

Hawaii receives expansion of national monument

This September, the world's largest protected area was created just off of the coast of Hawaii. United States President Barack Obama was at the head of this move, as he pushed for the expansion of a renowned national marine monument in his native state: the landmark now covers over 580,000 square miles of both Hawaii's land and surrounding sea.

Obama's urge to make the vast extension has caused many to take sides, either for or against the development. According to Juliet Eilperin, journalist for *The Washington Post*, "the move, which more than quadruples the size of the Papahānaumokuākea (pronounced 'Papa-ha-now-mohkoo-ah-kay-ah') Marine National Monument... underscores the extent to which Obama has elevated the issues of conservation and climate change in his second term." Having been established a

decade ago by George W. Bush, there have since been seven presidents who have taken the actions deemed necessary towards protecting the monument and its wildlife. Over the years, though, many have incessantly fought to put an end to the repetitive additions onto Papahānaumokuākea's boundaries.

Hawaii's local fishermen population has perhaps been targeted the most by the numerous large-scale changes which have taken place. The group has been on the move to create some exceptions to the strict borders of the national marine monument, as a percentage of its commercial fishing efforts has been displaced. Democratic state senator Ron Kouchi of Hawaii has sided with the fishermen, saying that "one of the questions the fishermen are asking is: 'When will it stop?'"

Advocates for the growth of Papahānaumokuākea have

fought to get this far, however, and they surely are not going to give in so easily. Holding around 15 million birds, each of which comes from a line of 22 different species, and housing various endangered animals such as the Hawaiian monk seals, this marine monument has acted as a sanctuary for many creatures. Papahānaumokuākea is also the home of a black coral estimated to be 4,500 years old, and it includes the wreckage of the USS Yorktown, which sank in 1942. The argument that the proponents of the progression make is quite compelling: Matt Rand, director of the Pew Charitable Trusts' Global Ocean Legacy program, claims that the history here lets us visualize life before human activity, saying that "it is critical that we preserve places in this way, both as a window to the past and for future generations.

Arianne Goode Feature Writer "These creatures should be treated nicely, and we should make them feel protected."

Jacquelyn Garcia, senior

"...protecting them means that seeing these types of creatures can inspire more to become marine biologists..."

-Trey Porter, junior

"Many of the sea animals that we see today might not even be here tomorrow." -Conny DelosSantos, junior



Inside Scoo September 30, 2016

No more dolphin swimming

I thought dolphins liked swimming with us humans, but apparently I am wrong! Federal officials are trying to ban swimming Hawaii dolphins because of their lack of rest. Apparently, dolphins are not getting enough rest and feel stressed because of us humans. Dolphins are forced to live in artificial confined (restricted) conditions, away from their families. Many of them die young during captivity, transportation or in their tanks. Many of them also get hurt a lot because of boats dropping swimmers next to them. Usually they will find a quieter spot to rest where they will not be disturbed. Because they are in a confined area, they are not able to play, hunt, and communicate the wild.

Garret,

assistant regional administrator of the national marine fisheries services, also says dolphins have been found burning calories at a higher rate because they are forced to keep careful watch as people

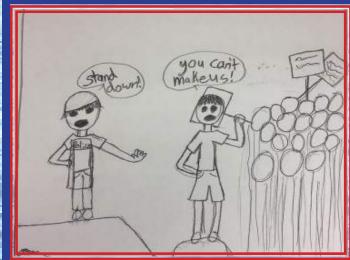
approach
their pods. "All of these
things can contribute
to a reduction of
fitness over
time-this kind
of chronic
level of stress. That's
what we're concerned
about," Garret said.

The federal agency is also proposing to require swimmers to stay at least 50 feet away from the dolphins. If the animals approach swimmers, the swimmers

are to make no contact and move away quickly.

There is a pledge going on called "Pledge Never to Plunge!" People can donate or even adopt a dolphin! Federals are planning on making a final decision by the end of this year or the beginning of next year.

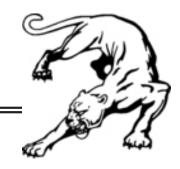
What do you think? Should swimming with dolphins be banned? I personally thinkit should be banned even though I have never had the experience to swim with them. If they are getting hurt one way or another, I would not do it.



