



2023 Turkey-Syria Earthquake

By: Ayah Mallah

Emerging from the Gaziantep Province of Turkey on the 6th of February and extending to Syria, the Kahramanmaras earthquake has taken approximately 40,000 lives within the evanescent span of one week. In the span of three days, the earthquake has taken over 21,000 lives, severely injured 69,000 people and displaced over 315,000 individuals. Such statistics have nearly doubled within the span of four days and are projected to continue doing so as the Kahramanmaras earthquake makes its final attacks in the two nations.

In comparison to the thousands of earthquakes that have been recorded in both Turkey and Syria, the Kahramanmaras earthquake is currently regarded as the most impactful — attacking citizens at a 7.8 magnitude. According to the United States Geological Survey (USGS), “Monday’s quake is believed to be the strongest to hit Turkey since 1939, when an earthquake of the same magnitude killed 30,000 people...Seven quakes with magnitude 7.0 or greater have struck Turkey in the past 25 years — but Monday’s is the most powerful”.

Following such life-threatening circumstances, thousands of families around both Turkey and Syria had gathered in cold rain — attempting to find a sense of comfort by utilizing scrap materials. According to Okke Bouwman, a representative at *Save the Children*, “There were children huddled around fires to try and stay warm, and a lot of people sleeping in their cars — entire families.”

Amidst the earthquake, Turkish and Syrian rescue organizations have made extensive efforts to protect their citizens. Nonetheless, the Syrian Civil Defense revealed, “...it is almost impossible to find people alive.”

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Russia and Ukraine Updates

By: Darrian Cascioli

The invasion of Russia in Ukraine is coming close to the one-year mark. Ukrainian officials are saying that Putin is preparing for another attack. Yuriy Sak noted that Ukraine would not back down from Russia until they are defeated.

This will be difficult for Ukraine to defend as Putin has formed 500,000 troops for this upcoming attack. The Ukrainian service members have started digging trenches and are trying to prepare themselves. They believe that the Russian soldiers are going to attack from the east first, then from the south.

A few months ago, Russia had an embarrassing loss and had to retreat back from the Dnipro River. Now, they are on the east side of the river waiting to attack. Although all of this is going down, the city of Belarus is remaining calm. There are some stores that have opened and people are walking their dogs around. They said it is unlikely that Russia will attack there again.

There are places willing to help Ukraine fight back. NATO has offered weapons and other resources to Ukraine. They will only support them if they use it in defensive capacity. They don't want them to be deployed against targets on Russian territory. This is an ongoing war that will still continue to get worse.



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UK Workers' Strike

By: Tosin Adebayo

During the month of February, numerous educators, public health workers, and civil laborers have gone, or plan to go, on strike. Many of these worker strikes take place in England. These strikes are a result of pay disputes between the workers and their employers.

Nurses and EMS workers have expressed their frustration with the lack of support in their fields of work recently. The COVID-19 pandemic has had lasting effects on the healthcare system. Many hospitals remained over capacity, even after the pandemic, which led to a shortage of workers available to care for the constant flow of patients.

Those in the UK are concerned that they will not be able to receive urgent care if the public health workers remain on strike. Fortunately, healthcare workers still plan on serving those in need.

Educators have also gone on strike. This is estimated to affect 85% of schools in England and Wales. Around 70,000 members of the University and College Union have also decided to go on strike. This has led to a major disruption in the education of thousands of people in the UK. Firefighters plan to go on strike as well.

The public workers' main cause for these walkouts is the growing concern about economic inflation. People across the world are beginning to worry about how much the cost of living has skyrocketed in the last year.

In response to these union strikes, the UK's government has rushed to pass what the public deems as an “anti-strike” bill through the parliament.



Pictures courtesy of Google

Chinese Spy Balloon

By: Zackery Stackhouse

Recently, a Chinese spy balloon has been spotted drifting across the United States. NATO Secretary General Jens Stoltenberg said on Wednesday, “The balloon over the United States confirms a pattern of Chinese behavior where we see that China has invested heavily in new capabilities, including different types of surveillance and intelligence platforms.” We are now more aware of China's intelligence and new technology.

China says the balloon was not a war balloon but a “weather balloon.” Authorities say that it may have been armed with bombs, and it was later tested that the balloon could launch hypersonic weapons.

The balloon was shot down on February 4th and traveled halfway across the state before the United States even thought about what to do. When the balloon was shot down, China retaliated by saying they will be able to take force to America since they took force with the “weather balloon.” Within hours of the balloon being shot down, United States defense secretary, Lloyd Austin, called a special hotline to have a general-general talk and try to ease tension with China. However, the call was not answered. Only time will tell what will happen between the two countries.



Pictures courtesy of *Google*

Atmospheric River Causes Bomb Cyclone

By: Holly Eichlin

The atmospheric river is a narrow corridor filament of concentrated moisture in the atmosphere. These carry water vapor through the sky and different regions of the world. Due to a sudden drop in atmospheric pressure in the atmospheric river, a bomb cyclone formed. A bomb cyclone is defined as a powerful, rapidly intensifying storm associated with the sudden drop in pressure. This event is also known as a bombogenesis or meteorological bomb.

