



The Stinger



Volume 42, Issue #1 - 2023-2024 The Student Voice of Irmo High School



Photo courtesy of: Kaylenn Miller

SCHOOL SECURITY WHAT ARE THE RULES

IHS Tardy Policy

After the Bell Rings... If you are...	Classroom Teacher Action
1 Min. - 10 Min. Tardy	Student is marked UTRD in PowerSchool.
11 Min. - 44 Min. Tardy	Student is marked UTRD in PowerSchool and a referral is written in Educators Handbook for being "Out of Area."
45 Min. Tardy	Student is marked UNEX in PowerSchool and a referral is written in Educators Handbook for "Cutting".

# of Tardies	Administrator Action
1-5	Administrative Conference with parent contact
6-10	Student will serve lunch detention with parent contact
11-15	Student will serve ½ day of in school suspension (ISS) with parent contact
15-20	Student will serve a full day of in school suspension (ISS) with parent contact
Over 20	Student will participate in a conference with their assigned administrator, parent and could be escorted to class by a staff member. Student will be added to the "Revoke Hall Pass".

ID POLICY IHS HANDBOOK

Identification (ID) Badges With the rise of safety concerns on school campuses, the use of student, staff, and teacher ID badges make it easy to identify and authorize anyone on school grounds. These badges are also used to check materials out from the library, print documents, and pay for food. All High, Middle and Intermediate students must wear a current picture ID badge when on District Five property.

ID cards are printed on both sides with the same information.

1. IDs must be worn at all times.
2. IDs must be visible and worn outside of clothing.
3. Picture, name and barcode must be visible.

ID badges must be clearly visible and worn in front above the waist and below the neck on a breakaway lanyard. In a pocket, or under a jacket is NOT clearly visible. The ID badge may not be marked on or altered in any way; if it is damaged, a new ID will need to be purchased. A defaced ID is any badge on which the picture, name, ID #, year, barcode or grade level has been changed, altered, or obstructed.

For Students, Staff, and Teachers the first card is free. However, replacing lost, stolen or damaged cards costs \$5.00. Our budget accounts for giving students and employees their first ID cards each year. The replacement fee covers the cost of the materials used in reprinting and replacement lanyards.



Photo courtesy of: Caitlin Black

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-From the Office-

THE WOMAN BEHIND ATTENDANCE

By Key Haynes

We rarely think about the attendance data. We know our teachers take it everyday, but who is in charge of all that information? I had the opportunity to sit down with Mrs. Jackson, our attendance clerk.

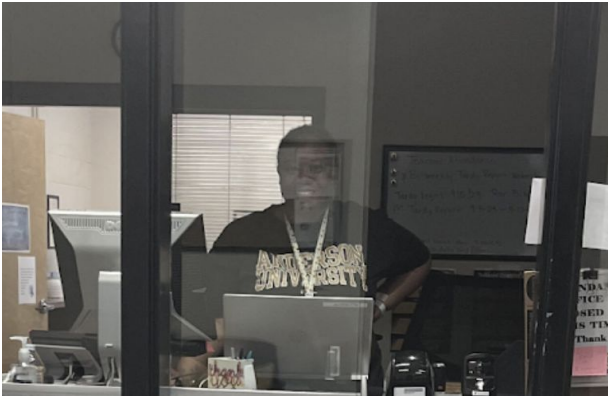


Photo courtesy of: Key Haynes

Q1: How often would you say you write late passes a day?

Mrs. Jackson: Adding time together everyday writing late passes for students takes about 2 hours out of my day everyday.

Q2: How many times were you absent for work in the past year?

Mrs. Jackson: Never

Q3: How often do you see students roaming the halls?

Mrs. Jackson: It is a recurring thing so 24

Q4: How do you personally feel about the attendance rule?

Mrs. Jackson: I love it

Q4: How often are students late?

Mrs. Jackson: 90% of the time

ATTENDANCE QUESTIONS

By Mrs. Marze

Question- When is a student considered truant?

Answer- A student is considered to be truant when they have missed 3 consecutive or 5 total unlawful absences.

Question- What is the difference between a lawful and an unlawful absence?

Answer- Lawful absences include: a student who is ill and their attendance in school would endanger his or her health or the health of others, documented religious holidays, bereavement for an immediate family member (up to 3 days), medical notes from a board certified physician, and/or a principal approved absence. Unlawful absences include, an absence without parent permission/knowledge, or an absence without meeting the lawful absence requirements noted above.

Question- How many absences can a student have in a year long course?

