



Ukraine Missile Attack

By: Lianah Thomas

On New Years Eve of 2022, a reported attack of 20 Russian cruise missiles had hit multiple targets in Ukraine. One of the targets the missiles hit was the Ukrainian capital, Kyiv. This attack left one person to be confirmed dead, and over a dozen injured. The second major target of this attack was a hotel south of the center of Ukraine's capital, this left the building in terrible condition and many were left wounded.

Previously, Russia had aimed to attack vital infrastructures in Ukraine with a variety of missiles and drones. These attacks led to power blackouts and other outages that affected millions of Ukrainian citizens. Ukrainian politician, Dmytro Kuleba gave his opinion on Twitter about this attack, "This time, Russia's mass missile attack is deliberately targeting residential areas, not even our energy infrastructure," This attack was launched by Russian President Vladimir Putin, following this attack Putin would release a New Year's video.

In this video, he would state that Russia vs. Ukraine war was to protect Russia's motherland and to secure true independence. Also, in this 9-minute long video, Putin blamed the West for provoking the war and attempting to weaken and split Russia. Ukraine's human rights ombudsman Dmytro Lubinets described the attack as "Terror on New Year's Eve".

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40 People Killed, Dozens Injured in Bus Crash in Senegal

By: Kylee Burwell

In Senegal, there were at least 40 people killed and 80 people injured when two buses collided early Sunday. The crash, in the country's central Kaffine region, happened around 3:30 a.m. Cheikh Dieng, the country's public prosecutor, said that the tire on one of the buses had burst which caused it to collide with the other bus.

Videos of the crash were posted on Senegalese news sites on Sunday, and they showed two large white buses crumpled against each other with debris strewn along the rural, bush-lined road and a long stretch of a vehicle waiting to get by. The poor roads in Senegal and other areas such as West African nations cause a lot of traffic accidents very often.

Over 27,000 people a year are victims of traffic accidents in Senegal. In recent years, the country which has a population of about 17 million has been trying to improve data collection on these tragic accidents. Until that effort began, only about a quarter of accident data was being recorded, according to Ousmane Ly, the head of road safety at Senegal's Road Transport Directorate.

The president in Senegal has spoken up about this terrible situation on twitter stating, "I am deeply saddened by today's tragic road accident in Gniby, where 40 people died and many were seriously injured. I send my heartfelt condolences to the families of the victims and wish the injured a speedy recovery," President Macky Sall said in a tweet. People in Senegal are very distraught by the accidents that keep happening like this, and are hoping for better road conditions in the near future.



Pictures courtesy of Google

Second Covid-19 Surge in China

By: Ayah Mallah

As 2022 came to an end, Mainland China had experienced a considerable surge in COVID-19 cases — with approximately 13 million cases confirmed within the span of 20 days. Dr. Tedros, representative of the World Health Organization, revealed, “We are really concerned about the current COVID-19 epidemiological picture, with both intense transmission in several parts of the world...” The nation continues to provide its citizens with accessible treatments and viral screenings in an attempt to contain the unforeseen surge.

The Technical Advisory Group on Virus Evolution (TAG-VE) discussed the current status of Mainland China. During this hearing, TAG-VE had shared, “This is in line with genomes from travelers from China submitted to the GISAID EpiCoV database by other countries. No new variant or mutation of known significance is noted in the publicly available sequence data.” This statement had eased the worries of all world-wide as health officials implied that it would be more strenuous to contain a foreign strand of the virus.

Despite this positive news, millions of lives have been harmed. According to the World Health Organization, 13 million confirmed cases of COVID-19 were reported within the span of a month.

The majority of health officials in the Chinese Center for Disease Control and Prevention recommend the continued use of COVID-19 vaccinations. Dr. Tedros concludes his speech regarding this surge by stating, “COVID-19 will no doubt still be a major topic of discussion, but I believe and hope that with the right efforts this will be the year the public health emergency officially ends.”



Pictures courtesy of Google

North Korea Giving Russia Missiles

By: Zack Stackhouse

North Korea and Russia have a long history with each other. They have been supplying each other with missiles and weapons for years. These countries are the two biggest threats to the world with their advanced technology. It is capable of destroying the whole world. In early November, Pyongyang covertly supplied a “significant number” of artillery shells to the Russian government for use in Ukraine.