Respecting authority being questioned



Inside Scoo



October 30, 2016

Female teens concerned about positive, negative image

Most Most kids under 12 do not experience the glares that have to do is to have can be less ellergette a others do that make them confidence that everyone Destance Luetkenhaus they are wearing or how else, they look wearing it. Some people do not intend to flawless make others feel that way, way. Some but we females are always stretching comparing ourselves to that is wrong, but what I someone keeps am saying is that each of something over us is unique in our own stomach so no one blemishes are another person's perfections and they are 100 percent

Some people try from 12 through 23 worry talking to their mom or about their weight. After dad and they say "oh well-the age of 23 most people it is natural." Well, it is, but just do not care what others there is a way anyone can think about them anymore. stop comparing themselves to other girls. All people feel cautious about what is as beautiful as everyone that everyone people keep their make themselves each other. I am not saying look skinnier, or even if that is wrong, but what I someone keeps putting way. I know that people can see their belly. Even if they are scared that other they are scared that other people will judge them.
People can't let that get 100 percent in others way. They have to be brave, courageous

we can lose a pounds. Well, the thing is is that if someone and maybe even a little? more comfortable withemselves. a diet and then quit

It says on the internet that most girls go on a diet. A diet? What is the point in that? Let us eat less food so that we can be less energetic and



t later on, their stomach will gain back the weight less time that they lost The only way to lose weight is to work out; they have to believe that they can actually do it, and tell themselves that they are looking better with a compliment. The more they tell themselves this without going into a diet will help them accomplish this goal. Most people at ages 13 to 19 try dieting by cutting out food almost entirely. I am just saying that it is not good for the body because some people's body will store as much fat as it can. Then when they start eating more food, it does the same and it just makes people gain weight faster than it was taken off

People think these things all the time; it is regular teenage stuff. Just remember that everyone goes through this and may be still going through it. All people have to tell themselves is that they are gorgeous. The real question is why not? We may ask ourselves multiple questions, but we usually do not ask ourselves why not. The reason we would ask ourselves this is because it is motivational. For example, why not join a sport? Or why not do the best I can do? Even why did I not do it sooner? These questions will help hemselves believe that they can do it.

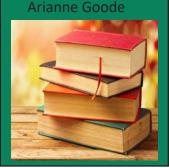
I used to think the same thing as everyone did, but every morning that I get up I asked myself if I can, but mostly why not do what I set my mind to?

Fresh popcorn kernals crackle

I am, filling icee cups and thing about my job at the scooping popcorn at the concessions of Norfolk 7 Theatre, saying countless "enjoy the show"s along the way. I had always imagined what it would be like to work at the local theater, but I never thought that one day I would be the one standing behind its counters.

A few months ago,

popcorn interview, and, well, the pumps each night are just kernels crackle and pop in rest is simply history. People a handful of the reasons the background as movie- often ask me if I like working why I enjoy what I do. goers chatter amongst one at Norfolk 7, and I always All of us employees are another in line, anxiously answer them with the same there to guarantee that anticipating to glimpse response: "Of course I do!" everyone who walks in the newest blockbuster on In the past weeks, I have will receive the best movie the big screen. And there grown to love every little experience possible.



my nervous self finally theater. Hearing kids beg absolutely love what I do; worked up the courage to their parents for candy, if I can make one person's fill out an application. From chatting with coworkers theater experience better, there I went on to have an about the latest movies, then that is all that matters and even cleaning butter to me.

I believe, after having my job for about three months now, that I can truly appreciate all of the work that goes into running a movie theater. One may not think that it takes a lot of effort to do so, but there is so much that goes on behind the scenes. I would never trade working at Norfolk 7 for anything, for I





September 30, 2016

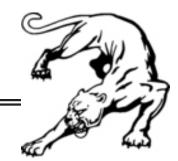
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In the Middle

September 30, 2016



Trump intends to build wall

"I will build a great wall - and nobody builds walls better than me. believe me- and I'll build them very inexpensively. I will build a great, great wall on our southern border, and I will make Mexico pay for that. Mark my words," Donald Trump, presidential candidate, said at a presidential campaign in June.

Trump said that the undocumented immigrants were "rapists" and bring "drugs" and "crime" acrossthesouthernborder.

"When Mexico sends their people, they don't send their best," Trump said. Trump's plan for building the wall has not

gone over well with some.

"A person that
thinks only about bilding walls, wherever they
may be, and not building bridges, is not Christian," Pope Francis said.

Republican candidates support the idea of some sort of a wall or fence built on the southern border of the United States, but none of them have gone as far as Trump. Would a wall really work? Is this even realistic? How would Trump accomplish this? How long will the wall be? These are questions that Trump has attempted to address.

