



Titan Times

DUDLEY MIDDLE SCHOOL

FEBRUARY 2021

Grade 7 ELA Students

LOCAL CELEBRITIES

UP AND COMING MUSIC ARTIST: LIAM COLEMAN

By: Olivia Whitehurst

I bet you didn't know that we have a rising music artist right here in the DCRSD community, did you? Liam Coleman recently traveled to Nashville, Tennessee to record his first



EP, (an EP is a small set of recorded music, but not enough for a whole album). What's even more exciting is

that you can catch a glimpse of Coleman right up the hill! Liam Coleman is a twelfth grade, 17 year old, student at Shepherd Hill who is an up and coming country music artist. He had a lot of advice, and experiences to share, and I luckily had the opportunity to interview Coleman a few weeks ago.

Our session began with Coleman explaining how he got to where he is today in his music career. He started taking drum lessons when he was six and taught himself how to play guitar at 10. He performed in the 6th grade talent show and then performed again in the 8th grade talent show. He started to play in small settings at open mic nights, and then started to be asked to play at events like banquets and fundraisers. He wrote his first song as a freshman in high school, released his first song in

March of 2019, and then his EP was recorded in Nashville in the Summer of 2020. His favorite song he has written is an unreleased one, yet to be named.

Coleman writes country music. When I asked him about his music, he said he always connected with country music when he was little, and that it was his favorite type of music. He likes to listen to all types of music, but country music is what he connects with the most. Whether he is sad or happy, he always feels a connection with country music.

At the conclusion of our interview, I asked him if he had any personal words for his readers and fans. He shared, "You're going to hear 'no' a lot, but just keep moving forward no matter what anyone says" he also said to "wake up every morning ready to face your challenges and keep your head down and keep working hard".

Coleman's music is peaceful to listen to, and easy to connect with. You should give him a follow on instagram and see what he is all about! I want to personally thank Liam for taking the time to sit down and talk with me. Good luck with your music career, I can't wait to see how far this will go for you! I also want to thank Miss Mulcahy for helping to set up this interview.

TEACHER SPOTLIGHT: MRS. MIGS

By: Brendan Burns

I interviewed Mrs. Migs for the teacher spotlight. The first question I asked was what is her favorite thing to teach. Her favorite thing to teach is

American History because she loves learning about or past and where we came from. Mrs. Migs does an incentive in her room called Learn It To Earn It. I asked her what is the most Learn it Earn it points a class has ever gotten. A class has gotten 1,000 before and also Mr. Bugar was a part of that class! Furthermore,



I asked Mrs. Migs what is her favorite book she reads in 5th Grade and her answer was *Mrs. Frisby and the Rats of Nimh* by Robert C. O'Brien. Another of her favorites is *Pink and Say* by Patricia Polacco.

Lastly, I asked her what was the best thing she learned when studying to become a teacher. Her reply was differentiated learning because she loves helping kids learn better.

Next I asked Mrs. Migs about some of her dislikes. First, I asked her what her least favorite thing to teach would be and she said gym. Furthermore, I asked her what the most difficult thing to learn in school was and she said the most difficult thing to learn was writing the learning objective using a specific template.

If you ever had Mrs. Migs as a teacher, she wants you to remember: "Once a Migs Kid always a Migs Kid."

STUDENT SPOTLIGHT: MARYE GAFFNEY

By: Felicity Durando



Eighth grader Marye Gaffney was the lucky winner drawn to be the subject of our Student Spotlight. She was entered into this lottery because she completed the December Titan Times Scavenger Hunt Challenge.

Recently I had the opportunity to interview this star student, Marye Gaffney. Marye was excited and happy when she found out she was the star student. Her favorite subject is ELA, and she hopes to keep her grades up above 80% for the remainder of the year. At the end of every online school day Marye likes to watch television to wind down. It was interesting to learn about someone new. One of my favorite subjects is also ELA. Thank you Marye!

If you would like the chance to be the subject of our next Titan Times Student Spotlight, please complete the Scavenger Hunt in your email!

LOCAL ACTIVIST: ABIGAIL COOPER

By: Joseph Cooper



I interviewed a 16 year old young woman called Abigail Cooper. Abigail attends Shepherd Hill Regional High School.

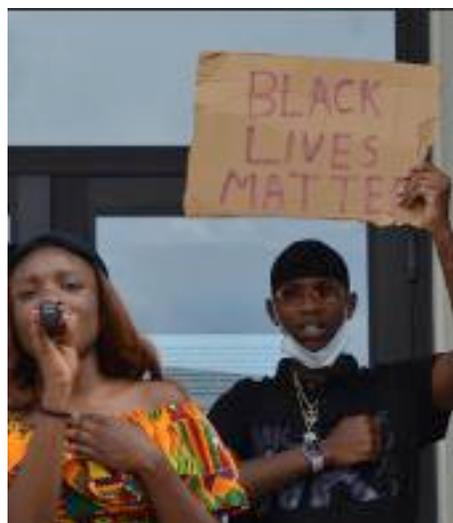
Last summer, Abigail Cooper started a protest in

Webster, Massachusetts for the Black Lives Matter movement. You might think to yourself "how can a 16 year old do this?" Well it was actually easier than she thought. She first called the Selectmen of Webster hoping for a reply. When she did get a reply, she set up a meeting with the Webster police to ask permission to do the protest for the Black Lives Matter movement. Her brother Benjamin drove her to the meeting



along with someone else who had the same idea Abigail had. When they arrived there they talked and finally the Webster police agreed to host a protest.

When they got approved to do the protest they had to get materials like masks, microphones, speakers and obviously a place to hold this protest. Once they got all their materials that they needed it was time for event. At the protest she was talking about freedom, fairness, and treating everybody the same. After she was done talking, she laid down on the ground for the loss of George Floyd and soon after that everybody joined her on the ground for eight minutes and 46 seconds. Abigail spoke about how we need to protect our Black men, women, and children. All the people at the protest marched for the Black community as well. To end the protest, her brother Ben read poetry to the crowd and then Abigail sang Lean On Me. That is the story of how a young 16 year old girl spread her message about how she really felt.



DMS NEWS

THE NEW DMS BOOK CLUB

By: Cheyanne Mitchell

Have you ever wondered what the book club is all about? I interviewed Mrs. Herrick about the book club to see if I could get some answers. I asked



questions like: what made you think of the book club, who runs it, and how many kids are in it. Based on the information she gave me I can answer some of those questions. According to Mrs. Herrick, it was actually CeCe Donahue in 5th grade who came up with the idea! Mr. Star then reached out to the ELA teachers to ask if they would run it. Mrs. Bonner and Mrs. Herrick responded back that they were more than happy to run it! The whole point of the book club is to get people into reading and for book lovers to get together with other book lovers to have conversations that aren't academically driven. In my opinion it is a fantastic idea! It is also brand new and just starting this year! Right now there are only about 12 students! They are still welcoming more with open arms. Right now they are reading *Keepers of the Lost Cities* by Shannon Messenger. It's about a 12 year old girl who is a telepath who is forced to leave her once "normal" life behind to start a new life. It sounds pretty interesting to me! In the book club they read high interest books then talk about them. They are hoping to read about 2-3 books this year, but next year I know that they will go over that goal! The book club sounds pretty interesting, right!? If you love books and

are willing to make some new friends, I would suggest taking a look at the book club!

DMS Sports

By: Megan Flynn & Sonia Ganski

COVID-19 was declared a pandemic in March 2020 by the World Health Organization. In a dizzying, 24-hour span from Wednesday evening to Thursday evening, the NBA, the ATP Tour, Major League Soccer, the NHL, Major League Baseball, the WTA, the NCAA and the PGA Tour were suspended, delayed or outright canceled the remainder of their seasons. On Friday morning, the Masters and Boston Marathon were postponed too. On March 13, 2020, school was closed. Quarantine started and no one could leave their house. Athletes weren't able to workout or play because of the virus. This affected student athletes because most kids don't have the right equipment at home to practice their sport.

Online school started in September. Going back in person school started on October 16 here at DMS. Unfortunately there are no sports or activities being played at our school. The lack of sports affected many of the students because they began to lose exercise and motivation. We sent out a survey to the DMS students and a few of the DMS sports coaches asking if the lack of sports affected them and if so how? Every coach said that it has affected them because they miss coaching and seeing our student body compete. Most of the kids said they too were affected because they weren't able to do the sports that they loved doing, and weren't able to compete with their

friends. Other kids said it affected them because they didn't get the right amount of exercise, and the amount of social media time they were encountering was unhealthy. Some kids also said that their sport made them very happy and that their team was like their second family and after not being able to do all of that they lost exercise and were not as happy.

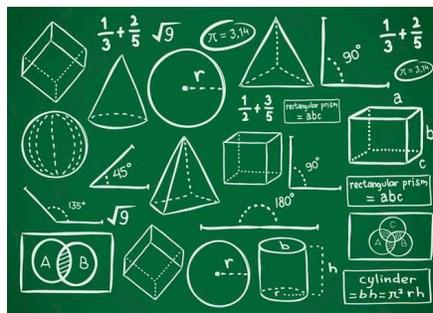


In conclusion the lack of team DMS sports affected many of the students here at DMS in different ways. It mainly affected students by them losing exercise, losing motivation, and not being able to socialize. We hope that things will be normal again soon and that students will be able to play their favorite sports once again.

