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New Teachers, New Season By: Veda Agler

A new faculty member has joined McDonald High School, Mr. Hill, also known as Mr. Ross. Besides helping students learn how to read, write, and play music, he has also decided to take on the marching band as well.

Although he was only hired a few weeks before the first football game of the season, he and all the band members managed to create an amazing first halftime show. Mr. Hill and all the marching band members are super excited about this upcoming football season.

With Mr. Hill being new to McDonald High School, he is hoping the band will start off strong with an amazing performance. He is looking forward to watching the students grow musically and

hoping along the way they make happy and fun memories.



Mr. Hill with the whole band on picture day

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Mr. Hill said, "With students like these, short notice or not, these students came in with drive and dedication on day one." He is very eager about this season. He added, "The students wanted to make it incredible, so they did." The students are just as determined to put on an amazing performance this year and he is so proud of all that they have accomplished.

Junior Mia Bracco said, "I look forward to a more normal season and getting to be with the band again." She added, "I would like to strive for all of us just to keep moving forward and become better as a whole."

The Devilettes also have a new advisor this year. Mrs. Mills has been a part of the teaching staff for McDonald High School since 2003 and teaches students how to draw, paint, and create many amazing pieces of art.

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Continued... She decided to become a part of the marching band by becoming the Devilette advisor because she has always wanted to come back to the marching band and help the color guard and majorettes put on the best performance they could. Mrs. Mills and all the Devilettes are super excited to see what this football season has in store for everyone.

When Mrs. Mills was in high school, she was also a majorette and said, "Those are some of my favorite memories during high school." She dearly loved dancing and twirling underneath the Friday night lights and hoped one day she would come back to help. Mrs. Mills added, "It is great having a whole new staff this year and having been given the opportunity of a fresh, new start and new style on the field." She is extremely proud of the Devilettes for all of their hard work and dedication to the band and is looking forward to continuing her advisor position and hoping to improve the Devilette program over the years to come.



Mrs. Mills with the Devilettes before the game.

Stars of Fall: An Inside Look at Our Athletes By: Mirryn Hobbs

Fall athletics have already begun at McDonald as our students kick off the 2021 season. As the seniors graduate and say goodbye to their teams, new seventh graders join us to show off their talent.

The McDonald football team lost many great seniors last year, but made sure to leave a legacy with many important aspects of the sport for this upcoming season. Junior Kyle Crown said, "It is going to be a hard adjustment without all the seniors that were on the team last year." The team is now working hard to build their players strong.

The football team started off the season with impressive determination. They took their first defeat of the season against Brookfield, but are ready to take the win the next time they face off. Much is in store for this group of strong athletes. Crown continued, "There is a lot of potential with the younger kids on the varsity team. They all work hard and always help the varsity improve every week." Get ready to see what these stars can do!



**Junior Michael Woloschak heads
for the touchdown!**

McDonald cheerleaders, majorettes, and flagline play a big part this season as well! New coaches including Coach Megan and Mr. Hill have been introduced to train these talented performers. Junior cheerleader Bria Rupe stated, "I like the new coach a lot; she is very good at what she does. I am also very excited to cheer during the upcoming basketball season!" These skillful teams always make McDonald games even more fun to watch.

The girls volleyball team has kicked off their season with several impressive wins. This sport at McDonald started off as just a small club, but has shown a lot of growth since their first season. The team has come a very long way and worked hard to become what it is now. They finished off their most recent game against Columbiana with a win, taking sets 3, 4, and 5!

Continued... The cross county team has their first meet this Saturday. The Billy Goat race finishes off with a difficult steep hill that the runners must accomplish. After that, is the final straight-away to the finish!



The McDonald football team gathers together after a difficult game. Photo Credit: Veda Agler

McDonald has plenty of extremely strong and experienced runners. We are bound to see some astonishing results this year!

McDonald golf has had an impressive season so far, taking several strong wins. They are holding a record of 5-0 currently. With these intelligent players, it's obvious McDonald will get to see a fulfilling season of many well-played matches.

The tennis team started off their season with a win of 3-2! They have won every match of the season so far and plan to keep their win streak! This sport requires fast reflexes and a good eye, making the matches exhilarating to watch.

McDonald athletics are filled with so much potential and talent. All athletes work hard to achieve the level of skill it takes for these sports. It is extremely impressive to see how far our school has come, and it will only continue to grow and improve. Let's go blue devils!

The Towers that Once Stood

By: Quintin Bell

9/11 was one of the most historical events in the world and seeing the twentieth anniversary arrive, it is worth taking the time again this year to remember.

