

# Ferris Action Team helps communities around the world

EMILY JONES  
Staff Reporter

LEWIS AND CLARK

Many Spokane residents struggle to put dinner on the table for their families each night.

An ocean away in Northern Uganda, thousands of children have had their lives and education stolen from them.

Countless problems challenge people all over the world, and the Ferris Action Team is on a mission to make them end.

Known as F.A.T., the group has an extensive list of issues on its minds. They want to help the children of war-torn Northern Uganda, to volunteer at the Second Harvest Food Bank, and to introduce recycling to their school. That is not all.

On Wednesday and Thursday morn-

ings, as part of Ferris's "New Comer's Center," they also read books to students from other countries who have recently moved to United States.

"We're a club that is dedicated to spreading awareness about global and local issues," said the organization's vice president, Meghan Stebbins.

Presently, their chief goal is raising enough money to build a classroom, or even perhaps an entire wing, for a school in Northern Uganda.

Their motivation is that thousands of Ugandan children cannot get an education because of the 25-year-old war occurring in their country.

In Uganda, followers of Joseph Kony's Lord's Resistance Army abduct children, torture them and force them to kill or be killed. Because this is an issue that goes unnoticed by many in the world, these children have become

known as the "Invisible Children."

"Before, it didn't seem like just one person can make a difference, but every time we get more members, it's possible to get more done and help more people," said Taylor Crawford-Kaluza, the organization's secretary. "Just one single person can help many and the ActionTeam helped me realize that."

The Ferris Action Team hopes to raise as much money as it can by Dec. 17, when the money will be sent to the Invisible Children organization.

After that, they will see what else they can do to help these children.

They have already raised about \$1,200 with their "Invisible Miles" run, which took place on Oct. 4. All of the F.A.T. members participated, along with the Ferris girls' cross-country team and girls' soccer team. Other

participants includes Ferris teachers, students, families and friends.

"It feels absolutely wonderful to know that F.A.T. club is changing lives for the better, and I'm really glad that it's been such a success this year," said Crawford-Kaluza.

Over the next two months, they have more fundraisers planned, possibly including a book drive.

"This subject is very close to my heart. By building a school for the children in Northern Uganda, we aren't just giving them hope for a brighter future, we are actually giving them a brighter future," said Stebbins.

The Ferris Action Team also targets local issues. Worried about the many families in the area that cannot afford meals, the group has made it their goal to join the "VolunTEENS" program at the Second Harvest Food Bank.

There, they will work with the Second Harvest Food Bank to assist the planning of fundraisers and come up with creative ways to obtain donations.

Furthermore, "VolunTEENS" volunteer at several Second Harvest Food Bank food drives, like the Spokesman-Review Food Drive, Tom's Turkey Drive, KHQ Food Drive, and others.

As for their involvement with the "New Comer's Center," Stebbins says, "We are there to give a friend in this difficult transition and make sure that [the new students] feel included at Ferris. Those are some of the nicest kids I've ever met."

"The feeling that you get when you help others is definitely rewarding and cannot be described in words. It just feels good!" said the organization's treasurer, Nina Chalard.

## Turkey Trot combines exercise, giving into one day

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Staff Reporter

CENTRAL VALLEY

Get ready to do a lap or two! With Thanksgiving approaching, the annual Turkey Trot food drive is getting ready to stock up non-perishables for the holiday season.

The Turkey Trot is a race put on by the Bloomsday Road Runners Club in order to raise donations for local food banks. All proceeds will go to Second Harvest and be distributed to food banks around the Spokane area.

"We want to get the word out that this is something the community can participate in and help out and just understand there's definitely hunger in our area," said Rod Wieber, Director of Donor and Community Relations at Second Harvest. "It's on the increase. We're certainly seeing longer lines right now."

No entry fee is required to participate in the 5K (three mile) race, but participants are requested to donate either food or money. The Second Harvest van will be on site to accept do-

nations.

"People just do a goodwill gesture of bringing in non-perishable food items or money and have a good time doing the trot," Wieber said.

Approximately 15,000 people turn to the Spokane neighborhood food banks each month.

According to Wieber, "With the economy the way it is, it has certainly taken a strain on the food bank, so they've seen more clients turning to the food banks for assistance. More than ever, these food drives, like the Turkey Trot, help so much to keep our neighborhood food banks full."

Participants are encouraged to walk, jog or trot at their own pace.

"Dress warm and be prepared to have a good time and do something good for your neighbors in need," Wieber said.

The Turkey Trot will be held Nov. 27. Registration begins at 8 a.m. by the duck pond in Manito Park, and the event starts at 9 a.m. For more information on how to help feed the hungry, go to <http://www.2-harvest.org>.

## Thanksgiving bittersweet for kids of divorced parents

ASHLEY ALLEN  
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LEWIS AND CLARK

With divorce rates so high, the fact that more and more teens are spending the holiday season split between two parents is not surprising.