BE A MATH-LETE ON THE MATH TEAM

By: Connor Sanchez Small

I interviewed Mr. Manske about the Math Team and asked him a few questions about this year and previous years. The Math Team has 23 students this year. The Math Team is run by Mr. Manske this year, but Ms. Julian has also helped in previous years. The Math Team competes against other Math Teams across the country. They take five tests between the months of November and March; top six scores from each team count towards the team total for that test. The Math Team began about 4 years ago. Usually 7th



and 8th grade would be in the math team, but due to COVID-19 all grades can be involved. Mr. Manske thought of the Math Team because he enjoyed the Math Team when he was in school. Since Shepherd Hill has a math team as well, a team at DMS seemed like a good idea. This year has the most number of students. Two years ago there were 9 participants and last year there were 20 participants. Last year they were able to take a STEM trip to WPI in Worcester. If this was a normal year they would do it again but due to covid restrictions they couldn't go. The goal of the Math Team is to have fun doing math. You do not need an A in math to join the DMS Math Team, so give it a try!

DMS BOYS VS. DMS GIRLS VIDEO GAMES

By: Sebastian Moniz & Chase Zazcek

Did you ever wonder if boys play more video games than girls? This debate came up in class recently and the boys strongly all agreed that boys play way more video games than girls. Some girls argued that they played just as much. Some boys even went so far as to say that NO girls play video games. Some girls in class stated that they had never played a video game, but then we had some others that said they played all the time. This made us curious and we wanted to find out answers.

After analyzing the results of a DMS school wide survey it was clear that girls do in fact play video games.



Female responses showed that girls do in fact play video games. The next question was for how long? This is where the real difference was. The average time that girls said they played a day was 2 hours. Boys on the other hand said they played for an average of 5 hours a day! This led us to many more questions, such as which games do girls typically play and which games do boys lean towards? Do other girls play video games with one another? Or do they prefer to play on their own? Finally we really want to know who is better at video games? Girls or boys? Although we don't have those answers yet we are looking

forward to doing more research in this area. So for those of you wondering, girls at DMS are in fact gamers, but they do not play as long as the boys at DMS typically do.

STUDENT COUNCIL HAS PLANS FOR YOU!

By: Sarah Starczewski



Have you ever wondered who plans all the school dances and events? It's the student council of course. This is all the information you need to know about the student council.

Many of the events at Dudley Middle School are planned and set up by the student council. The student council plans events throughout the whole school year. Some events the student council puts on are the spirit weeks and school dances. This year, the student council is even putting on virtual fun nights. The student council also runs the school store. This year Mr. Bugan has joined Mrs. Ide in running the student council. Not so long ago the student council held elections for the officers of the student council. The officers also help run the meetings. The positions are President, Vice President, Treasurer, Secretary, and Public Relations. The people that got elected were Maggie Montville as President, Haylee Phommala as Vice President, Tommy Ide as Treasurer, Iris Lathrop as Secretary, and Emily Walker as the Public Relations officer. Student council members are known to be wonderful role models in the school. They are also

expected to go to every meeting unless they inform Mr. Bugar or Mrs. Ide that they will not be able to attend. All student council members that want to stay in the student council must maintain passing grades in all classes. There are over 50 kids in the student council this year. The student council helps out the school so much. They help handle concessions during certain events as well as planning the events. So if you want to join the student council just contact Mrs. Ide or Mr. Bugar.

DMS- FORTNITE OR CALL OF DUTY?

By: Juan Castaneda Moreno

So every gamer that plays Fortnite or Call of duty knows that there's always been a conflict about which game is better. I made a survey and asked what they liked and disliked about each game.

Let's start with Fortnite, many people play this game and many don't but what is it that they like and what they don't like? Let's start with what the 7th graders like about this game. Many people like the skins and the game modes you can play (creative). Also that you can play with friends and it's free, another popular answer was that in the game you can build. Not many games can do that.



Now let's move on to Call of Duty, many people said that they like how it's based on real life and very real, and it's a 1st person shooting. Another thing many people said was cool was the Zombies game mode and the story all the 24 games of Call of Duty have.

Now let's Move on to the bad stuff that people don't like about those games. Let's go back to Fortnite, many people don't like the community, they said they are very toxic and bad. Another big complaint was that it updates all the time. One answer I really liked was one student that said "People are overly competitive, ruining the game that people want to enjoy". Which is true because many people are ruining the game and taking it like it's very serious. One thing that got me interested was that many people didn't like the building, so half and half like and don't like the building.

Now we're back to Call of Duty, someone said that the lobby was confusing, I mean it is because it can get confusing but after you learn to use it you'll be fine. Many people want many guns to be nerfed (less powerful) like the krig 6 and the type 63. Another thing that people don't like is the lag and the glitches the game has.

I asked people to tell me why they think there's a conflict between both games. Many people say that both games are trying to be better than each other and that Fortnite stole many things from Call of Duty. Another group of people said that both games are good. Some people thought that Fortnite was just a bad game, and that

Call of Duty was better. I also asked people what game they would play the most, and Call of Duty was the game that most of the 7th grade kids would play. The last question I asked was which game was more toxic and many people chose Fortnite and many chose Call of Duty, it was half and half.

In conclusion many people thought Fortnite is the worst game but that doesn't matter, what matters is

that if you love a game you play, just play the game and don't stress out about it. The DMS population was really torn on which game is the best which shows that it's really just about what you enjoy playing.

SCHOOL SCREEN TIME & NORMAL SCREEN TIME: ARE THEY THE SAME?

By: Marcelina Sikorski



Have you ever wondered about school screen time and think "It's the same as normal screen time?" Me too so I decided to look into this more. Read more to find out!!

So I made a google form and sent it out to my neighbors, and parents' friends. There was a wide variety of responses. Remember this is all just opinions and you should make your own informed decisions when it comes to screen time. The question asked was "Do you think school screen time is just another word for normal screen time"? One response was "Yes I think school screen time is the same because you stare at a screen just like normal screen time". Another response was "No school screen time helps you with school and your education". Another opinion was "Yes it's just a fancier word for normal screen time". As I mentioned there is

WORLD NEWS

no right or wrong answer, but my survey showed that more people believed screen time was the same.

Of course I also did some online research as well. These websites helped me understand what screen time does to you. Screen time of any

kind has an alarming effect on the brain.

Furthermore screen time also leaves kids feeling more vulnerable than ever.

Also if

children have more than 7 hours of screen time then their brain can start to thin. Here is something a scientist by the name of Tarren Sanders said "Overall, I'm not too concerned about the additional screen time kids are having". There was one clear answer when doing my research even experts said there wasn't a difference between normal and school screen time. To sum it all up it's all opinions there's no right or wrong answer with this. Everyone had a differing opinion on screen time. Research does show you should limit screen time as much as possible. This means if you have a lot of screen time for remote learning you should cut back on other forms of screen time.

Facts from sciencenewsforstudents.org



IMPACT ON STUDENTS DURING COVID 19

By: Heidi Ebbeling & Nicolina Holland

COVID has impacted a lot of people, especially students. Here are some ways COVID has impacted the student body. Remote learning has made a huge impact

on everyone.

When schools first went remote it was a very hard transition and to this day people are still having a hard time. Students participation levels have been dropping, they aren't showing up to google meets/zoom calls when they are supposed to be and teachers don't have control over this. Students are also getting distracted by their electronic devices. Along with getting distracted students to have no motivation to do school work.

The mental health of students has been getting really bad since remote learning/COVID started. Some of this is caused by stress, trauma, anxiety, and depression. The cases of these have been going up. A lot of students don't have enough structure and support especially if their parents work, and there is also a lack of communication with students and teachers. Teachers are having difficulties sending out materials and students aren't receiving them.

All students are different, some students want to go back to school and some want to stay full remote. In a New York Times article that we read we found "If you had told me a few months ago that I would be praying to go to school, I would've laughed and called you crazy, but I would do anything to go back to my school," Hannah from Nashville said." This is an example of how students want to go back to school. There are students that are having trouble doing their work on time and with ADHD and dyslexia it makes it even worse.

Based on what we have read in three articles about how COVID-19 has impacted the student body in multiple ways we have learned every student has a different opinion on this. We also learned that every student has different situations that they are in. Finally we learned that COVID-19 has mostly had a terrible impact on students.

Facts from reachinghighernh.org, childmind.org, nytimes.com



CHINESE NEW YEAR

By: Cortney Boudreau

DID YOU KNOW... that there is no set date for this holiday? This festival can still last until the following full moon. What other holidays have no set date that you know of?

Underneath the beautiful sun, people

WORLD NEWS

celebrate Chinese New Year, or might even be called Lunar New Year if the dates of celebration follow the phases of the moon. People welcome Spring and the planting and harvesting that it brings along! It is also a day to pray to their gods.

Also, traditionally Chinese New Year lasted from the last day of the Chinese calendar to the 15th day of the first month, cool right! To be more specific, the exact date of Chinese New Year changes every year because it originated in 2600 B.C! At that time people used the lunar calendar. Even years later some people still follow that lunar calendar tradition.

In conclusion, the traditional Chinese New Year is the most loved holiday celebrated not just in China but also in Korea, Japan, Vietnam, Singapore, Malaysia, Thailand, Indonesia, Mauritius and the Philippines etc. The date for Chinese New Year for this year, 2021, is Friday, February 12th! Happy Chinese New year everyone!

THE TWO COVID VACCINES

By: Bella Meschke & Makenna O'Connor

Scientists have developed two different Covid-19 vaccinations in the past few months. One being the Moderna vaccine, and the other is the Pfizer-BioNTech vaccine.. We are going to tell you some facts about each of them, including the types of shots, age requirement, side effects, what it contains, where the shot will be put, etc.

