

Ebola epidemic

Christina Weaver
Reporter

Within the past couple months, the news has been flooded with important updates and even false information regarding the Ebola outbreak.

For those unaware, Ebola is a deadly disease spread only through bodily fluids. When an infected person's fluids come in contact with a healthy person's orifices or bodily fluids, the infection is then spread; however, the infected person is not considered contagious until they are displaying symptoms.

The symptoms are similar to that of the common flu, merely adding to the country's confusion of the disease.

Recently, there have been multiple American citizens diagnosed with the disease, and one of them has recently passed away due to lack of early treatment and misdiagnoses of a sinus infection.

The other patients, however, are quickly recovering or have already been totally cured of the virus.

So, why are so many of us panicking over this?

In my own experience, many citizens have been falling for and spreading many misconceptions about Ebola, adding to the panic and ignorance continuing to spread across the country.

The disease originated in West Africa, first diagnosed in the 1970's. It is believed to have come from various species of fruit bats, which are said to be natural carriers of the virus.

The outbreak in West Africa has killed thousands of people in Guinea, Sierra Leone, and especially Liberia, but it shouldn't be much of a concern for Americans. The reason the virus is spreading so rapidly and killing so many Africans is due mostly to improper medical care, such as poor hygiene and lack of precaution in handling the infected.

Compared to West Africa, America has very advanced medical procedures and knowledge, which is clearly shown in the fact that all patients are being treated and most are cured very quickly.

With that said, satirical news

articles have recently been sharing false information regarding the disease. As I've noticed, the student population especially appears to be suckers for all of the ridiculous hoaxes.

First of all, Ebola is not airborne, and it has an extremely slight chance of mutating into an airborne virus. Ebola also is not waterborne or spread through casual contact.

Many people think that being in the presence of an infected person will infect them as well.

Actually, it's not that easy. Like I said earlier, the infected person's bodily fluids must come in contact with your own. Now, it takes some conscious effort for that to happen, doesn't it?

Another myth floating around claims that transporting Ebola patients into the United States puts all Americans at risk.

False. Like previously said, the difference in healthcare procedures between America and Africa is immense. It isn't uncommon to hear a healthcare worker in West Africa admit to not having proper gloves or medical tools.

Here in the United States, healthcare workers use only the most proper medical tools.

Ebola patients in the United States are in good hands, and citizens are not at risk simply because there is a patient within a 3,000 mile radius.

Many conspiracy theorists also claim that Ebola is a man-made disease, created or brought into the country at President Barack Obama's hand, or government created to destroy or control the country.

As previously mentioned, Ebola originates in West Africa, where it has been an issue since the 1970s. The American government has no part in the "creation" or spread of the disease.

To put this into perspective, the average American's chance of contracting Ebola within just this year is roughly one in 13 million. On average, you have a much higher chance of dying from a lightning strike, a car accident, and even a bee sting in your entire lifetime.

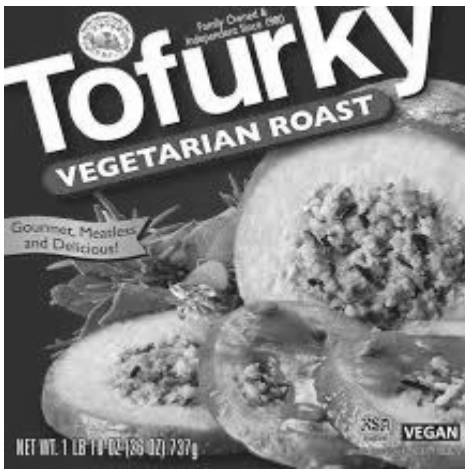


Photo by: Google

A Tofurky roast is a possible turkey-alternative for vegetarians and vegans.

Where's the turkey?

Caitlin Salomon
News Editor

When one thinks of Thanksgiving, chances are the image of a long, wooden table proudly displaying gleaming silver platters of tantalizing food comes to mind. And who wouldn't want to reflect

upon juicy, glistening, turkey; savory, salty stuffing; thick, luscious cranberry sauce; irresistibly savory pumpkin pie, and rich, creamy mashed potatoes, topped with homemade gravy?

Well, vegans, vegetarians, and those with diet restrictions, of course.

For the 42.1 million people who fall under these categories, holidays such as Thanksgiving and Christmas prove to be a challenge due to the dietary restrictions they present.

For vegans, vegetarians and gluten-intolerant individuals, most box-mix stuffing varieties and gravy are off the table.

Not to mention that those with nut allergies won't be able to partake in that delicious magazine-cover quality Southern Pecan pie you just whipped up.

