runners for the men's team.

Many feel, however, that the team's spirit is as big a factor as their ability. "Being on this team is not only about winning but about being together as a team," said Davis. "We have cookouts, take Bessie to all the meets and do our cheer before every meet. We're not only out there to work, but we're out there to have fun."

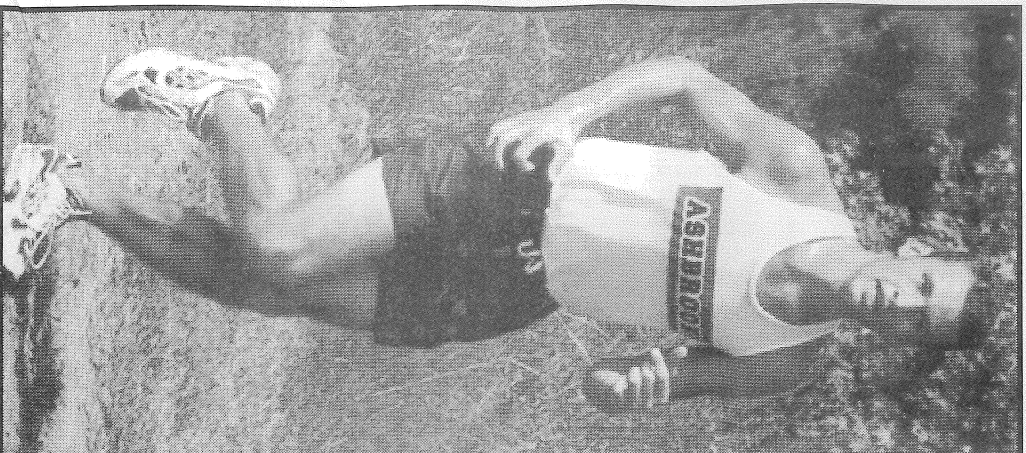
While Hess encourages the team's spirit and points to senior Owais Merchant as the leader, he does encourage the team's fondness for Bessie, the team radio.

"Boosting morale is just as important as being a lead runner and that's where Owais comes in," Hess said. "He really does help the team. He may not be the fastest, but he's definitely someone we like to have around. Bessie, however, is nothing but a pain in the neck. The kids like it though so we have to do it."

Many feel that the combination of team spirit and strong runners will allow this year's team to excel. Hess has set a men and women's team goal of going to the state championship meet.

"I'd like to see the guy and girl's team finish in the top four, so we can run in the state," said Hess. "If that's going to happen, the girls and guys have really got to work hard this last month. My goal is ultimately to take two teams to the states."

photo courtesy of Al Hess



Senior Caleb Davis sprints toward the finish line in a recent cross country meet. The men's team finished third in the county this year and will send senior Daniel Reed, along with sophomores Bryan Cockfield and Craig Rawe to the regional meet.

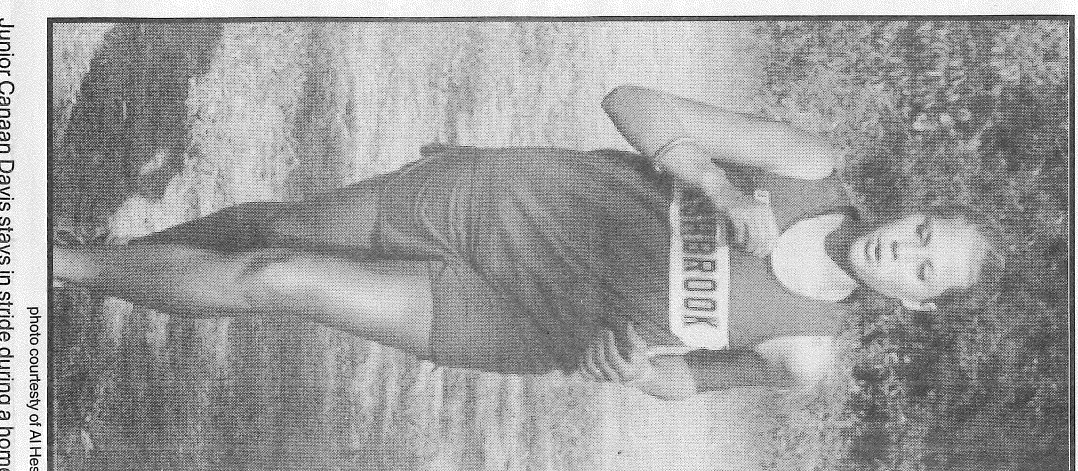


photo courtesy of Al Hess

Junior Caneen Davis stays in stride during a home cross country meet. The women's team won the conference title this year over conference rivals East Gaston and Forestview. The team will send seven members to the regional meet on Oct. 26 in Kings Mountain.

