JAGUAR JOURNAL

#JJ

VOL. 69 NO. 4
MAY 2023

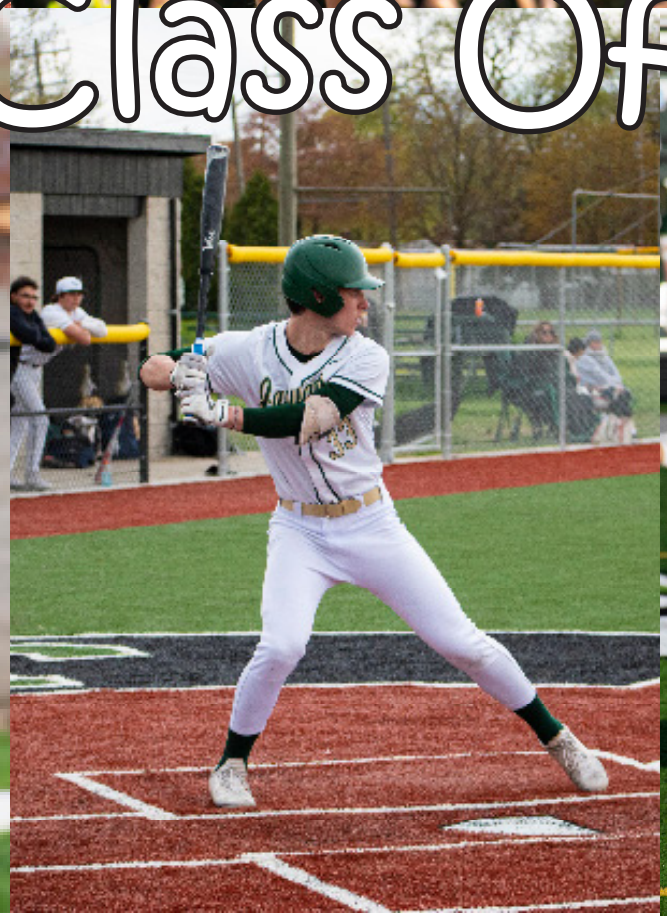
Saying Goodbye to the Class Of 2023













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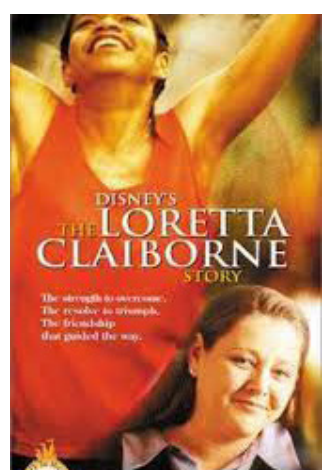
Decades Of Black History Found

BY MICHAEL YOUNG

Loretta Claiborne, the great-granddaughter of Anna Johnson, visited a Pennsylvania cemetery one day in 2000 to try to locate Johnson's gravestone. But the mysterious part, she couldn't find it. Not until two decades later did Claiborne learn that a group of volunteers called Friends of Lebanon Cemetery had found Johnson's grave marker. When Claiborne arrived at the gravestone, she found the stone filthy and barely protruding from the dirt. In addition, the H in Johnson was missing. "They buried her and didn't have the (respect) to spell her name right," Claiborne, 69, told CNN. "That's pretty poor. I was elated that I was able to find her grave, but I was not elated to see how it wasn't respectful to her." There were 2,300 people in the historic Black cemetery, according to the Friends group. After three years of working at the cemetery, they've found at least 800 buried headstones in the cemetery, many previously undocumented. Most were a few inches beneath the surface, some a few feet.

The Friends of Lebanon Cemetery have found the stories of everyday folks through research, like schoolteachers, factory workers, chefs, and barbers, who helped York thrive. Not only that, but there are also more prominent figures who lie at the cemetery, including Underground Railroad agents, suffragettes, Buffalo soldiers, a Tuskegee Airman and other veterans. A bipartisan bill sponsored by Senators Sherrod Brown and Mitt Romney, the proposed African American Burial Grounds Preservation Act provides funding to identify and preserve cemeteries like this one. "For too long these burial grounds and the men and women interred there were forgotten or overlooked," Brown said in a statement. "Saving these sites is not only about preserving Black History, but American history, and we need to act now before these sites are lost to the ravages of time or development."