The border between Mexico and the United States stretches 1,989 miles, but Trump has said the United States only needs to build a wall over 1,000 miles because of "natural barriers" that already exist. For a random comparison, the length of the Berlin Wall was almost 128 miles. The Great Wall of China stretches 13,000 miles. As of October 2014, the federal government has already installed 653 miles of fencing along the southern border. Federal law requires the Department of Homeland Security (DHS) to construct at least 700 miles along southwest border. How tall will that

wall be? It is said that

the number is hard to pin down. The range could be from 35 to 65 feet.

How would the wall be constructed? During a December rally, the materials that Trump mentioned were "hardened concrete" and "rebar." Precasted concrete panels (the same as one sees on the side of highways) could be the way to go, according to civil engineers.

How long would it take to build? So far, that is unclear. Trump said in an August interview that "[the wall] will be under budget and ahead of schedule."

How much will it

How much will it cost? The price wil vary between eight billion dollars to maybe 10 to 12 billion dollars. Trump wants Mexico to pay for the wall, but Mexico refuses.

Who knows if the wall will ever materialize with all the differences of opinion on cost, materials, and length.

> Mikaiyah Anderson Feature Writer

When Mexico sends its people, they aren't sending the best...
But some, I assume are good people..." Trump



Trump looks to be thinking in this picture. He seems unsatisfied during a presidential campaign rally in June.

Q: What do you think about the wall Trump wants to build?

Jaida Thompson (Junior) says," I highly disagree if they [immigrants] want to be here, they will get here regardless."

Liam Dickie (Senior) says,"The Mexican, won't pay for it. It is a waste of time."

Deonte Perry (Freshman) says,"Trump should pay for it himself, especially if it is going to help our country."



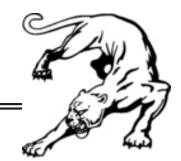
Trump pauses for the crowd's applause. He wants to soakin all of his fans' support so he can push forward.





In the Middle

September 30, 2016



Candidate Clinton rises to top

This year's election PACS. is very controversial with Hillary the candidates Clinton and Donald Trump as the top pick with the public. There is no telling who will win. With 75 days until Election Day, Clinton has new emails casting a pall over her campaign. She aims to "run out the clock" on the latest chapters of the overlapping controversies that have dodged her campaign since the start. The two have yet to face off in their first debate, but planning is underway.

total raised so far is 334.9 million dollars. Clinton raised 238.2 million dollars on her own, 96.7 million

dollars was raised by super PACS and other

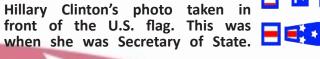
Clinton is seeking insights about Trump's deepest insecurities as her advisers devise strategies to needle and undermine him in four weeks at the first presidential debate, the most anticipated in a generation. They are undertaking a forensic-style analysis of Trump's performances in the Republican primary debates, cataloging strengths and weaknesses as well as trigger points that caused him to lash out in less than any planning is underway.
Clinton's opinion for 2016's biggest issues, Immigration, Clinton voted for path to citizenship. She wants to tighten gun control laws. Clinton supports action on climate change. She plans to allow Syrian refugees. Clinton supports the death penalty, along with Trump. Hillary Clinton has an 89 percent chance of winning the 2016 Elections leaving Trump with a mear 11 percent. Which candidates are winning the money race? Clinton is in first, her total raised so far is 334.9 attacking Trump's character, volatility and readiness to be commander chief. "Trump severe attention problems

cannot take in complex information - he will be unable to practice for these debates," said Mr. Schwartz, who was the subject of a New Yorker profile last month about Trump. " Trump will bring nothing but his bluster to the debates. He'll use sixth-grade language, he will repeat himself many times, he won't complete sentences, and he won't say anything of substance. Mrs. Clinton's team is also taking a hard look at her vulnerabilities. Even supporters have often

questioned the clarity and wisdom of the campaign's responses to uproars over Mrs. Clinton's private email server and donations to the Clinton Foundation. There is hope that the debate stage will allow her a chance to at last address such questions with more brevity and less equivocation. The least comfortable task, though, will most likely be girding for personal attacks from Mr. Trump, who has shown an eagerness to resuscitate Clinton scandals — real and imagined — at virtually every opportunity.

> **Demetri Martin Feature writer**











Hillary Clinton and Bernie Sanders are discussing Califonia primary votes. Clinton only has a few weeks to find out who wins.



