

INVESTIGATORS:**continued from page 7**

Two acoustic scientists at the national physical laboratory tested the effects of infrasound on 750 people at a London concert. The audience listened to four pieces of contemporary music, some of which were mixed with infrasound. After the concert the audience was asked to describe their reactions to the music. About 22% reported feelings of unease, sorrow, chills, nervousness and fear.

"Some scientists have suggested that this level of sound may be present at some allegedly haunted sites and so cause people to have odd sensations that they attribute to a ghost," said one of the scientists who conducted the experiment. "Our findings support these ideas."

NEW BLEACHERS:**continued from page 4**

Mullins. "It should be two to three months for architect drawings to be approved and then we can start."

It will cost an estimated \$160,000 to complete the project, but the school will not feel any budget crunch.

"The money comes from capital outlay," says Hale. "It is used for buildings only."

Rocket fans are excited to see the future of the stadium unfold.

"It's great to provide seating for the fans," said RCHS teacher Nancy Bussell, who has seen two sons go through the Rocket football program. "It will make a better Friday night atmosphere."

**Remember,
Have a Safe
and Happy
Halloween!**

EATING DISORDER**QUIZ: continued from page 6**

_____ I think about food frequently, deciding to eat or not eat.

_____ I feel out of control when eating or binge-eating.

_____ I often feel depressed or anxious after eating.

_____ I eat more when I'm upset or under stress.

42 + Average attitudes toward eating, weight and body image 41
23 There may be an eating disorder problem starting 22 or less There is a strong possibility of an eating disorder

BLOODY MARY:**continued from page 10**

confuse the "mirror witch" with Mary I of England.

With the confusion that lies in the true identity of Bloody Mary, she has many names. She is known as Mary Worth, Bloody Mary, and Black Angus. In the early 1970's most homes had large mirrors only in their bathrooms. As this was the time in which Bloody Mary became popular, so did the bathroom.

As popular and thrilling as Bloody Mary is as a young child, it is not real. Children can see anything in their imagination if they believe it.

PARTIES: continued from page 11

There are people who are neither Democrat or Republican. These people are known as the third party. They have ideals shared possibly by both major parties, or neither party.

Some moderates (Republicans and Democrats who have mixed feelings but are in agreement with most of what their party stands for), like chemistry teacher Misty Barker, have the same views as some third parties.

"I believe that the election and politics is more about the people who are running and their views than the party," Barker explains.

Where do you stand?

DISORDERS: continued from page 6

body went to sleep one night and did not wake up for 27 hours that my parents took me to the hospital again. I was not diagnosed with anorexia or bulimia. Those words were never spoken."

The spiral stopped, and she was able to build up her eating again. No one ever talked about those issues. Determined to do it on her own, she was able to find herself. These days, "pig-out" sessions are fun. Being bubbly and happy has come back, and she intends them to stay. At sixteen, she is proud of her weight, while, "I truly love myself."

As crazy as it can sound, eating disorders are a rising enemy in the world of teenagers. About eighty percent of the people who suffer from eating disorders are girls, but boys too have the problem. In a survey recently given at RCHS, 62% of the students claim to know someone who has or had an eating disorder. Of that number 11% surveyed state that they themselves have had the problem. There were nine girls and one boy.

An eating disorder results from the drive to be thin. There are two main kinds. Anorexia nervosa, which starts with the intense fear of being thin, is accomplished when a person stops eating. Those who

suffer from bulimia throw up or purging food after bingeing.

A good portion of these students cite media as the main cause of eating disorders. All of them agreed that low self-esteem was also responsible.

Jamie* referred to control: "When your whole life seems to be falling apart, eating or not eating your food is a method of control that you have on what happens around you."

Doctors cite genetics, competitive activities, perfectionist personalities, and some forms of physical abuse as reasons for the fear of being overweight. Complications from the testimony such as spitting up blood, weak bones, a loss of energy, thoughts of suicide, and heart palpitations are not uncommon. Starving oneself can lead also to osteoporosis, a condition that typically affects the elderly, heart failure...and death.

**Seeking Help,
Referrals, or Answers?
Call Toll-Free
1-800-931-2237
or visit
nationaleatingdisorders.org**

CREEPY HALLOWEEN: continued from 7

adults rushed from the kitchen to open the door and greet a new guest, but when she looked out the window, no one was there. A few hours later, as everyone was getting ready for a good night's rest, there came a final knocking at the front door. KNOCK KNOCK.

KNOCK: This time the force of the knock was so strong that the entire door came off of its hinges, swirling a cold winter breeze into the living room. The closest men to the door quickly shut it tightly and went onto bed.

Later on that night, a tall dark figure was seen walking through the hallway then slowly disappearing into the

grandparent's room. The next morning, the grandmother had passed away. The same knocking happened again a few nights later at another house, and the son had died in his sleep that night.

Legend has it that death always knocks twice before ever coming into your house, and that when you open the door to the knocking, you'll never see anyone there. Later on, you'll see a dark figure walking through your hallways and corridors. This should make you think twice to opening a knocking door when you see no one standing outside.

**RELATIONSHIPS:
continued from page 12**

both had before you became a couple.

Senior Caleb Blair says he and his girlfriend junior Surprise Stallworth have really kept their identities during the past year.

"Surprise is on the dance team and I support that; I am on the football team and she supports that. We never get jealous about losing time with each other for things like that. It's really no problem for us. These are things we've been doing for a long time that we still do."

Probably one of the most important key components in any kind of a relationship whether it be with your parents, your best friend, your teacher, or your significant other is **GOOD COMMUNICATION**. Often men and especially women don't say exactly what they mean. This means that if you don't know exactly what they are trying to say or exactly what they're trying to not say...ask. Ask them what they meant. Ask them why they feel that way. Ask them what you can do to help. It is much healthier for a relationship to be honest with each other and this even means emotions and feelings. If you're afraid to say something because you think it is not what they want to hear, then you might not be with the right person. The right person will give you space, be there and listen, be there and give advice, and hopefully try to understand you when you need it.

Senior Billy Hayes and senior Becca Alsip have a very healthy relationship that does include good communication.

"We talk about anything and everything that's why we are so cool with the way we both feel about things," said Billy.

Whether you have just one key component or all but one, it is important to try and find a relationship that has ALL of them and is just right for you. High school relationships should not cause stress or anger, or even sadness; they should be fun and make you happy.

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