

Larson Free Press

Happy New Year Rebels!

2024

New Year's Day By:
Sahasra Bathula

New Year's Day is a holiday that is celebrated on January 1st. January 1st marks the first day of a new year. The earliest recorded New Years Day was around 4,000 years ago in Ancient Babylon. The Babylonians believed that the first new moon following the vernal equinox (The day in late March with an equal amount of sunlight and darkness) meant the start of the year. All around the world, there are a lot of different traditions people do on New Year's Day.

Happy New year Rebels! We're so excited to announce our first article back from break! Happy new years and we hope you enjoy the new issue!

"New year, new me!" Phrase Hunt

There are three "New year, new me!" phrases hidden throughout the issue, in three different articles! If you find all three then answer this survey called "Larson Free Press "New year, new me!" Phrase Hunt" survey with the photo of article you found the phrase in! The first two students from each grade to find all four phrases will win a prize! Good luck!

Larson Free Press "New year, new me!" Phrase Hunt



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Please feel free to let us know what you thought of this issue!



Best of 2023

By: Ava Kulkarni

TOP 10 MOST PLAYED SONGS ON SPOTIFY OF 2023

1. "Flowers" – Miley Cyrus
2. "Kill Bill" – SZA
3. "As It Was" – Harry Styles
4. "Seven (feat. Latto)" – Jungkook
5. "Ella Baila Sola" – Eslabon Armad, Peso Pluma
6. "Cruel Summer" – Taylor Swift
7. "Creepin'" – Metro Boomin, The Weeknd, 21 Savage
8. "Calm Down" – Rema, Selena Gomez
9. "Anti-Hero" – Taylor Swift
10. "Vampire" – Olivia Rodrigo

TOP 10 MOST WATCHED TV SHOWS ON NETFLIX OF 2023

1. Wednesday: Season 1
2. Stranger Things 4
3. DAHMER Monster: The Jeffrey Dahmer Story
4. Bridgerton: Season 1
5. The Queen's Gambit: Limited Series
6. The Night Agent: Season 1
7. Stranger Things 3
8. Bridgerton: Season 2
9. The Witcher: Season 1
10. The Watcher: Season 1

TOP 10 BEST TEEN BOOKS OF 2023

1. Divine Rivals – Rebecca Ross
2. A Curse For True Love – Stephanie Garber
3. Foxglove – Adalyn Grace
4. Murtagh – Christopher Paolini
5. Heartstopper – Alice Oseman
6. The Brothers Hawthorne – Jennifer Lynn Barnes
7. Betting on You – Lynn Painter
8. Check & Mate – Ali Hazelwood
9. A Study in Drowning – Ava Reid
10. Beholder – Ryan La Sala

TOP 10 MOVIES OF 2023

1. Oppenheimer
2. Barbie
3. Guardians of the Galaxy Vol. 3
4. The Little Mermaid
5. John Wick: Chapter 4
6. The Super Mario Bros. Movie
7. Five Nights at Freddy's
8. Spider-Man: Across the Spider-Verse
9. Killers of the Flower Moon
10. The Flash

TOP 10 MOST DOWNLOADED APPS OF 2023

1. TikTok – 49M
2. Instagram – 49M
3. Facebook – 39M
4. WhatsApp – 34M
5. Telegram Messenger – 27M
6. Temu – 27M
7. CapCut – 25M
8. Snapchat – 24M
9. WhatsApp Business – 21M
10. ChatGPT – 19M

TOP 10 BEST VIDEO GAMES OF 2023

1. PUBG
2. Minecraft
3. Apex Legends
4. Fortnite Battle Royale
5. Call of Duty
6. CrossFire
7. Dungeon Fighter Online (DFO)
8. League of Legends
9. Hearthstone
10. Splatoon

Best of 2023

By: Ava Kulkarni

WORLD NEWS

- **Global Temperatures Shatter Records**

Climate change is no longer a future threat. It's the world's new reality. 2023 is said to be the hottest year on record. Global temperatures haven't been this high in 125,000 years! The result has been extreme weather events around the globe, ranging from historic wildfires to extreme droughts to insane flooding. People worldwide are learning that high temperatures with high humidity can kill. But there still is some hope. Total investments in clean energy have soared. The cost of wind and solar power continues to fall and hydrogen is being advertised as a source of clean energy. There is some doubt about how much this'll work, especially as fossil fuel production and emissions continue to rise. But we must stay optimistic and do our part in using clean energy. Hopefully humanity hasn't missed its chance to avoid catastrophic climate change.