Today, Claiborne serves on the Special Olympics' board of directors and is the games' chief inspiration officer. Claiborne still travels to North York to visit Johnson, along with her mother and grandmother, and states that one day she'd like to join them. "That's where I'm going to be buried, if God's willing," she said.





Tornadoes Run Rampant Across the United States

By Micaiah Montanez

From later March to early April of 2023, a flurry of tornadoes touched ground across the plains of the midwest and south. One of these tornadoes was so powerful that it ended up killing 26 people and injuring many more. The governor of Mississippi, Tate Reeves, issued a state of emergency in all counties that were affected by the storm. He reached out his support saying , "I'm devastated by the destruction and loss of life these storms have caused."

One of the tornadoes that touched ground was rated at a strength of EF-4 with winds maxing at 170 miles per hour. It hit the towns of Rolling Fork and Silver City during the late hours of the night in late March. The fallout was tremendous with many injured and even more displaced from the damage the tornado inflicted on their homes. The mayor of Rolling Fork commented saying that the city was "gone". Nocturnal tornadoes are more dangerous than those that happen during the daytime because many are startled awake by the storm. Families were stuck in their homes while they were being pummeled by the storm. Many residents said that they heard screaming outside and thought it would never end.

Michigan also had a scare of its own with a tornado watch being announced on April 5th of 2023. All of Southeast Michigan was warned of the perfect weather for a tornado to spawn. Luckily, the storm went right above us and we didn't experience much of a storm at all with Allen Park only receiving heavy rain for about an hour.



Photos by Google

Shooting in Louisville

By Phoenix Perez

In 2023 alone, there have been 163 mass shootings- more mass shootings than days themselves that have passed this year so far. In 131 of these shootings, four or more people have been severely injured. On Monday, April 10th, a shooting in Louisville had been added to this list. In the live streamed attack on the Old National Bank, five people were killed and eight people were injured by the gunman. One of the victims was a rookie police officer, who was unfortunately shot in the head. However, he did survive.

As it turns out, the suspect- who was shot and killed by the police in a confrontation- was actually a worker at the bank. A witness of the attack, who locked themselves away in fear, reported that they knew the attacker and that they were once a fellow coworker. Gunshots and screams were still heard over the 911 call as this poor woman was on the phone with authorities. Majority of the witnesses viewed the gunfire between both the police department and the lone attacker, where they saw him ultimately die. Unfortunately, he wasn't the only one that they saw pass away that day. One witness even reported blood splattering on them after someone beside them was shot.

CHOOSING THE RIGHT COLLEGE

By Michael Young

One of the biggest steps in choosing the right college for you is by developing a short list of possible schools that you will be willing to attend. Brennan Barnard and Rick Clark, authors of "The Truth About College Admission: A Family Guide to Getting in and Staying Together," urge students to think about location, enrollment size, majors and programs, the people on campus, opportunities outside of the classroom, cost and selectivity when crafting a list. Another big step in choosing the correct college for you is by ranking your priorities. Students should do this by weighing the pros and cons of a particular school. This is a major life decision and students need to consider their own personal and educational needs, especially if you plan to stay on the campus of a 4-year college. "It's important that students are in tune to what they seek for their future because if they don't have that foundation, it's hard to really search for colleges," said Richard Tench.

Experts urge students to not procrastinate the process of getting into college. Students must be aware that all colleges have different deadlines to meet. Once your applications are submitted, students should revisit schools. Students should be comfortable with the campus before committing to a college. Students should look at the tuition cost of each college on their list and compare the before and after financial aid price. Students can make their college decision strictly based on the money factor. You would have to compare each college's financial aid awards on your list and make a decision on what college provides you with the most aid.

Lastly, students must determine which college best suits their education path, investigate different job connections, communicate with family, and move on from rejection. The average acceptance rate among the 1,410 ranked colleges that reported fall 2020 admissions statistics to the U.S. News was 70.1%.



