

THE WARRIOR



First Salamanca Girls' Lacrosse Season Easter is Hoppin' Around the Corner

New challenge for a new team

By Ashley Siperek, SHS Junior

Girls lacrosse is a sport that is not very popular in Western New York, but it's a new sport at Salamanca. Lacrosse is a medicine game for the Native Americans in our area. According to traditional ways, girls should not play

made progress. A few girls had boy's lacrosse experience, which was a hard transition for some. The difference between boys and girls lacrosse is huge so it was like learning a new sport. The girls on the team are excited that they



lacrosse. Therefore, bringing this sport to Salamanca was a surprise to many people.

Starting a new team is a difficult task that Casey Cutting has taken on. Cutting played in high school in a startup team at her school, as well as in college. Her experience in this sport has helped the team make vast improvement already. The first practice was strictly fundamentals, mainly focusing on cradling and ball handling. She slowly introduced new things every day for the players, and each day the players

get to play on the first girls' lacrosse team at Salamanca. The team consists of girls in 8th through 12th grade.

Bringing a new sport to Salamanca is going to be a fun experience for everyone involved. The coach and the players are happy with the progress that they have already seen. The improvements that they made from a month ago are surprising and encouraging to the players. Although the team may not get many wins, Coach Cutting just wants the girls to play hard and have fun.

Salamanca Players Make Big 30 Game

Selected to be an All-Star

By Zeus Enriquez, SHS Senior

Now that the varsity season has ended, we recognize the individual achievements and give credit where it is due. I am honored to receive the accolade of making the Big 30 and being asked to participate in the game. My teammate Joe Sherlock also made an appearance in the game as he too made the cut.

Representing Salamanca High School the right way, by being respectful and appreciating the community, has been the mantra throughout the season. Being able to perform at a high level while upholding our beliefs only adds to the acknowledgement from our area. Making a sport more than a game, emulating the meaning of a Warrior, and always putting our organization first has set the bar for future years to come. Twenty years down the road people who watched our team play may not remember every highlight, every blocked shot, every dunk, but what will stick with them is the culture shift that occurred when our set of guys came in and set the bar high.

Our greatest accomplishment of the season is changing how other teams and

communities looked at Sally High. Our message is community first, teammates before yourself, and being a part of a family. Playing in the Big 30 game fills my heart with pride and joy because for one last time, I get to represent everything I have been taught in our irreplaceable Salamanca Community.



Coach Bennett with Salamanca Big 30 players, Zeus Enriquez and Joe Sherlock.

North Carolina tops Gonzaga

NCAA basketball season comes to an end

By Derek McClure, SHS Senior

As the NCAA basketball season comes to a close, North Carolina reigns on top. They had to go through a tough Oregon team, and then beat a good Gonzaga team. They redeemed themselves after last year's heartbreaking loss to Villanova, losing at the buzzer.

The Final Four this year was packed with good teams. Gonzaga played South Carolina which was a good match up, but Gonzaga came out on top. This would be the program's first championship appearance. North Carolina, the soon to be champions, played Oregon. This game came down to the wire. North Carolina missed four free throws in the final ten seconds of the game. They ended up getting both rebounds off the missed free throws to go on to the championship game.

North Carolina was favored in the championship game. Gonzaga

knew they were the underdogs like they have been the whole tournament, even though they were coming off a 29-1 regular season record. The Zags started out the game on fire from three. Meanwhile North Carolina played terrible in the first half, but still managed to stay in the game. Both teams in the second half went cold. North Carolina missed 5 shots in a row at one point, and Gonzaga didn't score for 7 minutes straight. The Tar Heels closed the game out playing good defense and boxing out to top Gonzaga 71-65.

This is North Carolina's sixth national championship. They came into this season with a goal, and they have achieved that goal by becoming this year's national champions. We will have to wait until next year for all the madness and crazy endings that happen in college basketball.

Time to get some candy

By Maria Howard, SHS Junior

Its time. This is one of the most popular holidays. Easter. As you get older you realize the truth about the Easter bunny, but when you're young, you really do believe that somehow a bunny goes to each house and gives every kid candy, kind of like Santa. You set out your basket hoping that you will wake up to find some chocolate or even toys in it.