While the east coast has been experiencing record breaking warmth, the west coast has been getting hit with life threatening storms. San Francisco is the bullseye for some of the worst weather. There are possibilities for mudslides and debris floods. The west coast has been getting hit with hurricane strength winds and flooding downpours. Some severe landslides made seaside homes in Santa Cruz get evacuated.

A combination of towering waves that were up to 50 feet, leaving up to 60 inches of sand in citizens driveways and homes. California Governor Gavin Nelson declared a state of emergency, putting in multiple evacuation orders and advisories for northern California. The rough surf damaged and destroyed piers in Capitola and Seacliff. One broke right in half and fell into the water. These intense storms left sixteen percent of California without power and killed at least three people so far. A train of storms just like these are forecasted to line up across the Pacific Ocean, aiming for California once again. Forecasters warn that the threat of flooding and mudslides will continue with each storm.



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Ohio Train Derailment

By: Holly Eichlin

On February 3rd, a 150-car train was derailed in East Palestine, Ohio, potentially exposing citizens and environments to hazardous materials. Reporters state there were 10-20 cars with extremely hazardous materials on them. One of these cars held vinyl chloride, which is used for making pipes and vehicle upholstery. When this chemical is exposed to humans, it can cause certain forms of cancer. When exposed to the environment, it infects the air and water, damaging streams and rivers.

Shortly after this accident, the local governor put an evacuation order for the people living in a mile radius of the tracks and fires. There are many evacuation stations that supply shelter and food for the local civilians. Some families with children were threatened with detainment if they continued to refuse to leave.

Many people who live in this area are questioning how this managed to occur. It's known the alarm indication malfunction sounded before the accident and suspected one of the rail cars may have had a malfunctioning axle. First responders believe the drastic change in temperature left a potential catastrophic tank failure, causing deadly shrapnel traveling up to a mile. This produced multiple small explosions or outbursts of combustion after the car's holding hazardous materials erupted. Firefighters from Pennsylvania, West Virginia, and Ohio responded to this fire.

As of now, the water and air are safe but the EPA (Environmental Protection Agency) is remaining on site to monitor for any changes.



