

Falcon Chronicle

SPECIAL PROM EDITION



The Perfect Dress

By: Anna Carriker

The perfect prom dress makes you feel good, look great, and emphasizes just that much more on the most memorable night of high school. There are many things to take into consideration when shopping for a dress. Your body type, hair color, skin tone, and height all play a part in which dress will look right on you. Here are a few pointers to help you on your way to that special night!

BODY TYPE

Slender (straight up and down, few curves): Do something to emphasize the curves you do have. Figure-hugging dresses, halter dresses, wrap dresses, and embellished (beaded) dresses will all help achieve the illusion of more curves.

Curvy (plus-sized or hourglass, busty, bigger hips, defined waist): Curvy body types should steer away from detail-filled dresses, and instead focus on simpler, more classic fits. A-line dresses, empire waist dresses, and asymmetrical hemlines will flatter your figure by gliding over your curves, emphasizing your waist, and showing off your awesome legs.

Athletic (fairly straight up and

down with few curves, defined muscles): With your frame, you

want to try and create a more feminine figure. To achieve this, go for delicate details, like lace and ribbon, a fitted waist, halter top, a full skirt, etc. Try a calf-length dress! It will highlight your toned legs and won't seem like you're trying too hard.

Pear (smaller on top, larger around the hips): To balance out fuller hips, try a fun halter dress; this will create the illusion of a larger bust, and draw the attention away from your larger backside. However, don't be afraid to flaunt what you've got. A form-fitting mermaid dress would look amazing on you! You've got the slender top to carry off the look and beautiful curves to fill out the bottom.



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It's not too late to get the perfect prom dress! Visit Ms. Smithson's classroom during lunch or after school to try dresses on.

Senior Wills needed for the paper. 150 words or less. Submit yours by email to Devon Douglas, Stefanie Kastner, or Hillary McKnight **NO LATER THAN Friday, 25 May.**

The Perfect Dress (cont. from front page)

DRESS COLOR/HAIR COLOR

Brunettes: Most colors will look good on you! To emphasize your hair color to the fullest, though, go for whites, ivories, and light pastels. These all contrast with your darker hair and will make it 'pop'.

Blondes: With fair hair like yours, shy away from very light colors, which could wash you out. Try a bright jewel tone, like plum or emerald. Not feeling the boldness? Opt for a blue, pink, or red in your favorite shade.

Redheads: Redheads look amazing in green! Anything that contrasts with the vibrancy of your hair will look stunning. Try emerald greens, teal blues, or dark purples to make your hair stand out. Want the attention to be on the rest? Try a neutral color like brown, ivory, or beige. Pale pinks, blues, and soft yellows will also look good.

SKIN TONE

Fair: With this skin tone, steer away from anything too pale or bright. Yellows, lime greens, bright oranges, and stark whites will, for the most part, only enhance your flaws. Try a 'middle' shade like teal, coral, or peach. Dark colors that will look great on you are reds, blues, and emerald greens.

Golden: For those with golden/tan skin tones, you can pull off almost anything! It really is just a trial and error situation for you. Colors that will really emphasize your coloring are tropical shades: coral, sea blues, pinks, soft yellows, bright oranges, etc.

Dark: With your dark skin, you can pull off almost any color as well. To show off your great skin, try a pastel or metallic color. This will make your skin look vibrant and healthy. Darker colors, like purples, blues, and greens, are also a great choice. You can pull off any bold color, so have fun!

Hopefully this little bit of information will go a long way in helping you make your quest for the perfect prom dress an easy one!

Australian MTV Video Music Awards

by: Anna Carriker

The Australian Video Music Awards went down on Sunday, April 29th in Sydney, Australia. The world tuned in to see how Australia voted for their favorite artists. In the audience were some huge celebrities, including: Nicole Richie, Kristin Cavallari, Joel and Benji Madden, Jessica Simpson, John Mayer, and more.

Some big winners of the night were:

- Teddy Geiger for Spankin' New Artist
- Red Hot Chili Peppers for Best Group
- 30 Seconds to Mars for Video of the Year
- Good Charlotte for Viewers Choice Award

And...