## Setting pretty Team ready to make a splash in Big South 3-A

Players believe they have potential to be title contenders due to strong leadership, play of front line

BY LYNSEY WILSON/Editor

Though there are a lot of similarities to last year's varsity volleyball team, Ashbrook coach Jeri Edwards feels this year's team has reached a level of ability not previously obtained by other teams.

"This year's season is similar to last season because we have so much talent and a small number of players," she said. "It's different from last season in that we are more poised and at a level of attacking the other team."

Edwards also points to the leadership and talent of juniors Lisa Palotta and Page Reep and sophomore Kayla Short as contributing factors to the team.

"Palotta and Short, on the front row, dominate in hitting and blocking," Edwards said. "Reep has powerful serves and is good at back row play. Palotta and Reep also provide leadership, and Short boosts morale."

Palotta, however, points to the efforts of the team as a whole as the team's biggest asset.

"We have strong players and leaders, but it's really how well the

team works together that gives us an advantage," said Palotta. "We only lost two players last year, Katie McKay and Lisa Clear, so it helps that the majority of us have played together before which helps."

Edwards also feel the 3A conference helps the team.

"Most 4A schools have middle school volleyball programs and year round facilities, something we don't have," she said. "The 3A conference is self-contained within the county so everyone is coming from the same place."

With these advantages, both Edwards and her players feel they have the potential to be contenders for a conference title.

"They should be (contenders) if they believe, have strategy, pursue it and do it," said Edwards.

Short echoes Edward's beliefs.

"We already have a 7-5 record, and that puts us well on our way to a title, as long as we can keep it up."

BY PRESTON NELL/  
Contributing Writer

If someone wanted to describe the Ashbrook football team as an adolescent, they would have to call last year the growing pains. With last year's losing record, many found themselves focusing on all the positive things they had to look forward to.

Local newspapers, fans and players pointed to the return of Oregon Mayfield as a major boost for the team this season. Mayfield missed all of last season when he tore his anterior cruciate ligament (ACL) in a scrimmage game. Now, however, he is healthy and ready to play.

"I feel pretty good right now, in fact I feel great," Mayfield said. "I'm ready to get out there and play, and hopefully, be a contributor."

Mayfield has contributed an average 98.8 yards per game and seven touchdowns to the team this season. Head Coach Joe Sheppard also points to the return of Mayfield, as well as other key players, to help sustain and build chemistry between the players.

Kicker Julian Rauch feels the chemistry between the players is one factor that will help propel the team this year.

"One of the best things about this year, and one of the major differences, is that everyone knows each other and gets along better," said kicker Julian Rauch. "Because of that, everyone's working harder and playing better."

The team, who's record is now 4-4, proved these factors could lead to success when they obtained

their first conference win this season against East Lincoln. Mayfield had one of his best games with 176 yards on 25 carries. The defense made their mark later in the season with it's 14-0 shutout against Freedom.

"Our players are working hard and proving what they can do," said Sheppard. "They're also showing that this whole team isn't depending on just one player. They're working as a team and that is one key to winning ball games."

At this point in the season, the players are not only working as a team, they are also setting common goals, one of which is to beat Forestview.

"The biggest game this year is Forestview," said Rauch. "It could also be the decider for a playoff spot which makes it even more important."

Many feel with the confidence the team gained from its early season wins, they have the potential to be contenders for a playoff spot this season.

"If we keep working hard, with the new system, we have a good chance to make the playoffs this year," said Rauch.

With conference rivals Forestview and Huss still to play, many fans are looking for the team to combine all these positive factors and gain some wins before entering the post season.

"We'll more than likely go to the playoff either way," said senior Mark Adams. "It would be good to win a few games heading into it, though, to give us some momentum."



# JUNIOR VARSITY

## Football

BY BRYAN COCKFIELD/

Sports Editor

The JV football team's record may be 2-5, but according to coach Steve Hudgins, the record isn't the important feature of the team. What counts the most is if the JV players can effectively take on the roles of the varsity players next year.

JV team gives players needed experience to perform at varsity level so they are ready to assume a role on the varsity team," said Hudgins.

