

The Observer

Weekly

Cloverleaf Inside and Out

September 24, 2010

Top “Healthiest” Fast-Food Restaurant Choices

By Jess Sestito

When you think fast food, the first thing that comes to mind is greasy unhealthy food. But even though fast food does contribute to America's high obesity rate, there are surprisingly some “healthy” or better choices to pick from in the fast food industry.

“I don’t care how bad it is for you, I love fast food,” states Emily Daley. “I could eat it every day. But I don’t because I would be broke and probably not that skinny anymore.”

The number one place to eat at if you are looking for a quick fix that is healthy and will not hurt your budget would have to be Panera Bread.

“Panera is so good; I could eat it all the time. It’s the best tasting ‘fast food’ out there,” says senior Cody Schar.

Filled with both good and bad foods, if you watch what you order, then it could be the healthy choice to pick. You can pick from whole grain breads and baked chips that will be the healthy choice. Though, like all places, they have the indulging non-healthy foods, like sticky buns and cheese Danishes, which could cause you to gain that unwanted weight.

“I love Chipotle; I could eat there all the time,” says Haley Ploucha. “Except, I don’t think that it’s too good for you.”



Subway is always a great, healthy choice. *Photo courtesy of Wikipedia Commons*

Chipotle is a favorite among Americans and mostly everyone loves the spicy goodness that it offers. It is actually one of the healthier places to enjoy a nice lunch.

A third and final place, that is common around the world, is a surprise to most people. McDonalds, despite its reputation to be a fattening unhealthy choice, can be okay. Not everything there will clog your arteries and make your jean size go up.

“McDonalds is mc-nasty,” claims Emily Springsteel. “Chipotle is way better and even better than that is Subway because it’s healthy and there is more variety of deliciousness.”

Though it has its bad options, like the big Mac and large fry, there are healthy choices at McDonalds. Kids can get apple dippers and milk and adults can indulge in a small fry or one of their chicken wraps.

Cooking veggies and grilled chicken at home is the better choice sometimes after that long sports practice, or on vacation when you have to make a quick fix out of the fast food industry. So, when you have to do this, make the choice and balance your craving for a sweet snack and healthy living.

2 ● Features

Continuing Look at Fall Movies: What Do You Want?

By Marisa Romanchik and Mackenzie Greer

Funny, Scary, Action, Romance... what is your favorite type of movie to see?

There are movies out for everyone, from animated to blood and guts. Not everyone sees the same movies because of their difference in interests.

"I like comedies," said junior Cody Geisler. "Because they make you laugh and you don't have to think."

Some people have different interests in movies, such as Dan-yelle Ford.

"I like scary movies, because I like (the feeling)."

This year, there are a bunch of movies to be released into theaters. Movies that are currently coming to theaters in September include *Easy A*, *Town*, *You Again*, *Let Me*. October is the month for scary movies, including *Social Network*, *Case 39*, *Paranormal Activity 2* and *Saw 3D*.

Last year, *Paranormal Activity* was the "have-to-see" movie because it was so "freaky." If you thought the first one was scary then this one should top it.

A movie that everyone talked about last year was *The Hangover*. It was such a hit that people of all ages made sure they saw it. Anywhere you would go, people would be talking about it or quoting from the movie.

Well, we are all in luck on "said to be" May 26, 2011, when *The Hangover 2* will be in theaters. In the movie, Zach Galifianakis (Alan Garner), Bradley Cooper (Phil Wenneck), Justin Bartha (Doug Billings), and Ed Helms (Stu Price) will remain as the



Heather Graham might return to *The Hangover 2*. Photo courtesy of Wikipedia Commons

main characters.

There is a rumor Heather Graham (Jade), and Ken Jeong (Mr. Chow) will be returning to the big screen of this hit movie.

"I would go see it!" said senior Ashley Albright, "Alan is the man!"

Sophomore Taylor Neff announced, "I like House Bunny! I even named my cat after hers."

There are thousands of movies out on video, DVD, and on blu-

ray. It's hard to pick what to watch. Do you go for your favorite movie, a classic, or one you haven't seen in awhile?

"I like the movie *Clue*," said Ms. Melissa Evert. "It has three alternate endings!"

There are many of movies to watch and to go see in theaters. On a day where you want to relax and not do anything, put in a good movie - old, new, favorite or one you have not seen in awhile.

Quiz & Quotes

What is your favorite part of Friday night football?



Charlie Rice (9):
“I just like cheering in the student section and being with everyone.”



Dani Koval (10):
“100% tailgating!”



Jake Saffle (11):
“I have to support our school by being the assistant flag runner.”