Pfizer-BioNTech vaccine: This

type of vaccine is called mRNA. You must be 16 years or older to get this vaccine. It is a shot in the muscle of your upper arm. You get the first shot, and 3 weeks later, your second one. Then, you're done! You may feel side effects such as pain, redness, or swelling in the arm of the shot. Or, you may experience headaches, tiredness, or chills throughout the rest of your body. These effects will start approximately two days after being vaccinated if at all. Lastly, scientists can reassure you that there are NOT any eggs, latex, or preservatives in this vaccine. Anyone with allergies to components in this vaccine is recommended NOT get it.

Moderna vaccine: You all may have been wondering what is the Moderna vaccine? Well, it is known for helping stop the spread of Covid-19 and helping the cases go down.

What scientists think (and, or, hope) is that it'll help the world by stopping the spread of Covid. The covid vaccine is controversial because some people do not believe in it. There's no proof that it's 100% safe, therefore some people are hesitant to get it. Some important information about the Moderna vaccine is you are required to be 18 years or older to get the vaccine. The vaccine is heard to be 94.1% effective. Lastly, the shot is given in the muscle of the upper arm like the *Influenza* vaccine. In conclusion there are 2 Covid vaccines, the Moderna, and the Pfizer-BioNTech. Moderna is a shot in the upper arm that you must be 18 years old or older to get. It is

confirmed by scientists that there are no eggs, latex, or preservatives. As for the Pfizer-BioNTech vaccine, you must be 16 years old or older to get it. It's a shot in the muscle of your upper arm, and there are 2 shots total.

That is all our information about the Moderna and the Pfizer-BioNTech vaccines. We hope it helped educate you and reassure you. Thank you for reading!

Facts from www.fda.gov, www.bbc.com, www.webmd.com



ARTS & CULTURE

MASKING PERSONALITY

*An original poem
By: Riley Ritchie*

The mask you wear
Our eyes repel
Underneath you may be not the best
Wake up to get dressed
Forever to be stressed

We hide our lies
Our sinful sides
With a false face that covers our eyes

The mask resembles a cage
You can fill it with rage
Never to be open
Possibly to be broken
Only to be unspoken

The mask you wear
Has made you unaware
Wearing this mask may not be perfect
Nor what I desire
But im in a place
Where I feel higher

The mask you wear
You must take care
Wear it too much
Your true face may tear

Remember,
It is okay to take off the mask
Though it is a painful task
Weather you choose this path or not
It is up to you to extend the plot
Your not alone in this fight
Just know everything will be alright

RELAX & PAINT

By: Hannah Germain

Painting is an easy way to lower your stress; or just paint to make something that you like. If you have ever painted before, you should know how easy it is and that you don't need it to be perfect. You can also listen to music, and that can give you inspiration to paint whatever you can think of. Another thing that is like painting, but a little more complicated, is drawing with pencil and paper. When drawing it is harder because you want it to look perfect. When you color your drawings you can't go over it with another color if you mess up.

One of my favorite things to draw/paint is a mushroom because it is easy to me. If you practice drawing or keep painting/drawing the same thing it will get easier as you keep practicing. The way I draw mushrooms is I start with the bottom and then I draw the top shape just by moving my pencil in a weird way. Then I draw circles or polka dots on the top.

If you want to relax, give art a try!



Original artwork by team 7-2 student Kyle Velez

KYOMI IN THE MAZE

*An Original Short Story by:
Kendall Ey*

I woke up in what looked to be a hedge maze. I tried my best to find my way out, but all I could find was weird doors with symbols. I tried my best to look above the hedge but I couldn't see anything. I was hopping up and down like a rabbit. I decided I should go through a door, but which one? I saw a door with three bowls, my mind wandered. I didn't have the right idea so I just walked through. When I walked all the way through, the door sealed with what it looked to be pixie dust. I saw that I had ended up in a forest. I started walking and found a cottage.

I got tired from all the walking, I knocked on the door. No one answered. I knocked again, no answer. I decided to walk in maybe find some help from someone. There were bowls of porridge on the table, I came to a realization. I was in a fairy tale, Goldylocks and the three bears to be exact. I wasn't hungry, just tired I guess. I knew that the beds were upstairs so I went to bed. But before I could sleep, I

remembered the bears would be home as soon as I woke up! I ran out of there from the upstairs window, I saw the door! I ran through

When I went through I saw that the hedge had opened up and there was a path with a horse. I rode the horse down the path. The horse's hooves went *clippity clop*. It was a very long path and I couldn't see the end. Once I did get to the end I saw a sign. The sign said "There are 5 biomes each bigger than the last, you must find these 5 items each smaller than the last. If you don't find all 5 items without being caught by anything, you restart in the maze with no memory of doing anything. Good luck." The first biome was a pink candy biome and I had to find a jolly rancher lollipop. The biome was as pink as bubblegum. I was trying to be careful not to be caught by anything since I don't know what lives in this area. A gnome started chasing me down, it pushed me to the ground and I fell asleep. TO BE CONTINUED

THE BEST EDITING SOFTWARES

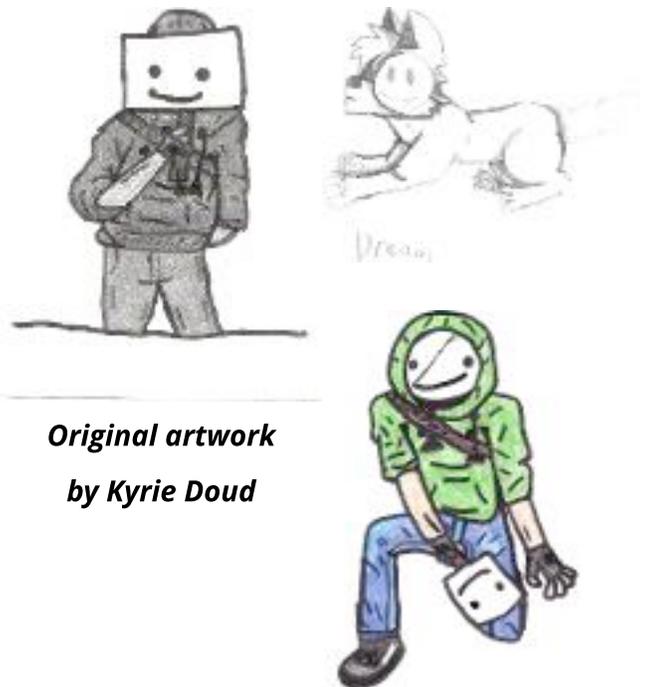
By: Abishi Jean Louis

If you're interested in editing then this article will help you the best. As long as you are using a computer or laptop at least because this article will not include mobile apps. Hopefully this can help you choose which software you would like to use. We are going to start off the best one overall but most complicated.

The best but most complicated software is adobe after effects by the same adobe company which made photoshop. The app is very good with lots of amazing features such as 3D modeling, cinema 4D to create fake realist objects or things, and trapcode. No matter what type of editing you do such as youtube editing, meme edits, or just edits of things or people this software is good with all. Although it might not be as good as youtube editing for other softwares because it was made to make big features on small videos so it would be better to use this entertainment on social media or something else like that. After effects also known as Ae is also really smooth, has good color correction and filtering, and has good graphing. This software although good is very complicated and hard to learn especially if you're new to editing so if you have no editing experience then I wouldn't recommend this.

Finally we have Sony Vegas Pro 16, although not as good it is still very decent and good for new editors.

Although it still needs some pc editing experience to know how to use it, maybe start a couple weeks of Filmora 9 and then use this. This software has lots of effects and different features and smooth trimming and color correction. It is also good with shakes and other effects. This software is also better for long period videos than after effects. Sony Vegas Pro has tons of versions from 4-20 but I recommend 16 because it's a lot less laggy and smoother to use with less crashing depending on what type of PC you're using. Sony vegas can also be known as SVP or SVP 16 for this case. Video editing might help you build up your talent and career so don't give up on it because it's difficult or your bad. That's it for today and I hope this article was able to help you.



**Original artwork
by Kyrie Doud**

PERSONAL FAVORITE BANDS

By: Avery McLaughlin & Riley Kistner

There are a ton of different bands out there. Whether you like pop, rap, alternative, or even hip hop. Here are some of our favorite rock bands. You may have heard of some you maybe haven't.

Some of our favorite rock bands and some songs we like by them are, Marilyn Manson - The Beautiful People, My Chemical Romance - Party at the end of the world, The Creepshow - Run for your Life, The

White Stripes - Seven Nation Army, Nine Inch Nails - The Beginning of the End, The Beatles - Here Comes the Sun, Blink-182 - Quarantine, The Smashing Pumpkins - Cupid De Locke, Paramore - Ignorance, Misfits - Teenagers of Mars, Green Day - Boulevard of Broken Dream, Dead Kennedys - California Uber Alles, The Offspring - The kids aren't alright, and last but not least, Nirvana - Drain You.

These bands all have unique assets to them. They all have their own style and that's what makes them who they are. All these bands are amazing and you should go and listen to them (listen to the songs we recommended)!

barre, and a big enough space in which I can dance in. As I take my classes I have to remember to work hard, and try and stay in frame.

Although I am sometimes able to be in the studio it still isn't the same. We must stay in our 6 by 6 boxes marked with red tape on the floor and we have to be constantly sanitising and mask wearing. Usually just as things get back to normal we end up back on Zoom and I end up back in the basement. And I am aware that this seems to be a whole lot of complaints but I am truly grateful to still be given the opportunity to continue to dance and do what I love.

A DAY IN THE LIFE: DANCING IN A PANDEMIC

By: *Alexa Zannotti*



"BEEP BEEP BEEP" goes the alarm clock telling me to get ready or dance. It is 3:15 p.m and I need to get ready for dance at 4. Usually I would be going in person to the studios but because of Covid-19 I am at home in the basement. As I stumble out of bed to put on my leotard and tights I make sure my computer is charging and that all my shoes are downstairs.

