South Albany Unfiltered and Exposed

Inside: Andrew in India, Page 4, Stranger Things, Page 6, and Fifteen Years Ago, Page 7

September 2016
Issue Volume 46

RAMON HERNANDEZ

Greater Albany Public School students are exposed to something toxic at school and it is not homework. Twenty-three GAPS buildings were tested for levels of lead in their drinking and food preparation water fixtures over the summer. Among those 23 buildings tested, 10 so far have no levels of lead above the limit, half of those have completed results, and the remaining half are awaiting results. The 13 affected buildings have elevated levels over 20.0 parts per billion or “ppb” of lead in certain water fixtures according to “Greater Albany Public Schools, Water Testing Information.” Director of Business for the GAPS, Russell Allen, stated, “There was no legal requirement for lead testing, but when Portland [school district] tested positive, it got other schools thinking.” Anything below 20.0 ppb is considered safe to consume, but not recommended, and anything over is not. When lead is consumed, it is distributed throughout the body to the brain, liver, kidney, and over time accumulating in the teeth and bones. What is toxic to the body and harms mostly children under the age of six, it can cause brain damage if adults if exposed. Students are stated consumed “World Health Organization, Lead poisoning and health effects.” When lead is elevated under those risks as they are only at school 10 months a year, five days a week; not every day of their life. “We are now just testing for lead and people are more aware of the health concerns than we were in the past,” stated Jim Haggart, Executive Assistant to the Superintendent.

The real danger poses in the home as students use the same water fixtures in their houses. Some families are not testing regularly to find what they could be consuming lead without knowing it. Children who are exposed to drinking lead can lead to a lower IQ or hyperactivity according to the Environmental Protection Agency or EPA. Oregon though falls under 5% of children screened for lead toxicity compared to Texas which falls under the 30%-50% of lead exposure according to the Centers for Disease Control and Prevention. Due to high demand for water testing, South Albany High School has not gotten all of its results back nor has the other 18 other schools. Meaning, the water fixtures were tested, but are awaiting for lab results. Of the results SAHS has received, it has had two sources of elevated lead levels: one at a sink located in the Library (97.4 ppb) and the work room sink in 204 (97.2 ppb). “When lead is found, it is put out of student reach and is declared not to be used.

A plastic bag is used to cover the sink or fountain and a sign informing the students is placed. The fixture is changed, tested and put back to work if the levels of lead fall to meet the requirements. Information on the elevated lead is provided to the principle and is then released like the parents on the website at albany.k12.or.us.

Outside the GAPS district, University of Oregon faces a similar issue. One-fifth of the faucets at three of U of O’s resident halls run tainted water. The university has not released their levels of lead in their water fixtures, but they have said it is above 15 ppb according to The Register-Guard.

U of O does not recommend students living in the residence halls to drink or cook with the contaminated water, but washing with it is fine as lead does not absorb in human skin according to the EPA.

U of O has provided students with bottled water as an alternative. Homes around the schools found to have elevating levels of lead are recommended to be tested for lead exposure.

SAVANNAH PALMER

Due to the Oregon Equality Act that was enforced on January 1st, 2018, transgender students are allowed to use the bathroom, names, and pronouns they want, according to unprecedented guidelines by the Oregon Department of Education. This means any student of any gender is legally allowed to state their gender and name that is not on their legal birth certificate.

It also states transgender students should not be barred from participating in any activities, physical education, or sports if a student tells the principal that she identifies as female, she should be able to play female sports. For transgender students, an all gender bathroom is helping breaking down societal expectations.

“It is very convenient,” stated junior, Rissa Ayers, a transgender student at South Albany High School. Ayers became acclimated to using the gender neutral bathroom in the counseling office, rather than the boy’s bathroom. However, the general public does not know that SAHS has a gender neutral bathroom. When the new student commons opened, the student body was surprised to find restrooms designated “all gender.”

Ayers explained being transgender simply means, “Not feeling like the gender you were assigned at birth.”