Answer- 10

Question- How many absences can a student have in a semester course?

Answer- 5

Question- When does a student need to make up seat time?

Answer- A student must make up seat time if they miss more than the allotted absence amount in either a semester or a year long course.

Question- When is seat time offered and how much is it?

Answer- Seat time will begin during the second nine weeks and it will be offered on selected days afterschool and on Saturday. Seat time is offered at \$15 an hour.

Question- What do you do when you participate in seat time?

Answer- Students will be expected to bring a charged Chromebook and complete work on APEX, USA Test Prep, Progress Learning, and/or work from their teacher.

Question- What happens if you don't make up seat time?

Answer- If the student does not make up the necessary seat time to earn the credit for the course the student will receive a "FA" (Failure due to Attendance)

-Opinions & Editorials-

ACTIN' EXTRA

By Ariel Culbreath

What's up with the IDs? IDs required in all schools are used for protection, identification, and safety. But what is really up with the IDs? I feel as though that IDs aren't really going to make a difference, in my personal opinion. If IDs don't open doors, unlock only student and staff areas, and can't alert others in case of danger; then I really believe that in this day in age it's useless. Anyone can order an ID or make a fake ID and infiltrate a school. Truthfully they are more of a danger factor because as long as you have something around your neck that looks like an ID you can enter a school. In conclusion, IDs are pointless in the long run, but they are a start and I feel like if more people put their heads together then there will be a more substantial and suitable way to identify, protect, and keep students safe!

ID CONGREGATION

By Makayla Heinz

In my opinion I think wearing ID's in the hallways and when we enter the building is the best thing, but I feel as if when we are in the classrooms we should have an option to wear them or not. I also dislike the new attendance thing. I also hate that we can only serve up to 4 hours of seat time and that parents' notes don't count as excuses. There should be no reason a child should fail because of absences. I feel as if that is unnecessary and unfair. I also think that kids should just stand in the middle of the hallway like they are posted up on the block when we are switching classes, mainly right before you enter the west wing. Especially since covid is back and kids have very poor hygiene. It is always hot and humid and has a smell. I really haven't seen a lot of kids in the stairwell in the few weeks we have been at school.

SCHOOL BATHROOMS

By Haley Beurbe

Listen y'all. On behalf of people that actually have to pee between classes, this is crazy. The nicotine fiends are causing some problems at this school. It's not just me, lots of other students have complained about the concentration of kids in the bathrooms. It's hard to get in, and out. Overall not a nice experience to have a bathroom so crowded with a strawberry mango razzle dazzle jungle cloud blowing in your face. Allow me to give you a different perspective, these poor, poor firemen. They have to take time out of their day to come to a school full of black-lunged teenagers. Wondering why they take so long? Think about how many times they've had to come to Irmo High, about once a day right? They're tired! No wonder they take 15 minutes to get here, they probably stop to get food, groceries, go on a shopping spree, and then come to the school. Cause they know, about 69 kids are in the bathroom at once, setting off the fire alarms. Making everyone in the school have to stand outside in the 115 degree heat. I'm tired, and those poor firemen are too. But hey, at least it smells like blueberry bing bong blast, right?



Photo courtesy of: Mr. Standridge

ATTENDANCE

By Brysaun Pralour

Let's be honest, not everyone likes school. I think that's the majority of students. Even though school sucks, it is still very important to attend. It is said that students who regularly attend school will succeed academically. This is because the student is in class, learning the material, and completing their school work. Students that are chronically absent (truant) are most likely to drop out of school, which isn't good since it could be hard to find a financially stable job without a high school diploma. Chronic absenteeism just doesn't happen for no reason. You do have some kids that just like skipping school or whatnot, but other things can also contribute for being chronically absent things like anxiety. This can cause a person to not want to attend school.

-Op/Ed Security-

DING DONG

By Tierra Smalls

I think we can all agree that school security has definitely increased over the years. Now, if it's for better or for worse has yet to be decided. Let's take our own school into consideration. We have a fence on certain parts of the school and to stop people from getting into the building the doors are always locked. This sounds great and all until you look at it from a student's perspective. The fences are practically useless when you can get to the main parts of the school while avoiding them completely. I would understand if there was a fence at the cafeteria courtyard, but there isn't. Actually as a freshman, the only reason I know there's a fence somewhere is because I've been told about them. Then you have the doors around campus. They seem like a great idea until you have a student banging on the locked doors trying to get inside before the late bell rings. Now someone nearby has to walk on over and let them inside, and sometimes that can be dangerous.