With dancing at home comes negativity as well as positivity. On the negative side I often feel put down and as though I should give up. I soon realize that even though I could slack off and not work to the best of my ability, that I can use this remote time to work on my technique and the things that I want to improve on and make better. Once I finish getting ready I head to the basement to move all the furniture and set up my computer. With this virtual class comes the need of equipment. I am lucky enough to have already had most of the things I need to take class like a



Original artwork by Maya Arambula Cortez

SPORTS

ALL ABOUT WATERSKIING

**By: Madison Blake, Alyssa Forbes,
& Angelina Tracey**



Have you ever wondered what water skiing is about? Water skiing is about having great balance, control, and most importantly focus. Water skiing is a water sport where a skier gets pulled by a motorboat. The skier has to hold on to a rope with a bar-like handle that is attached to the

boat, lean backwards a little, and keep their skis in front of them or else they will get pulled out of the skis. The skis are made from many materials such as wood, aluminum, and fiberglass. There are all different types of water skiing you can try like jumping, tricks, ballet, and slalom. I, Alyssa, am a slalom skier which means I will eventually compete in different tournaments. There are 900 different tournaments that are run in the US for beginners all the way to the best of the best water skiers. The International Water Ski Federation (IWSF) sponsors a world cup that attracts professional Water Skiers to compete. Water skiing is a very popular sport. I started water skiing when I was just six years old and at nine years old I was already on one ski cutting across the wake. Water skiing is very easy once you get the hang of it. A lot of people think water skiing is just something to do for fun, but that's not it at all. Water skiing is a sport that takes a lot of strength, skill, and commitment. Water skiing can be done by more than two people at the same time.

Some think water skiing is not a sport at all. We think it is! Learning how to ski is one skill, but learning how to go off a jump, spin backwards, and climb up on top of people are other difficult skills some skiers master. If the skier falls at such speeds, the force of the impact into the

water can cause significant injury. Strength and conditioning exercises for water skiing are directed to both physical performance and the reduction of injuries. Water skiing is one of the extreme water sports played on the surface of water. This is a sport in our opinions because it takes lots of time and effort to get the skills correct and do them safely.

Advanced skiers like me, Madison, can perform ballet, which is on a ski with no back. Swivel is the same thing just spinning. Another example is doing pyramids. Water skiing is a hard skill that takes a lot of time and effort. These are all reasons why water skiing is a sport.

Facts from encyclopedia.com

SUPERBOWL 2020

By: Elias Vega & Jordan Taiste

Super Bowl LV took place on February 7, 2020. As you guessed this year's Super Bowl looked very different from any other one. Here's a look at this year's Super Bowl and covid restrictions. So the Tampa Bay Buccaneers and the Kansas City Chiefs faced off in the Super Bowl this year. The teams had to take covid safety precautions. For example when they were playing they did not need to wear masks but right as they got on the sidelines they had to put on their masks. That is a rule they were all familiar with since it has been a rule since day one of the NFL during covid.

The Super Bowl was still broadcast nationwide even though most social members were not there. The game was broadcast in 180 countries and in many different languages. In case you didn't notice there were "fake fans" mixed in with real life fans. The NFL made 30,000 cardboard cut outs to fill the empty seats and make the stadium look more full. These cardboard fans also helped to maintain social distancing. Another exciting fact is that we saw the first ever women referee of the super bowl.

There was also a performance by Amanda Gorman was the first ever poet to perform at a Super Bowl. Eric Church and Jazmine



Sullivan sang the national anthem which was a nice mix of two different musical genres. Although the super bowl looked different this year there were some traditions that remained the same. For example there was a halftime show. This year The Weeknd performed during half time. You were probably familiar with their hit "Blinding Lights". The NFL must have worked tirelessly to put on a Covid safe superbowl, and it sent a nice sense of normalcy to people around the world.

Facts from insider.com

GRETZKY: THE GREAT ONE

By: Aiden Grigware



"Gretzky goes up the ice- it is just him and the goalie- he shoots- and he scores! Overtime winner! That is what you usually hear when you have Gretzky out on the ice. Wayne Douglas Gretzky is his full name; "the great one" was his nickname. Wayne Douglas Gretzky is the best hockey player of all time. Wayne Douglas Gretzky is my favorite hockey player to ever live.

He started skating at age 2 and by

the age of 6 was regularly playing with older boys. At the age of 9 he was already called the next hockey messiah. Wayne Douglas Gretzky was born January 26, 1961. He is 59 years old today. He entered the NHL at the age of 20. That was impressive in 1978. He retired at the age of 38 in the year 1999.

Wayne Douglas Gretzky broke a lot of records. Wayne Gretzky holds or shares 61 records listed in the League's Official Guide and Record Book. Fourty for the regular season, 15 for the Stanley Cup playoff, and six for the All-Star Game. Wayne Douglas Gretzky scored 894 goals in his whole career. He got 163 assists in 1 season that is impressive.

Wayne Douglas Gretzky was captain for every team he played for except the Rangers. Wayne Douglas Gretzky got over 200 points in one season. He first wore the best number 99 when he was 16 years old. He wanted to wear number 9 but his coach and teammates said why not 99? He went with it and made it famous. That is why I think Wanye Douglas Gretzky is the greatest hockey player of all time.

EQUESTRIAN SHOW JUMPING

By: Nadia Dziobak

Imagine trying to control a 2,000 pound animal who has no intentions of spooking at a jump. That's what equestrian show jumpers have to deal with. What is equestrian show jumping, you ask? Equestrian Show Jumping, or open jumping, is when a rider and a horse must complete a course in a certain amount of time. The jumps in the arena can either be small or large, depending on the event. Did you know that Germany has the most show jumping titles? They have 5 individual titles and 8 team titles.

Everybody must have already heard of the "Olympics". The Olympics is an international sports festival, most commonly held every 4 years. Show Jumping was first introduced back in the 18th century when fox hunters introduced fencing laws. Britain hasn't won an individual medal at the Olympics in 48 years. Can you believe that? Anyways, to wrap it up, Show Jumping is a kind of equestrian sport that is popular in countries like the United Kingdom, United States, and Australia

Facts from worldofshowjumping.com

KING JAMES

By: Andrew Fasolo



One of the best players to ever touch a basketball is LeBron James. Growing up was hard for him; his family struggled very badly but his parents kept him in sports. While still a toddler, older boys taught LeBron James his first basketball moves under a hoop made of a milk crate.

When LeBron was a little kid we wanted a tattoo so badly. When LeBron went to high school he got a tattoo that went across his back that said "CHOSEN 1." By then, he was just a high school junior. When LeBron James had the tough discussion with his parents if he wanted to play basketball or football. LeBron chose basketball and went right into the NBA.

James is commonly labeled "the greatest basketball player of all-time." This has led him to be

compared to Michael Jordan. A lot of people think that LeBron is better than Micheal Jordan. During fourth grade, LeBron and his mother moved houses around six times. James was worn out by the constant movement between houses which made him miss around 100 school days. His family was poor and his father was in jail. LeBron did not have a father figure in the house so he did everything he could to help his mom. His friends were very supportive.

During his high school days, LeBron James was crowned "King James" by a local newspaper. Since then, "King James" has been LeBron's nickname. LeBron said that "his high school coach will always have a place in his heart. He was like a father to me." As of 2020, the active NBA player with the most career points is LeBron James. He holds third place on the all-time list after Kareem-Abdul Jabbar and Karl Malone. He became the first cavalier to receive this award. He also became the third player in NBA history to average at least 5 assists, 5 rebounds, and 20 points per game as a rookie. As you can see LeBron James (aka King James) is a great basketball player.

Facts from latimes.com

THE HISTORY OF LACROSSE

By: Connor Kelley

Many people don't know much about lacrosse, especially the history of Lacrosse. Lacrosse was created in 1100 A.D. by Native Americans. Over many years Lacrosse has expanded greatly. In fact Lacrosse is known for being one of the fastest growing sports.

The Algonquian tribe was the first tribe to play Lacrosse, then later on many other tribes began playing as well. Originally Lacrosse was created to be a sport that toughened up warriors.

Lacrosse also was used for religious reasons. Lacrosse has had many names through the years including stick ball, its original name, La Crosse came from Canadian Lacrosse players, and the medicine game given by Native Americans.

In 1630 lacrosse was first seen by Europeans. Later on Lacrosse began to interest Canadians. In 1856 A Canadian dentist Dr. William George Beers founded the Montreal Lacrosse Club. After a decade later he created new rules for Lacrosse including less players, a rubber

ball, and a redesigned stick.

By 1860 lacrosse had become Canada's National sport. In 1867 Queen Victoria watched a lacrosse game being played and she said "The game is very pretty to watch" In conclusion Lacrosse has a lot of history throughout many years and it continues to gain more history everyday and it will continue to grow and become a well known sport.

Facts from worldlacrossesport.com, threevillage lacrosse.com, thompsonbrotherslacrosse.com

CHANGES BEING MADE TO PLAY YOUTH BASKETBALL

By: Ava Hanson

Many schools have recently made changes to youth sports to accommodate CDC Covid-19 safety guidelines allowing students to participate in sports again. Many fall and winter sports had to postpone their seasons and some even had to cancel. One sport that was affected by the Covid-19 pandemic was youth Basketball. While this is the most popular indoor sport, leagues have made tweaks to the sport to allow students to play.



