

# The Observer

## Weekly

Cloverleaf Inside and Out

April 21, 2011

## Cedar Point Opening Day Just Around the Corner!

*By Taylor Detwiler*

Cedar Point, located in Sandusky, Ohio by Lake Erie, is finally opening soon and everyone is getting excited for it. The opening day is Saturday, May 14.

Cedar Point is the second oldest amusement park in North America. With a history dating back to 1870, the classic amusement park on the shore of Lake Erie has seen its share of rides, roller coasters, trends and history.

There are many fun events that people love to go to that are held at Cedar Point. On May 20-22, it is student ID weekend. Students in kindergarten through college will be able to purchase a one-day admission ticket to Cedar Point for only \$31.99, a savings of \$15! There is also a scavenger hunt that offers valuable prizes as a reward.

Another event that most people love to go to is HalloWeekends from Sept. 16-Oct. 30 on Fridays, Saturdays and Sundays. The weekends offer four haunted houses, five tremendously terrifying nighttime attractions, special entertainment and decorations, a parade and lots of daytime fun for kids.

The first roller coaster ever built at Cedar Point was the Switchback Railway in 1892, standing at 25-feet tall and reaching the top speed of 10 m.p.h. the oldest roller coaster still standing strong today is the Blue Streak,



A view of the Cedar Point entrance on the Sandusky Bay.

*Photo courtesy of Wikipedia Commons*

built in 1964.

In 2007, the 17<sup>th</sup> roller coaster was opened and gave Cedar Point the distinction of having the most roller coasters in the world; this ride is known as the Maverick. The Maverick was named the Best New Ride of 2007. Cedar Point is also known for the fastest and tallest roller coaster in the world, with the 420-foot tall, 120 m.p.h. Top Thrill Dragster.

“I like the Merry-Go-Round, personally. I am absolutely terrified of roller coasters and no, I do not plan on going any time soon,” said junior Haley Ploucha.

“I am so excited for Cedar Point to open up again! I want to ride every roller coaster at least once

this summer, including my favorite ride, the Magnum, and hit up HalloWeekends a couple times,” said junior Zach Bastian.

Not a fan of roller coasters? Cedar Point also has a water park called Soak City that you can go and just relax in the water. Soak City includes the ride, Zoom Flume, at 76-feet tall. So if it is too hot to just walk around the park, then go enjoy the water at Soak City!

If you are a fan of roller coasters, Cedar Point is the place to go. You will have a ton of fun with your friends and will enjoy the rides. So plan for a warm day to go and head up sometime this summer!

# Dietary Supplements—You Have to Be Careful

By Nicole Kolodka and Megan Savick

Many athletes and body builders take dietary supplements to increase athletic performance and to increase muscle mass. What many people do not know, though, is that most of these supplements do not do what they are said to do and that they are unsafe.

Many supplements are not regulated by the Food and Drug Administration. This means that supplements can have ingredients that are not in the product listed and can also list ingredients in the product that are not in it.

Unlike medicine, supplements do not go under rigorous testing for effectiveness and safety. But, supplements that have the label USP, or United States Pharmacopoeia, have been tested and deemed safe.

The USP puts a label on the bottle indicating that the product has been tested and passed tests for dissolution, disintegration, potency, and purity.

One of the many users of dietary supplements at Cloverleaf High School is senior Sean Mohney.

“I only buy supplements that are clinically proven to be safe and effective,” Mohney said. “I think diet is more important than supplementation. It’s safe, effective, and you know what you are putting into your body.”

Many “risky” supplements out there are anything that contains ephedrine, kava, androstenedione, yohimbine, GBL (gamma butyrolactone), GHB (gamma hy-



Senior Nate Huff competes in body building contests and recently won a competition.  
Photo courtesy of Kati Letzelter

droxybutyric), and BD (butanediol). All of these, mixed with caffeine and aspirin, make it even more dangerous.

The National Collegiate Athletic Association (NCAA), the International Olympic Committee (IOC), and the National Football League (NFL) have banned ephedrine and androstenedione. GBL, GHB, and BD are illegal and are known to cause serious illness and death.