Ryan Freeman (12):
“Watching the game and having an obnoxious student section.”

Oil Spill is Still a Major Disaster

By Meagan Frank and Brendan Maynard

The gulf oil spill is known to be the biggest accidental spill in the history of the petroleum business.

During March and early April, some workers expressed concern about the well.

The oil rig exploded and has said to have burned for 36 hours before sinking on April 22, 2010.

The rig exploded killing 11 people and injured 17 others on April 20, 2010.

Not only has this oil spill been extremely devastating to the community's touring and fishing business, but it has also killed off a lot of the wildlife.

Along with the government, other people do blame BP for what happened at the *Deepwater Horizon* oil rig.

“I believe that BP is to blame in the oil spill,” science teacher Marty Ryan said. “Just because no one is watching doesn't mean you shouldn't do the right thing.”

Some people do not believe all the blame should be put on BP.

“I don't think that BP is to blame completely for the oil spill,” junior Samantha Harris said. “You can't blame the whole company for just a few people's mistakes.”

Other students disagree with this statement.

“It's all connected to BP,” senior Kelsey Stitt said. “They should have been paying more attention to the people that they employed and made sure they were doing their jobs correctly.”

After an investigation was done, BP took responsibility for some of the blame, but put the rest of the blame on Transocean Ltd., Hallibur-

ton and Weatherford International Ltd.

Halliburton Energy Services installed and cemented the production casing; Transocean was the owner of Deepwater Horizon; and Weatherford International provided the valves for the well.

Because of the many fires that have occurred, it has forced the government to extend the six-month ban on offshore oil rigs.

The question is no longer seeming to be what are we going to do to stop the spill or what are we going to do to save the wildlife, the question is who is to blame.

“I think that a lot of the wildlife will die off in the Gulf,” senior Kelsey Stitt said. “I think that it's sad.”

Some people have allowed the oil spill to determine whether to get gas from BP or not.

“I don't think I've ever gotten gas at BP,” senior Ashley Albright said. “I like Pilot.”

Others don't think that whether they get gas from BP or Pilot really matters all that much.

“Yes I still get gas from BP,” science teacher Marty Ryan said. “About 96% of the BP's are independently owned and I don't think that it is right to rob our fellow Americans of their jobs.”

BP has said that it was not just one thing that led to the rig exploding and not one person is to blame for the oil spill that has been polluting the Gulf since earlier this year.

“We're focused on efficiency, quality and integration in the downstream, while maintaining a disciplined approach to alternative energy,” is a statement made by BP on www.bp.com.

Figure out how you can get involved and make a difference on EDF.org/oilspill.

Colts Condition Hard This Week to Get Back on Track

Ben Weinerman, Cory Woodhall, and Brandon Whitslar

After a disappointing performance against the Wadsworth Grizzlies, the Colts football team looks to get back on track tonight at home against the Green Bulldogs.

The Bulldogs (1-3) got their first win last Friday after a blowout against Barberton by a score of 45-9. Unlike Green, Cloverleaf had trouble putting the ball in the end zone, losing 27-7 to their much-hated rivals from Wadsworth.

“We didn’t play like we normally do. It’s behind us now and we’re moving on to the Green game,” explained senior captain Grant Vujanov. “We have a whole new game plan this week and are looking forward to unveiling it tonight.”

With a struggling offense, Head Coach Doug Haas has decided to change things up a bit. The Colts plan on setting the pace with a fast, no huddle offense.

“We are passing a lot this week and are looking to move the ball down the field quickly. Everything this week in practice has



The Cloverleaf Colts versus the Green Bulldogs last season. The Colts won in overtime on a blocked extra point.

been done at a high-speed. We got a lot of conditioning in so that we are ready to wear them down,” commented senior Ryan Cold.

The Bulldogs are known for their large, physical linemen on both offense and defense. The Colts are looking to counter this by spreading out the defense with many new passing formations and using their superior conditioning to their advantage.

“Coach installed a new offense and some new plays that are going to get us down into the end zone

this week,” said Sean Mohney, the Colts starting, senior quarterback.

The Colts have defeated Green three years in a row. If they can pull out a win tonight, they will gain some much-needed confidence after the devastating loss to Wadsworth.

Come to support your team as they take on the Bulldogs tonight at Gene Clark Stadium at seven o’clock.

Cross Country - Colt Invitational

This Saturday starting at 7:30 a.m.

Volunteer or come and watch!

Girls’ Soccer Hosts Jackson

Saturday at 4 p.m. and 6 p.m.

Come and support our Lady Colts against one of their Rivals!