I was able to interview IAABO (International Association of Approved Basketball Officials) former president and NCAA Basketball Referee Kevin Lecuyer who referees both women's college, as well as girls and boys high school basketball, about the changes. "Many of the same rules still apply to basketball and we only had to alter a few to get kids back out on

the court safely and to stay within the CDC guidelines. High schools have switched to an electric whistle to keep germs out of the air while college games are using a new mask which allows us to still use a regular whistle." Kevin Lecuyer continued, "Out of bounds balls that were brought into play from the baseline are now inbounded from the sideline. It helps to prevent a lot of commotion around the ball - minimizing the potential spread of germs from player to player. Schools are only allowing in players, coaches and referees and are requiring rapid testing on all once inside the building. Parents and fans

are not allowed in to watch, and while it changes the dynamic of the game, I am happy to back out on the court with the players and coaches.”

Several of the other changes made include:

- Free Throws - free throws are made without players surrounding the shooter on the first of two shots
- Home Team must have a minimum of 4 game balls, a new ball must be used in each $\frac{1}{4}$
- No Jump Balls - Referees are now using a coin flip and the Visiting Team must call heads/tails
- No Half Time - Half time is now limited to a 2 minute time period
- No more tugging or pushing for a loose ball on the floor
- No hands on players
- Referees must tell players to wear their masks over their nose and mouth. If players/coaches are not cooperating, they will be removed from the game
- Referees have the ability to refuse to ref if there is an individual player/coach there without a mask on even if they have a signed note from a doctor

Even though restrictions have been made to Basketball, the restrictions have allowed children and students at the high school and college level to play again. Even though the basketball season is much shorter than it has ever been before and might look a little different, students are back playing and enjoying a sport we all love.

COVID HAS IMPACTED SPORTS AND THE WORLD GREATLY

By: Christian Joubert

Now you may be wondering to yourself, how has covid affected the world, along with sports. I'm here to answer that today.

I will now talk about my personal favorite discussion, the sports and covid relationship. This has been a gruesome year for sports fans, little hockey, some basketball, football just starting up, etc. What I'm trying to say is Covid has impacted Sports heavily. For example, 2020 was supposed to be peak performance for athletes, bringing in big money, but unfortunately some people's careers were jeopardized. WNBA athletes have made barely any money because they can't bring in an audience, as well as limited money from sponsors and other dealerships for sports. Another fact is, Many major events have been delayed. An article states, The postponement of the Olympic and Paralympic games represents a significant career disruption. It potentially involves a loss of identity, motivation and meaning” (Henriksen et al., 2020, p. 1). This goes to show how gut wrenching this can be for athletes, other events are the Soccer Championships, and the Tennis

tournament. My last fact is that many athletes have faced depression, anxiety, and other terrible conditions. Some have even lost the faith to play. This is terrible because these people have devoted their lives to making it to professional sports, and they give up because they can't play. I have statistics to prove this,



Download from
Dreamstime.com

Image
Free for licensed Dreamstime.com

“Furthermore, many athletes reported feeling depressed (52%) and have struggled to keep themselves motivated to exercise (55%). Also only about 50% of athletes felt comfortable returning to sports.” Therefore, this shows the absolute terrible things going on in the sports world as of now.

During soccer games, one of the safest sports right now, many activities can cause covid. The consistent bumping into one another, breathing at each other, and even kicking around the same ball can be so dangerous. “There were 90 minutes of game, and about 19 minutes were close contact/ risky behaviour. Some would play without masks.” This shows how it could

potentially spread the virus. My second fact explores how this behavior is shown in sports. For example, "52 episodes of infectious/ risky behavior is performed." Therefore, although sports are fun to play and to watch, it is safer that we don't engage in these activities so often. My last fact is, professional sports have had to remove crowds from the games because this was causing cases to blow up to higher numbers than before. This causes less money for athletes, and others in this industry.

In conclusion, playing sports or playing with your friends is wonderful, but remember to wear a mask, and stay safe because covid is serious and it has affected us greatly. Not only in the world, but also in sports.

TOM BRADY

By: Trenten Lorenzen



Tom Brady is a very well known football player. A lot of people call him the best quarterback of all time, and some hate him. Tom Brady was born on Aug 03, 1977, in San Mateo California. He has 3 sisters and he is the youngest of all of them.

Brady excelled at both football and baseball in highschool. Brady passed up a chance to play professional baseball to go to the University of Michigan. Then he decided to go to Michigan. Tom Brady at the 199th pick in the sixth round by the New England Patriots; Brady has gone on to win 3 NFL MVP awards, a record 5 Super Bowl titles and 4 Super Bowl MVPs.

Tom Brady has a 230-69 regular season NFL record as a starting quarterback. His record in 20 seasons with the New England Patriots was 219-64, and in one season with the Tampa Bay Buccaneers he has 11 wins and 5 losses. Tom Brady has a career playoff record of 32-11 as a starting quarterback. That includes 30 wins and 11 losses with the Patriots, as well as 2 wins with the Buccaneers. Over his NFL career, Tom Brady has made

299 starts and completed 6,778 of his 10,598 pass attempts (64.0% completion rate) for 79,204 yards with 581 touchdowns and 191 interceptions.

After this past Sunday's Super Bowl, Tom Brady has made 10 Super Bowl appearances in his career. He's had 7 Super Bowl wins and 3 Super Bowl losses. Tom Brady is the NFL's all-time passing touchdown leader with 581. He also holds the record for most career NFL Playoff passing yards and NFL Playoff passing touchdowns. Tom Brady has \$261,791,804 in career earnings over his 21 NFL seasons. He made \$235,166,804 of that career earnings total in his 20 seasons with the Patriots. Brady stands to make another \$27,375,000 if he plays in 2021. And why wouldn't he?!

BASKETBALL PLAYERS: COLLEGE OR CASH?

By: Daniel Sarkodee

Have you ever wondered why college basketball players are going pro before finishing college? First is because more players are going overseas and getting paid immediately after high school. Lamelo Ball did this because he's making money off his signature shoe. Since he took money, he couldn't play in the NCAA. These are the NCAA's rules about money: 1. if a player received prize money they are not eligible; 2. they can't have signed a contract with or get money from a product. Lamelo, who made money overseas, had a salary of \$140,000, and now he is starting to make even more money in the NBA.

Second, top players are starting to go to the NBA G-League (they just made this minor league starting last year) to make money straight out of high school and to have a better chance to make the NBA. In the G-League they are playing way better talent than in college. Top player Jalen Green is making \$500,000 by just skipping college and going to the G-League team. Soon more players are going to start taking notice and taking the pro route straight out of high school.

Lastly, the NCAA is



strict about their rules. Sharife Cooper couldn't play because the Auburn Tigers were paying players to play for them (but Sharife wasn't paid). While he was under investigation, Sharife was thinking of going overseas to play and make money. If he was to get caught he would be suspended the whole season and would bring down his draft stock.

In conclusion, players are playing better people while making money. That's why I think players are starting to take the pro route.

TUBING IS THE BEST SUMMER FUN

By: Michael Lulu



Tubing is a fun sport for the summer. I love tubing; I can't stop asking my dad all summer to go out. You need a boat, a tube, a tubing rope, and a life jacket to stay safe. I like to go really fast. It's great exercise too. Also it's good for spending time with family and friends. It's a good family activity.

There are a few tips to not fall while tubing. You can hold on really tight or don't go really fast. Tandem tubing riders (2 people tubing at once) are safer lying next to each other on their stomachs than sitting upright.

Tubing is great for all ages. It's a fun outdoor sport.

CHANGES ARE COMING FOR THE PATRIOTS

By: Paige Warner

I believe we can all conclude that the Patriots didn't have such a great season this year. The Patriots will definitely be making tons of changes for the upcoming seasons; but what will they be?



D.Hightower, P.Chung, B.Bolden, M.LaCosse, M.Cannon, M.Lee, D.Vitale, and N.Toran are all great players that had opted out for the 2020 season. These players' returns could boost the team greatly. Bolden has hinted at returning but some players may be nearing the age of retirement. As of today no opt outs have announced to the public of their return, but hopefully we will see some on the field for the 2021 season.

There are quite a few veterans left on the Patriots, but will any return to Foxborough? Devin McCourty is a veteran that is likely to return and has expressed that. On the other hand, veterans such as M.Slater and J.Edelman may be ready to retire and are expected to retire before the next season. Although some veterans have been very loyal to the Patriots, there could be some trading amongst them. Julian Edelman and Stephon Gilmore are great players, but the Patriots may consider trading them for younger and new talent to join the team. As we all know, Tom Brady, the Patriots quarterback for 20 seasons, has moved on with his career with the Buccaneers. The Patriots made a big decision to sign Cam Newton, former Carolina Panthers quarterback for one season. However who will be their quarterback for the next couple seasons? Some quarterbacks that could be the Patriots quarterback for the 2021 season are Alex Smith, Joe Flacco, or Cam Newton. Who do you think will be the starting quarterback for the 2021 season? *Facts from patriots.com & nbc sports.com*

OPINION

THE GOOD IN THE WORLD

By: Lily Connole

The News around the world is crazy especially during these times. It tells you what to think and believe but most of the time all you see is how cruel the world is when in reality there many kind acts in the world too!

There is so much good in this world people don't see. In my opinion we need to stop focusing on how the world is an awful place and start focusing on how so many people do so many kind acts a day. They can be as simple as holding the door open for someone or as complicated as donating to a charity. You never know what someones going through so just a kind gesture can make someone day. You don't need to have loads of money to make a kind gesture. Volunteering in a soup kitchen, nursing home, or really anywhere works great too! In reality just being a nice person can brighten anyone's day even yours! Being kind to people makes them want to be kind to others which starts a chain reaction!

Being kind can make everyone's day. Remember not everything you see on T.V is true and

most new channels focus on the bad. Just be kind!