However, many people who fall under these categories in life have found safe, and in many cases healthier, alternatives for the traditional dishes.

Many companies specializing in vegetarian entrees such as Tofurky, a soy based-turkey product, have developed several choices for vegetarians and vegans to indulge in.

Turtle Island Foods, the owner of the brand Tofurky, has several options to choose from, such as the Vegetarian Roast, a boneless "turkey" made from organic soybeans and stuffed with wild rice and whole grain breadcrumb stuffing.

The company also offers a complete family meal that serves six and includes a

Tofurky Roast, savory vegetarian gravy, wild rice, whole wheat bread crumb stuffing, tofurky jerky wishstix, and vegan fudge brownies.

Other companies such as Gardein offer similar products, such as the Holiday roast, a season-rubbed soy turkey stuffed with cranberry, wild rice stuffing and complete with vegan homestyle gravy, which allows vegans and vegetarians the freedom to have more than one option when choosing their "turkey" for Thanksgiving.

When comparing the caloric intake between a traditional Thanksgiving meal and that of Tofurky's family meal, the results are eye opening: One serving of Tofurky's meal is about 560 calories per serving, whereas a traditional Thanksgiving meal will run you nearly 2,500 calories according to Time.com, the online site for Time Magazine.

Even when doubling the serving size for a Tofurky meal, around 1,120 calories, the amount is still less than half of the calories in a traditional meal, making this vegetarian option a possible choice for those who are dieting or are health conscientious.

There are many other options for Thanksgiving, too. For those preparing Thanksgiving meals primarily for meat eaters, a substantial side-dish such as mac-n-cheese, seasoned quinoa, or a salad can be paired with sweet potato casserole (hold the nuts please), or squash to create a filling and delicious meal that is both vegetarian and gluten-allergy friendly.

Writers pen novels in November

Abby Swoboda
Editor-in-Chief

Do you ever have a really great idea, swear to yourself you're going to write about it, and then never do? I know I do.

As I writer, I find myself doing a surprising amount of not writing, and I'm not alone. Luckily, there's something out there to save us: National Novel Writing Month.

National Novel Writing Month, or NaNoWriMo or NaNo as it familiarly called, spans the month of November and acts as a catalyst for all of us writers that need a little kick in the pants.

In July of 1999, freelance writer Chris Baty started what would become NaNoWriMo along with 21 other aspiring writers. This evolved over time, gaining more and more participants, and moving to the month of November.

This year, the NaNo website lays claim to over 300,000 participants that are actively writing their novels.

The basic challenge National Novel Writing Month gives writers is to write at least 50,000 words within one month, starting on November 1 and finally closing at 11:59 p.m. on November 30.

This gives writers, or wrimos as participants are called, 30 days to get all those ideas out of their heads and out onto paper or computer screen, depending on your preferred method.

Wrimos can register online at nanowrimo.org and become part of a community where

they are able to track word count and progress over the month.

The website also includes forums and subdivisions of communities that all wrimos can join to help keep them writing every day. For example, if someone needed help on developing their characters, they could take a quick trip to the character development forum and feast on all the ideas.

And as long as they write at least 1,667 words per day, 50,000 will come in no time.

The fantastic part of NaNo is, everyone can win! At the end of the month, if your final submitted word count is over 50,000, you've won!

While 50,000 is the base goal for most wrimos, there is also a section offered for young writers that want to participate while still in K-12, and their given word count goal is 30,000.

Also, Camp NaNoWriMo, an offshoot of the main site, is more open ended and allows writers to give themselves goals outside of the basic ones given by the organization. This includes word count goals between 10,000 and 999,999 as well as completing projects that aren't necessarily novels.

I decided to go after the more basic 50,000 word goal, enlisting myself in the mainstream novel category and registering my novel. I gave it a tentative title and cover art I whipped up, and I was off.

Opening a blank word document and thinking that perhaps there would be a whole

novel there in just one month was fairly daunting, and suddenly, I couldn't think of the perfect way to start.

The blank screen stared back at me, the cursor blinking in mockery of me, and I couldn't get my fingers to move. Then it came to me: just write.

I had read all the "no plot, no problem" articles on the website previously, but I had never taken them to heart.

But now I understood, it didn't really matter what I was writing about right now, just as long as I was writing.

So I let the words flow, and suddenly they weren't just scribbled blubs in my commonplace book; they were real!

Finally I was a writer that actually wrote again, and it felt fantastic. Why had I never done this before?

I think that I often get so caught up in making things perfect and editing everything so meticulously before there is barely anything to edit, and this always causes me to stop and give up. And NaNoWriMo gave me the courage to finally step outside of that mindset and release all of the words inside of me, regardless of their quality or technical soundness.