The students can't get into the building until others let them in and it's basically just hoping someone kind takes pity and walks over. Some might not even open the doors and pretend they don't see you and BAM! You're late for an important class. I personally think this can be fixed by something very simple. Some doors can be opened by a teachers ID to let them and whatever student nearby in. Why not put that on the student ID's to make it easier for us all? We all have to carry our ID's everywhere on campus anyway so we might as well give them another purpose than for teachers to see you as a student.

OPEN FOR DISCUSSION?

By Olivia Long

1. Kids banging on the door to in the school
2. Kids hiding in the stairwell
3. Kids wasting time in the bathroom

Solutions?

1. Have a Security at each of the doors
2. Have two staffs stand at both door at the end of the east wing on both side
3. Have more staff in the hallway
4. Have more staffs checking each of the bathroom every time each student goes in the bathroom

DO YOU FEEL SAFE?

By Cameron Coaxum

In the age of cellphones and laptops and Ipads the youth's mind is being worried about the damage of how much time one's child is spending on their phone or playing the game. There's one common problem that I feel needs more attention. The fact that school safety needs all the time and effort of worried and concerned parents and administration. With the breaching of school security on a rise in America, it needs to be discussed as to how things can be made safer. One idea that is already being iterated in schools is the idea of identification cards. To make sure you are who you're supposed to be where you're supposed to be.

Personally for myself and in the mindset of someone finishing wrapping up their years in school, I feel throughout the years I was properly trained on what to do if there was an intruder or a breach in safety. Some popular methods of change are enforcing more law enforcement in school zones to point out potential dangers entering the school zone. And making sure doors into schools continue and stay locked at all times protecting students and staff.

The main question at hand should be, how can we keep our school safe? I think by keeping doors that are locked, locked at all times. And ensuring the ID policy is being followed and enforced. As it is not seen to label you another number in the system but instead to help adults and law enforcement identify you as someone who is supposed to be here. An idea that has been spoken amongst other seniors currently is what if senior students were given IDs that can unlock doors during school hours to get to and from classes that are only accessed behind a locked door? And if admin are worried about lost IDs falling into the wrong hands, having security/employees at the doors making sure the ID pictures match the users could be a successful tactic.



Photo courtesy of: KaylInn Miller

-Fashion-

FASHION TIME MACHINE

By Cameron Coaxum

In what can be considered the modern ages, how does fashion make an impact on this generation? In the ever quickly changing 21st century fashion, it has affected the youth just as much as technology has. But to many people's surprise this generation is at a crossroads, and the decision is, are you a member of the fast fashion community or vintage? Some of the clothes that your parents wore in the 80s and even as far back as the late 60s, early 70s with clothes worn by your grandparents are being hunted for. The market for vintage clothing is a million dollar market with people selling single stitched t-shirts for as high as \$50, for a SINGLE shirt! Yes, it shocked me as well. But looking at the opposite path with fast fashion, which I am a proud member of.



Photo courtesy of: Cameron Coaxum

The fast fashion market is just as successful as the vintage market. Many teenagers and young adults shop on websites such as Shein, Fashion Nova, Pretty Little Things, Boohoo, and etc with instagram shops made by self made entrepreneurs making clothes reaching its targeted audience. Some of the most popular fashion trends today include stacked jeans, baggy jeans, chrome everything, futuristic glasses, puff print hoodies and shirts, and graphic tees featuring celebrities on them. These trends are seen in the media being worn by celebrities like the Kardashians, rappers like Toosii, and Tyga.

KAYLNN'S KUESTIONS

By Kaylnn Miller

So as a person who loves clothes and shoes and jewelry and basically spending her parent's money, I consider myself to be somewhat caught up with the fashion trends and I'm not the only one. So I asked four of the most fashionable people I see who are always on top of it with their outfits some questions about fashion and these were their responses. I had two boys and two girls and I had one question about the dress code that got worded differently for both genders.

Q1: What is the most important things about an outfit?

Arionna: The color scheme

Allyssa: Jewelry and Shoes

Elijah: The Creativity it brings

Trey: Shoes

Q2: Is coordination important?

Arionna: Yes

Allyssa: Matching is very important because sometimes you need to mix it up

Elijah: Depends on the style

Trey: Depends on what style you want

Q3: Does dress code interfere with what you want to wear and, if so, do you think it's fair?

Arionna: Yes it does interfere but I had to understand that it's the rules

Allyssa: Always because half of my wardrobe is crop tops

Elijah: In some cases yes

Trey: For boys yes for girls no

Q4: What celebrity do you think has the best style?