Although I haven’t started the transition yet, I eagerly await the day I’m able to,” he junior, Ayers explained that from his experiences, people are either completely against transgenders, or completely for it. “This will definitely help students who are still not comfortable with coming out, and that’s why I love the idea of all genders bathrooms,” stated Susie Montes, a junior.

Montes thinks it is an important addition to SAHS, as our society begins to accept the fact that people can differ their gender from the sex that they were assigned at birth. SAHS is the only high school in Albany with an all gender bathroom accessible for kids specifically. “I think having this bathroom could be a good thing for the other schools in Albany. Maybe they’d be encouraged to get such a bathroom themselves. But most importantly, it should be a bathroom that all kids feel confident in using. I would definitely use the new one in the cafeteria; it’s not just for transgender students.” stated Montes.

Not your Average cup of Joe

ABBY SLANGA

The beginning of the 2016-2017 school year is in full swing, and the cafeteria was ready just in time. The building features two stories with several seating options, brand new classrooms, all-gender bathrooms, and even a new student-run store rightfully named the Red Zone Cafe.

Pam Bethards, the transition specialist at South Albany High School stated, “It is made public to the parents on the website at albany.k12.or.us.

The Red Zone Cafe is not using the Dutch Bros. grinder for coffee beans, syrups, sauces, measuring tools, and more to help get the shop running. However, the cafe is not using the Dutch Bros. name or coffee beans because they are only serving as a donor and as a trainer to the student employees. They will also be coming to the grand opening of the Red Zone Cafe in October. Jasmin Pulido, senior, is a worker for the cafe. “It’s like an internship for Dutch Bros.,” said Pulido.

Cafe will be open Monday through Friday morning from 7 to 8 am, and also during regular lunch on Tuesdays and Wednesdays. Fridays will be the exception as it will be open during both extended and regular lunch.

Students will have the option of choosing from a menu consisting of mochas, lattes, Americanos (all served hot or cold), infused greens or blackiced tea, and Italian sodas. Mochas and lattes will be $3.75 while everything else will be $3.00. The only size being currently offered is 16 ounces.

If a student wishes to become involved with the shop by stop the shop with a resume and/or talking to Bethards. An exciting, caffeine filled year is in store for the Red Zone Cafe; for both the public and the young entrepreneurs. Students are eagerly looking forward to their first SAHS-made cup of Joe.

High School Bathrooms With No Borders

ARLETH VAZQUEZ, 12, prepares an iced coffee.

The Sentry

SOUTH ALBANY HIGH SCHOOL
What is more scarier? A season of American Horror Story without Academy Award winning actress Lange or another flop of the season? Only two episodes in, and the FX’s take on television horror series has managed to receive a 75% rating on Rotten Tomatoes as of September 23rd. That is an 8% rise from AHS season 4: Freak Show with its 79% rating (and they said that season was bad). At these rates, (season two) the most, and Hotel (season three) the least, on Rotten Tomatoes agree.

The changing theme and characters/ plots is no surprise to viewers. Each season introduces a new story with new characters, but the same actors. Losing and gaining talent within the show does happen. An example of that is Lange’s absence in the two most recent seasons and the addition of Stefani Joane Angelina Cassano, or known as her performance name “Lady Gaga,” in season six. While there is no significant evidence the addition of Cassano or the absence of Lange has been negatively impacting the show, it is something viewers have beenmplaining of due to the poor performance, season six took its own turn in this year’s plot. Short of the events leading up to episode six, viewers six were grousing for AHS veterans. Screen writer for the show Ryan Murphy decided to keep this season’s theme a secret until its debut on September 14th.Releasing countless “teasers” for the season is another method AHS producers used to throw off viewers. With only one trailer being legitimate to the season, and the rest shown to be false. And on September 14th, the trailer was revealed—once again, six were grousing for AHS veterans. Mike Judge Murphy decided to keep this season’s theme a secret until its debut on September 14th. Releasing countless “teasers” for the season is another method AHS producers used to throw off viewers. With only one trailer being legitimate to the season, and the rest shown to be false. And on September 14th, the trailer was revealed—once again, six were grousing for AHS veterans. What feels like years later, you find your self in a welcoming and friends are supportive of you. It is no secret now: season six is AHS Review