September 11, 2001, often referred to as 9/11, was when the World Trade Center Towers were attacked by hijacked planes. Over 3,000 people were killed that day, but there is more to the story. The Islamic extremist group al-Qaeda hijacked 4 planes, two of which struck the WTC, one struck the pentagon, and the last crashed in a field in Shanksville, Pennsylvania.

According to history.com, George W. Bush, president at the time, had to fly back to the White House, and said on his televised address, "Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America. These acts shattered steel, but they cannot dent the steel of American resolve. We will make no distinction between the terrorists who committed these acts and those who harbor them."

When asked about her thoughts on 9/11, Sophomore Lexi Buckner said, "It would feel less abstract and way different if I was born around that time. It was a devastating idea that was for all around America."

Senior Theresa Greenhouse added, "It was a devastating day for both families and anyone around. It is a day to be respectful and a day to remember the event."

9/11 will forever be one of the most influential historic events that has ever happened. May we never forget September 11th, 2001.



A picture from the official 9/11 memorial website. It shows the memorial in its entirety.



From CBSNEWS, these are images of the tragedy and what had people witnessed at Ground Zero.

Is This Really A New Beginning?

By: Hannah Werle

Welcome back, folks. Recently I heard someone refer to this year as feeling like "being shot out of a canon" and I have to agree. Time seems to be passing so quickly; it's amazing to realize that it's been two years since I joined journalism. It's hard to believe that in those two years I've visited colleges, passed my first college class, made friends, lost friends, and gone through all sorts of life changing experiences. It's amazing to think that I've still got a lot of experiences ahead of me.

A lot of people tend to discount high school as a tiny moment in our lives, but the four years that are high school can impact us in unbelievable ways. The start of a new school year is often stereotyped as "a new beginning" and although that is technically true, the concept of starting anew is too broad, too massive an idea to be done simply.



I prefer to compare a new school year with a new calendar year--or more specifically, a new year's resolution. "Dress nicer," you tell yourself, but after a week, at best, you're back to wearing those tried and true sweatpants.

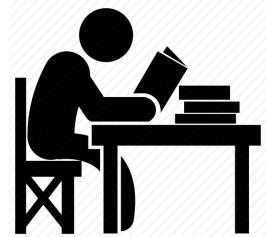
The hope is, however, that a new year can inspire new hope for the future--a thought that many people likely had when the cursed year of 2020 gave way to 2021--or at least it can serve as a wake-up call. I've definitely had my moments of realizing that I could've done better, tried harder, been nicer. The staple "new year, new me" speech is cheesy and hardly all inclusive, but it is something to hold onto.

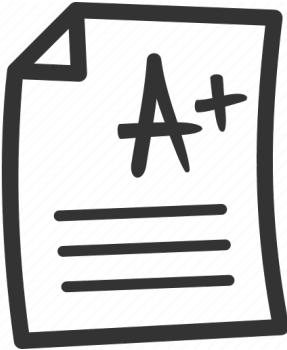
In that same vein, I don't think any of us are eager to repeat what we went through last year. We can't pretend that we haven't gone through what we have. This year doesn't present like any other in that if we aren't careful, we could be banished to the proverbial jail (referring to Monopoly). We must continue practicing adaptation and temperance. Our lives are--knock on wood--returning to normality, but we can't lose sight of how we are now an effect of unpreparedness. So, no, we don't need to start again or pretend our past year did not happen. The key to the ever-elusive "new beginning" is not as much about a blank page, but rather knowing where and when to put a period.

Top Ten Things to Do to Study for a Test

By: Ryan Koniowsky

10. Get familiar with your surroundings by studying where you will take your test. This will make you more calm and help you remember what you need to know.
9. If you can, study your old exams so that you can remember the material or study the questions you got wrong.
8. Listen to some music, but not just any music will do. Hard rock and lyrical music can often exhaust your brain. Instead, you should listen to classical or instrumental music like your favorite movie score.
7. Listening to a recorded lecture will help you, especially if you have the notes to go over while listening.
6. Teaching a friend will help you to understand the material as well as helping someone. If you can teach something to someone then you know the material enough to pass a test on it.





5. Color coding your notes could help you improve your visual memory and will help you to remember the information.
4. Keeping your notes clean will help you to read your information so if your notes are covered in scribble or eraser marks then you might want to rewrite your notes so you can read them.
3. Keep your studying fun by putting a piece of candy or another treat you like nearby so that after a lengthy passage, or after a certain amount of questions, eating the treat will keep you going.

2. Flavored gum can really help you to study because a certain flavor or texture can jog your memory if chewed while studying and, if you can chew gum during a test, make it the same gum that you chewed when studying.