Pictures courtesy of *Google*

The Echo

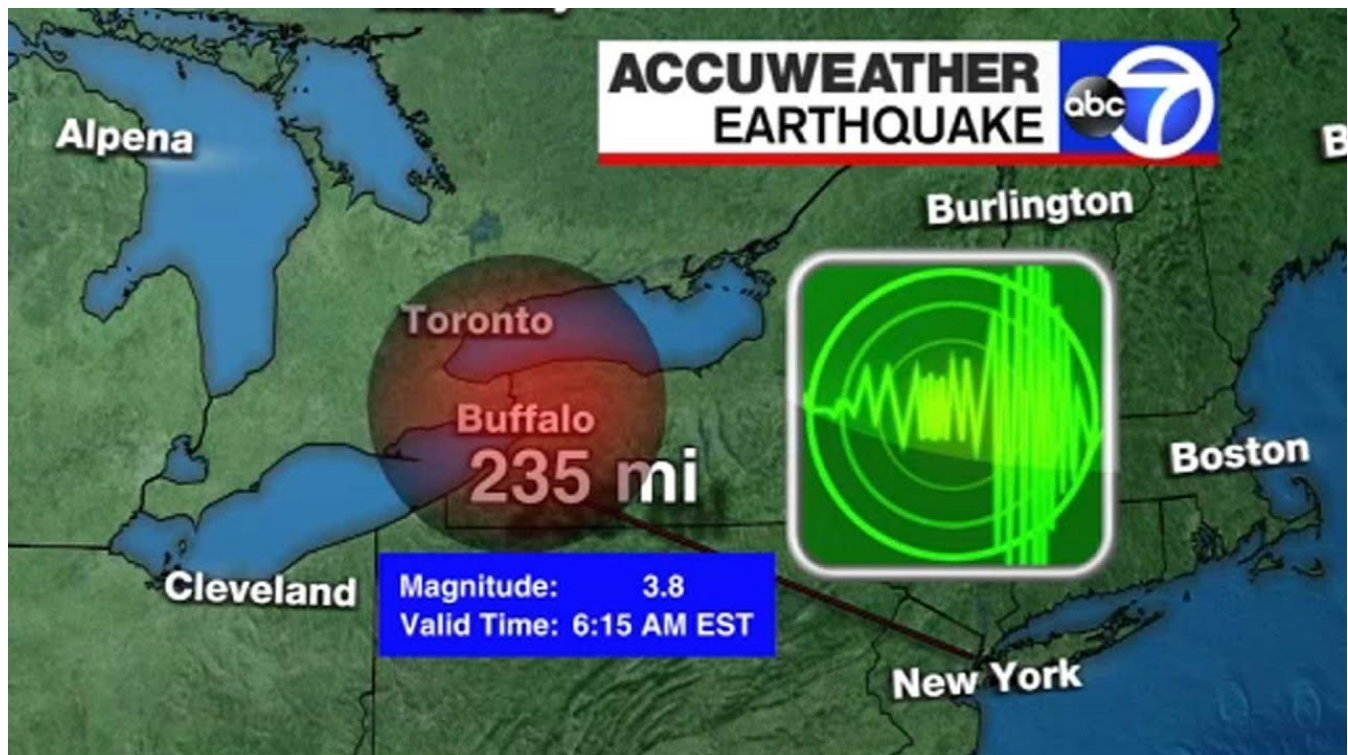
Earthquake in Buffalo

By: Lianah Thomas

The most powerful recorded earthquake in over 40 years woke up citizens of Buffalo, New York, along with citizens of Niagara Falls to a violent earthquake of an intense magnitude. This earthquake was said to have a magnitude of 3.8. Erie County Executive Mark Poloncarz would go on Twitter and state. "It felt like a car hit my house in Buffalo. I jumped out of bed."

According to the U.S. Geological Survey, this earthquake struck at 6:15 AM near West Seneca, New York, southeast of downtown Buffalo. There were no immediate injuries or significant property damage reported, with local experts saying the tremors did not have the energy to cause any damage. In the videos posted on social media, you can see the interior of shaking homes, people being woken up from the shake, and small cracks appearing in the cement and sidewalks. This would mark this as the fourth-strongest earthquake on record for the Western New York region.

People living in Canada when the earthquake took place said that the earthquake could be felt from across the border. According to the earthquake hazard program, USGS (United States Geological Survey), relatively frequent quakes take place in Southern Ontario and Western New York, with reports dating back to 1840. Since 1983, there have been 24 earthquakes above 2.5 magnitudes in the West Seneca area.



Florida Nursing Diploma Scandal

By: Kylee Burwell

On January 25th, 2023, the Department of Justice announced that it had charged 25 individuals in an alleged wire-fraud scheme to hand out fake nursing diplomas. They have found over 7,600 of these fake qualifications had been handed out by three schools in South Florida.

With these “nurses” being found with fake diplomas, the uncovering of the alleged fraud by federal prosecutors has raised concerns about public safety and the populace's view of nurses. As of now, many healthcare providers and nurse practitioners are at a risk with their employment. Markenzy Lapointe, U.S. attorney for the Southern District of Florida stated, "Not only is this a public-safety concern, it also tarnishes the reputation of nurses who actually complete the demanding clinical and course work required to obtain their professional licenses and employment." It is even worse knowing that the patients that were being cared for were at risk if something went wrong considering the nurses working with them did not seem to have a real education behind them.

Nurses are one of the most trusted professions in this country. They have earned that reputation over the years of hard work and dedication, but now it is being overlooked because of the “nurses” who have bought their diplomas and licenses to carry out this profession. It is the scariest thing to think these “nurses” have been treating patients without any background knowledge. This affects the future of nurses.



The Death of Tyre Nichols

By: Tosin Adebayo

On January 9, 2023 Tyre Nichols, 29, was pulled over and attacked in Tennessee by Memphis police officers. The officers had pulled Nichols over while he was driving home from work. The officers began to threaten Nichols by saying that they were going to beat him up and tase him while dragging him out of the vehicle. During this altercation, Nichols appeared to be cooperating with the officers.

After being threatened, Nichols escaped the grasp of the officers and attempted to run home. The officers proceeded to chase him and began to mercilessly hit, kick, punch, and pepper spray him. Nichols was taken to St. Francis Hospital in Memphis after the incident. He died on January 10, 2023, just three days later. He left behind a four-year-old son.

Investigations of this case began on January 18th. The Civil Rights Division of the Department of Justice, FBI Memphis Field Office, and Tennessee Bureau of Investigation are working on this case. The five officers involved, Demetrius Haley, Desmond Mills Jr., Emmitt Martin III, Justin Smith, and Tadarrius Bean, were fired on January 20th and later charged.

The officers were charged with aggravated assault, aggravated kidnapping resulting in bodily injury, aggravated kidnapping involving the possession of a weapon, second degree murder, official oppression, and official misconduct through failure to act when there is a duty imposed by law. Mills and Martin plan on pleading not guilty in court.

The family of Nichols described the body camera footage of the altercation as “deplorable,” “appalling,” “violent,” “heinous,” and “troublesome on every level.”



WAHS Performs “Pippin”

By: Chris Green

The Wilson Area High School Drama program has been hard at work preparing and producing our musical for this year, Pippin! The show is about a boy who is trying to find his happiness and fulfillment. He tried to do this by experimenting with love, war, and a bunch of other things.