After word got around about North Korea supplying Russia, British foreign secretary James Cleverly said, “The U.K. supports the U.S. assessment that North Korea has completed an arms delivery to Russia for use by the Wagner Group, which paid for this equipment and has thousands of troops in Ukraine. This is a clear breach of U.N. Security Council resolutions. The fact that President Putin is turning to North Korea for help is a sign of Russia’s desperation and isolation.” This shows that Russia is losing the war and Ukraine is coming out on top.

North Korea also fired ballistic missiles toward its east coast at the sea. South Korea’s Joint Chiefs of Staff said the missiles were fired from the Sunan area of North Korean capital, Pyongyang. Yevgeny Prigozhin, the founder of Wagner Group, has close ties to Russian President Vladimir Putin, and earned the nickname “Putin’s chef” after making millions from catering contracts for the military and state institutions. Russia is slowly falling out of the lead and North Korea is aiding them. Soon, Ukraine will be back to normal and the war will be over.



Pictures courtesy of Google

Idaho Murders

By: Makenna Sandt

On November 13, Ethan Chapin, Madison Mogen, Xana Kernodle and Kaylee Goncalves were all viciously murdered in the comfort of their own home near their campus in Moscow. All four students were violently stabbed to death while another roommate was in the house.

This case remained a mystery for over a month and a half. This event sent shockwaves through the town because a murder has not been seen in town for several years. After weeks of investigation, and over 19,000 tips, Bryan Kohberger was arrested as the primary subject for the murders.

Details known about the case include one of the roommates hearing crying from Kernodle's room around 4 a.m. She said she heard a man's voice say, "It's OK, I'm going to help you." She also opened her bedroom door to see a man she described to have "bushy eyebrows," black clothes, and a mask walk past her. She saw him exit a sliding glass door where she then locked herself in her room.

A white Hyundai Elantra was seen driving around the student's townhouse three times beginning just before 3:30 a.m. Around 4:04 a.m. the Elantra made its fourth round. Finally, at 4:20 a.m. the Elantra was seen speeding off from the home.

Investigators found a leather knife sheath on a bed which contained Kohberger's DNA. They also found a white Elantra in his name. Lastly, Kohberger has phone records in Moscow at 4:48 a.m.

Once Kohberger was located in Pennsylvania with family, the Pennsylvania State Police SWAT broke down the doors and windows to the home, arrested him, and charged him with four counts of first-degree murder and one count of burglary.



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New Autism Testing Allows Scientists to Diagnose Autism

By: Emma Davenport

New information has been released regarding a new “autism testing study” that can detect disorders using a single strand of hair. This new testing analyzes different levels of aluminum and lead in hair — two materials that are more prominent in autistic children. The company who created the test, LinusBio, is still in the process of experimenting with it. As of currently, such experiments have been successful.

Researchers have begun doing several tests from all over the world — ranging from Japan to Sweden. These tests consist of collecting children’s hair and seeing if the results gathered were accurate. It was shown to be 81% accurate out of the 486 children involved.

Currently, autism is typically diagnosed at the age of four. With this new test, scientists are hoping to be able to diagnose autism earlier than they could before.

This study is still fairly recent, and only began in December 2022. Nonetheless, many are calling it a “breakthrough”. Since the test’s initial success, developers have expanded the study to 2,000 participants. Researchers not involved have even been saying that they are extremely optimistic about the outcome of this study in hopes that it will be used commonly when diagnosing autism.



The Echo

Vivienne Westwood: Her Death and Legacy

By: Tosin Adebayo

On December 29, 2022, Vivienne Westwood died at the age of 81 in South London. She was most famously known for her career in fashion, but she was also an outspoken activist. She used her designs to bring awareness to causes that had meaning to her.

Her fashion career began when she was 30 years old. She and her boyfriend Malcolm McLaren opened a shop and named it “Let it Rock” in London. This shop became known as the beginning of fashion in the punk era. In 1981, she launched her first catwalk collection. In 1989 she was named one of the most influential designers by John Fairchild, editor of *Women’s Wear Daily*.