September 2016

COMMENTARY BY
RAMON HERNANDEZ

ABBY SLANGA

Picture this: it's early in the school morning, and the day has not gone great so far. Footer kittens clawed your leg, you don't know what you want to wear to school, you have a test that you're not ready for at the end of the week, and you have so many things you need to do today; better not screw it up. At the same time, you are trying to make sure both eyeliner wings are even with each other can be stressful and time consuming. You then somewhat reluctantly get to work. Around ten triers later, you look at the clock and realize you're running really short on time. You still want to apply the rest of your makeup, brush your teeth, do something with your hair, get dressed in an outfit you feel like a successful human being in, and get your head together. But you apply eyelash, it is time for you to get your makeup job acceptable. By the time you are done, you are jumping into your seat just like the bell rings. That description of a morning was exhausting, right? Well, I've been going through these moments, and I've decided to write this letter to myself. If I'm just wasting time, if I'm not learning anything, I'm wasting my time. From there on, I knew that it would always be worth it in the long run. While I may feel like a failure at times, I know that I have my family, my friends are supportive of you and you're about to criticize your body. I took this challenge upon myself last Valentine's Day because I decided that a day of love calls for maybe not treating yourself like garbage. That day was far away being amazing. To commemorate this new mind, I got my first tattoo earlier this month. It is an outline of a sun-struck circle on my inner right wrist. I got the idea from “What Happened to Goodbye?” by Sarah Dessen. It is a tattoo that I’ve been thinking about for a while now, and it meant to be a lovely reminder to always love yourself “warts and all.” While it was a weird concept to think that this would be on my wrist for the rest of my life, I knew that it would always be a good motto to carry through life as it can also apply to loving others. A factor that has helped me thus far to surround myself with good people who will try to understand of what people like me are going through is that they have your insecurities to vanish overnight because not everyone’s problems are the same and everyone’s overwhelming doubts is being willing to put the work into an idea that is definitely not in my strength. While I still have my fair share of bad days and ye old road of excellent self-esteem is a long one, I take comfort in knowing that I have my family, my friends and myself along for the ride. One day I’ll get there, and it will be beautiful. Just like I am.

Insecurity is being cast into a support system. It is not something that should be treated as a beauty spot or someone, or something that is attractive. A person may find another attractive because they act “shy" or “humble to compliments,” but in reality it’s sitting on your bed and contemplating your life when you’re supposed to be getting ready because you were born in a body that is the real deal and not a photoshopped image of the “ultimate beautiful woman,” to society, anywhere. You definitely don’t see scenes like that in the movies. If I’ve accomplished anything besides my academics and friendships since middle school, in terms of loving myself, I am proud to say that I’ve made leaps and bounds. If you’re like me in some ways, I recommend gently correcting yourself every time you really need a change in your perspective. I took this challenge upon myself last Valentine’s Day because I decided that a day of love calls for maybe not treating yourself like garbage. That day was far away being amazing. To commemorate this new mind, I got my first tattoo earlier this month. It is an outline of a sun-struck circle on my inner right wrist. I got the idea from “What Happened to Goodbye?” by Sarah Dessen. It is a tattoo that I’ve been thinking about for a while now, and it meant to be a lovely reminder to always love yourself “warts and all.” While it was a weird concept to think that this would be on my wrist for the rest of my life, I knew that it would always be a good motto to carry through life as it can also apply to loving others. A factor that has helped me thus far to surround myself with good people who will try to understand of what people like me are going through is that they have your insecurities to vanish overnight because not everyone’s problems are the same and everyone’s overwhelming doubts is being willing to put the work into an idea that is definitely not in my strength. While I still have my fair share of bad days and ye old road of excellent self-esteem is a long one, I take comfort in knowing that I have my family, my friends and myself along for the ride. One day I’ll get there, and it will be beautiful. Just like I am.
The First World War had numbed Europe, and for the first time in history, the Great Powers were divided.