"Everv moment wasted looking back keeps us from moving foward' -Hillary Clintor



"Women are the largestuntapped reservoir of tal-ent in the world" Hillary Clinton





Clinton and Donald Trump only a few weeks to get ready to face off. Clinton has been practicing

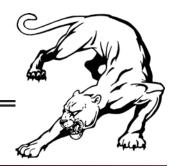


Hillary Clinton's daughter hopes for her mother. Chelsea Clin-Hillary Clinton's child.





Local Sports September 30, 2016



Mean said for anyone

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joining cross

year Norfolk's

fastest time

at a meet

was 19:40.02

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Megan

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Invite, and

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will not stop

the panthers,

Senior Jenna

seniors

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country.

on

Girls' Country runs lengthy distances Cross week per

running is usually a punishment, but for cross country runners, running is the season hits," Coach their sport. Cross country runners put in a lot of hard work and time

to prepare for their meets. "We

have a week consisted of two more intense hill days and three solid work days and one long run on Saturday. How far

the girls run really depends on where they're at. Some girls run over 40 miles a week and some run all the way down to 20 Mrs. Means has miles, so it depends where been coaching for a total they are at The training is they are at. The training is of 13 years and she loves customized so it depends on how hard you push was her first year back as a yourself and how hard you Norfolk Panther.

work!" Mrs. Angie Means,

said.

head girls cross country coach said. The girls cross country does not know what a day off is. "The girl meet in the summer Mon-Fri. It is optional for the girls to meet all five days, but the more they can run together, the more they feel part of a team beforetheseason

For most athletes during the summer, it's like the kids is a great part of my we are already half way through our training when

Means

every second. Last year

"Just being around

in one of the girls when they run their highest mileage or when someone runs their fastest time, it might be a struggling runner that gets a PR, all of those things are very rewarding!" said

> very often but when she does get a chance to sit and relax, she loves to watch "Chicago Fire" and the occasional "Golden Girls" episode. Mrs. Means did not run cross country in high school because where she attended high school basketball was in the fall. After a little while of thinking she was able to narrow down her favorite



The girls get ready to break it down with words of encour- Junior Grace agement writen on everyone's Protzman, arms. photo by: Lydia Bennett Corrin Day, and

book to two choices; a book called **Choosing To** See and The Bible.
"Good work ethic,

dedication to the sport and dedication to each other" Means said. Those are the three things she looks for in a cross country athlete. "For these girls, this is like a family, they become very close and they just love each other. Running just helps you find yourself I think that everyone can benefit from running and you don't have to run fast! Cross

"The girls gonna go out and they are gonna do their best, we have a lot of new girls that put in a lot of time and I expect big things out of them!" Means said. Mrs. Means

Callies are all ready to come

back this season and make

this year one for the books!

loves to work hard and have fun while doing it! Everyone on the Panther Staff wishes Means and all of her athletes the best of luck this season!

Alexia Cardamone

Writer **Sports**



starts. If they get The cross country girls have some fun while prepar- country helps and you their mileage in ing for their first meet wearing bright colors and tie- can continue to push dye to show off how excited they are for the season, yourself and others,"

IVE SPORTS TEAMS

HUSKERS

2. GREEN BAY PACKERS 3. DENVER

4. VIKINGS

5. LAKERS













National Sports

September 30, 2016

Ryan Lochte makes major false robbery accusations

Olympic athletes are highly admired by billions of people around the world. Sometimes the athletes make mistakes just like every other person. Ryan Lochte and three other Olympic swimmers just so happened to make one of the biggest mistakes of their lives in Rio.

Lochte, 32, was out clubbing one night with fellow Olympic swimmers Gunnar Bentz, 20, Jack Conger, 21, and Jimmy Feigen, 26. They were at a popular club in Rio called Club France on the Rodrigo de Freitas lagoon late Saturday, August 13, 2016 into early Sunday, August 14, 2016. The four swimmers got quite intoxicated. Lochte made up a huge lie to the police. He told the police that they left the club at 4:00 in the morning. However, the security cameras at the club caught them leaving at 5:50 a.m. Surveillance video at the Olympic village shows the four men arriving early Sunday morning without signs of being physically or osychologically shaken.

Lochte originally told the police that he and the other swimmers "got

pulled over, in the taxi, and these guys came out with a badge, a police badge, no lights, no nothing, just a police badge and they pulled us over. They pulled out their guns, they told the other swimmers to get down on the ground. They got down on the ground. I refused, I was like we didn't do anything wrong, so I am not getting down on the ground." He then told police that "then the guy pulled out his gun, he cocked it, put it to my forehead, and he said 'Get down', and I put my hands up. I was like 'Whatever',".