With several key players, the JV team is looking for the equivalent of a conference championship. There is no playoff system for any JV team, so the players must accumulate the best possible record during the regular season.

However, the lack of a playoff system does not discourage team rivalries. Hudgins indicates rivalries with Hunter Huss, Forestview and Southpoint as major games this season.

Devin Harris, Melvin McCorkel, Antonio Serrat, Josh Blake, and Carlos Duquene as the leaders of the offense. He also points to Andrew McKay as a leading cornerback, long snapper, backup quarterback, and a number of other positions.

These players will have to step up next year to play their best games on the varsity team.

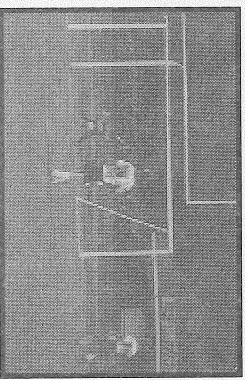
"We have to have them ready by the end of this year

The Forestview game is at home on October 21, while the Hunter Huss game is away on November 7.

## Soccer

JV team excels despite lack of fans

BY BRYAN COCKFIELD/Sports Editor



JV soccer players attempt to score a goal during a recent game. While the team has not amassed much fan support, they are performing well and give coach Collins high hopes for future varsity teams.

Often, JV teams do not have the support of fans to give them support, like their varsity counterparts. Yet the JV soccer team doesn't need as much support at their games to still play well.

With a current record of 6-2-3, the JV team excels either way.

Sophomore captain Peter Haley heads the team. He points to Fabian Escalante and Victor Hernandez as the leaders of the offense, as well as Chase Beverly and Eric Martel at midfield.

"We also have real strength in our goalkeeper, Stephen Love," said Haley. "He's the anchor of our defense."

Love is a freshman from Cramerton Middle School. With all the strong points on this year's team, coach Andrew Collins looks forward to the future.

"We had a strong season last year and have a strong one this year," said Collins. "Hopefully we will do as well as last year."

The JV teams do not have a playoff system, so during the Gazette Cup and some of the conference games, they sit on the sidelines and watch the varsity team play.

## Volleyball

Team serves as an introduction to sport, learning tool for new players

BY BRYAN COCKFIELD/

Sports Editor

Even with minimal volleyball experience, Ashbrook's JV volleyball team is plowing through competition. None of the area middle schools have a volleyball program, so this is the first chance most of the team have to play volleyball. However, with a record of 7-5 the teams feels they have accomplished something.

"Most of the girls have had no experience in volleyball," said sophomore Maddie Krilin. "I have only had some practice (at Ashbrook) and it's the same for most of the team."

The lack of practice is not necessarily a bad thing, according to coach Jerri Edwards. The JV volleyball team gives the players some experience before they advance to the varsity team. It

also allows future varsity players to develop leadership skills.

"They are still trying to learn and understand (volleyball)," said Edwards. "Maddie Krilin is a real getter. She's not afraid to jump right in. Jenna Landstoffer can be a great hitter."

Edwards feels a middle school volleyball program could resolve this lack of experience. There is currently no middle school program in Gaston County, so most of the players are coming to play volleyball with no experience.

"(Having no middle school volleyball program) affects the high school program because we take more students interested in the game," said Edwards. "We make them players and that sometimes takes them to a high ability level to be competitive."

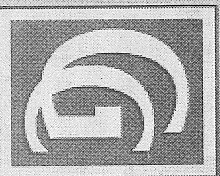


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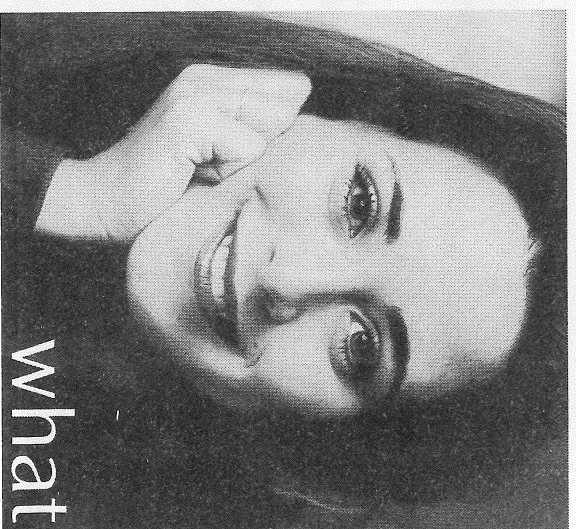


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