In August 1914, when the guns were fired, the statesmen, soldiers, and politicians of both sides were confident that their nation could win the war. But as the days turned into weeks, the weeks into months, and the months into years, the war dragged on and on. The fighting was fierce, and the losses were enormous. The loss of lives was barely replaced by a new generation of men.

The war was fought with guns, tanks, and airplanes, but it was also fought with words. The Allied and German politicians, military leaders, and civilians were all trying to convince the public and their own soldiers that this was the war they had been waiting for. The Allied propaganda would say that they were fighting for democracy and freedom, while the German propaganda would say that they were fighting for the survival of their nation.

The war was also fought with ideas. The Allies were fighting for democracy, while the Germans were fighting for a return to the Kaiser's rule. The Allies were fighting for the rights of the Jews, while the Germans were fighting for the rights of the Germans. The Allies were fighting for freedom, while the Germans were fighting for control.

The war was fought with words, and the words were powerful. The words of the Allies were more persuasive, and the people of the world believed them. The war was over.

But the war was not over. The peace negotiations were long, and the terms were brutal. The Allies demanded the German fleet, the German colonies, and the German land in Poland. The Germans were angry, and they refused to sign the treaty. The war continued, and the fighting was fierce.

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SAVANNAH PALMER

Getting hit at by monkeys, rock climbing, and terrifying drivers are only a few things junior Andrew Nord has experienced while in India. Nord attended South Albany High School from freshman year, 2015 through sophomore year, 2016; in which he left, as an exchange student, for India.

Nord lives around many different languages, where nobody speaks only one. He is studying abroad at an international school, where speaking English is a requirement.

Nord lives in a dorm, paired with other 10th-12th grade boys.

Nord stated, “Dorm life is great; although, there is a lot less freedom than I would have at home. Like going wherever I want, and there’s check in when you get to the dorms.” He continued, “This is the high school my dad went to, so it’s cool to be able to experience some of the same things he has. This is pretty unique, and awesome. Like a once in a lifetime thing.”

Days for Nord are never the same—“Each day is different, with all my classes randomly thrown into the day,” he then said, “The schedule here is a lot like South’s, but on its own.”

Nord’s daily life is filled at the Albany Institute and Wednesday meetings, he wakes up at 5:30 in the morning to go running. Then Tuesday through Thursday, after school, he goes rock climbing. Nord takes a ten minute walk to school every day. He takes similar classes to those back in America, such as AP Calculus, AP Physics, AP Human Geography and English 11.

On the weekends, Nord is allowed to drive into Mussoorie, a town in India, to a bazaar where he can buy produce and trinkets. But driving in India is not the same as in the U.S. According to Nord, the roads are not only very steep, but also about one and a half cars wide. Driving is not easy.

“All along the roads are open shops in ramshackle, three or four story buildings, there are people, cars and animals everywhere,” he stated. “The monkeys are terrifying. There are stories of them attacking humans. I’ve been hissed and jumped at on several occasions.”

Nord keeps in touch with his friends and family in the US by texting and social media. “There is a filter, though, that shuts down the wifi from 7:30 in the evening to 4:30 in the morning. “It’s hard though, because I’m literally on the other side of the planet, which means that time here is twelve and a half hours ahead of Oregon’s time,” said Nord. He will be able to reunite with his loved ones on the coming December, when he’ll stay until February, then he’ll head back to India until the end of May this year.

“[There are] two big reasons for the increase. Albany is really growing; more houses and jobs in Albany causing more people moving in. The Department of Education also made the change requiring juniors to have a full schedule and seniors to only have one open,” he said.

The new cafeteria came at the right time, containing the seating areas which accommodates the school growth; in addition, the new classrooms in building nine help disperse the classes.

“Every day is different, and at the same time, makes our school accepting is the kids that are here. They just accept everybody for who they are,” Belved stated.

This big increase has created a few bumps in the road along the way. “It’s hard for counselors because classes are full and we still need a place to put new students. This also makes balancing classes harder. For every student, we need to look at every schedule to make sure,” said Belved.

“Classes are larger than they have ever been before. The average elective class has been increasing in the last few years and even some core classes are close to 40 students.”