Arionna: Rihanna

Allyssa: Beyonce and Duke Dennis

Elijah: Pharrell Williams

Trey: Tyler the Creator

Q5: What season has the best style?

Arionna: Fall and winter

Allyssa: Fall and summer

Elijah: Spring

Trey: Winter

Q1: Where do you like to shop?

Arionna: Blushmark/Shein/ Jurlyshe Fashion and that's just online

Allyssa: Shein/Fashion Nova or in person Rue 21 or Forever 21

Elijah: Thrifting at Goodwill

Trey: Urban Outfitters/ Zumiez

-Spotlights-

TEACHER SPOTLIGHT

MR. LAWRENCE

By Tierra Smalls

What is your favorite part of teaching?

"Seeing the students be successful."

What are your other duties?

"Coach football, work with admin, and clubs."

What are you big ideas for class this year?

"Getting the AI robot and working with the fable robots"

If you have one, can you talk about the worst student you've ever taught?

"First year teaching had a kid who never came to school, he came 40 minutes late and always fighting and is locked up right now."

Who was your favorite student to teach?

"A kid named Tayveon was at my previous school before this one and I still talk to him today."

Is Irmo High School a good place to teach in your opinion?

"Yes I feel like Irmo gets a reputation it doesn't deserve and a lot of the kids just want to be around people they think care about them. Genuinely care about them."



Photo courtesy of: Tierra Smalls

Where else have you taught and how was it?

"Very first job was at Georgia High School in Virginia. It was probably the toughest school I worked at. It was a different type of environment. Then I taught at Holly Springs High School. It was more inner city but students wanted to get out of their environment so you had problems, but you didn't have problems so it wasn't bad. Then you have White Knoll High School down here in South Carolina. Each school in that district had its different problems, but people think of White Knoll as being like a stellar school but they had the same issues as here. I think here, we get a reputation to be worst than what really is."

Have you been out of the country?

"Several times: Aruba and a couple of the islands"

Why did you choose to become a teacher?

"I like helping young adults find out who they want to be"

STUDENT SPOTLIGHT

JAKAI BUCKHANON

By Rihanna Jones



Photo courtesy of: Rihanna Jones

What do you want to be after you graduate?

"I want to be an entrepreneur or maybe even construction worker after I graduate high school"

Who or what inspires you?

"I feel as my mother inspires me a lot in my life. Although my inspiration comes from everywhere"

Tell me about yourself?

"I am very funny and friendly, easygoing and I'm also helpful to others who need it."

What do you enjoy about school?

"I enjoy my classes of the current school year more than my freshman year. And the opportunity to learn for free"

How do you feel about your teachers?

"I love all my teachers and Mr. Petit is my favorite teacher."

What are some big goals you have in life?

"I want to be able to be a millionaire also in the future I would like to run for president"

Please describe your sophomore year.

"I would describe my sophomore year as very fun by far and full of people and lots of opportunities to make new friends."



-Irmo Sports-



IRMO MARCHING PRIDE

Articles and Photos by Rory Calhoun



Dawned in striking black, yellow, and white uniforms and carrying shiny silver and gold instruments, our talented band brought forth music they have practiced countless time. These students do more than play music when they're on the field; they perform graceful and remarkable shows that tell stories and capture the crowd's attention. In years past, shows like *TI:ME*, *One Small Step*, and *A Masterpiece in Harmony* have captured the attention of the whole student body.



These students have shown dedication and determination, giving their all to something that they are passionate about. In past years, teachers such as Roger Simpson and Hannah Redd have motivated their students to bring their all to their practices, and show each and every one of them that they can make something great. This year won't be any different, the current directors, Brandon Armstrong and Michael Calamas, are working hard with students to bring forth a new show. I'm sure this year will be just as wonderful as years past.

IRMO GOLF

By Mackenna Starling

Irmo High School Girls Golf played against Dutch Fork at Oak Hills on August 28th. They won 217-239, which meant that they started the season 2-0. The girls are excited for the season and they are looking forward to the opportunity to with their upcoming matches. Baxley Baker, expressed that she is very excited for the upcoming season and she feels like the match against Dutch Fork went very well.