- **Artificial Intelligence (AI) Offers Promise and Peril**

AI burst into public consciousness in 2022 with the release of ChatGPT. In 2023, ChatGPT got reportedly 10 times more advanced than its predecessor. Governments, companies, and individuals hurried to exploit its full potential. This triggered heated debates over whether AI "New year, new me!" is unleashing a new era of human creativity and prosperity, or unlocking a nightmarish future. Although AI has unleashed many scientific breakthroughs, including enabling rapid drug design, unlocking medical mysteries, and solving seemingly unsolvable mathematical problems, technology is moving faster than the ability of humans to assess and reduce the harm it might cause, whether that is creating mass unemployment, hardening existing societal inequalities, or triggering humanity's extinction. What do you think?

- **India Passes China as The World's Most Populous Country**

For the last century, if not longer, China has the world's largest population. That ended in 2023. India now holds that title with a population of 1.43 billion people. India will likely remain the most populous country for decades to come. China's population is both shrinking and aging. It is predicted that China's population will fall by 100 million people by mid-century. Over the same time period China's median age will rise from 39 years old to 51. India's population, meanwhile, should reach nearly 1.7 billion by mid-century with a median age of thirty-nine. This could have catastrophic consequences on both India's and China's economies.

- **The Space Race Heats Up**

Both countries and companies are making big bets on space. 77 countries have space agencies; 16 countries can launch payloads into space. The moon has been of particular interest. Russia's moon effort ended in disappointment in August when its lander crashed into the moon's surface. Days later, India became the fourth country to land an unmanned vehicle on the moon, and the first to do so near the moon's south polar region. Two weeks later, India launched a mission to study the sun. China and the United States also have ambitious moon programs, with NASA aiming to return astronauts to the moon by 2025.

POP CULTURE

- **The tours**

Everyone spent more time than was healthy last year waiting in a queue on Ticketmaster, and for good reason. *Renaissance*, Beyoncé's highest-grossing tour to date, began in May. She was matched only by Taylor Swift, whose *Eras* tour is the first ever to have surpassed a billion dollars in revenue, netting Swift the title of the *Time's* person of the year as a result. Thankfully for those of us who didn't score tickets to either, you can now watch *Renaissance* and *Eras* on film!

- **Barbenheimer**

You have to have watched at least one of these movies last summer! *Barbie* and *Oppenheimer* went head to head as the "best movie as the summer". People picked their side; were you an epic history fanatic, dark drama-loving intellectual or a bright-color loving, funny movies, "I'm Just Ken" person? In the end, it became easy to distinguish between the two, thanks to the stark difference between the black and pink.

- **A new King**

When we think of Britain, we think of tea, biscuits and especially the accent! What we don't think about are the huge ceremonies they host. Last year, they had the coronation of Charles the third. Everyone was in a good mood for this grand celebration. It was truly a momentous occasion!

- **Celebrity memoirs**

Celebrities have the most interesting lives! Of course they had to get it all down on paper. Britney Spears' "The Woman in Me" sold over 1 million copies in the US alone! Prince Harry's "Spare" was the royal's tell-all about the house of Windsor and sold more than 3.2 million copies worldwide after just one week of publication. It broke the Guinness Record for the fastest-selling nonfiction book since records began!

- **M3GAN**

AI continues to creep us out with bizarre art and scary dialogues. If only AI was contained to *M3GAN*, a film about a murderous android who looks like a preteen and kills her haters in between TikTok dances and deadpan roasts. This is a hilarious, unmissable movie! Make sure you watch it if you're a horror fan!