After her relationship with McLaren ended, she continued designing collections under her own name. As she rose to fame, she used her platform to speak out against injustices around the world. She took a stand against the use of cruel fur farming methods.

In addition to condemning animal cruelty, she advocated for solutions to the climate crisis. She did this by creating designs using renewable energy, making clothing with faux furs, and making statement pieces that conveyed her message against the harmful practices of society.

Even in her later years, she continued to make her voice heard. She locked herself in a large cage and dressed up in a bright yellow outfit in 2020. This was her way of protesting the imprisonment of Wikileaks founder, Julian Assange. Her unapologetic spirit and bold fashion choices will be forever remembered in fashion history.



Pictures courtesy of *The Echo*

Jeremy Renner Injured in Accident

By: John Anklam

On Sunday January 1st, actor Jeremy Renner, most known for his role as the Marvel hero Hawkeye, was injured in an accident. The accident took place on Mount Rose Highway in Nevada and involved a snowcat, which Renner was using to clear snow around his car. While he was out of the vehicle clearing off his car, the snowcat started to roll away, and he was injured while attempting to get into it to turn it off.

Renner sustained blunt chest trauma and orthopedic injuries due to the accident. Neighbors who witnessed the accident rushed to his aid, bringing towels to help with the snow. A helicopter was used to take him to a nearby hospital where he was in critical condition. So far, it is reported that he has undergone two surgeries to treat his injuries.

Authorities are currently trying to determine exactly what went wrong with the snowcat and caused the accident. Renner was not intoxicated at the time and no foul play was detected after an investigation. Authorities are currently analyzing the snowcat to see what, if any, mechanical issues may have caused the problem.

On Tuesday January 3rd, Renner posted a picture of himself to Instagram showing him in the hospital. He thanked fans for all the support they showed him. In an update released that same evening, a representative stated that Renner is making progress and is now awake and talking. However, he still remains in the ICU and is in critical but stable condition.



Damar Hamlin Injured

By: Ray DrePaul

During a Monday night football game on January 2nd, Buffalo Bills safety Damar Hamlin suffered cardiac arrest after making a tackle. This caused the NFL to suspend a highly anticipated matchup against the Cincinnati Bengals. The game quickly lost relevance in the aftermath of a scary scene that happened in front of a national television audience.

Hamlin was hurt while tackling Bengals receiver Tee Higgins on a play that didn't appear unusually violent. Higgins ran with the ball on a 13-yard pass from Joe Burrow when he led with his right shoulder, hitting Hamlin in the chest. Hamlin then wrapped his arms around Higgins' shoulders and helmet to drag him down. Hamlin quickly got to his feet, appeared to adjust his face mask with his right hand, and then fell backward three seconds later and laid motionless on the field.

Hamlin was down for 19 minutes while receiving medical attention. He required an automated external defibrillator in addition to CPR on the field. His heartbeat was restored on the field and he was transferred to the UC Medical Center for more testing and treatment. He was announced to be in critical condition after the injury.

After spending a week in the hospital, Damar Hamlin was discharged from the hospital in Cincinnati on Monday, January 9th. Dr. William Knight IV confirmed that Hamlin is now in "the next stage of his recovery" and has been transferred to another hospital under "very capable and excellent" care. However, it is "entirely too early to project into the future" regarding Hamlin's full recovery: it's "a little ways" away yet.



The NFL Playoffs

By: Shamel Gibson

With week 18 coming to a close in the NFL playoffs, there's a lot to unfold in the league. In the AFC the division leaders were the Buffalo Bills, Kansas City Chiefs, Cincinnati Bengals, and the Jacksonville Jaguars. For the NFC division leaders, it is the Philadelphia Eagles, San Francisco 49ers, Minnesota Vikings, and the Tampa Bay Buccaneers.

The teams that clinched the wild card for the NFC were the Dallas Cowboys, New York Giants, Seattle Seahawks. For the other division it was the Miami Dolphins, Los Angeles Chargers, and the Baltimore Ravens. The teams to clinch the whole AFC and NFC, are the Eagles and the Chiefs.