The team has been hard at work since November, spending hundreds of hours perfecting songs, sets, and choreography. Our leads, the main characters, have been working hard to ensure that they memorized all their lines and staging! Gabrielle Bleice, who plays Fastrada, comments, “My favorite part would be when Fastrada performs her song, Spread A Little Sunshine, because it is a very catchy song with good dancing and an amazing actor.”

Tickets are on sale now and are 13 dollars for adults and 10 dollars for students and seniors. Costumer Ms. Brittain comments, “People should come see the play because of the excellent costumes and vocals. Students have been working so hard. From the stage design to the dead bodies, you won’t be disappointed!” The musical will be held on Friday, March 3rd and Saturday, March 4th at 7:30PM and on Sunday, March 5th at 2:30PM! To purchase your tickets, visit <https://wahsdrama.booktix.com/>. Come out and support our community!



Basketball Senior Night

By: Austin Johnson

.Last night, the Wilson Warriors faced their rival school, Notre Dame Green-Pond, in a classic varsity basketball matchup. It also happened to be Wilson's Senior Night. The seniors included Gavin Ehlman, Gavin Krauskopf, Nicholas Meuser, Austin Johnson, and Shamel Gibson.

The game started off great in Wilson's favor, going on a 6-0 run. Unfortunately, Notre Dame slowly crept back and took a 2 point lead over Wilson. The game was extremely close and very intense up until half time. The half time score was 21-23 Wilson. Coming out of the half, Wilson got off to a slow start and went down by double digits. Notre Dame scored 24 points in the third quarter, meanwhile Wilson only obtained 7. In the 4th quarter, Wilson meant business, and you can tell they wanted the win badly.

Late in the 4th, Wilson was down 17 points and went on a run. It started with Anthony Shaw's dunk, then back to back 3 pointers from Austin Johnson and Shamel Gibson. That put them down 3 to Notre Dame. But, unfortunately that was not enough for Wilson to come out on top with this one. After Kelly-Range's traveling violation, Notre Dame scored 6 straight points, and that was enough for them to come out with the win. The final score was Wilson-60 Notre Dame-63.

Our Warrior's season is still not over yet though! They will now have to face Saucon Valley on Saturday night, and if they win that, they will move on to Southern Lehigh. And if they win both of those games, they will play in the Colonial League Championship next Friday night.

WILSON AREA



ATHLETICS

Tennis Teams at WAHS

By: Sarah Mallah

From the 19th century in Birmingham, England, tennis has grown to be known as a fun and engaging sport. The sport consists of a racket, net, and a neon green ball. Tennis allows you to test your speed, reflexes, and mind. The ultimate objective of the game is to continuously spike the ball back and forth, manipulating your positioning to allow for your opponent to unsuccessfully hit the ball, thus allowing you to win.

Competitions are played in categories, including doubles and singles. Doubles are when one player and another teammate pair up and compete against two people from the opposing team. Singles are when the player plays solo against one opponent. If you pride yourself on working individually, tennis is the sport for you. And if you enjoy participating with a teammate, this sport is also designed for you!

If you are interested in the amazing sport of tennis, you should consider joining the WAHS Girls Tennis Team which begins in August, as a fall sport. This year, the Wilson Area High School Boys Tennis Team will be available as a spring sport. Beginning on March 6, 2023, the boys tennis sport will have its first debut. The team will meet at the Wilson Area Intermediate school, from 4:30pm to 6:00pm. There is no experience required, whereas anyone can join and enjoy the sport.

For additional information:

Email the Tennis Coach, Joel May: joelmay11@yahoo.com



Wilson Cheerleaders Visit Florida

By: Ahiella Borgan

Ahiella Borgen: “Why are you most excited for nationals?”

Daryeli Cuzman: “I’m excited because my team and I have gone through a lot together and it shows our progress throughout the season, and now we are waiting for our white national jackets.”

Ahiella Borgen: “Do you have faith in your team winning?”

Adrianna Carlino: “Yes, because we have worked hard, won many competitions, performed well, and we will do good as long as we don’t have any faults.”

Ahiella Borgen: “What have you done, as a team, to prepare for nationals? Do you think you’ll do good?”

Jahzelle Holmes: “We’ve practiced day and night for months and months on end studying other teams that have won nationals, taking criticism well and working together. I think if everyone does their job and believes in themselves, we’re unbeatable.”

Ahiella Borgen: “Overall are you happy with the outcome of going down to nationals?”

Giavona Figueroa: “I would have loved for us to advance further in the competition, but I think as a team we hit one of our best routines, and I think it was a learning experience for everyone. It’s an experience for the team next year to learn from.”

Even though the cheerleaders didn’t make it to the top this year at nationals, they gave it their best shots. The Wilson cheerleaders had an amazing season and are a wonderful team who can only grow from an experience like this and go farther next year.



How To Order A Yearbook

By: Emily Pezzuto

Every year, all the school sports, events, clubs, and students are combined into one book at the end of the year. Yearbooks are a great way to reflect on the past year and see what everyone accomplished. Many people however don't know how to order a yearbook. So here's the two ways you can order your 2022-23 WAHS yearbook.