Community News

Edited by Lydia Orlik

New Semester!

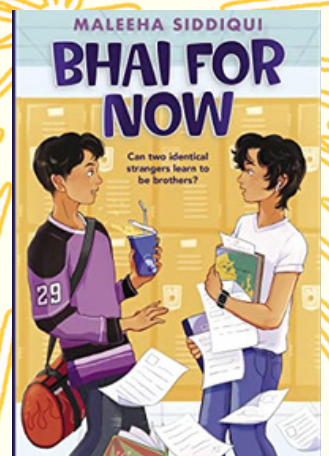
Sanvi Mandvekar

The new semester is finally here! Everyone is now halfway through the calendar school year! As stated by Mr. Zawislak, all of the eighth graders are halfway through their last year here at Larson. All of the seventh graders are halfway through middle school. All of the sixth graders are now halfway through their first year here at Larson! Let's make this the best semester ever! Let's go Rebels!

Troybery Books

Brady Cook

1. A Rover's Story by Jasmine Wargo
2. Attack of the Black Rectangles by Amy Sarig King
3. Bhai for now by Maleeha Siddiqui
4. Crash from Outer Space by Candice Fleming
5. Drew Leclair Gets a Club by Kathryn Bury
6. Golden Girl by Reem Faruqi
7. Hana Hsu and the Ghost Crab Nation
8. I must Betray you by Ruta Septys*
9. Iveliz Explains it all by Andrea Beatriz Arango
10. Hoodie Rosen by Isaac Blum
11. Lines of Courage by Jennifer A. Nielsen
12. Maizy Chen's Last Chance Lisa Yee
13. The Forgotten Five Map of Fire by Lisa McMann
14. The Midnight Children by Dan Gemeinhart
15. Odder by Katherine Applegate
16. Shinji Takahashi and the Mark of the Coatl by Julie Kagawa
17. Shot Clock by Caron Butler & Justin A. Reynolds
18. Spy School Graphic Novel by Stuart Gibbs
19. The Stars did Wander Darkling by Colin Meloy
20. Swim Team by Johnnie Christmas
21. This Appearing House by Ally Malinenke
22. Took by Mary Downing Hahn
23. Troublemaker by John Cho
24. The Tryout by Christina Soontornvat
25. The Vanquishers by Kalynn Bayron
26. Witchings by Claribel A. Ortega



Cobra Science Olympiad Competition

Lakshya Matele

On January 20th, the Science Olympiad team went to Birmingham for their second competition! At times it was exciting and at times it was nerve-wrecking because for some of us it was our first competition and for others it was a chance to prove whether we are good enough to be able to go to the next competition and to prove to ourselves if we have worked hard enough to make it pay off. Larson ended up winning a lot of medals and ribbons and got 9th place over all in the state and 3rd over all in our county, which was good considering it was only our second competition in the season. Our next competitions in February will be on February 10th in Great Lakes and on February 17th at U of M, so make sure to come back in February to get an update on both competitions! Congratulations to all the winners and good luck for all the future competitions!!

Sports and Holidays

Designed by Bryce Wilson

Edited by Lydia Orlik

Happy
New Year

NEW YEAR'S DAY: SAHASRA BATHULA

New Year's Day is a holiday that is celebrated on January 1st, and marks the first day of the new year. The earliest recorded New Years Day was around 4,000 years ago in Ancient Babylon. The Babylonians believed that the first new moon following the vernal equinox (The day in late March with an equal amount of sunlight and darkness) meant the start of the year. All around the world, there are a lot of different traditions people do on New Year's Day. In many Spanish-speaking countries, people eat 12 grapes before the clock strikes midnight. In Japan, it's believed that ringing a bell 108 brings cleanliness. A lot of people around the world light up fireworks. In China, it's believed that lighting up fireworks scares off evil spirits and misfortune. In Ecuador, people burn scarecrows. In Denmark, people smash dishware on their family and friends' doorstep. In Brazil, people wear white. In Colombia, people, open a suitcase with a Colombia flag. Every year in New York, thousands of people gather in Times Square to watch the ball drop. There are also celebrity guests who come and perform. Some famous singers who performed in the Ball Drop 2024 are Paul Anka, Flo Rida, Megan Thee Stallion, Sabrina Carpenter, Jelly Roll, and Tyla.