They will get first week bye weeks, which means they don't have to play the first week of playoffs while everybody else is playing. The teams that will play each other the first week of the playoffs are the Seahawks vs the 49ers, Chargers vs Jaguars, Giants vs Vikings, Dolphins vs Bills, Ravens vs Bengals, and the Cowboys vs Buccaneers.

This year's playoffs are going to be very exciting. What is really building the hype, is that everybody believes that this year the Super Bowl is anybody's for the taking. Yes there are still clear cut teams that are better than the rest, but almost every team that is in the playoffs could make a case of why they are going to make the Super Bowl. It's going to be fun to watch and to see who really has what it takes to compete this year to win it all!



College Football Championship

By: Darrian Cascioli

The 2023 College Football Championship was held on January 9th at Sofi Stadium. There are many ups and downs during the game of football. College football is a really tough sport that can change momentum very easily. Also, the game of football can be dominated by one team the entire time – making supporters of the opposing team frustrated.

On January 9th 2023, the Georgia Bulldogs and TCU Horned Frogs competed with each other. Georgia was the favorite team for many and won the Football Championship last year. They are back and are an even stronger team this year. They went 15-0 this year, and most games weren't close. On the other hand, TCU came out of nowhere and started making a big come-back.

TCU wasn't even ranked coming into the season. They made it through a lot of adversity, but ended up beating ten top teams. However, the championship put an end to their short-lived victories. TCU scored only one touchdown in the first quarter, and never again.

While this was happening, Georgia was having the time of their lives. They made the game look simple and scored on nearly every single drive. Georgia dominated the Horned Frogs for the entire night — winning 65-7 in a National Championship.

The quarterback for the Bulldogs Stenson, Bennett IV, has won two national championships back to back for Georgia. Many believe that he is one reason that the team is unbeatable. The Georgia Bulldogs are a very powerful team, and we will most likely see them in the championship again.



Donovan Mitchell's Historical Performance

By: Gavin Ehlman

The NBA has started the new year with a bang! In the first week of the new year, there have been performances like LeBron getting a near triple double on his 38th birthday and Luka Donic having the first 60 point, 20 rebound triple double. To cap it all off, on January 2, 2023, Donovan Mitchell had the first ever 70 point double double.

Donovan Mitchell had a historic night that made fans forget about all the other historic nights. Don't get me wrong, a 60 point triple double is insane, but being able to score 71 points while getting 11 assists to get a win is incredible. He matched the second highest-scoring game the NBA has seen in nearly 45 years! The most recent 70 plus point game was Kobe Bryant's 81 point game. Donovan Mitchell broke the Cavs franchise scoring record that was previously co-held by LeBron James and Kyrie Irving (57 points). The press later interviewed Kyrie about Donovan breaking his record, and he said, "Records are meant to be broken. I'm happy that he did it."

During the game Mitchell went 22-34 shooting 64.7% from the field. It is absurd that he scored 71 points and only missed 12 shots, without counting free throws. This game started out like any other game for Mitchell, having 16 points by halftime. After halftime something happened, and he went off in the second half scoring 42 points, giving him a total of 58 points going into overtime! In overtime he proceeded to continue his dominance by making all four of his shots and both free-throw attempts, to have a total of 71 points.



Wilson Basketball Update

By: Nicolas Alvarez

The basketball colonial league defending champions are still showing the same fire and effort they displayed last season. Our 6-5 Wilson Warriors are getting into rhythm, improving throughout every game. Our team has recently beat strong teams that have been previously difficult to go against. The 10-0 undefeated Palmerton, “Blue Bombers”, were outplayed last Thursday by Wilson — ending the game with a score 52-57. Gavin Ehlman and Shamel Gibson, captains of the team, are leading their team to victory every single day.

The starting line-up consists of Shamel Gibson (Senior), Brady Westbrook (Sophomore), Austin Johnson (Senior), Kelly Jaire Range (Junior), and Anthony Shaw (Junior).

When interviewing Austin Johnson and Shamel Gibson on their goals for the season, they both had one very clear answer. Austin Johnson responded by saying, “We are looking to go right back to the championship this year.” Shamel Gibson similarly said, “The main goal for this year is to go straight back to the championship, and to advance further in districts.” Both athletes also added how they put their maximum effort both on and off the court to ensure that this year is even stronger than last year.