Option number one is online. Parents can order online at sscyearbooks.com. When you reach the website, type in "Wilson Area High School " and click go. Then click on "2023 yearbook." From there, you're able to type in your personal information. This information includes your name, student ID, grade, and eventually payment methods.

Option number two is in person. Order forms can be found in room 212. They then can be turned in with payment to Ms. Guro.

Orders and payments are due on April 4th, 2023 and the yearbooks will be handed out at the end of May.



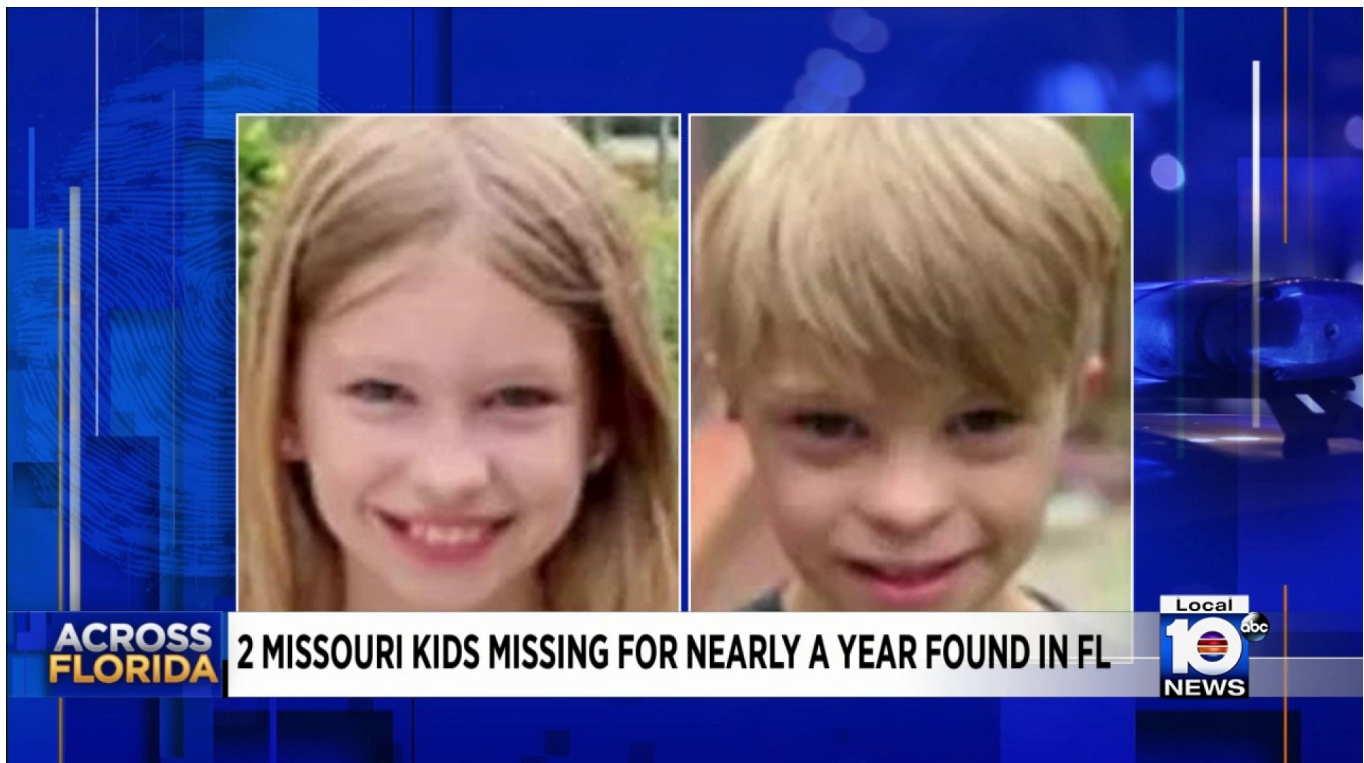
Two Abducted Children Found in Store

By: Mya Marsac

Adrian, a 12 year old boy, and Brooke, an 11 year old girl, were found wandering a grocery store almost 1,000 miles from their home with their non-custodial mother. Two young children were found at a Winn Dixie store after being missing for nearly a year. The children had been missing since March 15, 2022.

Kristi Gilley was caught walking with the children in the grocery store with the children under false identities. Although they used these fake identities, they did not change their appearances. Kristi had been arrested on an out-of-state fugitive warrant. The two children were turned over to the Florida Department of Children and Families Service.

Blake Gilley, the children's father, had stated to NBC news that both his children were kept out of school and not allowed to interact with anyone in the 11 months they were gone. Mr. Gilley had also informed the news that Ms. Gilley had been moving between different rural Airbnbs during the 11 months. After a long 11 months, the children were reunited with their father. Mr. Gilley had stated that it was an extremely difficult and emotional time for the family.