MLK DAY
SHREYAS JAIN



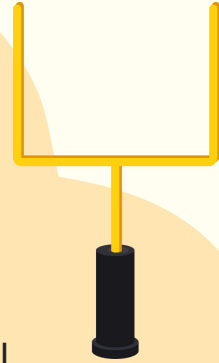
Martin Luther King Jr Day is a federal holiday in the United States that takes place on the third Monday in January. It honors the life and legacy of civil rights leader Martin Luther King Jr. Each year, the celebration takes place on the Monday closest to his birthday, which is on January 15. On MLK day we the people are encouraged to use the day to “reflect on the principles of racial equality and nonviolent social change espoused by Dr. King.”

Sports and Holidays

Designed by Bryce Wilson

Edited by Lydia Orlik

MICHIGAN CHAMPIONSHIP HARIS GREVBOVIC



Michigan are the national champions! Michigan beat Washington in the national championship with a final score of 34-13. They won their first national championship in 1901 and have a total amount of 12 national championship wins. Now they won another win. The game was intense but Michigan was able to keep the lead the whole game and they finished on top.



LARSON LIGHTS



Mrs. Wilcox

What do you like most about being a math teacher?

“Trying to make math less scary and more appealing to kids.”

What is your New Year’s Resolution?

“My New Year’s Resolution is to read at least six books a month.”



Mrs. Parker

What do you like most about being a science teacher?

“Being able to hangout with my students all day, and especially science in particular I think the content is really fun. It’s super hands on, and our activities are a blast!

“What is your New Year’s Resolution?”

“My new year’s resolution is to be more organized, especially at home.”



Noelle Beba

“Noelle Beba is a student that represents Larson’s four pillars. In particular, she demonstrates relationships because she lifts up those around her with her kindness. She comes to class each day with a positive attitude and mindset!”



Raksha Reddy

“Raksha Reddy is very conscientious, so she is always responsible with her work, and she turns her work in on time. If she has questions she asks them, and she’s always pushing herself to do better. She’s very resilient when it comes to ‘oh I didn’t get that right, I’m going to try again’. Also, I can put her with any other student and she will be helpful and kind, and will work well in a group with them.”

Pop Culture

Designed and Edited by: Sanvi Mandrekar

THE 75TH ANNUAL EMMY AWARDS

BY: NIKHIL RAO

THE 75TH ANNUAL EMMY AWARD CEREMONY WAS BROADCASTED ON JANUARY 15TH AFTER A LONG DELAY. THE EMMY AWARDS, FOCUSING ON TELEVISION AND SERIES, WAS DELAYED FROM ITS USUAL SEPTEMBER DATE ALL THE WAY TO JANUARY. THIS WAS CAUSED BY THE SAG AND AFTRA ACTOR AND WRITER'S STRIKES IN HOLLYWOOD JUST A COUPLE MONTHS AGO. A LARGE GROUP OF WRITERS AND ACTORS WENT ON STRIKE AND PROTESTED OUTSIDE OF HOLLYWOOD'S BIGGEST PRODUCERS FOR BETTER WAGES AND PAY. AFTER MUCH BACK AND FORTH, THE STRIKES ENDED WITH SOME JUSTICE BEING RESTORED TO THE UNDERPAID STAFF OF THE MOVIE INDUSTRY. WITH THAT OUT OF THE WAY, THE EMMY'S HELD AN INCREDIBLE AND DIVERSE ARRAY OF WINNERS THIS YEAR! THE SHOW "THE BEAR" HAD MULTIPLE WINS IN DIFFERENT CATEGORIES, INCLUDING BEST OUTSTANDING COMEDY SERIES AND JEREMY ALLEN WHITE'S BEST LEADING ACTOR WIN. RAKING IN ALL KINDS OF TELEVISION AND DIVERSITY, THE EMMY'S GRANTED RUPAUL'S DRAG RACE, A QUEER GLAM MAKEOVER SHOW, A WIN FOR BEST COMPETITION PROGRAM. ICONS LIKE JENNIFER COOLIDGE AND STEVEN YEUN RETURNED TO WALK THE CARPET AND WALK AWAY WITH ANOTHER WIN.