Immigrants flee to Italy

By Avery Palka

Tens of thousands of immigrants flee to Italy every year as a means to escape their war torn and impoverished countries, or a way to expand on economic opportunities. However, as most immigration is, this journey is dangerous. Especially due to the massive sea that splits countries- The Mediterranean. Not only is the sea itself particularly rough, but the transport used is usually a run down, overcrowded dinghy. That was the case for a specific boat that called out for rescue the other day. With 400 passengers on board, a boat that was stranded for over 24 hours was at the risk of capsizing. After a brutal storm that peaked with over five-foot waves, the risk was blatant. The hull of the boat had begun to fill with water, and some distressed passengers were even panicked enough to leap from the boat into the water. The Italian Coast Guard jumped into action, where they had to administer immediate medical attention to most on board- including children, disabled individuals, and pregnant women. As they arrived on shore, it was revealed that even more boats had to be rescued, leaving 1,800 migrants in a space destined only for 400. However, it's better to have a bit of an overflow of people than leaving hundreds dead and drowned at sea.





Florida flash flood

By Phoenix Perez

A flood no one saw coming in just a day. Although Florida had many weather-related events this year this one can be added to the list. On April 12 2023 south Florida was hit with some heavy rain that in just a few hours caused an estimated more than 20 inches of rain. As the rain came down harder many people started to realize how dangerous this storm might get.

Many cities started to warn people to stay off the roads and to shelter in place if possible as the rain continued to fill the streets. Soon after residents started to lose power and some water started to creep into residents' homes and local shops causing major water damage. Soon after the Fort Lauderdale airport was forced to close and stop flights coming in or out due to the severity of the storm.

Soon the cities started to warn residents of how serious this flood was becoming. Many ordered people to evacuate or to get to higher ground as the storm became more severe. After many hours leading into the end of the storm there were no deaths recorded but left 22,000 residents without power and many cars left stranded in the floods. One can hope that this summer will be a bit better for the residents living in Florida this time of year.

Photos by Google

Last Conversation With Chadwick Boseman

By
Michael Young

"Black Panther" director Ryan Coogler recently described his last conversation with Chadwick Boseman "a couple weeks" before the actor's death in Los Angeles, California, in 2020. Boseman played King T'Challa, in the first movie and he died of colon cancer at the age of 43 in August 2020. "My last conversation with him was calling to ask if he wanted to read (the script) before I got notes from the studio. That was the last time we spoke. He passed maybe a couple weeks after I finished," Coogler said in the premiere episode of the podcast. "He was tired, bro," Coogler continued. "I could tell he was tired." Coogler, along with actor Denzel Washington, had been trying to contact Boseman for a few days before his death, and eventually answered but didn't seem right. "I could tell he was laying down when we were talking. And Simone (Ledward Boseman, his wife) was with him, and he kicked Simone out because he told her he didn't want her to hear nothing that could get him in trouble with his (nondisclosure agreement)," Coogler said while chuckling.

"She didn't want to leave him, so I could tell something was up," he remembered. Still, Coogler said the two were "joking and laughing" and that Boseman talked about how they were planning their wedding in South Carolina. "But I found out later that he was too tired to read anything," Coogler said. Coogler wrote a heartfelt note about Boseman and sent it to media outlets, two days after he died. He said, in part, "I spent the last year preparing, imagining and writing words for him to say, that we weren't destined to see. It leaves me broken knowing that I won't be able to watch another close-up of him in the monitor again or walk up to him and ask for another take."

Coogler then had to rewrite the script for the new film, after Marvel decided not to recast the character. Coogler tried his best to keep the remaining cast members focused on their characters' goals. "We stood proud. We stood strong, and we did exactly what he would've done," Angela Bassett, who played Boseman's mother Ramonda, said.



UPCOMING MOVIES IN 2023

By Avery Palka

In the last couple of years many movies have been released directly on streaming platforms. This year Hollywood is going back to being majorly on the big screen. With long awaited movies like Iron Lung, Wonka, the Little Mermaid, and Guardians of the Galaxy Vol. 3 all coming out in the next couple of months. As well as recent announcements with large fandoms behind them like Barbie, The Flash, Haunted Mansion, and Hunger Games: The Ballad of Songbirds and Snakes. There is seemingly something for everyone.