- Silverchair for Video Vanguard (special award from MTV)

For more information, pictures, and more, check out: www.mtv.com.au



Teddy Geiger

Orthorexia Nervosa

by: Stefanie Kastner

Many people hear the terms 'anorexic' and 'bulimic' almost everyday. A very harmful eating disorder that is not heard as commonly as the other two is orthorexia. Medicine specialist Steve Bratman gave the name orthorexia to the disease in 1997.

Orthorexia is an unhealthy fixation with eating healthy. It isn't officially recognized as an eating disorder, but many specialists argue that it should be since it impairs a person's health. It is similar to anorexia because it causes people to lose a lot of weight, but orthorexics are worried about the quality of food that they eat, and not the quantity.

Orthorexia is also a type of obsessive-compulsive disorder because the sufferers obsess over what type of foods they eat and they often spend hours planning healthy meals. Many people who suffer from it become socially isolated because they cannot eat foods that everyone else is able to eat. Many specialists such as Joel Jahraus who is the Medical Director of Remuda Life Programs argues that the disease is a type of anorexia, and not a different eating disorder. The treatments for orthorexics are also the same as for anorexics; they just differ in very small points.

Whether or not people believe that orthorexia should be classified under anorexia or have its own name, there are many people that have a psychological eating problem and need help. Orthorexia is a disease and needs to be taken seriously by anyone-just as anorexia or bulimia would be.



Dr. Steven Bratman, who keyed the term Orthorexia Nervosa

Prom Fever

by: Stefanie Kastner

Prom, prom, prom, that's almost the only thing anyone has been talking about lately. With it being less than a month away, the students at VHS are hardly talking about anything else.

You might ask why there is so much excitement about a school dance. The answer to this question is that it's not "just another school dance." It's the last high school dance that seniors will ever be able to experience, and for many other students, it is the last time they will be able to see many of their senior friends.

The prom theme is also a very important aspect of the dance. This year the theme is 007. It's very unique because no other class can really use it since there is only one class of 2007 and the theme corresponds with the year.

Finding the perfect dress is another important and tradition having in preparing for prom. For seniors especially, finding a dress can be very stressful. Since it is their last dance, many girls want to look pretty and want this dance to be the best out of all of the high school dances.

Prom dates: everyone wants one, but not everyone has one. Having or not having a prom date can be a sticky situation for any student. If you don't get a date, you have to remember that this is the 21st Century and it is perfectly ok to go with a group of friends. You can have fun without a date, and it gives you a lot more freedom to talk to or dance with whomever you want.

Even though finding a dress and a good theme are important; the most important thing is to just have fun. Ten years down the road, no one will really remember what the theme at the prom was or what dress the prom queen was wearing. The things most people remember about their prom are the jokes and the laughs that everyone had. So my advice to anyone stressing over what to wear or whether or not their date is cute enough, relax and just go out and have the time of your life.



Movie Review
by: Carianne McCabe

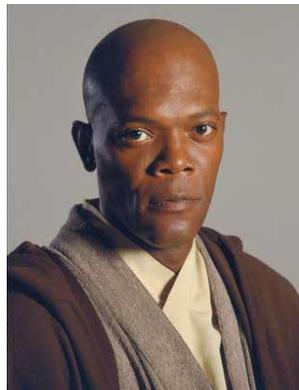
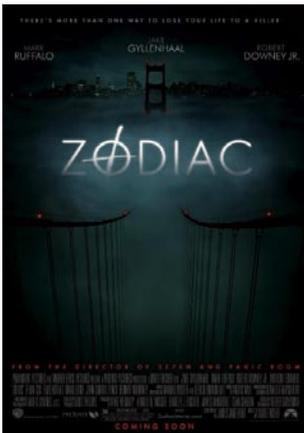
Zodiac is a new thriller starring Jake Gyllenhaal and Mark Ruffalo. As a serial killer terrifies the San Francisco Bay Area and taunts police with his secret messages and letters, investigators in four jurisdictions search for the murderer. The case will become an obsession for four men as their lives and careers are built and destroyed by the endless trail of clues.

This movie is rated R for strong killings, language, drug material, and sexual images.