Teachers face larger class sizes which has caused some problems though, there has been a shortage of textbooks for some classes because there will be so many students. Only time will tell if this increase will remain as the years come.

**Andrew in India**

**SAVANNAH PALMER**

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SAHS Welcomes
Nate Muñoz

BRENDA LOPEZ

South Albany High School has gained a variety of additions this year. The commons was offically opened to the students, there are new courses, plus many new staff members. Joining the faculty members this year is Nate Muñoz. He is the third assistant principal, accompanied by Julie Foster-Teeter and Richard Shaw. Completing the trio, Muñoz is excited to be a part of the SAHS family.

Muñoz revealed his background story and his intentions for this coming year. “I had a rough childhood and was lost as a kid. I want to make a difference and be an inspiration to others who may have the same background. I graduated high school in 1999 from Nampa Senior High School which is located in Nampa, Idaho,” Muñoz stated.

Before taking his current position, he was a leadership teacher and a boys basketball coach at Redmond High School,” “My first impression of South Albany High School was the staff and students are awesome. I love being a Rebel. I hope to make a positive lasting impact on our students.” Muñoz concluded.

Shaw has been assistant principal since 2013 at SAHS. “I learned as our athletic coordinator in 2010, became an assistant principal and athletic director until 2013, and now an assistant principal only. I choose to be an assistant principal to make a difference and have impact on families, and staff,” Shaw addressed.

Students can see Shaw before school, during break and lunch, and at school activities. Shaw is also seen in classrooms working with teachers and students. “I am also responsible for sophomores, so you can also expect me to have conversations with students about OARS (attendance, behavior, and course performance).” In the testing guy at SAHS—to put together OARS and Smarter Balanced testing schedules,” Shaw stated.

Shaw is excited to have another vice principal in the front office. “My first impression of Muñoz was his ability to connect with others. Creating positive relationships with students and staff is a strong suit for Muñoz. Not to mention that he’s great to work with, fun and energetic. Those are good values to follow and they will certainly lead Muñoz down a path of success here at SAHS,” Shaw concluded.

Foster-Teeter is ecstatic to be working with Muñoz and sharing the assistant principal experience. “I want to help, and I believe strongly in the opportunities we have with education. I was fortunate to be dean of students part-time, so I had an idea of what the job would be like before starting,” commented Foster-Teeter.

“The truth is that I can never know what to expect. My job is problem-solving, figuring out how to remove obstacles for success, and that means something different every minute. I have some daily work around meeting with students and parents to help support them, and I spend some time every day organizing tutorial, but the majority of my day is unknown. I go to many meetings, and most evenings there are games or activities. I enjoy having to think on my feet and spending time with people. The best part is there is never a dull moment and working with kids makes life exciting and fun,” stated Foster-Teeter.

“Muñoz is amazing. He cares about people and wants to see them succeed. We have had a great time working together! He is an excellent addition to the SAHS admin team. He has a lot of energy and really wants to help,” Foster-Teeter explained.
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**MISSION TRIP**

ROGIC MIRANDA

While most students lay on the couch and binge watch Netflix throughout their entire summer vacation, sophomore Jovanny Garibay-Perez traveled across the globe at the beginning of July for almost two weeks to help provide a roof to those in need. Encouraged by St. Mary’s Catholic Church, Garibay-Perez decided to take a different course during the summer, and dedicated his time and effort to the people of Mozambique in Africa. “Seeing their culture, how they live, what they eat, how they suffer, it just opened everything,” explained Garibay-Perez.

After going to Africa, Garibay-Perez saw a change of character within himself. “I felt like it made me a better person,” he said. He now treats everyone as they should be treated, with respect, after having seen how the people of Beira treat each other with so much respect, he changed his manners. “I really hope that if I can go back, they can recognize who I am,” stated Garibay-Perez. His biggest hope is to have made an impact large enough that he will be remembered for his acts of selflessness.