1. Just like the gum, stuff like cologne and perfume can help you study because the smells can help you recall information. This works better with a smell you use not too often and smells like lavender can also calm you if you're overly stressing about a test.



Outstanding Staff: Mrs. Bosheff

By: Mackenzie Regelman

It's been a stressful back to school adjustment for many of us now that we're on our way to a more "normal" school year, but for our Guidance Counselor, Mrs. Bosheff, it's been a non-stop flow of work. Most of us have been in and out of her office trying to get a schedule changed, asking her about CCP deadlines, or talking to her about scholarships. She's also been coming in and out of classes to talk about graduation requirements and how to get a head start on college.

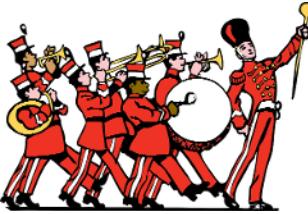
We all know the feeling of deadlines coming closer, schedules building up, and an overwhelming amount of responsibilities. Some advice Mrs. Bosheff gave for keeping it together is, "Everyday is a fresh day where we can do better, and if you fail, you just pick yourself up and start it again." It's great to be able to re-calibrate yourself, but if you ever feel like things are becoming too much you can always talk about it with her.

Mrs. Bosheff says that the best way to stay on task is to set priorities. She explained that for her it's important to put her students' needs first, which is clearly shown through her attention to detail and support. She says that she enjoys attending school events, like football, band concerts, and plays. She also talked about how she's hopeful that Christmas in the Village will come back because it's one of her favorite parts of the community.

Even though she stays busy within her community, she still finds time to connect with her family. She says, "I love to travel... fourteen of my family members and I took a trip to Italy. We went to Sorrento, Naples, Capri, Rome, and Barcelona." She also said that she'd like to take a second trip to Alaska to see the Northern Lights with her husband and kids.



Mrs. Bosheff sits at her desk, ready to help her students and the school.



Sport-light

By Brandon Weiss



Name: Devon Rexroad (Tan Kid)

Sport: Marching Band

What professional athlete do you look up to? "Lionel Messi, because he's a great soccer player."

What match-up are you looking forward to this year and why? "The McDonald vs Ridge game because we're better."

**What inspires you to do marching band?
"Nothing."**

Favorite Moment in sports history? "2018 Marching Season."

Favorite quote: "It is what it is" - unknown



Name: Rylee Acierno (Fidget Girl)

Sport: Flag line

Favorite moment in sports history? "Not sure"

What pro athlete do you look up to? "Simone Biles."

**What would you like to accomplish this season?
"Getting my marching down."**

**Favorite quote: "You can't kill energy. Energy doesn't die."
--Lil Peep**



How to Make Flourless Peanut Butter Banana Oat Chocolate Chip Cookies

For one dozen of these cookies you will need 5 ingredients:

- 2 cups rolled oats (gluten free rolled oats for gluten-free option)
- ½ cup peanut butter of choice (use all natural for healthy sugar-free option)
- 1 ¼ cups ripe banana mashed
- 1-2 tablespoons maple syrup or brown sugar xylitol, like Lakanto for healthy sugar-free option

½ cup chocolate chips we used Ghirardelli semi-sweet, (use dairy-free for sugar-free/dairy-free option)

Directions:

The first thing you need to do is to preheat your oven to 350 degrees , while the oven is preheating line a cookie sheet with something like parchment paper or aluminum foil. Then in a large mixing bowl, add your oats, banana and your peanut butter of choice, then you mix. After that pour in and mix your chocolate chips in, you can save a few to put on top if you so please. Then using a medium scoop form 12 balls of the mix and place on

the tray. If you want to add chocolate chips to the top now would be the time to do so.



These cookies will not spread so the way you press them down they will stay. If you make thinner cookies then bake for 8-10 minutes, and if you want them thicker bake them for 10-12 minutes. When done baking let them cool and firm up before transferring.

Additional info: Store cookies in the fridge in sealed container. Frozen cookies will keep up to 2 months, and to thaw place in room temperature and let them sit or place in microwave. You can use a combination of different oats.

Recipe Found: www.thebakingschocolatess.com

By: Ryan Koniowsky



Album Review- *All Distortions Are Intentional*

By: Brandon Weiss



The first album I will be reviewing is *All Distortions Are Intentional* by Neck Deep. The album first opens up with a song called, "Sonderland" and it's okay, but it's nothing that I would really listen to on my own time. There are a couple of interesting songs on the album including "When You Know". The album is only about 40 minutes long so it's not that lengthy in time compared to a Dream Theater album. I rate the album a 6/10 because I really was not impressed, but it was tolerable.



Backpage Pics

By: Mackenzie Regelman

