

BIG RED

Opinion

uoiu!do

There are a lot of good things about a classic peanut butter and jelly sandwich.

It's cheap and easy to make, parents appreciate the convenience, and many of my peers basically live off of PB&J at lunch time. What's not to love about peanuts?

Unfortunately, peanuts don't get any love from some kids. That's true for a few in the Gettysburg School District, myself included.

Having a peanut allergy can be very dangerous for those of us who live with such allergies. Reactions can range from a nearly harmless rash to potentially fatal responses such as the throat closing.

With the start of a new school year, a new lunch program has addressed peanut and nut allergies. No nuts of any kind are allowed within the school. This is not unique to Gettysburg. Several schools across the state follow this rule. Our school has just now implemented the rule, so nuts also will no longer be served at lunch or breakfast, much to the dismay of my peers.

Just from word in the hallway, I know how upset many students are about this new program. And I really do feel for them! They no longer can enjoy one of their daily lunchtime foods since peanut butter and jelly aren't waiting for them. I'd hate having my favorite part of lunch taken away from me, too. So of course, although it only affects me positively, I don't like seeing the freedoms taken away from those who are perfectly capable of enjoying.

But let's stop and think about a few things for a moment.

Peanut allergies are one of the most common causes of severe allergic reactions, called allergy attacks. The reactions are often life threatening, so those with it must exercise great caution. Not to mention, the number of children who have peanut allergies has increased in recent years. This only makes Gettysburg's new school meal program more realistic for future classes, especially elementary grades or kids who don't know they've developed an allergy to nuts yet.

Ever since I can remember, I have avoided peanut butter because it made me feel terrible. My personal experience hasn't been too difficult to manage. I only have a severe allergic reaction if I eat or touch peanut products. So, for example, if a classmate brought peanut butter cookies to class, I simply wouldn't eat one. And although the smell of peanuts is much stronger to me than those without an allergy, if the smell started to bother me I'd simply move or leave the room.

But that doesn't mean other kids aren't affected more severely.

On the first day of school, one of my classmates jokingly told me that he couldn't believe I had made the administration change the lunch program.

It isn't my fault that I can't eat something nearly everyone else in school can. It's not like I decided one day that I didn't ever want to eat peanuts again, not to mention that if I did, it could potentially be fatal!

No one with allergies chooses that, and sometimes there isn't much that can be done about it other than keeping yourself away from the allergen. The other option is to carry an epi-pen, which injects medicine to prevent anaphylactic shock. Is it necessary for a kid to go through that because you couldn't go through the school day without peanut butter?

All I can suggest is that other students take a lesson from me and deal with it. That's what I have done all my life to keep from letting my allergy kill me. Not eating peanut butter for a few hours a day won't kill you. Not eating peanut butter won't make you feel sick. So instead of complaining about it, put yourself in the shoes of kids who have life-threatening food allergies.

Realize that for some kids simply being around peanuts isn't just unhealthy; it's deadly.

Alison Simon

Reflections

GHS Journalism Class

STAFF: Paige Cordell • Cameron Decker • Megan Schrempp • Alison Simon
Adviser Molly McRoberts



The Big Red Reflections staff members are looking up to the new school year. They will be covering news from Gettysburg High School as part of the journalism class. Pictured are (l to r) Megan Schrempp (Nancy and Rick), Alison Simon (Colleen and Brian), Paige Cordell (Amy and Todd), and Cameron Decker (Kari and Rick). Their news reports will be published throughout the school year in the Potter County News, with Molly McRoberts serving as adviser for the class.

Journalism staff share news and views from GHS with local paper

Four seniors from Gettysburg High School make up this year's journalism class. Throughout the year, these students will bring the news and views from the school to the readers of the Potter County News through the class publication, the Big Red Reflections. The class is producing the school news under the direction of PCNews managing editor Molly McRoberts.

+++

Fueled by a will to improve her writing ability, Paige Cordell is an aspiring journalist and a senior at GHS this year. She is the daughter of Todd and Amy Cordell and is ready and eager to share what she can with the community about school life.

Cordell immediately found the class interesting since was inspired to write in her freshman year. She says she was encouraged by her English teacher, Mrs. Julie Poepel, to participate in the class by her senior year and has since found herself writing more and more. Cordell enjoys writing to express herself and hopes the class will help her improve those skills.

Cordell said her main goal in journalism class is to cover students who aren't often featured in the paper. "I want our articles to really reflect all Gettysburg students," she said. Cordell also hopes that by the end of the year, her writing ability will be elevated.

By Alison Simon

+++

Cameron Decker, a fashionista and blogger, has high hopes of becoming a possible future journalist. She is the daughter of Rick and Kari Decker and is a senior at Gettysburg High School.

Decker joined journalism to pursue her passion of writing. She has a blog of her very own and she has created numerous motivational posts in the past

few months. Decker said, "My goal would be to write different forms of literature than I usually compose in my blog or in the school setting. I want to expand my knowledge in writing and I have high aspirations for the Battler news."

Decker is looking forward to her year in journalism and can't wait to express herself and her school to the community. She is confident that this experience will give her a new perspective on writing and teach her new forms of literature that she can use in her future endeavors.

By Megan Schrempp

+++

Megan Schrempp, the daughter of Rick and Nancy Schrempp, is someone you might better recognize setting on the volleyball court. She is a senior at Gettysburg High School and enrolled this year in journalism class.

She joined journalism not only for the fact that she enjoys writing, but she also said she was looking for something new to expand her horizons. Schrempp said, "I'm not one to openly share my feelings, so this will be a fun new experience for me!"

Schrempp's main goal in journalism is to connect and inform the community about the students at Gettysburg School and what is taking place there. She

also hopes to increase her styles of writing and get chances that she might not usually have gotten to do that.

By Cameron Decker

+++

Not everybody would choose writing their own stories as one of their favorite hobbies, but senior Alison Simon, daughter of Brian and Colleen Simon, has always had a passion for writing. Her love for writing is also a common interest in her family, with her mom, who majored in journalism, being one of her major inspirations.

Simon has high hopes for taking the journalism class by exploring different writing styles and improving her skills. Planning to follow in her mother's footsteps in a career in writing, she would like to major in Ag Communications. She looks forward to gaining insight through the class to what it might be like to have a job in communications.

One of Simon's main goals for journalism class is to gain experience to what it will be like to write articles for the newspaper and the pressure of having deadlines. Simon hopes to apply the knowledge that she learns from journalism to improve her own writing skills that she can use in her future career.

By Paige Cordell

Coming up in the GHS Scene...

Next week read all about the exchange students who are spending the year at Gettysburg High School, and much more!

**START COLLEGE
WITH AN OLD
FRIEND
FROM HOME**

It's like a letter from home every week!

9 Months

\$37¹⁰ (In-state) • \$41 (Out-of-State)

\$42⁴⁰ (One Year On-line)

The Potter County News
110 S Exene St. • Gettysburg, SD 57442
765-2464 • pcnews@pottercountynews.com