FRIDAY NIGHT LIGHTS

By Isaiah McClary

Coming out of the summer Irmo football didn't know where they would be. They truly didn't know how good they were. They had the players and the coaches; however, they needed to come together as a team fast. Last year wasn't a bad year, but it was shaky with lots of up and downs. Coming into the first week they played our rivalry team Chapin. With a dominating win resulting in the score to be 49-3 Irmo football felt like they had finally came together and played like a unit. The next week they swept past Lancaster and then their next opponent would be River Bluff. Last year River Bluff beat Irmo 49-6, so this game was crucial for the program. Offense players such as AJ Brand, Jaden Allen-Hendrix, Donovan Murph, and Caleb Alexander had to take care of business. These four have been rolling since the summer and were very impactful in River Bluffs game. On the defensive side, it was their first real test against a high powered offense. Players like Jylil Favor, Marquell Lewis, and Isaiah McClary had to step up and lead. This game was personal for everyone and it meant a lot to the players. Irmo ended up winning this Sonic Night Rivals game 42-0. A shutout victory and a must need win for the program. This is the first 3-0 start Irmo has had since head coach Aaron Brand has been here. Based off of statistics, this is also the best offense and defense he has had at Irmo too. So far the team is looking great and we're hoping they make a good run for the state championship game. The team has since completed an undefeated regular season beating 63-0 to claim the Region 5 AAAA Championship. Playoffs begin next week with the hopes of a State Title still in their grasp. We hope to keep the train rolling all year. All Gas, No Brakes!



NORTH / SOUTH SELECTION

ISAIAH MCCLARY

IRMO HIGH SCHOOL

Photo courtesy of: Irmo High School

-Entertainment-

AT THE MOVIES

By Sammy Cotten

Mortal Instruments: City of Bones



I watched this movie last week called, *Mortal Instruments: City of Bones*. It was a really good movie. It didn't do well when it was made though. The movie ends on a little cliffhanger, but it doesn't have a second movie since it didn't do so well. I think it is a really good movie now and most people now know the main 2 actors. If you've ever seen "Mirror Mirror," the main female lead named Clary, plays Snow White and of course you've probably seen "Stranger Things," The male lead named Jace plays Vecna.

Of course there are some other good actors in the movie. Klaus from "Umbrella Academy" is in the movie playing the character Simon. The movie overall is pretty good, though it doesn't have all the elements from the book. Like most movies based on a book, they don't add everything. There is a TV show version called "Shadow hunters" but it has a little bit of bad acting. Though they might be starting actors. The movie is better than the show in my opinion. The movie has some surprising parts which weren't expected but it was good. They were nice surprises. The whole movie, overall, was 4.5 stars out of 5

TECHNOLOGY TODAY

By Tierra Smalls

Technology has surely gotten better these past few years. One cool thing that has been made is something that I personally have, a Samsung Flip phone. No, not a flip phone from the 00's, the ones with actual screens and work like our normal phones now. It's actually pretty cool, even if some people would say we're kind of devolving. I personally have the Flip 4, though the Flip 5 has recently come out. The difference between the two is that the 5 has a bigger screen when it is fully flipped closed. The four has two screens, one being the main one you open up to and use and the other for when the screen is closed. The second screen is mostly for notifications, time and date, music, and small things like that. I know from some other people that on the bigger screen of the 5 you can play games even when the phone is flipped closed.

The Flip 4 works just like a normal phone when opened with little to no problems to occur. Some would say the middle where the phone folds would be a problem as at certain angles you can really



Flip 4-
Amazon

notice it, but I have yet to run into any major problems with it past just seeing it. I really would suggest it as it is also great to save space in your pockets when it is closed.

KPOT: KOREAN BBQ & HOT POT

By Makayla Heinz

One of my favorite restaurants in Irmo is the Kpot Korean BBQ and hot pot place they have recently opened up. I went there for the first time a couple of weeks ago and it's so good. The service is very good. The workers are very nice and don't take long to serve you. They don't mind answering any questions you have or telling you anything about the restaurant. Their food is honestly amazing. It's a Korean restaurant. It's where you can get BBQ or Hot Pot. BBQ is where you cook your own meat and it comes with rice and its unlimited meat and vegetables. For the Hot Pot it's more like ramen and it comes with noodles. The food quality is amazing. You cook your own meat and vegetables with a grill or if you get Hot Pot you put the bowls on a little warmer and still use the grills. When I went I only got BBQ because I was scared to try the Hot Pot but next time I go I will definitely try it. You can also get both and for \$5 more. I totally recommend it.

