

Every dog has his day



The breeze is dog-gone wonderful

This image, captured by student photographer Hannah Rayburn, captures a dog-gone happy moment for this canine, who seems to relish the breeze and fresh air. Hannah earned a third-place award for this photo in the high school division of the photojournalism category in The Reporter's Campus Star student journalism competition. She is a senior in Sonia Rodriguez' classroom at Buckingham Charter Magnet High School in Vacaville.

Dad earns honor, respect with his bravery

By Trenton Oiland
 Third Place, Feature Writing
 Division: 3-4 Grade

There are many people who risk their lives for our country. My dad is one of them.

Andrew David Oiland was born to Donna and David Oiland. He grew up in Lake Forrest Park, Wash. Since Andrew was two years old, he always dreamed of flying airplanes. He graduated from high school in 1998 and went to the U.S. Air Force Academy, which helped him become a pilot for the U.S. Air Force.

Andrew has been flying for the Air Force since 2001. He flies an airplane called the C-17 Globemaster.

My dad's job is to transport important cargo and supplies across the country and the world. Some of the supplies my dad transports are toilet paper, jeeps, helicopters, missiles, and cars for the secret service. My dad also

transports injured soldiers back to the United States to be treated by doctors. Sometimes my dad's job can be a little harder, like when he has to bring home soldiers who were killed in the war. Even though my dad deals with some sad things in his job, he always keeps a positive attitude.

Usually my dad flies in and out of the war zone safely, but one day in December 2003, someone tried to stop him. The crew my dad was flying with was leaving Baghdad with 10 soldiers who were returning home from the war when they were hit by a surface-to-air missile. My dad was the co-pilot on this flight.

When the left engine was hit, it burst into flames. The crew had to shut down the engine, which turned off all of the computer screens on the left side of the airplane. My dad was sitting on the right side, so he still had all of his instruments. He had to talk the other

pilot through landing the airplane safely. Thanks to my dad and the other pilot who landed safely, no one was killed.

The following year my dad received a medal for bravery. He was presented with a Distinguished Flying Cross. The Air Force awarded this medal to him because of his bravery and skill and his ability to make important decisions under extreme pressure.

When I asked my dad how he felt about receiving a medal for his bravery, he said, "I was just doing my job and I think the real medals should be given to the men and women who are fighting on the ground in those dangerous areas."

I am so proud of my dad for his bravery, but more than anything, I am proud of him for being a wonderful father who takes such good care of his family.

The author is a third-grader at Foxboro Elementary School in Vacaville.

Teens find success

By Spencer Schultz
 First Place, Feature Writing
 Division: High School

After school lets out, some teens head for the mall to shop or catch a movie. Some go to jobs. Others pump iron.

For some, what began as a simple hobby has turned into almost an addiction, even a religion.

Take 17-year-old Casey Boughtin. This senior has been hitting it hard at the gym for a year and a half.

"I went from 117 pounds to 155 pounds just from working out. That alone is enough motivation to keep going back to the gym," he said.

Weightlifting for Casey is more of an art form than a sport. "It's like you're a piece of clay and you can sculpt it the way you want to look."

Casey started working out when he saw the results that his friend Tyler Loney had achieved from working out. Casey started to tag along with his friend. Today, Casey can bench 200 pounds and curl 115 pounds with his 14.5-inch biceps.

Senior Kai Straw started lifting weights because he was tired of being a scrawny 115-pounder.

"I was tired of looking like a teenie weenie," says Kai, who has been working out a year and a half. He used to be a lanky, long-haired freshman who gave a hippy vibe. Now he weighs 160 pounds, benches 245 pounds and curls 135 pounds.

The results have been so striking that Kai insists that weight training is the most rewarding process he has experienced.

Some seniors have been working out since freshman year.

Levi Burrige started because of football. Although he no longer plays football, he still hits the gym hard.

"I like to watch myself improve, and I look down upon laziness. Plus the intimidation factor is pretty rewarding," says the 6-foot, 190-pound Levi. He can bench press 265 pounds and curls 115 pounds. He plans to improve these numbers over the summer.

Junior Dakota Badour got into weight lifting from his brother. "My brother Austin used to be kind of small. Then he started working out, got big, and people started to turn their heads. I guess that's why I started working out."

Dakota thrives off the feeling of accomplishment and that keeps him going back for more. Dakota puts up 235 pounds on bench and lifts 95 pounds on curls, which can only be the beginning for this junior's stocky frame. He weighs in at 235 lbs.