The pressure is on and there are high hopes this year for the Wilson Varsity Basketball team to continue having an amazing season.



Wilson Girls Basketball

By: Chris Green

The girls basketball is on a roll this year having a ton of wins. The team has faced some challenges this year having a new coach, Coach Meagan Eripret. Coach Eripret was a former player for the Lafayette Leopards basketball team. They have a team of about 11 members.

The team has played strong teams like Northwestern Lehigh, Saucon Valley, and Bangor which the team suffered losses unfortunately. Some members of the team admitted that there are some struggles and flaws that they are working on to better themselves not only as players but as individuals. This year, the team is hoping to make it to districts and win the District 11 Girls Basketball title for Wilson.

I asked some of the girls what they think of this year's team, and most of them said that they enjoy it most of the time except when they are losing. They also pointed out that the team needs to work on their shooting skills and their passing skills. Another thing that a few of the members pointed out was that the defensive skills are strong.

Come out and support the team if you are free on a day they have a game! You can see the schedule on wilsonareads.org!



College Wrestling Update

By: Kevaughn Simpson

College wrestling is one of the biggest forms of wrestling, and one of the best colleges is in Pennsylvania. Penn State has one of the largest college wrestling programs in the country. The head coach of Penn State University is Cael Sanderson, who wrestled for Penn State back in 2002. He had a record of 159-0 which is a very impressive record. He went his entire college wrestling career without having a single loss.

Penn State was undefeated in 2021 and 2022. And in 2023 they are still undefeated so far. One of their best wrestlers is Roman Bravo-Young (RBY) who wrestles at 133 pounds. He is a two time NCAA champion. He is one of the most treasured athletes in the sport of wrestling because of his style. He is very fast and really good on his feet, he gets into some of the best scrambles.

Penn State's biggest competition is the Iowa Hawkeyes. These two schools are considered the best of the best when it comes to college wrestling. The two schools have over 33 National team championships. Iowa has had 23 of them over the years. The Hawkeyes have been undefeated for four long years only losing once to Penn State in 2022.

The Iowa Hawkeyes also have some of the best wrestlers. One of the wrestlers is Spencer Lee, who was a three time World Champion in high school. He also won the 2021 national title at 125 pounds on two torn ACL's. He wasn't able to make it to the 2021 Olympic trials because he had to get surgery.



Warrior Service Club

By: Mya Marsac

There are many clubs here at Wilson Area High School. Among these many clubs, there is a club called the Warrior Service Club. In an interview with Miss White, she was asked what exactly the Warrior Service Club was. According to Miss White, the WSC is a club that rewards students that volunteer. It's really easy to join. You can either talk to Miss White, or you can join the Warrior Service Club's classroom. The code is : qtknysn

Club members volunteer out of school. In their senior year they would present their volunteer service in a presentation to Miss White. When they graduate, they get a silver cord to wear during their graduation ceremony.

When asked, "What most do you enjoy about the club?" Miss White responded with, "I enjoy hearing about the students' volunteer hours and how it has helped them be a better person." Miss White said she would recommend this club to any students who like to volunteer in and out of school. They will get recognized for volunteering, and they might not have gotten that before. It is also a great way to help out the community and help boost your resume for the future.



New Teacher Spotlight

By: Gigi Figuetoa

Wilson is a place where all are welcome and we want everyone to feel like they are at home. This year in our school we have gotten several new teachers that are doing great! In order to get to know some of these new teachers, I am going to be interviewing one of our new science teachers, Ms. Rinehart. Here are some of the questions I asked her!

Figueroa: “What college did you go to and do you think you made the right decision?”

Rinehart: “I attended East Stroudsburg University, and I think it was a great choice, I loved that it was a close campus with a great atmosphere and I had some great professors.”

Figueroa: “What made you become a teacher?”

Rinehart: “The teachers that I had really inspired me. When I went through high school, I had two good agricultural teachers who made me have a love for science that I want to share now.”

Figueroa: “What subjects do you teach now and which is your favorite?”

Rinehart: “I teach Zoology, Biology, Anatomy and Philology. My favorite subject to teach is definitely Zoology because I love studying animals and I think it’s most interesting where sometimes microbiology is not always as interesting.”