DESPITE THE UNFORTUNATE BUT NECESSARY DELAY OF THIS YEAR'S EMMY'S, THE PROGRAM RECOGNIZED EVERY CORNER OF TELEVISION AND HIGHLIGHTED SOME PHENOMENAL TALENT THIS YEAR.



DRAKES TOUR

BY SHREE PATEL

DRAKE IS HEADED BACK OUT ON THE ROAD THIS YEAR. ON MONDAY (NOV. 13), THE 6 GOD REVEALED THE DATES FOR HIS UPCOMING 2024 U.S. RUN TITLED: IT'S ALL A BLUR TOUR – BIG AS THE WHAT?. THIS IS ONE OF THE MANY HIGHLY ANTICIPATED TOURS OF THIS YEAR, WHICH WILL FEATURE SUPPORT FROM J. COLE ON MOST DATES. THE 2024 DATES WILL FOLLOW ON THE HEELS OF DRAKE'S RECENTLY COMPLETED IT'S ALL A BLUR TOUR, WHICH FOUND THE RAPPER PLAYING 50 SOLD-OUT ARENA DATES ACROSS NORTH AMERICAN IN THE SUMMER AND FALL IN SUPPORT OF HIS EIGHTH STUDIO ALBUM: FOR ALL THE DOGS. THE SHOW RUNS FOR ABOUT TWO HOURS, BUT IT DOESN'T FEEL THAT LONG THANKS TO DRAKE'S STAGE PRESENCE AND HOW HE CAN CONTROL A CROWD. SADLY, DRAKE WILL NOT BE COMING TO MICHIGAN BUT WILL BE CLOSE BY IN COLUMBUS, OHIO AND CLEVELAND, OHIO.



Happy
New Year

World News

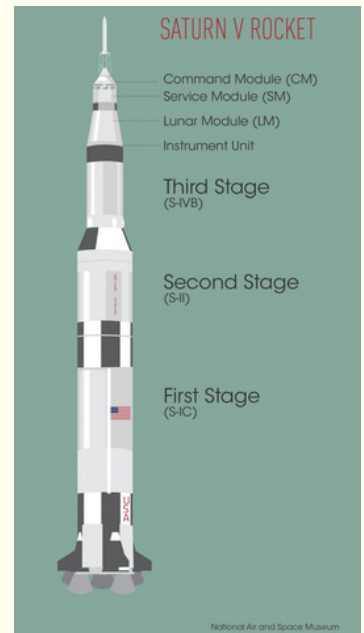
Designed By: Jasmine Thomas

Edited By: Ava Kulkarni

Mars Mission

By: Hamsaridhan Hariharasudhan

As we get closer to sending a human to Mars, NASA has already sent a space rover to Mars. This rover takes pictures of the surface of Mars and sends it back to NASA HQ, in Houston, Texas. Houston, we have intelligence about Mars! After finishing off the generation of space shuttles for Artemis, NASA, with SpaceX, and Boeing, is now switching back to the spaceship design from the 1900's. This design was actually used in the creation of the Saturn V Rocket. In this historic design 3 parts are attached; to create a spacecraft. The bottom two parts use its fuel to propel the spaceship out of the atmosphere and a decent distance towards Mars. The 3rd part just contains enough fuel to get to Mars and back.