Over 25 over-the-counter dietary supplements contain ephedrine, also known as ephedra. Ephedra, along with androstenedione and creatine are the most widely used by teenage athletes even though they are banned.

Another supplement taker is jun-

ior football player Joe Romanoff.

“I take them to help me regenerate after a lift,” Romanoff commented. “I buy the cheapest, but I only take three supplements; two are protein supplements and the other is for post workout.

Most supplement takers do not think about the negative side effects of supplements. Many can cause permanent damage, stroke, heart attack, and even death. Taking high doses of the supplements can cause this as well.

For athletes, and even non-athletes, that are interested in finding out more information, visit [www.supplementwatch.com](http://www.supplementwatch.com) and [www.consumerlab.com](http://www.consumerlab.com).

# Quiz & Quotes

What are you doing over the long break?



**Sierra Hollopeter (12):**  
“Track and Grandma’s house for dinner.”



**Nate Justice (9):**  
“Playing baseball and staying home with the coolest sister in the world!”



**Ryan Pistor (11):**  
“Going to my Grandma’s house and having a nice family Easter egg hunt.”



**Meleah Hansen (10):**  
“Working Friday and Sunday.”

# Northwestern Invite a Success

*By Taylor Detwiler*

Last Saturday, the girls’ and boys’ Varsity track teams traveled to and won the fifth annual Husky Invitational.

“It felt really good to actually do well at a Varsity meet, nevertheless, come in first. We all did really well. Our field team did our typically awesome selves and the track team performed exceptionally well. We overcame the weather which was a really big physical and mental obstacle for us. Winning that meet showed how well we can compete when the competition is intense, and the weather is against us,” said junior Katie Simpson.

Every year, the track team goes to this meet. At the Husky Invite, it is just like a regular meet, but with more teams and only your top two runners can compete in an open event. Only the top 10 places can be scored.

Some meet records were broken on Saturday by multiple athletes. These included: Jen Foster breaking two meet records in high jump and 100 hurdles; Janelle Shaffer breaking the long jump meet record; and the 4x2 team consisting of Shaffer, Kelani Nuckols, Jenna Elswick and Taylor Detwiler breaking their own meet record from the previous year.

The boys’ team beat Black River

131.5 to 117.5. Some first place wins for the boys included: Brian Livingstone in shot; Zack Miglich in long jump and 300 hurdles; and the 4x2 team consisting of Brandon Boltz, Adam Podolak, Bobby Ellis and Ryan Weir.

“It felt great to win. It was a great boost for the team and hopefully will help our team in the long run,” said Podolak, a freshman.

“Everyone did really well,” said the senior leader, Boltz.

The girls’ team beat Northwestern 167.5 to 125. First place wins for the girls included: Foster in pole vault, high jump, 100 hurdles and 4x4; Shaffer in long jump, 4x2, 200 and 4x4; Detwiler in the 100, 4x2 and 4x1; Nuckols in the 4x2 and 4x4; Elswick in the 4x1, 4x2 and 4x4; and Katy Dean and Morgan Siegler in the 4x1.

“I am really happy that we were able to win the Husky Invite again. Both boys’ and girls’ teams did amazingly well even though the weather was horrible once again,” said Dean, a junior.

The Varsity track team is looking forward to this meet again next year. They will be traveling to compete in the Amherst Relays this Saturday, and are excited to get to enjoy Hotdog Heaven once again.

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## Swamp People Back and Exciting as Ever

By Joe Romanoff

The new season of *Swamp People* on the History Channel has begun and it is looking to take a “bite” out of the viewers’ attentions.

If you have not seen the show before, the plot settles around nine teams of alligator hunters, who do just that, hunt American alligators for the one month season. The groups have a certain amount of tags that they must use up at the end of the season.

They hunt the American alligator. The American alligator is one of the most dangerous animals in the world. The American alligator has the highest bite per square inch of any animal, with an almost 2,000

pounds per square inch bite. What makes this worse is that the animal can lock its jaw, which makes it almost impossible to open once closed. American alligators are not only a threat in the water but can short bust on land at almost 30 m.p.h.