Figueroa: “How is Wilson treating you, and what has been your favorite part of being here?”

Rinehart: “Wilson is treating me great and my favorite part is definitely getting to know all of the students and helping everyone in the way that I’ve always hoped to.”



Senior Spotlight: Shamel Gibson and Jahzelle Holmes

By: Emma Davenport

This month's seniors I have chosen to spotlight are Shamel Gibson and Jahzelle Holmes. I chose Shamel and Jahzelle due to their involvement in the school and for their great character.

Here's what I asked both Shamel and Jahzelle about their experiences at Wilson.

Davenport: "What clubs are you involved in?"

Gibson: "I am heavily involved in the bowling club."

Holmes: "I am involved in SADD and key club."

Davenport: "Do you play any sports?"

Gibson: "Yes, I am on the Varsity basketball team, and I have been playing since I was six years old"

Holmes: "Yes, I am on the Varsity cheerleading team, and I have been cheerleading for 14 years."

Davenport: "What are your plans after you graduate?"

Gibson: "I want to go to a four year college to continue my basketball career."

Holmes: "I want to go to a four year university to major in sports management and continue my cheerleading career."

Davenport: "What are you going to miss about Wilson?"

Gibson: "I'm going to miss all of my younger friends and my basketball team."

Holmes: "I'm going to miss my younger friends, teachers and community spirit."

Davenport: "What is your favorite memory from Wilson?"

Gibson: "My favorite memory from Wilson is carpooling to and from school with my friends."

Resolved

By: Austin Johnson

Today, I will be interviewing students asking them "what is their New Year's Resolution?"

Q: What's your new year resolution for 2023?

A: "I want to be nicer to people and just be a better person"- Holly Eichlin

Q: What's your new year resolution for 2023?

A: "I want to start going to the gym everyday- Ahiella Borgen

Q: Whats your new year resolution for 2023

A: "My new year resolution is to keep my room clean"- Makenna Sandt

Q: What's your new year resolution for 2023?

A: "I want to gain 20 pounds"- Shamel Gibson (The King)

Q: What's your new year resolution for 2023?

A: "Get a new job and make more money"- Raymond DrePaul

Q: What's your new year resolution for 2023?

A: "To gain more weight"- Gavin Ehlman

Q: What's your new year resolution for 2023?

2022-2023 Winter Break Review

By: Ayah Mallah

With winter break being nearly a month ago, I asked some students how they chose to spend this well- deserved break. This interview was based on the question, “Can you give me a brief description of your 2022-2023 winter break?”

Tosin Adebayo: “My winter break was pretty simple. My brother came to visit and my family celebrated Christmas together.”

Natalie Goldsworth: “On Christmas Eve, I had dinner with my father’s family. On Christmas day, we opened presents, had breakfast and then I went over to my mom’s side. For the rest of the holiday, I did some classwork and read a book.”

Giada Leone: “I baked cookies, hung out with my friends and spent a lot of time with my family. It was mainly really chill but it was a very enjoyable Christmas. Oh and I made a gingerbread house!”

Saanvi Gupta: “My winter break was nice! My sister came back home from college so I got to spend time with her! We went out a lot to the mall and to Wawa. On December 23rd, we went to our neighbor’s party. It was super fun!! On Christmas, we had a get-together at our house. On New Year’s Eve, we went out for dinner and later went to our friend’s party. It was an exciting way to end 2022 and start 2023!”

Simon (Ash) Nyugen: “So, it started off boring. I was doing some AP Chemistry work and getting in the holiday spirit. I got a custom board which was pretty cool. Between Christmas and New Years Eve was the worst — no people to talk to and no school-day shenanigans. New Year’s Eve was pretty cool and I finished my break off with more school-work.”



Bethlehem Fires Up Hibachi Grill

By: Chloe Shotko

In Downtown Bethlehem, the new Steak & Steel Hibachi restaurant is opening on Jan. 26 after a soft opening on Jan. 23 to 25. The soft openings are meant to be like dress rehearsals, where the restaurant will quietly open doors in order to fix any problems or issues before the grand opening.