Six Year Old Shoots Virginia Teacher

By: Makenna Sandt

On January 6, a teacher in Virginia named Abigail Zwerner was shot by her six year old student while teaching her first grade class. She was dangerously wounded in her chest and hand and already underwent multiple surgeries. Zwerner thinks the situation could have been “entirely preventable” if administration took action when they gained the knowledge of the imminent danger.

Zwerner went to the administrator for the first time around 11:15 am, stating that the student threatened to beat another student up. A second teacher reported that she searched the student’s bag around 12:30 pm. Shortly before 1:00 pm, a third report was made saying the student showed another student the gun at recess and threatened to shoot him if he told anybody. A fourth employee asked permission to search the boy’s bag and got denied.

The administrator told the teachers to “wait the situation out because the school day was almost over.” Toscano stated that the management “could not be bothered by the situation.”

Toscano believes if action was taken when the evident danger was shown, Abby would not have gotten shot. Zwerner had asked for help with this student on several occasions during the school year, none of which were ever dealt with.

Zwerner was hailed as a hero by police because she was intentionally shot in front of her first grade class, and she was able to escort around 20 students out of the classroom, while seriously injured. She will continue getting stronger while going to therapy, in hopes to keep her career.



NASCAR

By: Kevaghn Simpson

The first race of the NASCAR season took place at the LA Coliseum on Feb 6, 2023. The race was held in a football stadium, which is something that NASCAR had never done before. The race had over 15 cautions for spins or crashes. Even on the last lap of the race there was a crash, as drivers were unafraid to run into each other to gain positions whenever possible.

However, the winner of the race didn't let that affect him. He stayed in the top five the entire race. Martin Truex Jr was able to lead about 25 out of 150 laps. He was able to avoid all the car crashes behind him at the end.

Austin Dillon was able to take second after moving Bubba Wallace out of his way. His teammate was right behind him to get third. Kyle Busch didn't have the best starting spot, but he was able to make it up the grid after he got spun out in the first part of the race.

The next race on the Nascar schedule is the Daytona 500. The Daytona 500 is one of the biggest races for NASCAR because of its history of having some of the best finishes. Many of the races at Daytona are won by inches, so drivers have to put their sleeves in a good position to have a good last lap.

This year's race will be held on Feb 16th. This race will be very interesting because NASCAR has a lot of good super speedway drivers, so we will see who has the best car that night.



Lebron Breaks the Scoring Record

By: Shamel Gibson

On Tuesday, February 7, Lebron James made history when he broke the scoring record, one that most people thought would never be broken. He needed 36 points to accomplish the amazing milestone, and he got it by the third quarter.

Everybody was in attendance to watch Lebron including his family. During the third quarter, Lebron went over to his sons by the courtside. When he only needed 16 more points, he asked his sons if he should go get it. He stated, "You think I can go get it?" His son, Lebron James Jr., replied, "Yes definitely go get it". Bron answered confidently with a chilling statement, "Alright Imma go get it."

Lebron got down hill a lot that game and nobody could stop him on OKC. He was a man possessed knowing what he was about to accomplish. With 2 points away, Lebron posted up an OKC defender on the free throw line, turned around and faded away and hit the breaking record basket.

The record was held strongly for 40 years by the Hall Of Famer Kareem Abdul Jabar. Kareem had 38,387 regular season points and his career, a feat so great that nobody in the world thought that this day would come. To do what Lebron did was truly extraordinary and just shows how great Lebron James truly is. The longevity that he has and the way he has escaped father time should truly be recognized and appreciated.

Steph Curry Injured

By: John Anklam

On Saturday, February 4th, Golden State Warriors point guard Steph Curry suffered an injury during the game. It happened in the game's third quarter against the Dallas Mavericks when the knee of Mavericks player, McKinley Wright IV, made contact with Curry's left leg. At the time nobody knew exactly what was injured, but it seemed to be an injury to his knee. On Sunday, the Warriors announced that Curry had suffered "partial tears to his superior tibiofibular ligaments and interosseous membrane as well as a contusion to his lower leg." This terminology translates to Curry suffering a high ankle sprain.

This injury leaves many fans upset as this means that he will not be able to play for a while. Doctors say that this type of injury does not last long. Curry should be able to get back to playing within a couple of weeks, especially with all the medical staff available to him. However, this means that he will miss at least five of the team's next games, and he is expected to return sometime after the All-Star break.

This is not the first time the Warriors superstar has been injured in his career, as just in December he suffered a left shoulder subluxation that caused him to miss 11 games in December and January. There is still a chance that this injury could get worse, but as long as it is a minor injury, Curry is expected to return to the game within this season.

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Super Bowl LVII

By: Raymond DrePaul

After a long, fun and exciting season, the 2022-23 NFL season has finally come to an end. In this year's Super Bowl we watched the Kansas City Chiefs take on the Philadelphia Eagles at State Farm Stadium in Glendale, Arizona. The outcome saw us seeing the Kansas City Chiefs take the victory in Super Bowl LVII over the Philadelphia Eagles 38-35.