Black Snake Moan is a new movie starring Samuel L. Jackson and Christina Ricci. Bitter and broken from a cheating wife and a shattered marriage, Lazarus' soul is lost, until Rae. Half naked and beaten unconscious, Rae is left for dead on the side of the road when Lazarus discovers her. Lazarus quickly learns that the young woman he's nursing back to health is none other than the town tramp from the small Tennessee town where they live. Worse, she has an anxiety disorder. He realizes when the fever hits, Rae's affliction has more to do with lost love than love found. Lazarus decides to cure Rae of her wicked ways.

This movie is rated R for sexual content, language, violence and drug use.

Source: <http://www.aafes.com/ems/default.asp>



Book Review
by: Anna Carriker

The book, *White Oleander*, by Janet Fitch, is a troubling story of a mother and her daughter, who go through many obstacles in life.

In the beginning of the book, Astrid lives with her mother in their Los Angeles apartment. Ingrid falls in love with a man who later betrays her, and, in her rage, she kills him and is sent to prison. Astrid is sent to live with a series of different foster families, ranging from the trailer park family to the kind couple who were dying for a child, to the trash-selling sisters and more. Astrid encounters more in a few years than most people go through in a lifetime.

This book, though very strange and probably not the most realistic, is a great read. *White Oleander* is a real page-turner and gives a lot of insight into the world of troubled single mothers and sometimes traumatizing teenage years.

Classic Movies
By: Carianne McCabe

Titanic, Gone with the Wind, and Casablanca; these are a few classic movies that have been shown time and time again. Some teachers here at VHS were asked about their favorite classical movie and these are what movies came up. Our well-known librarian Mrs. Todd choose *Remo Williams* as her favorite, while Sgt. Pollock choose the old favorite *Casablanca*. Both Mrs. Connors and Mr. Gehring choose *It's a Wonderful Life* as their favorite classic. Our beloved secretary Mrs. Gayle pondered a moment before coming to the conclusion that her favorite classic was *Princess Bride*. We wondered what a student might say when asked about their favorite classic movie, so we decided to ask Will Mulkeen, a freshman. Mulkeen instantly said The *Star Wars* movies and The *James Bond* movies.

Everyone at one point in time has had or will have their favorite classical movie, because classics can never be erased.

Drinking Tea Every Day Keeps the Doctor Away

By Hillary Mcknight

Drinking a cup of tea every night or during the day can also lower the risk of two common forms of skin cancer, new research suggests.

A study was shown with nearly 2,200 adults that tea drinkers had a lower risk of developing “squamous” cell or “basal” cell carcinoma, the two common forms of skin cancer. Men and Women who drink tea regularly, drinking one or more cups a day, are 20 to 30 percent less likely to have the cancer occur. The effect was even stronger when the study also tested people who had been tea fans for decades, drinking at least two cups a day.

This does not mean, however, that one can bathe in the sun without protection and then make up for the damage by drinking a cup of tea. Studies also do not show a relationship between tea drinking and malignant melanoma, the least common but most deadly form of skin cancer.

But why not drink a cup of tea a day and try and fight against skin cancer? What do you have to lose?

The History of Mothers’ Day

By: Courtney Corder

The history of Mother Day dates back to the ancient Greeks celebrations in honor of Rhea, the mother of the gods. Also, many Christians honored Mary, Jesus’ mother on the fourth Sunday of Lent. In 1972 a day dedicated to mothers was organized by Julia Ward Howe, which happens to be the landmark in the history of Mother Day.

In 1907, Anna M. Jarvis, a schoolteacher from Pennsylvania, tried to set up a national Mother Day in honor of her mother. The first written observance of Mother Day happened in a church where Anna handed out her mother’s favorite flowers. Seven years after Anna celebrated Mother’s Day, President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honor of mothers on May 14, 1914.

Mother’s Day has become very popular; in fact, the second Sunday of May is the most popular day

of the year. Denmark, Finland, Italy, Turkey, Australia, and Belgium all celebrate Mother’s Day on this day.

Don’t forget to get your mom, grandmother, great-grandmother, or other exceptional women something extra nice for this special day!