The country of Rio was very unpleased with the swimmers' actions just like all of America. Judge Blanc de Cnop of Rio ordered a seizure of Lochte and his teammates' passports so they would be brought in for questioning. Lochte was already back in the United States at that point. Swimmers Conger and Bentz were not so lucky and they got pulled off of their flight. They were detained for several hours. They were released after agreeing to stay in the country to talk with investigators about the incident the following day.

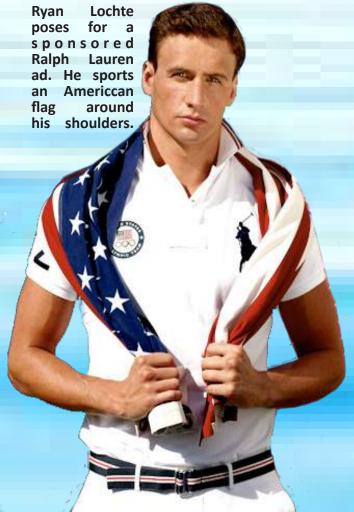
Since this major incident Lochte had an interview with NBC's Matt Lauer. He told Lauer "I overexaggerated that story, and if I had never done that we wouldn't be in this mess." Lochte has since made a public apology on Twitter.

As a result of the lie about the robbery, four companies ended their Lochte endorsement deals. The companies that ended their deals with Lochte were Gentle Laser Hair Removal, Ralph Lauren, Speedo USA, and Airweave (a Japanese mattress company). Speedo USA did say they would donate \$50,000 from Lochte's endorsement fee to the charity Save the Children.

Since the incident, Lochte has been sentenced to suspension of 10 months. He also will not be able to compete in the 2017 world championship meet. Lochte and the other swimmers are human just like everybody else. It is very unfortunate for them that they made the biggest mistake of their lives in front of the whole world.

Desi Fuelberth

Sports Writer





Jack Conger smiles big for the camera. This is his official headshot for team USA.



The above photo is of Jimmy Feigen. He is waiting for the score-board to show the results of his race.



G u n n a r Bentz is proud of how he raced. This picture was taken at the 2016 Olympics in Rio.



Entertainment

September 30, 2016



Upcoming Concerts

OCT. 29 OMAHA, NE **SOKOL AUDITORIUM**



MAC MILLER

OCT. 8 SIOUX FALLS, SOUTH DAKOTA



DENNY **SANFORD PREMIER** CENTER

CARRIE UNDERWOOD



Miracles from Heaven makes

its way to theaters

"Miracles from Heaven" aired on March 16, 2016, and was probably one of the greatest movies I have ever watched. Some of the characters are Jennifer Garner as Christy Beam, Kylie Rogers as Anna Beam, Martin Henderson as Kevin Beam, and Eugenio Derbez

as Dr. Nurko. "Miracle from Heaven" will probably make the viewer cry for the whole movie. "Miracles from Heaven", based on a true story, is about a little girl named Annabel Beam with a rare, incurable disorder that

leaves her unable to digest food. The illness blows up her stomach, making her look a bit pregnant. She was very ill and on the verge of death, but no doctor could help. Annabel and her family did not give up. They went from

one state to another state and found Dr. Nurko, but he could not help. Annabel ended staying in the hospital with Doctor Nurko because he did not give up.

Anabel met a little girl with cancer named Haley and made a really strong

friendship; Annabel had strong verv faith towards religion, but Haley and her dad did Haley's not. father was very disturbed of the way Annabel talked about

her religion. Haley sadly left her roommate alone. As Annabel got to go home, she and her sisters decided to go play outside. Kids will be kids, so they decided to climb a tree. As they started to sit on the branch, Annabel's sister Abby started to feel



the branch move. Anna decides to move onto the side of the tree and fell nearly thirty feet straight into a hole head first.

"Not everyone's going to believe me, but that's ok, They'll get there when they get there," Annabel said.

If I were to rate this movie, I would rate it a 5 out of 5 stars, because this movie taught me that miracles can happen anywhere as long as you have faith and hope. Do you believe in miracles?

Valeria Jimenez

Reviewer

SCREAM SCARES AUDIENCE

spree. The killer is out

for blood and does not

care what or who

"Scream: The TV Series" is one series that a viewer will not want to miss. This dramatic mystery is already on its second season. Viewers will never know what is coming next!