According to the Americans for Divorce Reform, an organization devoted to reducing divorce rates, "40, or possibly even 50 percent of marriages will end in divorce if current trends continue [in the United States]."

In 2005, approximately 10 percent of the U.S. population was divorced, and that number has increased slightly since then.

These statistics are the reason why so many teenagers across the nation are forced to spend the holidays in two different houses, sometimes even in two different states, so they can be with both parents.

Lesley Dawson, a junior at Gonzaga Prep, knows what this feels like. Her father lives in Portland. "I spend every other Christmas with my dad, and every Thanksgiving there," Dawson said. "My dad will get me for Christmas and then I come back [to

Spokane] for New Years."

According to an article by USA Today, more than one million children experience the divorce of parents every year. Even though the divorce rate for couples with children is slightly lower than those without, many children still have to spend their lives splitting their time between parents.

This is never easy, especially during



Travis Beagles/Rogers

the fast-approaching holiday season.

"The arrangement is tough, as usual," Dawson said. "I really love spending the holidays with my family and it feels like I'm leaving the ones I rarely get to spend time with for my family that I see on a daily basis, during the time when family is most important."

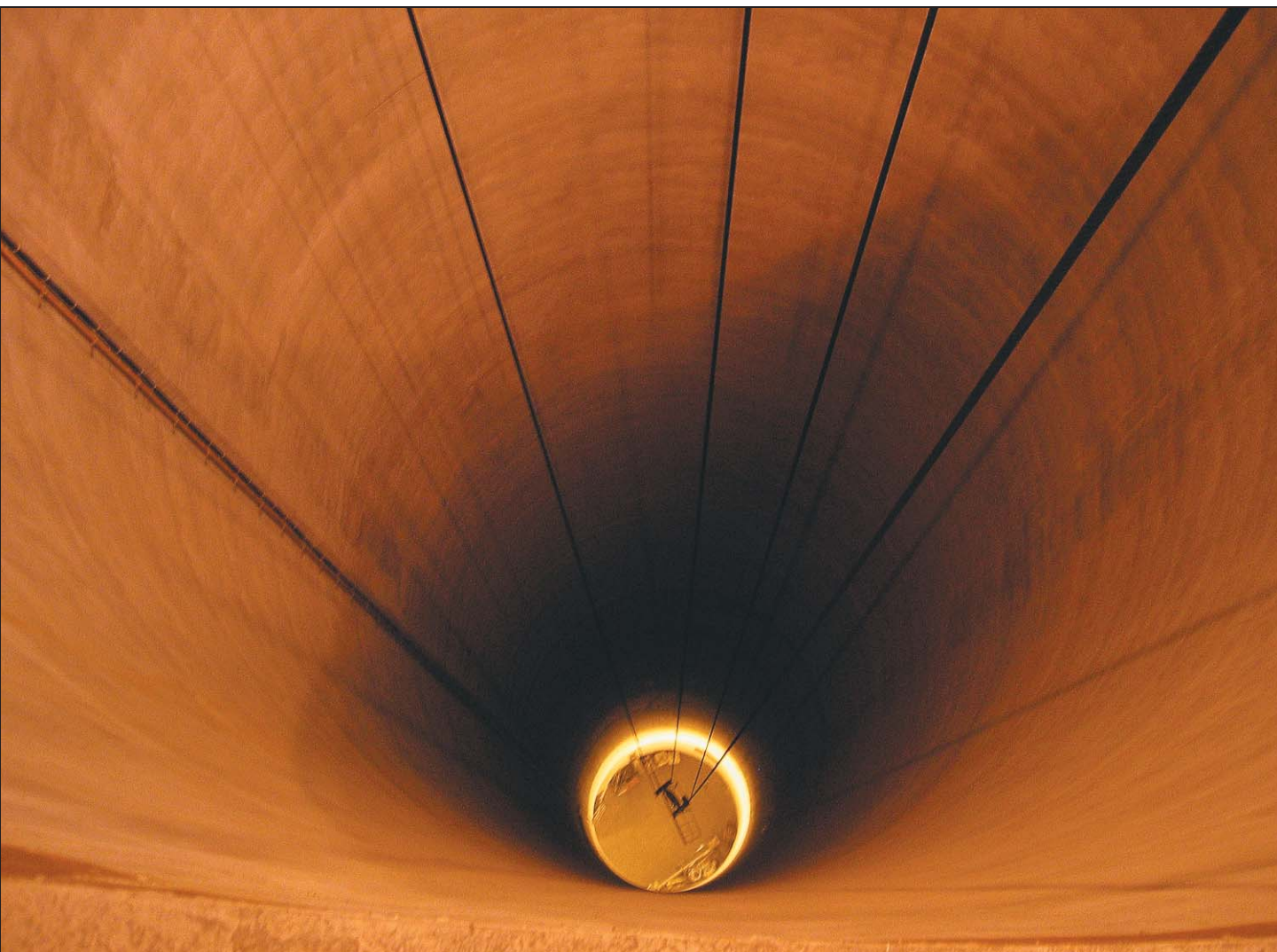
Some teens do not even see both parents during the holidays. Kalie Evans, a freshman at Eastern Washington University, has lived with just her mother for most of her life.