Quarterback Patrick Mahomes, who was playing on an injured ankle, threw two touchdown passes in the fourth quarter and scrambled 26 yards on the go-ahead drive before kicker Harrison Butker kicked a 27-yard field goal with 8 seconds left to give the Chiefs the lead and ultimately the victory over the Philadelphia Eagles.

Part of the reason that led up to Butler's 27 yarder was a controversial holding call that was called on Eagles corner James Bradberry. With under two minutes left, a defensive holding was called on third-and-8 that gave Kansas City a first down. But Jerick McKinnon slid at the two yard line, forcing the Eagles to use their last timeout.

The Chiefs win their second Super Bowl since the 2019 season, and Patrick Mahomes continues to add on accolades to his already great NFL career. With winning his second Super Bowl MVP, he joins a list where he comes the 5th player to ever win multiple Super Bowl MVPs.



Tom Brady Retirement

By: Nick Alvarez

On February 1st 2023, Tom Brady officially announced his retirement from football once again. In his farewell message, he stated, "I'm retiring, for good." With that, he also thanked his fans and the NFL for the various great moments he has had in the last 23 seasons.

With Brady's retirement, his impressive career will never be forgotten by football fans. Some fans may even claim that Tom Brady is the GOAT (Greatest of all time). Brady has been to ten super bowls, and won seven of them. Specifically, he won six with the New England Patriots and one with the Tampa Bay Buccaneers. He has records for both the most passing touchdowns (649) and the most passing yards (89,214).

The 2022-2023 NFL football season was his final year ending with the Buccaneers. They had a regular season record of 8-9, and their season ended by a defeat to the Dallas Cowboys in the Wild Card round.

Brady has always stated that he would give up football when he sees a sign of the game passing by him, and with the last two seasons coming up short, he finally announced his retirement.

Tom Brady will soon be inducted into the Hall of Fame, and his career is something that will be remembered forever by football fans.

Benefits of Playing Sports in High School

By: Gavin Ehlman

In today's world, sports is one of the most well known activities in the world. It allows you to be yourself and express all different emotions.

Being a part of a team in high school is one of the best decisions anyone can make for multiple reasons. The main reason why sports in high school is so great is because that's what everyone in high school looks forward to. For example, during football season all anyone can look forward to is that Friday night lights game. Now, imagine being on the field and soaking all that in while playing the game you love. There truly is nothing better than that feeling.

Another example is playing varsity basketball when everyone shows up in a small gym. When it gets loud in that gym, it gets loud in this type of atmosphere. All the lights focus on the 10 players on court in probably the most hyped up sporting event possible. It's the most hyped-up sport because all basketball players hype everyone and everything up. Someone makes one shot and everyone is shouting "BOOOOM!" When the crowd gets into basketball games and you feel that adrenaline on the court, you forget about everything and just hoop.

Furthermore, besides the most energy-packed parts of playing high school sports— sports give the players a chance to meet new people and create bonds with people you might have never talked to.

In addition, sports teach valuable life lessons. A lot of people think sports are just a game; however, when actually taking a deeper look at it, it could change the way people think. For example, playing a sport is hard work, and if you really want something in life, you have to work hard to even get close to your goals. Another life lesson in sports is that it shows people how to overcome adversity. Those are just some of the benefits of participating in sports.

Grammy Awards 2023

By: Emma Davenport

The Grammys are a music award ceremony which takes place every year in February. This year, they were held on Sunday, February 5, 2023.

Many talented artists attended the Grammys and were nominated for awards such as album of the year, song of the year and best new artist. There are many different categories which give everyone a chance to win.

Fashion is also a big part of the Grammys. Taylor Swift wore a stunning blue two piece set inspired by her new album “Midnights” and stole the show. Machine Gun Kelly and Megan Fox wore a white and silver matching outfit which was positively perfect.

Harry Styles was very successful and ended up winning three different awards out of the six he was nominated for. He won album of the year, which is the biggest Grammy you could win. He also won best pop vocal album and best engineered album (non classical).

Not only was Styles successful, Beyonce made history by taking four honors and she became the most winning Grammy artist of all time. Beyonce now has 29 Grammys, and she has more Grammy wins to come.

Every artist who was nominated and won a Grammy(s) is very successful, and everyone is excited to see what they will accomplish next.



Black History Month

By: Sarah Mallah

In the year 1915, the month of February would prosper to be known as Black History Month in the United States, United Kingdom, and Canada.

In the United States, a small organization known as the Association for the Study of African American Life and History was directed by a historian named Dr. Carter G. Woodson. In February of 1926, the organization was able to initiate and launch an African American History week. Dr. Woodson encouraged communities, schools, and workplaces to celebrate the week. Informative lectures were held, and African American artists had their work on display. The single week provided a storm of opportunities for many African Americans in certain areas. Some communities resorted to their old ideals, dismissing the accomplishments of African Americans.