Universal Studios New Theme Park

By: Amogh Maral

Universal Studios Parks and Resorts will be opening a brand new theme park in their Orlando resort. This will be the third one in Orlando. The new theme park will open in early 2025, with 5 massive lands based on many universal properties. The first of the five lands will be The Wizarding World of Harry Potter: Ministry of Magic. This land will be a blend of the Parisian ministry of magic, as seen in the Fantastic Beasts movies, and the British Ministry as seen in the Normal Harry Potter films. The land will have a floor network ride and a ministry elevator ride. The second land will be based on the How to Train your Dragon films, and will be the isle of Burke where Dragons and Vikings roam. This land will contain a water-shooter ride, and a dragon flyers ride where you will roam the Isle. The third land will be Super Nintendo World, based on the Super Mario video game franchise by Nintendo. It will be incredibly themed and have a Yoshi Omni over ride, Donkey Kong rollercoaster, and a Massive Mario Kart Shooter ride. The fourth land will be based on Universal's Classic Monsters. These familiar monsters include Dracula, Frankenstein and Werewolf. The two rides in this land will be a Frankenstein Dark ride and a werewolf roller coaster. The final land of the park will be Celestial Park. This land is not based on any specific Universal property, but it is based on the Solar system and space. Constellation Carousel and Star fall Races dueling coaster will be the two rides in this land. Hope. You got info on Universal's new theme park, Universal's Epic Universe. Opening in 2025

Books and Movies

Designed by: Keerthana

Edited By: Ava Kulkarni



The Remarkable Journey of Coyote Sunrise-Dan Gemeinhart

By: Lydia Orlik

This story represents the great adventure of Coyote Sunrise, as she travels on her school bus of a house with her hippie dad named Rodeo. She has to handle the loneliness of being without friends on a forever-moving bus, and with every stop she makes she can meet new people, but she has to leave them fast. After meeting Lester though, new friends come on the bus, looking for a destination, and with new fluffy companions! As she gets closer and more in touch with these people... Newer problems arise, backstories unfold, and trouble, involving police, security, and danger amongst them. Even still, she will have to let her friends go soon. Coyote Sunrise is FULL of suspense, little twists, and friendship!

The Parent Trap

Movie Review Written By: Lakshya Matele

This hilarious yet heart warming old movie is a family movie not to miss! Eleven-year-old twins Annie and Hallie were separated at birth because of their divorced parents, each one wondering how the other parent would be like not knowing that there is another one of them out there and each of them living on different parts of the world. Somehow fate reunites them when they meet at a summer camp and they decide to do an identity swap to spend time with the parent they have missed all their lives and have a secret scheme to try to bring them back together. Will the two twins be able to bring their stubborn parents together? By the way, The Parent Trap is the 9th most searched family movie on streaming today and rated 4.8 out of 5 by the google audience rating summary. I would give this movie a 8/10 because the pranks were a little over the top, but other than that it was an awesome family movie! Hope you enjoy it as much as I did!



Keeper of the Lost Cities

By: Keerthana Chandra

If you enjoy books with shocking plot twists, mystery, adventure, fantasy, a bit of violence, and a fantastical flare then this book is for you! This novel is truly enthralling, and you will be on the edge of your chair through this series. I re-read this book series more times than I would like to admit, and these characters have taught me so many lessons that apply in real life. These are some lessons I have learned from the characters. From Keefe I learned how to be grateful for the life I have. Fitz, that not everyone is perfect. Dex, that I can always be useful. They are like my own friends, and I absolutely love this series and keep it close to my heart. Twelve-year-old Sophie is our main character, getting pulled into a seemingly perfect world, having to leave behind her entire life for a new one, finding out that everything she has learned in her life is wrong, uncovering secrets about herself and her new life, and last but not least surviving against all the odds. Wow! Shannon Messenger sure created an action packed novel. Can't wait for book ten! Hope you enjoy this book series as much as I do!