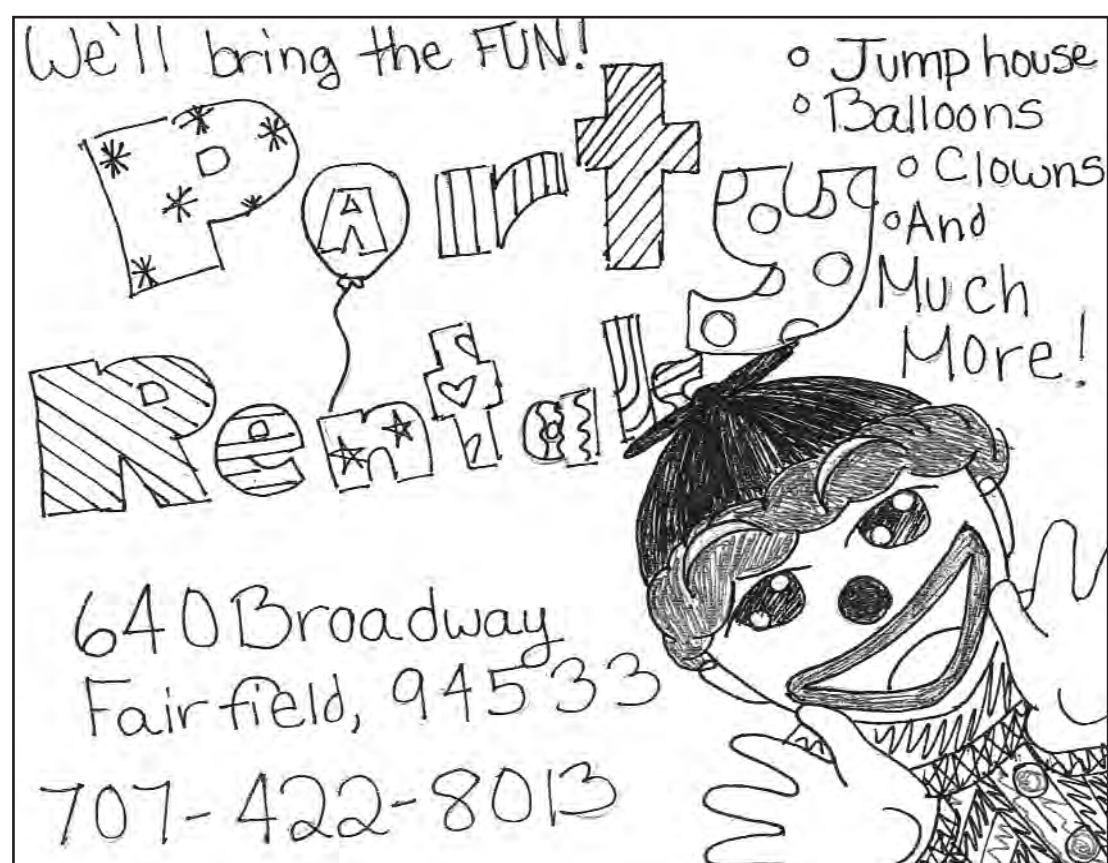
These teenage bodybuilders can be found at Solano Athletic Club and 24-Hour Fitness after school. In addition to building muscle, the guys interviewed said lifting weights is a great way to relieve stress. Instead of smoking, drinking, or getting into trouble, these guys spend their free time getting fit. They are also more aware of what they eat, noting that 70 percent of the results are influenced by good nutrition.

Some said they like their muscles feeling like they were going to tear through their shirts. Others said they worked out to attract the ladies.

"It's always rewarding when a girl says, 'You must work out,'" Casey said.

The author is a senior in Becky Bowen's journalism class at Rodriguez High School in Fairfield.

Design-an-Ad winner



This advertisement for Party Rentals earned Maria Pasion a second-place honor in the 7-8 grade division of The Reporter's Campus Star Design-an-Ad student journalism competition. Maria is a seventh-grader in Karen Dietrich's classroom at Holy Spirit School in Fairfield.

Puzzles, Games, Comics winner

Eco-Friendly Word Search

H A L B S N E E R G A T L B S W
 Y M O G A S A B L J O N T E K I
 B T O A L T D A D M M E U L A N
 R S R G R E C Y C L E M M B L D
 I Y G O O L G Z Z O K N I A O T
 D L A N L B J G K R K O O D M U
 T V N Z O U S G A M K R K A A R
 I M I S M L O L J F K I G R T B
 G R C L I R O M G B I V A G A I
 A V I U I S G W B O N N N E K N
 L I M N S Y G O L O C E I D M E
 J S P A E A L M O L O Z M O A M
 N O M L O E N T T A M M Z I S F
 R T U U T M R R O F G O O B N O
 H Y D R O E L E C T R I C M O M

WORD BANK:

WIND TURBINE HYDRO ELECTRIC
 HYBRID GREEN
 SOLAR ECOLOGY
 ENVIRONMENT RECYCLE
 BIODEGRADABLE ORGANIC

Even puzzles can be earth-friendly

This "Eco-Friendly Word Search" by Sammy Rounds of Notre Dame School earned the fifth-grader a second place award in 5-6 grade division of the puzzles and games category in The Reporter's Campus Star student journalism competition. Sammy is a fifth-grader in Mrs. Kealy's classroom at Notre Dame School in Vacaville.