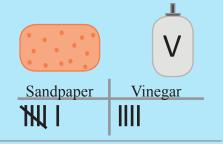
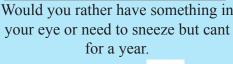
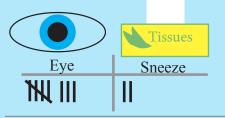


Would you rather use sandpaper as toilet paper or vinegar for eyedrops?







Would you rather always have bad breath or always have sticky hands?



THE CHALLENGE OF BEING ACCEPTED The pressures that teens face to fit in.

EMILY LEMASTER CO-ASSISTANT EDITOR

In today's world, everyone wants to be "normal". Whether it's the pressure to fit in, be perfect, be sexually active, or be successful, everyone wants to be like their peers, but is there really such a thing as "normal"?

Many teens strive to be popular, often making choices that aren't always the best because they want to fit in. Junior Jacey Martin says, "I think that peer pressure happens often, but I personally don't think it's that difficult to give into. If that person is really your friend, they wouldn't pressure you into anything like that. I think that teens give into peer pressure because it makes them appear "cool" and because "everyone is doing it." According to www.webmd.com, over seventy-one percent of teens drink before the end of their high school career and about seventeen percent of high school sophomores smoke marijuana on a regular basis.

Along with the pressure to fit in, teens also struggle with the pressures to be successful and perfect. College admissions are competitive as ever and the struggle to succeed continues after you get in. Senior Abby Brickley says, I feel like everyone is always asking where are you going? What do you want to do with your life? What's your major? People often forget that we're just kids and we don't have every second of our lives planned out."

Teenagers feel a lot of stress and pressure, both from parents and peers. It's okay to be different from each other and strive for different things because in the end, no one is perfect.



Junior Nicole Gochenour studies for an upcoming test. Teens often cram for their exams in class.

TIPS FOR YOUR TRANSITION

How to find scholarships, grants, and more.

TAYLOR SMITH CO-DESIGN EDITOR

For a lot of juniors and seniors, thinking about how you'll afford to pay for college is one of the most stressful things about preparing to graduate. Yet, according to a study from NerdScholar, about \$2.9 billion of federal grant money was left unclaimed after high school seniors eligible for Pell Grants (which don't have be paid back) neglected to complete the Free Application for Federal Student Aid (FAFSA) in the last academic year. These grants are only awarded to undergraduate students who have not yet earned a bachelor's or professional degree.

By applying at fafsa.gov, you can receive up to \$5,775 in grants. How much you get depends on your cost of attendance, financial need, whether you're a part-time or full-time student, and how long you plan to attend the school. You are able to apply for these grants for up to 12 semesters. Scholarships are another big ticket to take advantage of while you can. There are many still available, such as the Iowa State Christina Hixson Scholarship (about \$15,000 over 4 years), awarded to someone who has faced challenges of personal and/ or financial hardship, and have the potential to succeed. Another is the Iowa Financial Know-How Challenge Senior Scholarship (\$2,000), which you can register for at IowaStudentLoan.org/SeniorScholarship. There you must complete two online tutorials and a multiple choice assessment before 4:00 p.m. on Friday, March 4, 2016. To find other scholarships that better fit you, go to lewiscentral.org, click departments, school counseling, then scholarship list. If you haven't taken advantage of any grants or scholarships yet, be sure to do so as soon as possible. For more information, talk to junior and senior counselor Mrs. Bode-Steinke.

Photo by Emily LeMaster