“Those animals sound like they are scary,” said junior Adrea Baughman.

To the hunters this alligator season which comes once a year is almost their whole year’s income. This means that they must catch big gators and a lot of them.

Last season’s champion was Troy Landry. This season, he has almost 300 tags to fill. He works with his son Jacob, who is in charge of shooting the alligator this season.

Shooting the alligator is not as easy as it sounds. American alligators have thick scales that act as armor and the only way to kill one is to shoot a quarter-sized weak spot on the back of the alligator’s head.

Also returning this season is Joe LaFonte and his step son Tommy, along with Junior Edwards and his son Willie.

“My favorite hunter is Troy,” said Derek Daubenmire. “He is funny.”

There will be new faces this season though. You will meet Bruce Mitchell, Terrell Evans, and finally, R.J. and his son Jay Paul Molinere.

You can catch *Swamp People* Thursdays at 9 p.m., and remember, watch out for those alligators.

## Concerts Can Make for a Perfect Summer

By Taylor Detwiler

Concerts are an essential part of a perfect summer. Many people will be attending a wide variety of concerts within the next few months.

A hot spot to hit up for concerts is Blossom Music Center, which hosts a great amount of different artists for different music styles.

Some upcoming concerts at Blossom include Sugarland, Phish, Kenny Chesney, Idina Menzel, Rascal Flatts, Toby Keith, Jimmy Buffet, Vans Warped Tour, Journey, Foreigner, Night Ranger, Tim McGraw, Kid Rock, Sheryl Crow, Def Leppard, Heart, and Jason Aldean.

Another great place to try for concerts is Quicken Loans Arena in Cleveland. The upcoming concerts at the Quicken Loans Arena are Lady Gaga’s Monster Ball Tour, Usher, Bob Seger and the Silver Bullet Band, Josh Groban, and Glee Live.

A great event to try and go to is the Vans Warped Tour. There will be an incredible amount of bands there for everyone to check out.

The bands that will be there include 3OH!3, A Day To Remember, A Skylit Drive, Abandon All Ships, Against Me!, Asking Alexandria, Attack Attack!, August Burns Red, Bad Rabbits, Big B, Big Chocolate, Bid D and The Kids Table, Black List Royals, Black Square, Black Veil Brides, Blood on the Dance Floor, Continental, Dance Gavin Dance, DC Fallout, Demerit, Electric Touch, Enter Shikari, Ever Avenue, Eyes Set to Kill, Family Force Five, Foxy Shazam, Freshman 15, Gatsby’s American Dream, Go Radio, Good Guys In Black, Grieves With Budo, Gym Class Heroes, Hellgoodbye, I Set My Friends On Fire, Jack’s Mannequin, Larry and His Flask, Less Than Jake, Lionize, Lucero, Machree, Madina Lake, MC Lars with Weerd Science, Middle Class Rut, Miss May I, Mojo Morgan, Motionless In White, Moving Mountains, My Aradia, Neo Geo, New Years Day, Of Mice and Men, Paramore, Passafire, Peeland-Z, Pepper, Places And Numbers, Planet Smashers, Rapid Decline, Relient K,

River City Extension, Set Your Goals, Sharks, Shut Up And Deal, Sick Of Sarah, Simple Plan, So Long Arletta, Stephan Jerzak, Street Dogs, Terrible Things, Tess Dunn, The Aggrolites, The Black Pacific, The Dangerous Summer, The Devil Wears Prada, The Expendables, The Exposed, The Ready Set, There For Tomorrow, Unwritten Law, and Yellowwolf.

The Vans Warped Tour (July 20 in Cleveland) is a great way to hear new bands and styles of music. It introduces the audience to a wide variety of music while being able to walk to different performers and listen to their music as well.

This makes it really convenient because if you do not like an artist you can simply walk away and go to an artist you do like.

Concerts can be very inspiring, they can motivate people to get out and become an artist themselves. They are a great way to have fun with friends over the summer and to express yourself through different forms of music.