Summer Beauty Help

By Hillary Mcknight

Summer is coming and with that in mind it’s time to freshen up your look from drab to dreamy. It’s the time to give your body that healthy tan it’s been wanting without the horrors of sunburn, tan lines, and skin cancer. There are even makeup disasters that can happen in the summer sun that we might not notice until it’s too late. So, here are some tips to keep you pretty in the sun.

-Always wear sun block to avoid UV rays that can damage the skin.

-Dry hair frizzes a lot as humidity increases and makes curly hair unmanageable. Rich deep conditioning of your hair will help to tame your hair. Don’t forget to protect your tresses from sun, sand and wind by wearing a trendy summer hat or a baseball cap.

-Sprinkle your feet with foot powder before wearing sandals to avoid any blisters.

-Sunglasses protect your eyes but do not stop the sun from tanning the rest of your face, resulting in eyes with paler skin around it than the rest of the face. To avoid this, generously rub sunscreen with SPF 30 with over your entire face and body every two hours.

-Use gel on your hair and use only the fresh razor with triple blades to shave bikini line to avoid any rashes.

-Warm, sunny, bright blush can be used to highlight the cheekbones in the bright summer sun.

-Wear only natural nude shades as lip colors while going out to the beach.

Track and Field Results

Christine Holland

Regensburg

Boys
92 points

100 meter dash
1st Stephen Tate: 11.32
3rd Rex Ray: 11.78

200 meter dash
1st Jamal Grant: 22.79
3rd Rex Ray: 23.97

400 meter dash
1st Jamal Grant: 51.94

300 meter hurdles
1st Stephen Tate: 42.12

4 x 100 relay
1st (Jamal Grant, Stephen Tate, Rex Ray, Michael Welch): 45.22

4 x 400 relay
2nd (Stephen Tate, Dextra Johnson, Kollin Jordan, Jamal Grant) : 3:50. 63

Shot Put
2nd Kollin Jordan: 37-10

Girls
122 points

100 meter dash
1st Christine Holland: 13.28
2nd Alania Mckinnis: 13.33

200 meter dash
2nd Christine Holland: 28.42

400 meter dash
2nd Christine Holland: 66.41

100 meter hurdles
1st Alania Mckinnis: 17.98



300 meter hurdles
1st Ashley Hicks: 53.29

4 x 100 relay
1st (Jakki Ferrer, Simona Womack, Alania Mckinnis, Christine Holland) : 53.01

4 x 400 relay
1st (Alania Mckinnis, Christine Holland, Tiffany Griffith, Simona Womack): 4:41.83

Sprint Medley relay
2nd (Jamine , Amber , Jakki Ferrer, Shanice Sadler) : 5:24.94

Long Jump
1st Alania Mckinnis: 15-8
2nd Simona Womack: 15-3

Shot Put
1st Ashley Hicks: 29-7

Soccer Results

Vilseck vs. BFA

Boy's Soccer
BFA 5, Vilseck 1
Assists-Vilseck: Erik Bidinger;
Goals-Vilseck: Kyed Najdawi
Saves-Vilseck (Sean Anderson) 15

Girls Soccer
Vilseck 0, BFA 0
Saves-Vilseck (Becky Linka) 15



DEAR JANE

Dear Jane,

I recently asked this girl that I really like to prom. She already has a dress and I already have a tuxedo, but I'm worried about us matching. Are there certain 'rules' I need to follow about matching outfits?

There are not any specific rules when it comes to matching prom outfits. However, a general suggestion is that cummerbunds, ties, vests, or pocket squares coordinate with your date's dress. Ties are the easiest thing to incorporate into your prom outfit without much hassle. But, when in doubt, black is classic and goes with everything. Hope you have an awesome night!

Dear Jane,

I really like this boy and want to ask him to prom. The problem is, is that he's younger than I am, and I have seen the reaction that some girls get for going with younger guys. I don't want anyone to think badly of me.

I can understand where you're coming from about not wanting to appear desperate. However, if you really like this guy, then there is no reason not to invite him. Chances are, since he's younger, he's a little more carefree and fun than older guys might be. Enjoy your prom; pick a date who you know you'll have an amazing time with!