Mean Girls (the Musical) Movie Review

By: Nikhil Rao

The iconic movie that swept the early 2000's is back! After two decades, the feature film adaptation of the Broadway musical version of "Mean Girls" finally released in theaters on January 12th. This fresh take on Mean Girls includes many more songs and dance numbers, done amazingly by a diverse cast of characters. We get iconic moments from the original movie, like Regina George's first appearance, turned into exciting ballades, like the song "Meet the Plastics". Aside from the added singing and dancing, not only does the new Mean Girls movie make the story and characters more relatable for teenagers now, it also modernizes some previously controversial lines and moments from the original. Although most would still probably prefer the original, Mean Girls the musical is on its own level, and doesn't feel like a cheap remake of a landmark movie. This movie re-establishes the themes of growing up, moving on, and the high school hierarchy the original pioneered.

Overall, if you enjoyed the original Mean Girls, wanted a new spin on it, or are a theatre kid at heart, this movie is definitely for you!



Wonka Movie Review

By: Sanvi Mandvekar

The movie Wonka stars Timothee Chalamet as Willy Wonka. The story is set in a small town back in the days of horse drawn carts. Willy aspires to be a chocolatier in the famed land of the best chocolatiers. After debuting his chocolate, the other chocolatiers feel threatened and remove him from the town. A series of events follow, ending in a huge twist. Watch the entire movie to find out what really happens! This movie is definitely for the people who love twists and turns. If you are one of those people, Wonka is the movie for you! Even if you aren't one of those people, Wonka appeals to ages 5 to all! The emotions and all of the humor is sure to make it one of your favorites!



Aquaman and the lost kingdom

By: Bhavit Potu

The sequel to the 2018 movie Aquaman is out now! After 4 years the sequel was out in theaters on December 22, 2023. The movie is about Black Manta (the antagonist), still trying to get revenge for his father's death. He later wields the power "New year, new me!" to the mythical black trident which he uses to release the army and the king of Necrus. Later, Aquaman hoping to end this fight announces an unlikely alliance with his halfbrother Orm, the former king of Atlantis. Setting their differences aside they join forces to protect the kingdom and save the world from destruction.

If you like the DC universe and action/adventure movies this movie is for you!



Tips and tricks

2024

Tips on how to accomplish your new year resolution – By: Sahasra Bathula

Did you know that only 9% of people accomplish their New Year's resolutions. Accomplishing your New Year's resolutions are not an easy thing to do. A lot of people lose motivation very easily. Over 23% of people quit at the end of January. Meanwhile over 69% of people quit in the first one to two weeks of January. Here are some tips on how to stay motivated and accomplish your New Year's resolutions. Here is the 7 rules method. Step 1 is to identify your goals. You should have no more than 2-5 goals. Maybe your goal is to learn a new hobby/skill, quit a bad habit, spending less money, spending more time with family and friends, etc... Step 2 is to create mini goals. These mini goals are small steps that help you reach towards your main goal. An example is that's lets say that your goal is to exercise more. The mini goals for that could be to join the gym, find a certain time period in your schedule to have a workout, or you could exercise 5 minutes more today than you did yesterday. Step 3 is the identify any obstacles that are going to prevent you from achieving your goal. Maybe your goal is to spend less money. An obstacle could be that you buy \$20 coffee every morning. Another obstacle could be that when you are shopping you often buy things you don't need. Step 4 is to find a solution to the obstacles. Let's say that your goal is to spend less money. The obstacle is that when you go shopping you buy things that you don't need. A solution to this obstacle is that you can make a shopping list that has all of the items that you need. Making a shopping list keeps you more focused on buying what you need. Step 5 is to set reminders. A method you could use is to set a reminder on your phone. You can set your phone to remind you everyday at 1:00 pm to exercise for 30 minutes. Another method is to write down a reminder on a sticky note and put the sticky note somewhere when you know you would see it. Some places to put the sticky notes are your phone, bathroom mirror, study desk, diary, etc... Step 6 is to track your progress. There are several different methods on how to track your progress. You could mark it on your calendar. You can track it on your phone by using the notes apps. Step 7 is to reward yourself for every time you take a step closer to your goal. You could go out and eat ice cream, watch your favorite Netflix show, bake desserts, make crafts, etc...