I joined the Harrisburg area group, which offered activities such as write-ins at locations like York Emporium, Books-a-Million, and even Panera Bread, where the writing community could congregate and discuss their stories, get into the minds of other writers, or just write around

people that knew what you were going through.

I'm sure that this sense of community helped to propel me through some of the tough times, when my inner editor was telling me to go back to page 23 and revise, and luckily, my inner wrimo was able to fight back and power through another 1,667 words.

After two weeks, at the halfway point, I find that writing has become a wonderful habit, and I hope to keep it up for another two weeks, and then even beyond.

January and February are NaNoWriMo's "now what?" months, when writers have their novels and think: "I wrote a novel, now what?"

Even in the middle of November, I'm eagerly waiting to greet those "now what?" months, manuscript in hand and real confidence backing it.

Novels such as Water for Elephants by Sara Gruen and Fangirl by Rainbow Rowell stemmed from National Novel Writing Month, and I don't know if publication is quite where I'm aiming with my project, but they certainly did it, so why can't I?

As a writer, I'm not sure why actually getting down to it and writing something is so difficult, but it is, and NaNoWriMo has been coming to the rescue since 1999.

Even if it's a couple weeks off, I can see 50,000 words in the distance, and I plan on welcoming them proudly, unedited and gloriously technically flawed manuscript in hand, yet another champion of NaNo.

It's Christmas?!

Lauren Benedict
Assistant Editor

It seems as though each year trick-or-treat and carving pumpkins changes to hanging Christmas lights and seeing Santa Clauses everywhere all too soon.

As soon as Halloween ends, people's attitudes change to joyful holiday spirit, and every store starts playing Christmas music and begins to put out their annual decorations all before October is even over.

Most people do not even have time to take down their Halloween decorations before their neighbors begin to hang Christmas lights.

And if you think about the holiday displays in stores there are only one, maybe two, Thanksgiving displays compared to the enormous Christmas selection of lights, trees, ornaments, and outdoor blow up characters.

Do not get me wrong, I enjoy walking into stores at the mall or Walmart and seeing the overabundance of blow up Rudolph's and Frosty the Snowman's, and although it may not seem too unpleasant to see all of the Christmas cheer so soon, it diminishes all the thanks and celebration that goes into Thanksgiving.

We are so blinded from the Christmas cheer earlier each year that about 95 percent of us do not realize what Thanksgiving still means.

Thanksgiving is a nation-wide holiday; it's one of the few holidays we can and should all celebrate.

The holiday seems less important year by year since the majority of us are beginning to celebrate Christmas in November with the hanging of the lights, gift shopping, and decorating all over with Santa Clauses and countdown to Christmas charts.

But it is quite troublesome when every company has started to preview their gift items during the first couple weeks in November whether it is for toys, electronics, and home goods and décor.

And no one can forget the annual bell ringing Hershey kisses commercials that air the week after Halloween and begin to get everyone singing holiday carols.

Without the expansion of the media, in the last few years, we might not have the controversy of whether or not it is okay to begin recognizing Christmas in November.

It is entirely too early to put out Christmas items in stores before Halloween is passed and even though I love walking into the mall during the second week of November and hear "Jingle Bells" playing I hate that we skip the Thanksgiving delight and thanks.

The Christmas holiday cheer should not start until the last few days of November when everyone prepares for Black Friday and recognizes Thanksgiving without the focus of the next month's festivities.



Comic by: Abby Swoboda

The Kennard Daily

Kennard-Dale High School
393 Main Street
Fawn Grove, PA 17321
(717)-382-4871

Staff

Editor-in-Chief: Abby Swoboda
Assistant Editor: Lauren Benedict
News Editor: Caitlin Salomon
Feature Editor: Christina Weaver
Sports Editor: Austin Orr

Advisor: Sarah Buttiens

Reporters:

Mike Ambrose
Brad Dunaway
Mikala Hollingshead
Chance Shipley
Lily Riale
Nick Verzolini

The Kennard Daily is published eight times a year by a staff that consists of sophomores, juniors, and seniors, all of whom attend Kennard-Dale High School. The Kennard Daily encourages students to submit signed letters to the editor. Letters may be turned in to room 172, emailed to Buttiens@sed.k12.pa.us or given directly to the editor-in-chief. The Kennard Daily reserves the right to choose not to publish letters.

Editorial Policy

The Kennard Daily is an official, legal publication and the staff will abide by, acknowledge, and be protected by the First Amendment to the Constitution of the United States. The staff will provide, to the best of their ability, accurate coverage of school events,