Horoscope

Madame Charlotte Daniels

Brought to you by Yahoo! Astrology

Aries- *Your brain is extremely active right now -- do not let anyone slow you down!*

Taurus- *Today one of your close relationships will become even more intense.*

Gemini- *To ensure that you have a worry-free happiness today, make sure your health is good.*

Cancer- *Someone's emotional turmoil could be contagious. Get distance from him or her today.*

Leo- *Is an authority figure flirting with you? If it's inappropriate, don't encourage it*

Virgo- *Are you giving other people too much power over your life? Think for yourself today.*

Libra- *To get comfortable in a new situation, get to know people. Go deep with questions.*

Scorpio- *If you have a heavy relationship brewing, put it on the back burner. Let it simmer.*

Sagittarius- *Letting go of one dream will help you make room for another, even better one.*

Capricorn- *In an upcoming tense situation, do not be detached. You must get involved this time.*

Aquarius- *A hot opportunity may have lost some momentum, but it won't come to halt.*

Pisces- *Fuzzy thinking is not acceptable right now. Focus on what you need in life*

STUDENT SPOTLIGHT

Name: Susanna Owens

Grade: 9th

Age: 14

Birthday: May 19th 1992

If you were stuck on an island, what one thing would you take? “An S.O.S. signal thing.”

If you had a million dollars, what would be the 1st thing you'd buy? “A house.”

What do you plan to do after high school? “Go to college in Texas.”

What is your favorite subject? “History.”

Where is your favorite place to shop? “Hollister”

What is your favorite band? Dashboard Confessional

What is your favorite book? Lovely Bones

If you had the opportunity to meet anyone throughout history, who would it be? “I don't want to meet anyone, I'm already happy with whom I've met.”

May is ‘Save the Whales Month’. Here are some facts brought to you by:

http://www.yptenc.org.uk/docs/fact-sheets/env_facts/saving_the_whales.html

*More than 30,000 whales have been killed for commercial purposes since the ban on whaling in 1986.

*The report, *Wanted Alive! Whales in the Wild*, says that seven of the thirteen great whale species remain endangered or vulnerable despite decades of protection.

*Whale products are included in: animal feed, industrial oils, fertilizer, perfume, soap, shampoo, gelatine and margarine. Cheap and plentiful substitutes now exist for these whale by-products.



CALENDAR

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			Soccer Europeans (K-Town/Ramstein) Track & Field Europeans (Wiesbaden) Drill Europeans (Ansbach on Saturday)				
13	14	15	16	17	18	19	
	<--- Algebra 1 End of Course, Pilot Test Extension --->						
		Technology Fair (Heidelberg)					
20	21	22	23	24	25	26	
27	Memorial Day	Biology Assessment	30	U.S. History Assessment	31	PROM 2	
	Baccalaureate Vilseck Chapel		Senior Awards Banquet			GRADUATION 9	
3	4	5	6	7	8	9	
				Club Beyond Italy Trip			
10	11	12	13	14	15	16	

Prom Booklet

What to wear....

Gothic style

Couple

Friends

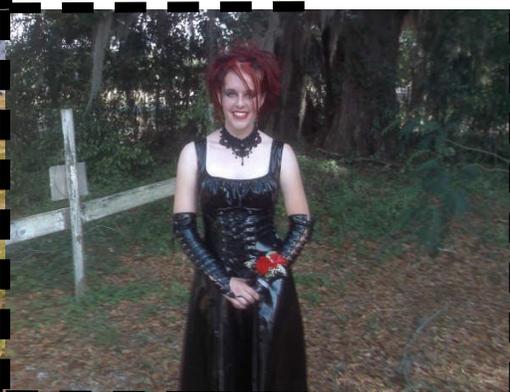
Single



King and Queen
of the night



Dream Girls



Xena warrior prom queen

Dresses shoes and jewelry



Vampire princesses of the prom night.



Jewelry and shoes for him and her

What to wear....

Ghetto style

Couples Style



Introducing...



You and your date take matching to a whole new level.

Fiona and Sherek

Show your team spirit, dress down while dressing up.

Taped together, Forever.

Assessories

Group Photo



Take Your Hair to a whole new level



Not only are fake fingernails fashionable, but fake toenails as well.