-Pop Culture-



VIDEO GAME SPOTLIGHT



PERSONA 3 RELOAD

By Brysaun Pralour

The video game spotlight for this issue is Persona 3: Reload. It is a upcoming remake of the original Persona 3 released back in 2006 for the Playstation 2. Fans of the Persona series have been requesting a remake of the game for such a long time, including myself. The reason for said request is because the game wasn't able to be played on modern consoles. Persona 3 Portable was released for modern consoles for the Persona 25th Anniversary, but because it was originally made to be play on the Playstation Portable, the game is missing a lot of content like 3D environments and other content that were beloved in the original game.



The remake will included a new English voice cast, new animated cutscenes, and new story scenarios that weren't present in the original game. A lot of quality of life improvements have been added as well. A new social mechanic is being added for characters that didn't have social links in the original game like the male party members. You can now control all party members, but you can still have the option to use the CPU for battles. I'm really glad this was added since I hated when I would be so close into winning a battle and out of nowhere, a party member would use a healing skill instead of attacking.

Persona 3 Reload is planned to be released on February 2nd, 2024 on Xbox Series X/S, Xbox One, Playstation 4, Playstation 5, and Windows. A digital deluxe and a digital premium edition will also be available for purchase. A physical deluxe version of the game will also be available for purchase. Are you ready to summon a Persona?

MUSIC REVIEW

By Harshad Jackson

Lil Uzi Vert- "Pink Tape"



An interesting review as Uzi had some good music on this album. It's a good album and it really flashes his skills in some songs, but the rest? not so much. Of course there are hits such as "Patience", "Just Wanna Rock", "Flooded the Face", "Endless Fashion" and "Suicide Doors". See to me it's a heavy blend of different genres, to most people can be a good thing because of variety. Most people don't want to listen to one singular flow on various different songs, especially not on an album which is why I believe why people praise the album. Personally, I liked the album, but I wouldn't give it 5 stars; great overall

Young Thug- "Business is Business"



Business is Business is an album I would genuinely consider re-listening to again at any time; a versatile album and Young Thug is due diligence making it. With some great features from the likes of Drake in "Parade on Cleveland" and "Oh U Went", Travis Scott and 21 Savage on "Wit Da Racks" and Lil Uzi on "Hellcat Kenny." If I were to recommend this album to anyone, "Oh U Went" and "Parade on Cleveland" for more smooth vibes and for more upbeat and hype energy, "Uncle M" and "Hellcat Kenny"

Gunna - "A Gift and a Curse"



So far my favorite album this year, where every review I see of the album receives no less than 4 out of 5 stars, or a 9/10 at the very least. A big contender for album of the year no doubt, with 1-3 at the very least "good" songs, a few of the better songs include the very popular (I'd say overplayed ngl) "ca\$h \$h*t" "bottom" "back at it" "back to the moon" and the best include "bread & butter", "turned ur back", "f*kumean" and "alright".

- Just One More Thing -

HOROSCOPE

WHAT'S IN THE STARS?

By Kevin, The Club Promoter

Aries (March 12-April 29) - You should come with a warning label.

Taurus (April 20-May 20)- If you were a breakfast food you'd be dry toast.

Gemini (May 21-June 21) - You look like you still read with your finger.

Cancer (June 22-July 22) - You're the reason tubes of toothpaste have instructions on them.

Leo (July 23-August 22) - I forgot the world revolves around you. My bad!

Virgo (August 23-September 22) - You may have been conceived during a Christmas song.

Libra (September 23-October 22) - I would describe your personality as a vibrant shade of beige.

Scorpio (October 23-November 22) - You may have a sparsely attended funeral.

Sagittarius (November 22-December 21) - You should try glue instead of chapstick.

Capricorn (December 22-January 19) - If you were a spice you'd be flour.

Aquarius (January 20-February 18) - You are the human equivalent of a participation trophy.

Pisces (February 19-March 20) - Stop crying gosh.

PETS

By Gabrielle Couvreur

We know pets are very cute, kind, and sweet. We also know that the most popular are cats and dogs. Some people; however, have fish and rodents such as mice and guinea pigs. So there are many types of pets for every type of person.

For years more and more pets are adopted. That's very good. There are 39% of dogs and 46% of cats each year (15% other pets), but when you want to get a new pet, please think about it twice... You should support yourself with things like the vet or the kennel when you go out, like on vacation or whatever, because so many pets or just animals are abandoned during the summer period and it is really sad.



Do you know pets reduce stress and it is beneficial to ourselves ?

Interacting with pets or just animals has been shown to decrease levels of cortisol (the stress hormone). Also, animals can reduce loneliness, social support and boost your mood but also anxiety and obviously have fun !!!! Don't forget, we are always happier with pets.

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