When cyber-bullying incident turns out to be the reason for a murder, the violence refreshes the town's memory of the Perhaps it intrigued a new killer. The suffers town from after death after death. Emma, Noah, Kieran, and Will become the best of friends, they

they become victims

comes in its path. Viewers will never be able to guess who killer is.

The cast is a mixture of new and old stars. character this series is E m m a Duval, who is played Willa Fitzgerald. The

The rest of the cast list includes: Bex Taylor Klaus, John Karna, Carlson Young, Tracy Middendorf, Amadeus Serafini, Tom Maden, and many other

talented people.

The producers stated that the show would more than likely not produce a third season. The reason for that is because the producers said the ratings of the second season were not nearly as high as the first season, however, many people believe that is a rumor and the show will make a surprise comeback early

This is a fantastic series to watch. The first season is even available to watch on Netflix, although the second season has not yet been released. This is a series that will constantly keep the audience on their toes. It is action packed and very suspenseful. This TV series deserves 4 out of

Desi Fuelberth



<u>Entertainme</u>nt'

September 30, 2016

'ou know his name'... Jason Bourne returns The quest of be satisfied until Bourne have both aged gracefully.

Jason Bourne to discover his identity was thought to have come to an end. However, there is good news: Matt Damon is back as the Bourne.

It has been ten long years since Bourne walked away from the agency that trained him to become a lethal weapon. The film starts with Nicky Parsons (Julia Stiles) hacking into the CIA and downloading everything on the Black Ops Operation, including Treadstone, which Bourne was a part of. Counterinsurgency expert Heather Lee (Alicia Vikander) takes measures to find Parsons, when Bourne shows up. CIA director Robert Dewey (Tommy Lee Jones) will not and Parsons are both dead, so he sends in the Asset so he sends in the Asset (Vincent Cassel), who has an ironic grudge against Bourne, to finish them off. Except, this is their downfall: they should all know by now that Bourne has his ways, and in the end, he always gets what he wants he wants.

There are some adrenaline-pumping scenes like the epic car chase, and then there are some heartfelt scenes, in which it is impossible not to feel some empathy and love for Bourne. After all, he has been through so much, and now he has to battle with his own demons and get the information he needs once and for all.

Damon and Bourne

Without Damon, there would be no Bourne. And without Bourne, there would be no kick-butt movie series to enjoy. I am floored to hear that the 45-year-old Damon is willing to continue doing the franchise, because we could all use a little more of him in our lives. That is when a person knows that a movie series has struck gold: when one cannot get enough of it. I do have a recommendation for Paul Greengrass, though: have the next film include both Damon and Jeremy Renner. Together, Bourne and Aaron Cross could do a lot of damage. I give Jason Bourne five out of five

> **Alannah Goode** Reviewer



Music Artist:

- 1. Twenty One Pilots
- 2. G-Eazy
- 3. Taylor Swift
- 4. Panic! At The Disco



Movie:

- 1. Suicide Squad
- 2. Lilo and Stitch
- 3. Harry Potter
- 4. Divergent
- 5. Shawshank Redemption



- 1. Harry Potter
- 2. A Child Called It
- 3. My Name is Fred
- 4. The Giver
- 5. Green Eggs and Ham



TV Show:

- "Supernatural"
- "Spongebob"
- 3. "Big Brotherhood"
- 4. "Vampire Diaries"
 - "Game of Thrones



Game:

- 1. "Uno"
- "Black Ops 2"
- 3. "Minecraft"
- 4. "Pokemon Go"



80's story still great read today

thrilling book when Christopher wrote Remember Me. This fiction book is a great read for young adult and children. There are two stories that are based off one another. They are both the same story in a way but a different perspective. It is a book that as soon as you start reading it, the reader and they will not be able to put it down. This

book was nominated

book.

Remember Me is a story of how a girl named Shari Cooper was at a party and someone pushed her to her death. Shari is in the before and after world. She needed to find her killer. She went on a full investigation with another kid named Peter Nichols. They both figured out what the killer was up to next. By knowing that

A published for the Edgar Award she saved her brother book in 1989, still a for best young adult from getting killed.

This book was hard for me to put down. I personally thought it was a really good book. The only thing holding me back from a full five stars is the part where it was hard to understand at times. I would give it a four and a half stars.

> Destanee Luetkenhaus

> > Reviewer