The grill features sushi, hibachi dishes which range from \$16 to \$38, and dinner entrees which include soup and salad. The channel 69 News says, "Other menu highlights will include bento boxes; Thai specialties such as pad Thai and red curry; feature entrees such as crispy duck and spicy honey chicken; and appetizers such as edamame, crackling calamari and shumai." The sushi menu also includes 30 traditional rolls such as California, Boston, and spicy yellowtail.

The restaurant holds about 150 guests and has received more than 200 reservations. The company created a facebook page that has over 6,000 followers. They plan to have six tables for hibachi and a 40 foot bar that will feature various craft and local brews. The restaurant's theme is Bethlehem Steel, so it has wall coverings, artworks of the former Bethlehem Steel and SteelStacks. The team who owns the Steak & Steel also run six other Asian restaurants like the Shogun Japanese Restaurant in Wilkes Barre, Luzerne County.

It is located at 3 West Broad Street, Bethlehem, Pa. The hours will be Monday through Thursday from 11 a.m to 9:30 p.m; Friday and Saturday from 11 a.m to 10 p.m; and Sunday from 11 a.m to 9 p.m.

The Importance of Hydration

By: Emily Pezzuto

Did you know that 75% of Americans are chronically dehydrated? Staying hydrated is extremely important for our health.

For our physical health, water helps regulate body temperature, prevent infections, improve sleep quality, regulate blood sugars, flush out toxins, and clear skin. In addition, hydration affects your mental health. Water also boosts serotonin, decreases risks of depression and anxiety, reduces panic attacks, and improves brain functioning.

As important as hydration is, many individuals struggle with drinking water everyday. The recommended daily intake of water is 13 cups for men and nine cups for women. Remember, water isn't the only substance that keeps your body hydrated. Substitutes include milk, tea, gatorade, fruit-infused water, smoothies, and even watermelon. Switching up drinks can prevent boredom since you are trying new flavors everyday!

Due to social media, hydration has become a trend. Metal insulated water bottles have influenced millions to drink more water. Brands like Hydroflask, Yeti, Stanley, and Owala are extremely popular because they keep drinks hot/cold for hours to days. This trend has also helped more people steer away from using plastic water bottles and turn towards more environmentally friendly options.

One way to make sure you are getting enough water in a day is to use a timestamp water bottle. These water bottles have times on the side so you keep a steady pace with how much water you are drinking in a day. Our bodies are 60% water, so we need to be providing it with the nutrients it needs.