I VOTE "YES" FOR MASKS

By: Brianna Jankowski

As you know, we are stuck wearing masks for a while because of the Coronavirus. But if you had a choice, would you still wear the mask or not? In my personal opinion, I think you should choose to keep them on.

The whole entire world is wearing masks right now, but why? The reason is, even if you are in a low risk state, there are still people who could get very sick. For example, if you are over 60 years of age, you should be wearing a mask because you are high risk. By wearing

the mask, you are helping yourself and others. You are helping others because when wearing the mask; you are already reducing the spread of the virus. Even if you don't feel sick or think you don't need one, wearing a mask is just generally good for your hygiene; wearing one may reduce your chance of getting a simple cold! I believe people wear their masks to not only stay healthy, but to be able to go out again without a mask faster.

Even though there are a lot of good reasons to wear a mask, there are also reasons to not wear one too. For instance, people with breathing problems, like asthma, often have a hard time breathing under a mask,

so they shouldn't need to. Also, if you are unconscious or need help taking off your mask, you shouldn't wear one. Little kids, under the age of 2, shouldn't wear a mask because they don't know any better than to take it off. On certain occasions, seeing close family, talking to someone outside, etc, I don't think it's 100% necessary to wear a mask. There are many reasons why you should and shouldn't wear a mask. But whatever your opinion is, make sure to stay safe and be responsible.

SATISFACTORY IS THE BEST GAME EVER MADE

By: Travis Pytko

Why is Satisfactory the best game I have ever played? First you can start off with a "normal" base or you can make your base however you desire (i'd rather choose the second one in my opinion). If you decide you want to play with friends, well this is the game for you. Satisfactory is the one game where you can build anything anywhere. Satisfactory is an open world adventure game where you can go to different biomes and discover wildlife and other types of ores.

There are some ores where you need to travel a long distance to find but there's a tool to find where and how far the selected ore is. One of my favorite youtubers plays this game. His channel name is "lets game it out". His channel is based off of him playing games how they're not



supposed to be. Satisfactory is a game where you can also break the frame rate by building too much in a small area or by placing too much dynamite on an animal's body (that's what lets the game do it out did). Another thing is that if you want to build different things you need to unlock tiers by giving them to your home base that you need to place down after you load in. You can either build by hand or automate it by crafting mines, conveyor belts, constructors, manufactures, ect. Another thing you need to worry about is power and health. The way you get power is by biomass or coal factories.

You need to watch out for health by fall damage and radiation poisoning. You get radiation poisoning by standing near uranium ore, electro magnetic rods, or nuclear waste. Storage is something that you also need to worry about because where is everything going to go because it can't stay on the conveyor belts forever. Would you ever play satisfactory if you could?

RISING STANDARDS

By: Lyllian Brazaeu

Have you ever seen a plus size victoria secret model? Or one with stretch marks or cellulite? I know I haven't. Everything we see on social media is flawless and society's perception of perfection. The beauty standards are growing bigger and more unreachable daily. Even just scrolling through instagram you start comparing what's on the screen to what's in the mirror. The current standard praises small noses, sharp jawlines, flawless skin, small waists, and big butts. Things like being bigger, stretch marks, hip dips, and cellulite is shunned and shamed. The word fat is even used negatively as an insult but Skinny is used to praise

and compliment. Even if you have what the standards want you're still ridiculed. Being called things like plastic, fake, or even an attention seeker.

This standard affects all ages. A NEDA article titled "Body Image and Eating Disorders" states that 40-60% of elementary school aged girls are Concerned about their weight. These are children who should be worried about playing house and making friends. It's disgusting that we've let it reach them. If you were teased about flaws in your appearance (particularly your size or weight) as a child or teenager, your body image may have become permanently disturbed.

Why are women so much more self-critical than men? Because women are judged on their appearance more than men, and standards of female beauty are considerably higher and more inflexible. These standards should be demolished and all bodies should be praised. These standards lead to self



harm, bullying, depression, eds, and more. There the root of toxicity. Young girls shouldn't have to waste their time worrying about their bodies. We should just be able to

have fun and be care free. The fact some girls lose that childhood freedom so early is horrible. Remember you are gorgeous and loved.

Facts from nationaleatingdisorders.org

CAMPING VS. HOTEL

By: Isabella Mello



Camping vs. Hotel, there are so many differences between the two and I'm here to share why I feel one is so much better than the other. When planning a vacation a lot of families choose convenience over having to pack more. However, there is a huge difference between camping and a hotel especially for us kids and it's not just the price (yes hotels are way more expensive than campgrounds) A hotel is super convenient, you pack a suitcase with the least amount of items you need to bring. You drive to your location, check in and go to your room. Now that you're in your room, what is there to do? You're at a hotel, most hotels only offer a pool area, can a pool really entertain you for days? I know you're more than likely at a hotel where there are lots of things to do in the area, but once those attractions are closed for the day what is there to do once you arrive back? When you arrive back is the restaurant the hotel offers open for dinner yet? Are the pool areas still

because of all the things around them. Students in school however have become very quiet. Some classes are dead silent all day. Online students also say that assignments are harder because they can get side-tracked and then not do the assignment. Therefore turning it in late because of it. Students are now spending a lot more time on devices for school which could also affect them negatively. All the computer or phone time they spend for school can keep them awake at night, looking at videos and many other things, keeping them up at night. Parents want to reduce the time they spend on devices since they are already on it enough in school.

Now let's talk about in-school learning. Yes, some



students still go back to school, but there are some rules for it. You must wear a mask at all times and avoid contact with others. That's why the desks are spread apart. I know this because I was an in-school student, but switched to remote learning/online learning. Classes are very quiet in the morning. Classes are also shorter than normal. Some schools still have full classes, but some may not. Students are still learning as much as students are in online school. For my personal opinion, I'd rather go back to school than online school. I say this because I feel like I work better in-person because I won't get distracted as much and will work better with the given time period.

ENVIRONMENTAL

OIL DRILLING IN THE ARCTIC

By: Madison Ermlick

A lot of us have seen movies, shows, or pictures about the Arctic, but most don't tell you about how it's in danger. It's in danger in a lot of ways because of air pollution, ocean pollution, and climate change. But there's another thing endangering the Arctic; oil drilling.

Around December 2020, the Trump Administration set a date to start off oil drilling on January 6th, 2021 before Biden's term.

However, now that Biden is president, he is going to temporarily stop oil and gas drilling in the Arctic. There are many people concerned about the Arctic, the animals living there, and the habitats of the animals. There's a National Arctic Wildlife Refuge that is trying to help and there are many petitions. Many people including popular influencers on social media like Tik-Tok and others encouraged people to sign the petitions. With all the people saying to sign them, they have gotten over 1 million people to sign.

You may be wondering how oil drilling is so bad. Well here's why: Oil drilling can disturb land and marine ecosystems. Using techniques to explore for oil underneath the ocean floor will harm and disturb fish and marine life. It could affect the climate really badly, harming the polar bears and their ice. And many other arctic and marine animals living there.

Oil drilling in the Arctic is not a good idea, and that is just a few of the reasons why oil drilling is bad for the arctic. (Information found from [greenpeace.org](https://www.greenpeace.org), [nrdc.org](https://www.nrdc.org), [axios.org](https://www.axios.org), [npr.org](https://www.npr.org))

THE DEPTHS OF THE OCEAN

By: Julian Marquez

The depths of the ocean can be a fascinating place. There is so much more that we haven't explored yet. The ocean is one of the most unexplored places on

earth.

The deepest part of the ocean is the Marianas Trench. There have only been three people to reach the bottom of the trench. The deepest part of the Marianas Trench is 36,200 feet deep. That's taller than the tallest building in the world! The name of the deepest part of the

Marianas Trench is called the Challenger's Deep.

Only certain creatures can live in the deep depths. Some of those animals are the angler fish, xenophyophores, amphipods and small sea cucumbers; these are the most common fish. Only these fish have adapted enough to survive in this environment. These fish have created their own light form and they don't need sunlight to survive. Angler

fish have a tiny bulb of light on the front of their face that they use for light and to hunt other fish.

Many other fish like the Angler fish have different ways they have adapted to this environment. There are some fish that are translucent or like the goblin shark, where the mouth extends forwards to help catch prey. There is also the vampire squid that has netting from tentacle to tentacle. These features help these animals survive in the deepest parts of the ocean. Over 80% of our oceans are unexplored or un-mapped.

HOW THE ARCTIC IS DOING WITH GLOBAL WARMING

By: Avery Montigny

Lately global warming has been worse than ever, especially to the poor Arctic. The Arctic you knew and loved is starting to melt and leaving the animals homeless. Sea ice is already in a new climate and in the past years, sea level has risen 4-8 inches. In the past 30 years people have seen some of the Arctic melting but never like this before. Nowhere is more obvious about climate change than the Arctic. The animals are struggling to survive and find a home, food, and a place to rest. Ice-dependent species such as narwhals, polar



bears, and walruses are increasing in risk.

The Arctic acts like a refrigerator to the rest of the world. Sea ice is involved with this process,

you see the sea ice is already melting but in the summer it is going to melt a lot faster. When the ice melts the world won't be as cold as it used to be which can cause many



problems. Permafrost is one example of a problem because when permafrost thaws, plants and animals that were frozen begin to decay. When they decay toxins are released back into the atmosphere which causes further warming.

A lot of wildlife is being affected by this as well. As the sea ice continues to melt, Arctic animals are at risk. Polar bears and Arctic foxes need the ice to hunt, The seals need the ice for raising their young, and walruses use sea ice as a resting and hunting platform. This proves that these animals need the Arctic to survive and without it they are slowly becoming endangered.