New Year, New Focus

By: Ada Dogramacilar

First Happy New Year to everyone. January is where everything begins all over again, with new you and maybe improved you and new goals. We have some fun crafts like a 6 word- memoir and a goal catcher. Describe your own life using just two rules: one, they must use six words exactly, and two, they should be words that the students believe to be true and are exclusively their own. After you got your six words, then you can put your words on a photo where it represents your 6 words. This amazing fun activity is made by Mrs. Rogers"New year, new me!" 7th grade english teacher. We have an example and the example belongs to me. I did a six word memoir, on how it describes my life. The second craft is a goal catcher, it sounds very similar because there is something called dream catcher. This does the same thing except it, catches your goals. Click the link to learn how to do one. The link will show you how to make a dream catcher, but you want to word it a goal catcher. Don't forget to think open minded. Link to the right--> [DIY | How To Make A Dreamcatcher - YouTube](https://www.youtube.com/WhatsUpMoms)
Don't forget New Year, New Focus.



New Semester, New You

By: Bliss Prakash Anand

It's a new semester! Many students plan on getting better grades in their New Year's Resolution, so here are a few study tips that you can use to bring your grade up.

1. Make a list - Making a list of what you need to do can help you make sure you have everything you need so you can finish your homework or other project faster.
2. Make sure you understand the material. In order for you to be able to get good grades, you actually need to understand the material. If you have questions, make sure ask a teacher or a parent.
3. Take breaks. Make sure that you take breaks from time to time so you don't get overwhelmed. Feeling like you have so much to do can make you stressed and even make you work slower. Take a 10 minute break every 45 minutes.



ENTERTAINMENT

DESIGNED BY: JASMINE THOMAS

Did you know...

By: Lakshya Matele

1. The word January comes from the Latin name of the Roman god Janus, meaning the god of gateways or the god of beginnings and endings.
2. January is the coldest month of the year in the Northern Hemisphere and it is the warmest day of the year in the Southern Hemisphere.
3. Carnations and humble snowdrop are the flowers of January.
4. January's birthstone is garnet, which is believed that whoever wears the gem will be kept safe during travel.
5. January is National Thank you Month, National Spagetti Month, National Soup Month, National Hobby Month, National Clean Your Computer Month, National Hot Tea Month, National Skating Month and National Book Month.
6. Eating black eyed peas on New Year's Day is good luck!
7. National Winnie the Pooh Day is January 18th.
8. National Penguin Awareness Day is January 20th.
9. National Hot Chocolate Day is January 31st.
10. Some celebrities whose birthdays are in January include - Elvis Presley, Oprah Winfrey, Dolly Parton, Betty White, Justin Timberlake, Ellen DeGeneres, Bradley Cooper
11. The term for the fear of snow is Chionophobia.
12. A snowflake consistently has six sides.
13. The first ever Emmy Awards were held on January 25, 1949.
14. January used to be 30 days and was not included in the original Roman Calendar. Julius Caesar added the 31st day to the month of January.
15. Only 9% of people that make resolutions complete them, 23% of people quit their resolution by the end of the first week, 43% people quit by the end of January.

Music recommendations
(January 2024 releases) –

Sahasra Bathula

Lala Sadii – “If You Only Knew”

Kenya Grace – “Strangers”

Paul Damixie – “Hypnotized”

Ofenbach – “Overdrive”

Ariana Grande – “yes, and?”

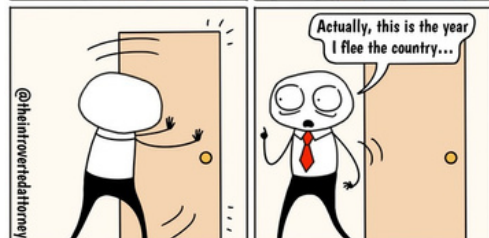


January

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

celebrate
resolution
snow
january

Martin Luther King
party
winter
midnight
cold
New Year



ADAM FOREMAN

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@hentoverdellatoneer