Decades later, in 1986, the United States Congress administered Public Law 99-244. This law crowned February as the “National Black (Afro-American) History Month.” The month of awareness was tailored to make the entire nation aware of the multitude of achievements made by African Americans across all categories.

The month in which the observance is commemorated holds a more significant meaning. The 28-day month was selected on behalf of the birth dates of President Abraham Lincoln (February 12th), and famous abolitionist Frederick Douglas (February 14th).

In the Presidential Proclamation 5443, President Ronald Reagan proclaimed that, “...the foremost purpose of Black History Month is to make all Americans aware of this struggle for freedom and equal opportunity”.

Today, Black History Month is recognized in a collection of ways. Every February, the president of the United States proposes a theme for that particular year. The themes vary, some include Black Health and Wellness, African Americans Time of War, Civil Rights in America. For the 2023 Black History Month, the theme is “Black Resistance.” The theme alludes to the oppression, racial discrimination, and killings that many African Americans have experienced. “Black Resistance” was designed to advocate for the efforts that African Americans have made in opposition to all these struggles.



How to Show Your Love on Valentine's Day

By: Gigi Figueroa

Valentine's day is dedicated to showing love. The misconception of this holiday is that it is only for significant others, but, in reality it is for anyone you love. This may include your family, friends, or even pets! Here are some of the various ways you can show your love this holiday!

1.

Chick-fil-A heart tray's

Chick-fil-A is very popular amongst all and they have so many different choices for Valentine's day! Their heart tray options include 30-count nuggets, chick-n-minis, and chocolate chip cookies. These heart tray's provide you with a perfect gift for someone who is a foodie or who simply loves Chick-fil-A!

Plan a nice dinner

2.

Planning a nice dinner is a great way to show someone how much you care for them in a less materialistic way. When planning a dinner date, you can either make a reservation at your favorite restaurant or make your favorite meal at home. This is a perfect opportunity for some quality time and shows your appreciation.

Cards and flowers

3.

When you think of Valentine's day you typically think of someone buying you flowers, a card or maybe even chocolate. This is probably the most popular gift people buy on valentines day, yet it is still special! Receiving a card from someone is something you can choose to keep forever.

A simple gesture

4.

Spending money on someone is not the only way you can show your love! A simple gesture such as cleaning someone's room for them, spending quality time with your loved ones, or even sending a nice text showing your thinking of them can suffice. This might seem like it does not mean anything, but it actually is appreciated more than you think and can show your loved ones that you genuinely care for them.



Pick Up Lines to Use this Valentine's Day

By: Emma Davenport

Are you looking for a Valentine this February? If so, this is the perfect article for you! These Valentine's Day pick up lines can help you win them over!

1. "Are you my appendix? Because I have a funny feeling in my stomach that makes me feel like I should take you out."
2. "Are you an interior decorator? Because when I saw you, the whole room became beautiful."
3. "Do you have GPS? I keep getting lost in your eyes."
4. "Are you a loan? Because you definitely have my interest."
5. "Hey, have we met before? You look a lot like the love of my life."
6. "Hey, you're pretty, and I'm cute. Wanna be pretty cute together?"
7. "I'm glad Cupid listened to me—you're exactly what I asked for."
8. "Do you like raisins? How do you feel about a date?"
9. "Would you grab my arm? I want to tell my friends an angel has touched me"
10. Is your name Google? Because you've got everything, I'm searching for this V-Day.



Meditation Crystals

By: Patricia Santiago

Meditation has a wide variety of benefits for your mental, emotional, and physical health. You can gain a new perspective on stressful situations, increase your self-awareness, increase your patience, and even build skills for managing your stress. However, there are ways to make your meditation station a little more interesting. Crystals provide a refreshing and thoughtful approach to meditation. Each crystal has its own use in meditation as well! Here are the many crystals in meditation.

Black Tourmaline: An inky black stone that involves itself in grounding and protection. The black tourmaline is known to be a cloak of security that blocks out negative energy. Due to its grounding nature, the black tourmaline stone allows you to stay down-to-earth. This is because the stone is associated with your base chakra, or earthly roots.

Clear Quartz: Also known as the crystal quartz, it is a colorless stone often linked to internal healing and intention. It is an amplifier of energy and can make the meaning of your dreams clearer to you. It is known as the “Master Healer” for these qualities. There are many different colors and shapes the quartz comes in, one example being the rose quartz.

Rose Quartz: A pale pink quartz crystal. It is known as the stone of universal love. The rose quartz is ideal for self-care, heart healing, and growing your levels of love and trust. Many couples can use this stone to strengthen their relationship. This soothing stone, however, is not only used for romance. The rose quartz is also used to strengthen family bonds, and heal friendships.

Citrine: Citrine is used for moving into the lightness of being. It is an orange citrus-like stone that acts as a pop of energy!