How can we help? Some things that could help a lot is if we speak up more about this, stop polluting, and start using reusable bags. Here is a link to help save the Arctic from oil and gas drilling. Please visit protectthearctic.org to sign the petition!

ANIMAL POPULATIONS ARE IN TROUBLE

By: Hayley Phommala

Are you an animal lover of all types? If you are, did you know that the populations of our beloved animals have decreased almost 70% in 50 years and most of the declines are caused by us humans?

In a variety of articles, they have stated that humans have created many disruptions to our surrounding wildlife environment and to the animals living in them. As an example, an article from CBS News written by Sophie Lewis states that the land we have used for agriculture is responsible for 80% of global deforestation and 70% of freshwater use. Although, due to us using so much land it requires a food system that releases 29% of global greenhouse gases into the atmosphere. Moreover, the same news article from CBS News written by Sophie Lewis also claims that due to the destruction of wildlife ecosystems it has caused 1 million species of animals, plants, and insects to be threatened with extinction. Lastly,



another article written by Earth Talk on ThoughtCo has stated that global warming causes an extreme weather surge that creates heat waves, forest fires, and droughts to form forcing animals to either move to a new habitat or attempt to survive under the new circumstances which is known to be extremely difficult for them.

Although we have caused many disruptions to our surrounding wildlife, we can still attempt to protect the wildlife environment and animals from any further damages. An article written by Amber Pariona on the World Atlas website says that we can protect wildlife and the animals living in wildlife environments by reducing, reusing, and recycling products.

To conclude, we can't take back the damages made to wildlife but we can still make an attempt to save many animal species from population decline. *Facts from www.cbsnews.com; www.worldatlas.com; www.thoughtco.com*

POLLUTION EVERYWHERE

By: Gabriel Ferreira

While television can be educational, we should look out for pollution, because if we don't stop pollution the earth is going to turn into a bad

place. The sea has so much trash in it that animals are dying because of this human behavior. Animals are struggling to live, so if we don't stop

this, then humans will be the next ones to struggle.

Air pollution is the most dangerous type of pollution killing an estimation of 7 million deaths every year. The deaths are linked to ambient air pollution; death is from heart disease, stroke, and chronic obstructive pulmonary disease. Air pollution is destroying our earth by the minute



because of the power plants. The power plants and other things like cars are causing global warming. Global warming is destroying the world causing hotter summers and causing the Arctic to melt, and this is causing sea levels to rise. This is a huge problem and this is why we should do something about this and make this stop before it gets worse in the future.

Ocean pollution is another very bad type of pollution. What ocean pollution is when people pour loads of trash and oil into the sea harming the ecosystem and the sea creatures. There have been many cases of animals stuck in pieces of garbage or being harmed by ocean pollution; that is very bad to hear. This is harming basically everything in the world and we should change, and quickly. In conclusion, we should make a change in this world to try and stop pollution before it gets even worse than it is now.

WILDFIRES

By: Molly Grant

Wildfires take place all over the world. Most of them are deadly and very destructive.

Some wildfires can get so harsh that people need to evacuate their homes. Not just people are getting affected, animals are too.

Right off the bat, wildfires are well known because tons of them happen. Wildfires can be caused by lighting strikes and even human activities. NSW Rural Fire Service reported that 11,264 bush or grass fires burnt 5.4 million hectares! Don't you think that's crazy? They also stated that the fires destroyed 2,439 homes. As you can see, wildfires are very dangerous.

These fires aren't just hurting humans. There are many animals that live in Australia and California, where lots of wildfires happen. They're hurting animals that live there. These animals lose their homes and families due to the fires. Don't you think that's wrong? The animals can't get warned to evacuate, so some unfortunately die. In some places there's animals rescue communities for the animals that got saved and brought there.

Even though many of us don't know when a fire is starting, we can still prevent it from happening. Tons of people smoke cigarettes, which leads them to throw them on the dry ground. Other people start fireworks near woods. Maybe they should do that in a clear area with no woods nearby. When people go camping they have fires. Some of those fires are unintended. Always be careful of your surroundings and pay attention to the little things.



GAMING & ENTERTAINMENT

WHAT IS DREAM SMP?

By: Mikayla MacDonald



What is the Dream SMP? Well not really a popular question. But if you ever wanted to know here's the right place! This will contain casual spoilers, but not heavy ones. So be warned!

The Dream SMP is a survival multiplayer game where they roleplay and have a storyline for the world. It might sound weird but they actually are very great at acting and writing for it! What they do really impresses me, and if you try to watch it, it might impress you too! How do you watch it? Well, they stream it! On twitch usually, but some people do stream on Youtube. So if you don't have access to twitch there you go! If you miss the streams? They have VODS! Which they post on their streams on Youtube.

Now, onto somewhat of a disclaimer. These are not characters that are based on how they act in real life! These are characters they built based off of the script. Take Dream's character for an example, he's shown to be a toxic, and manipulative person. Which is not at all how he acts out of roleplay. These characters are to build plot, so please respect that! Please stop cancelling the youtubers just for a roleplay.

The Dream SMP has some real life assets to it, though shown

more in a cruel way. Take the elections for example, they killed a teenager just to prove themselves. There's also a lot of manipulation in the system, like combining votes for example, and exiling is overused to be honest.

What streamers can I watch to catch up on lore? The channels I recommend are, Ranboo, Tommy, Technoblade, Quackity, and Tubbo. They all play pretty big parts, so you'll get the most lore out of that!

The Dream SMP is not a regular everyday average minecraft server, it's a private and whitelisted server, which means you can only join via code. Though, the only way you can probably join is being a known streamer- or if Dream thinks it's a good idea to invite you. The SMP started with streamers messing around with the world, then people started joining and Bam it started to build itself up. By the way, the official date that the SMP was made May 25th 2020.

And, that's basically the Dream SMP with not too many spoilers! Hope it encouraged you to at least get into it. Thanks for reading! *'down with the revolution boys, it was never meant to be.'* - eret 2020.

YouTube vs. TWITCH vs. TIK TOK

By: Jacob Lambert & Desmond Laskowski

As of 2020-2021, these three web platforms have been competing in users.

Each of them had their own ups and downs. COVID has impacted them in several ways with users and creator numbers skyrocketing with people flocking to it from boredom a lot more than usual.

In the U.S., this is what these platforms get for users monthly: Twitch has 3 million users, Tik Tok has 100 million users, Youtube has 2 billion users. In an effort to cure peoples' and their own boredom, people started creating channels/accounts on all of these websites. The reason Twitch has so little viewers is because they are live, so you can't spend time making it and most people don't want to stream everyday.

The reason Youtube and Tik Tok are doing better than Twitch is because they can post instead of live streaming only. You can spend time making your videos and editing them to your and your viewers likings. With Twitch you have to make your stream a certain type which limits you.

That was comparing users for Tik Tok, Youtube, and Twitch. Those were the reasons each platform might win in user count. Thank you for reading and make sure to download/check out all of those platforms. It is free and you can delete it if you change your mind.



ECHO ARENA

By: William King

If you have a vr headset then you need to download echo arena now!

It was made in July of 2017 and is free to play. The game was amde by the company Ready at dawn.

Echo Arena is a fun game to play online with friends or make new friends. Wether you want to have a laugh with your friends in the lobby or get competitive in some online matches this game is truly wonderful. And the graphics are amazing.

In the game you are a robot on a team of 4 trying to fly through an arena, grab a disc, and throw it into the opposing teams goal. You fly by using jets on your hand that you use by using the b and a buttons on the controllers. You can thrust forward when you push down on the left joystick. When you score you will get 2 or 3 points depending on the distance.If you hold down on the trigger for your hand your hand will emit a glow allowing you to stun someone if you hit them in the face.A way you can block these is by guarding where you hold down both triggers and hold them to your head and now when someone tries to punch you they will be stunned instead. There is also a lobby where you can do stun training, goal training, defense training, or mess around with friends. The game features proximity chat but if you do not want to talk you can mute yourself or mute other people. There are also pro and semi pro teams. My friend is on a semi pro team called the Underrated rookies. Before going into a lobby you can change the lobby that you go into. The three lobbies are Normal,mature, and esports teams. Playground is for everyone,Mature is not for older people but instead for people who want their lobbies to be quieter, and esports is for people on semi pro and pro teams.

Depending on the headset you use, the lobby has a combat system as well.Some of the top pro teams include Jokr, Spaghetti, and Kangorillaz. Places you can purchase echo arena include the oculus store or steam. Echo arena also has another game called Lone Echo which is a single player story game although unlike Echo it costs money to play and is not online.

I hope to see some classmates on echo.



ALL ABOUT ROCKET LEAGUE

By: Chase Vangel

Have you ever wanted to play Rocket League? Tune in for how all the pro players and the community is! First, we will start off by talking about the pro scene and how Rocket League originated! To start it off the RLCS which stands for Rocket League Championship Series is what all of the pro players compete in,and this is held in different places all around the world,now keep in mind that this tournament is only for the best of the best and you have to put



thousands of hours into this game, so these pro players deserve to be there after how long they have played for! Most pros have been playing Rocket League since 2015 which means 6 years! Believe it or not there was actually a game before Rocket League called SARPBC which stood for a game called Supersonic Acrobatic Rocket Powered Battle Cars, which was PS3 exclusive and came out in 2008 only the really dedicated players were playing this! They had to wait 7 long years update after update on Rocket League's release date! When it finally happened nobody ever looked back and to this day nobody has!