“Be open-minded; it’s gonna be awkward at first, and you need to know the language you’re going to do it in,” he said. “If you have a good open-minded attitude, it’s gonna be a lot easier.”


d(1) the chance development of events that is beneficial

**Word of the Issue:**

serendipity

(SAIR-en-DIP-ih-TEE)

Do you have any artwork and/or writing that you want to showcase? Submit your work to submissions.thenserty@gmail.com for the chance to display your talent!
Galena caught and turned into a destructive inferno, it does not mean that it will. It is believed by many that all of Galaxy Note 7 phones, stated CNN money.

There is currently a recall in effect so if someone has purchased a phone and they are not sure if it is now and switch it out or get a refund. This could be damaging to Samsung’s profits, especially since Samsung and iPhone are rivals.

“It’s going to boost sales on the new iPhone 7. People might start switching to the iPhone from seeing that,” Garcia added.

**Fall Fashion**

**BRENDA LOPEZ**

Fall is just around the corner and that also means everyone is a closer to Halloween, Thanksgiving, and fall isn’t exactly the same. In the past year when the leaves are changing and falling to the ground, getting colder, and pumpkins spice anything is being sold almost everywhere. Fall is a change from all the summery shorts, halter tops, cardigans, and sundresses accompanied by some Ugg boots. The fall fashion color scheme goes from maroon, olive green, burnt orange, burgundy, plum, and many other rust colors. Fall is the season when these colors suit everyone, and with Oregon’s weather during the fall and winter, who could complain?

Alessia Kerekes, junior, is extremely excited about all the different pieces and colors that are in stores now. And when I don’t, I usually get a new phone battery for the phone,” stated cnet.com. “I think phone battery fires are fairly simple, but are usually misunderstood. Our science behind the cause of these spontaneous fires is fairly simple, but are usually misunderstood. The cause of these spontaneous phone battery fires is highly flammable. Half a thin sheet of plastic separating the positive and negative sides of the battery is punctured, it becomes a path of least resistance for the battery to flow. It heats up the liquid electrolyte and if it heats up quickly enough, the battery can catch fire. “Samsung had a manufacturing error that placed pressure on plates containing lithium which brought negative and positive poles into contact.”

Cnet continued, “The liquid inside the batteries, heat expands and when it happens that the liquid swimming is punctured, it becomes a path of least resistance for the battery to flow. It heats up the liquid electrolyte and if it heats up quickly enough, the battery can catch fire. Samsung’s profits, especially since Samsung and iPhone are rivals. It’s going to boost sales on the new iPhone 7. People might start switching to the iPhone from seeing that,” Garcia added.

**Samsung Recall**

With a 5.7 inch screen, 12MP rear camera and 5MP from front, expandable storage up to 256GB, and a 3500mAh battery, it is easy to see why Samsung was so excited to release the Galaxy Note 7 phone on September 2nd. The excitement turned to worry and panic when the phone company started receiving videos and pictures of the phone catching flame even while exploding. According to CNN Money, Samsung knows of only 15 cases as of September 10th, they plan to recall all 2.5 million in ten different countries including South Korea and the United States. This phone retails for about nine hundred to one thousand dollars.

Maddy Rinkin, 12, applies her makeup.
**Whats in your pencil pouch?**

- “Pens, pencils, highlighters, tabs, and glue sticks.”
  - Alison Giminez, 12.

- “Everything AVID requires me to have. Paper clips, USB drive, hairties and sometimes almonds,”
  - Sadie Halbrook, 11.

- “Pencils and pens, pencil sharpener, eraser, and nothing else”
  - Brinan Sjostrom, 10.

- “Highlighters, white out, pens, pencils, mechanical, eraser, note cards and sticky notes.”
  - Levi Moore, 9.

**What item can you not leave the house without?**

- “Probably my backpack cause it has my school stuff in it. I don’t really need the electronic stuff to learn.”
  - Dustin Brillon, 12.

- “My bible. I like to study it, because after high school I’d like to become a pastor to impact the world in a good way. I feel like it’s my calling.”
  - Wyatt Bose, 11.

- “My phone because it’s got everything on it.”
  - Jamie Franklin, 10.

- “My iPod and phone so that I can listen to music and in case something happens to me,”
  - Miranda Jesperson, 9.