Now if you are sitting at home, wondering what to do for Easter, then worry no more, I have some ideas for you. I am positive that everyone has participated in an Easter egg hunt, if so then you already have an idea of what to do this Easter. You could color your own eggs after you boil them

and then hide them for your kids/siblings to find. The best part is when you're done you can peel off the shell and eat the egg. You could also use plastic eggs and hide them around the house or even outside if it's nice.



People put candy inside the eggs and even money to find. It could just be an Easter hunt without the eggs and try to find the toys that your parents or grandparents got you.

Easter is kind of like Christmas in many

ways. They are both based off of something entirely other than what they are celebrated for now. Christmas is celebrated because of not only the Christian belief of Jesus being born on this day, but also of Saint Nicholas or Santa Claus being a Greek bishop and a gift giver in the town Myra. Now Easter derives from a pagan figure named Eastre who was the goddess of spring and distinguished as such.

I hope that you will be able to find something to do this Easter and remember how it came to be. Enjoy yourself and make memories that last with your family.

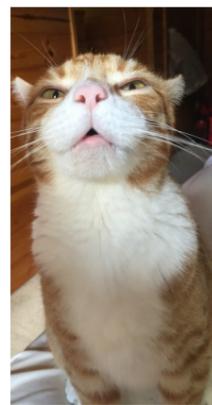
Furry Friends That We Love

Facts About Cats You May Not Have Heard

By Madalyn Harrington, SHS Senior

Owning a cat has its difficulties, but owning one has some advantages you might not have heard of before. Owning a cat can reduce your stress level, mostly because they do not require the effort it takes to take care of a dog. They also can lower the amount of anxiety in your life. Petting cats can be sort of a calming feeling which also can be relaxing. Here are some other scientific facts about owning a cat!

One scientific fact is that maintaining a cat can better the environment around you. A study found that the assets needed to feed a dog over the course of its life creates the same Eco footprint as a Land Cruiser (SUV). Since cats eat less and diverse types of food such as corn or beef flavored foods, the eco



footprint only equals that of a small hatchback (small car). Another fact is that cats can help you cope. It's been proven that owning a cat can help you get over losses quicker and easier. Even though they are only animals, cats can serve as social support during hard times. Also, cats can help some people sleep better. Studies have proven that women

have slept better with a cat than with their partner.

Some other weird but true facts about cats are that they can rotate their ears 180 degrees, the hearing of the average cat is at least five times keener than that of a human adult, most cats have no eyelashes, and domestic cats spend about 70 percent of the day sleeping and 15 percent of the day grooming themselves.

Cats can be annoying, smelly, and needy but all they want is attention. Cats are fun filled animals which can be great for somebody living alone. Cats are just cute, loveable animals that keep people company but also mind their own business. If you don't have a cat, and you aren't allergic to one, I recommend you get one!

Girl Scouts of Western New York

Where girls are built of courage, confidence, and character

By Marijayne Schwartz, SHS Junior

In 2005 when I was four years old, I joined Girl Scouts. Girls can become a Girl Scout from Kindergarten and up. This program builds girls of courage, confidence, and character, who make the world a better place. Learning how to be kind and respectful at such a young age has followed me throughout the years. Whenever someone looks like they need assistance, I am there to help. This program has built my confidence to overcome my fear of being too shy to ask if they need help, or second guessing whether they would like my help or not.

Girl Scouts requires a substantial amount of community service. This is a very big bonus once you get into



high school because community service is required for quite a few classes. It also gives you an upper hand on getting into Honor Societies. Many of our community service involves helping senior citizens. Some of the events we do are serving spaghetti din-

ners, serving chicken barbeque dinners, singing Christmas carols at the nursing home, and handing out donated Girl Scout cookies. Another thing the Girl Scouts do is clean up our community. Occasionally, we go to the State Park and clean up the garbage around the lake. Volunteer work really helps build kindness because when volunteering, you don't expect anything in return.

Overall becoming a Girl Scout has made a great impact on my life. Without Girl Scouts, I would not be the person I am today. It has built my courage and confidence throughout the years, and I am very thankful for Girl Scouts.