Exploring Pandora: Avatar

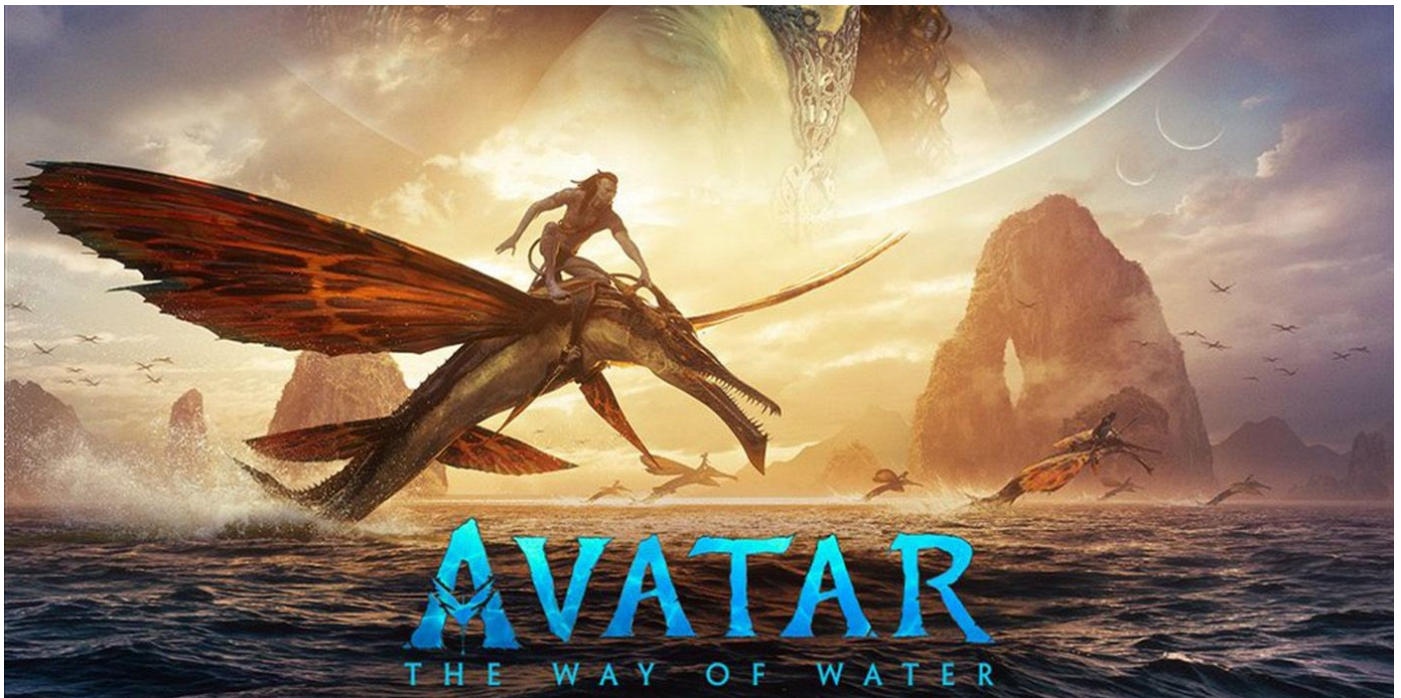
By: Ahiella Borgon

In *Avatar: The Way of Water*, Jake Sully and Ney'tiri have formed a family and are doing everything to stay together. However, they must leave their home and explore the regions of Pandora. When an ancient threat resurfaces, Jake must fight a difficult war against the humans. During the second movie, the bond that Na'vi and Pandora have with each other really shows, and when harming one of those connections, war will strike and it will never end until peace is restored.

Overall, I rate the movie a 10/10, despite being three hours long, you get lost in the storytelling and feel like you are one of them. What caught my eye is how Jake and Ney'tiri would travel over plains to protect their family from the "sky people," and how the movie tackled the true connection the Na'vi has with Pandora.

Even the behind the scenes making of the movie will blow your mind. James Cameron's *Avatar* was filmed in photo-realistic, "stereoscopic 3D," which mixes live-action and CGI imagery in a seamless blend. *Avatar* utilizes 60% CGI imagery, with a majority of the CG character animation filmed with revolutionary new motion-capture techniques using live actors. The production of the film and how long it took to film it, then it took about three years.

I find it amazing how the actors are filming and rehearsing while trying to imagine the entire Pandora experience with just the human eye. It takes great talent and effort to work the way the *Avatar* actors do.



Three (Older) Movies You Might Enjoy

By: Patricia Santiago

Are you bored at home with nothing to do, and you've already watched all the movies you planned on? No worries! Here are three (older) movies that you may enjoy!

The Love Witch

The Love Witch is a 2016 film that takes place in the 70's with medieval and gothic romantic attributes. The story follows a young witch, Elaine Parks, who is determined to find a man who truly loves her. When a man shows interest in her, Elaine seduces him and puts him under her love spell. Unfortunately, the spell turns out to be too successful, resulting in the many deaths of men in her area. However, once she meets the man she knew she'd love, she is brought to the brink of insanity, and turns to murder.

American Psycho

American Psycho, released in 2000, is set in the year 1987 in New York. A handsome, young office professional by the name of Patrick Bateman leads a life of success, popularity, and fortune. However, once the moon arises, his actions lead to a string of gruesome murders. One of his victims resulted in an ongoing investigation, starring Willem Dafoe as the detective. Due to this investigation, Patrick is forced to find a way to maintain both lives. Will it lead to insanity?

Elvira: Mistress of the Dark

If you are looking for a more upbeat movie, *Elvira: Mistress of the Dark* (1988) is right down your alley! Starring the horror-movie host Elvira, the Mistress of the Dark is met with comedic misfortune everywhere she goes. With her sarcasm and wit, Elvira travels to a small suburban town to claim her aunt's