Now we will go onto the pro scene! To start it off there are 18 teams in total that are good enough to qualify for RLCS and those teams consist of 7 teams from North America, 2 teams from South America, 7 teams from Europe, and 2 teams from Australia! They compete in a group stage in 2 groups with 6 teams getting eliminated from the tournament and 12 teams moving on! Then based on how they did in the group stage they get a seed from 1 - 12, then they do the top 6 in one bracket and the other 6 in the other bracket, then 3 teams remain from each bracket! Then, there is another group stage where the bottom 2 teams get eliminated! So, the top 4 teams in the world battle it out with the number 1 seed playing the number 4 seed and the number 2 seed playing the number 3 seed! After all of this it is the Championship game! These players have come so far, but who will prevail? After they battle it out in a best of 7 series whoever wins that is crowned the Champions Of Rocket League!

I also play Rocket League and wish to be in the RLCS one day, I have been playing for about 2 and a half years now and I am in the top 13% of the player base which has over 2 million people in it, so you could say I'm pretty good but nowhere near the best. I have been only playing Rocket League trying to climb the ranks and practicing daily, so I am on a grind. Besides that I also like to play the game with my friends and play competitive games with friends.

The aftermath of the RLCS everytime is different and is amazing to watch! With a goal scored by a well known Rocket League player Justin scoring what is considered the greatest goal in Rocket League History! In 2018 the RLCS World Championship it was game 7, the teams battled it out with Dignitas a European team and NRG a North American Team the clock hit 0 seconds and in Rocket League the ball has to hit the ground at 0 seconds for the game to end, and I'll let you watch the rest because it is amazing! <https://youtu.be/KNG7r1n6jk8>. That's all about Pro Rocket League and where it originated from! I hope I was able to give you some knowledge about Rocket League!

THE FAMOUS D'AMELIOS

By: *Emily Walker*



Are you a fan of the Tik Tok stars Charli and Dixie D'amelio? They have become quite famous during 2021. Lots of people know who they are and watch their tik tok videos all the time. They go viral after about 5 seconds. Here is more information on how they became famous.

Let's start with Charli! Charli is the youngest child. Until recently, the D'amelios lived in Connecticut. At first they were just the average high schoolers. One day, when the bell rang, Charli created her first video. The next day she woke up to 17 million followers! She gains about 5 million followers a week due to her dancing skills. So how exactly did Charli get famous? Why do so many people follow her? The answer is, nobody really knows. She just made one video that led to very well known content on social media.

Now for Dixie! People say that Charli and Dixie are very similar. Some may think they're twins. The truth behind this is they're not twins. Dixie is 18 and Charli is 16. People also think that they have the same personality but they don't. Dixie even said so herself in an interview. Even though they are famous doesn't mean they can't do the things an average person does. They do everything just about the same as before fame.

The D'amelios now live in Los Angeles. They have a 5,500 square foot house. They also spend lots of time in the Hype House which is also in Los Angeles. My family and our friends want to be famous. Do you want to be famous someday? I know I do!

WHY VIDEO GAMES ARE GOOD FOR YOU

By: Nash Zimmer

Did you know that videogames can be good for you? There are good effects that come from video games. Now, I am not saying that you should play video games all day. They still have negative effects too.

Video games can help with a lot, for instance studies have shown that video games can help people see better, learn more quickly, develop greater mental focus, become more spatially aware, estimate more accurately, and multitask more effectively. Video games can cause people to be more helpful and sharing. Video games can also improve your vision when driving or walking at night.

Video games help exercise the brain in many different ways. Studies have shown that playing video games could help improve the quality of life for the disabled and mentally ill. Scientists in Germany have found that playing video games increases your grey matter (the size of your brain). Studies have shown playing video games for as little as 30 minutes a day can improve your life.

Scientists believe that super fast paced video games help improve your hand-eye coordination. Video games can also help with your real world problem solving, for instance Minecraft teaches kids how to use objects, explore environments and solve problems. Video games can also exercise the body, for instance Just Dance and *Wii Fit* both help exercise the body.

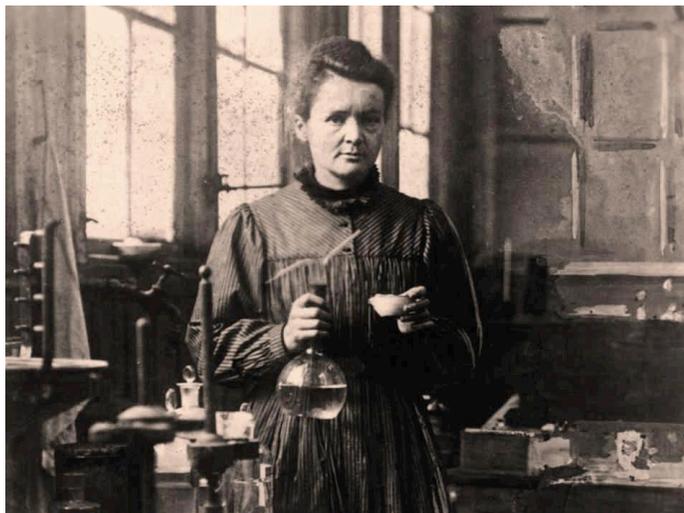
Even though video games are good for you, you still shouldn't play them for more than 1-2 hours a day.



SPECIAL INTERESTS

MARIE CURIE: A VISIONARY

By: Natalie Megas



Marie Curie was born on November 7th, 1867 in Warsaw, Poland. As a child, she was one of the smartest of her siblings, and her parents, which both teachers, encouraged her to work hard and learn as much as she could.

As a child, she studied in regular school that all genders were allowed to attend. But that wasn't enough for Marie- she wanted to learn more, and be just like her father and study the sciences. Sadly, she couldn't go to higher education in Poland, and needed to continue somewhere else. She became a governess and went through many harsh years working as one, and finally went to Paris to work on her higher education.

Later on, she married Pierre Curie and they began to work together, and she discovered the elements polonium and radium. The discoveries won her two Nobel Prizes. Sadly, her husband later died in a carriage accident. She continued her research and founded her own Radium Institute and directed her own lab. Later in her life, she died from anemia caused by her constant exposure to radiation.

Marie Curie led a life of the sciences, leading what her family wanted to. She was one of the first women to win a Nobel Prize, and is now one of the most famous scientists in history from her discoveries in science.

Facts from nobelprize.org

WHAT'S A PREPPER?

By: Sierra McCloud

Do you know any preppers or know what a prepper is? Well with all the things that are going on in the world today and things that could happen in the future it's a good idea to start being a prepper. If you don't know what one is or what they do I can explain all that for you.

Before you start prepping whether you are experienced or not is to figure out what you are prepping for. You can prep for multiple different scenarios. Being a prepper means you prepare for anything that could happen or something that could be going on at the moment. In this case lots of peppers these days are prepping for COVID 19 because this is causing lots of stores to run out of food and other things. So preppers won't run into any issues involving not enough food, water, supplies.

Now that you know what being a prepper means and I can tell you what prepping means. Prepping means being prepared for any scenario and also having survival skills. Some of these survival skills could be: Home security, Family Safety, food security, water storage, sustainable power, to things such as travel, Finance, self-defense, and everything else too. There are 5 levels of preparedness. These include: Temporary setbacks, weather & recession and injuries, disaster / collapse, shtf. However, if you have not covered the basics in prepping like having first-aid kits and flash lights there is no way you can start for really bad worse case scenarios.

Lots of people who are not in the prepper community have seen preppers as overly paranoid people but as the COVID 19 continues to spread people are stocking up on foods, medicines, and cleaning supplies just like preppers.



These items are selling out. That's why preppers buy everything beforehand. It's a good idea to start being a prepper.

SIZING UP YOUR HORSE

By: Sally Tinsley



Do you know there is a certain weight you have to be to ride certain horses? You have to be 15-20% of the horse's body weight including the tack. If you are too heavy the horse can become uncomfortable. This can also lead to long term damage.

If you try to get on the horse and the horse knows that you are too big, then it might try to buck you off. Sometimes the horse will show signs of discomfort but not try to get you off. If you know you are too big but you still want to ride that horse because you love it, don't get on. If you love the horse you wouldn't want to hurt it.

I had my own experience with this. There is this horse at my barn, Lovenote, a 16 year old Morgan Mare. She is also a Bay with a star. A bay is a brown horse that fades into black when it gets down to their legs. A star is a marking on the horse's head.

I can't ride Lovenote anymore. I am too big for her. I am riding a different horse now and her name is Ginger.

That's what happens when being too big for a horse. —

That is also my little story from my own experience.

USING MYSTICAL PENDULUMS

By: Kat Knight

Want to learn how to know if you answered a question right or not? If so, you're in the right place! A pendulum can be used for answering yes and no questions like "Is Lizzie's favorite color blue?" It will answer yes or no.

If you want to use your Pendulum you're going to need to bond with it for 2 days to a week. You can do this by sleeping with it under your pillow or using it as a necklace. Once you have bonded with your pendulum you will need to cleanse it. You can do this by rinsing it in water, lighting incense and circling the pendulum with it for a few minutes, or you can just circle any type of smoke around it. This makes it so it doesn't have everyone else's energy from it being in the store. You will only need to cleanse the pendulum for the first time using it or if you haven't used it in a while. After you have cleansed it, you can figure out what it's yes and no is. Ask your pendulum "Show me yes" Or "What is yes" And do the same with no. But don't worry if it doesn't respond... it takes a week or two to get your pendulum used to you. A pendulum's yes could be swinging forwards and backwards or side to side, or it can be the opposite. It's yes or no cause also be a counter clockwise circle or a clockwise circle.

Now that you are done setting up your pendulum you can start using it! Ready your mind. Free yourself of internal and external noise. Clear the worries out of your mind and do not multitask.

To help your pendulum out you can use crystals or candles by putting them near you. Now you can start asking it yes or no questions! I hope this helped you, Goodluck!