"I actually don't see my dad for holidays," she said. "It's a double-edged sword--sometimes it's easy not seeing him but sometimes it's not, especially around the holidays because [the holiday season is] when families are supposed to be together. I love my mom and siblings, but sometimes I just wish my family was normal."

Everyone deals with divorce differently, especially teenagers. According to [childadvocate.net](http://childadvocate.net), "Teens tend to focus on the moral issues surrounding divorce and will often judge their parent's decisions and actions. However, this age group has the capability to perceive integrity in the post-divorce relationship of their parents and to show compassion for their parents without neglecting their own needs."

"Sometimes it is tougher [during the holiday season] when I really stop and think about it," Evans said. "But you just always have to keep looking up even when you want to look down."

## Particle accelerator made by CERN is largest ever built



CERN's LHC particle accelerator is predicted to be functional by spring of 2009.

Stock Photo

JACKSON MARCHANT  
Staff Reporter

MEAD

The telescope, the microscope, the computer. All of these devices have had an unfathomable impact upon modern science and the way we view the world.

Now, from the brilliant scientists at CERN (European Council for Nuclear Research) who brought humanity the World Wide Web, comes the Large Hadron Collider (LHC).

The LHC is a particle accelerator, which, according to the United States Nuclear Regulatory Commission, is "any machine capable of accelerating electrons, protons, deuterons, or other charged particles in a vacuum and of discharging the resultant particulate or other radiation into a medium at energies usually in excess of one

megaelectron volt."

In essence, a particle accelerator (or atom smasher), crashes subatomic particles into each other so that physicists may better study the structure of matter.

The LHC is the largest particle accelera-

***"The purpose of the LHC [Large Hadron Collider], which costs a whopping ten billion dollars, is to 'expand our fundamental understanding of the universe,' according to CERN."***

tor ever built, 27 kilometers (16.8 miles) in circumference. It spans the border of Switzerland and France, and is buried 50 to 175 meters underground.

The purpose of the LHC, which costs a whopping ten billion dollars, is to "expand our fundamental understanding of the universe," according to CERN.

This includes recreating the condi-

tions that were present after the Big Bang. Inevitably, there are opponents to this revolutionary device.

Some scientists have voiced a fear that the collisions in the LHC will produce microscopic black holes, which would feed upon the matter of the Earth and become larger.

CERN, however, states that if these black holes were created, they would be stopped while "traversing the Earth."

The LHC first circulated beams on the tenth of September. Unfortunately, due to some technical difficulties, the LHC will not be operational again until the spring of 2009.

Just as the microscope altered the way that people viewed the natural world, the LHC will alter the way that people view the universe, and will bring humanity closer to solving the riddles and mysteries of the cosmos.

## Getting into college requires more than acceptance letter, mini-fridge

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POST FALLS

College is looming ahead for many teenagers. Some of them, known as seniors, have to scramble to prepare for this important part of their lives.

These days, a person must go to college to have better chance at making a decent income.

"I feel I need to go to college to make it in the world we live in," Kali Sausser a senior at Post Falls High School said.

What do students have to do to be ready for college? There are many forms, applications, and essays to complete before someone can head off.

This huge pile of paperwork scares many students.

Do not get frightened yet. Everyone knows that college can cost a lot of money. College is possibly a person's largest investment, so it will not be cheap.

However, some people may not know that help is not hard to find.

The biggest assistance in paying for college comes from our government. The help the government gives is called financial aid, and it goes to students that need money the most.

To qualify for financial aid, you must fill out a form called FAFSA, which stands for Free Application for Student Aid. The FAFSA will ask about family income, tax receipts and many other important factors for financial aid.

To learn more about applying for the FAFSA, [www.fafsa.edu/gov](http://www.fafsa.edu/gov) and school counselors can provide information and copies of the FAFSA worksheet.

Grants are another type of federal aid. A grant is money from the government given to a college-bound student in need, like the Pell Grant.

Money from grants does not need to be paid back.

Scholarships, monetary awards given to students, are another method of paying for college, and luckily, thousands of different scholarships are available to college-bound students.

Some are based on GPA, nationality, extracurricular activities, community service and much more. Scholarships are available to almost everyone, and a quick Internet search or a school guidance counselor will lead a prospective student to a huge list of possibilities.

If someone still cannot afford college, there is one more option--student loans. This should be a last resort.

Unlike financial aid, grants and scholarships, loans do have to be paid back. Not only do loans have to be paid back, but the interest must also be paid.

Students should look into subsidized loans, one which the government pays the interest until the student completes college.

When applying for any of these options, remain calm and do not procrastinate. These forms have strict deadlines that must be met. Turning in an application late increases the chances of the scholarship not being granted.