For those horror fans; Evil Dead Rise and Scream VI have just come out in the last few weeks. That's not all as more classics are returning to theaters for more like Insidious: The Red Door, Fast X, and Indiana Jones: The Dial of Destiny. On the other side of the spectrum are superhero movies, which are also stacked up to have a great year. With new adaptations of Teenage Mutant Ninja Turtles, sequels like Spiderman: Across the Spider-Verse, and completely new heroes including DC's Blue Beetle. For any fans of popular director Wes Anderson; his new film Asteroid City is set to come out at the end of June, Featuring Scarlet Johansson. Another fan favorite since the first film is Dune: Part Two which will follow the second book in the series.

Some new family flicks include Elemental which appears to have a Romeo and Juliet type feeling to it. Another is Transformers: Rise of the Beasts which picks up after the 2018 Bumblebee film. Finally, one of the most anticipated movies of the decade Five Nights at Freddies is being produced by Blum House. This adaptation of the hit video game has been in the works for about a decade now and fans are sure to go wild with its release this October. This list has only scratched the surface of the many movies that are to be released this year, not to mention the ones announced for the future. Keep your eye out for them as they enter the theater in the coming months.

The Super Mario Bros. Movie

By MATHEW PRICE

The new "Super Mario Bros. Movie" released just a few weeks ago, and it has easily met the expectations that everyone thought it would. The animated film earned an estimated $377 million worldwide in its first five-day showing, which now holds the record in the box office for an animated movie, passing "Frozen 2."

The long awaited movie was a way to give a good nod to the entire Nintendo Mario franchise, and many fans think it lived up to the hype it has been building up since it was announced. The movie gives us a legendary set list, including Chris Pratt as Mario, Charlie Day as Luigi, Anya Taylor-Joy as Peach, Jack Black as Bowser, Seth Rogen as Donkey Kong, Keegan-Michael Key as Toad, and many more honorable cast members.

The newly released movie not only broke the record at the box office for an animated movie, but it's currently the biggest movie of the year, beating out "Ant-Man and the Wasp: Quantumania" which opened with $225.3 million in February. Despite big movies scheduled for release later in the year, like the next "Guardians of the Galaxy" movie, which also stars Chris Pratt, there's a good chance that "The Super Mario Bros. Movie" could hold on to the title of being the biggest movie of the year, seeing its current lasting success.

It is very exciting to see how successful "The Super Mario Bros. Movie" has been so far this month, and this movie will absolutely go down as a classic, as it gives a nice and nostalgic shout-out to "The Super Mario Bros" games.





Photos by Google

Long Awaited 'Five Nights at Freddy's Movie' Release Date

By:Lila Wright

The Five Nights at Freddy's series has been a beloved franchise since the first game's release in August of 2014 when it became an immediate hit. FNaF follows the plot of a security guard who works the night shift at an infamous pizza place with animatronic mascots who are possessed by the souls of dead children. The lore expands so much throughout the countless games and books.

The official release date from Blumhouse is October 27th, 2023. This is a huge step for the fandom as the community has been waiting for the movie for more than 7 years. There has been a lot of speculation that the movie was never going to come out and if it ever did it would be poorly made. Some have argued that its postponement is a positive thing and allows for the teams to spend more time working on it .Although the movie hasn't itself been released, the teasers leave a lot of excitement and hope for the fans.

There are some big names in the movie as well, with the animatronics being made by Jim Henson's Creature Shop. Jim Henson has created animatronics and puppets for Sesame Street, the original Teenage Mutant Ninja Turtles, and the puppets in the Labyrinth. Rumors are also being spread that Gerard Way will be composing music for the movie. The film is being worked on by Blumhouse, the creator of many up and coming horror films like 'M3GAN' and 'Insidious'. This company is working hand in hand with the creator of FNaF to create a very promising movie.



2022 Grammy Nominations

By Matthew Price

We are approaching the end of 2022, and with that comes the Grammy awards, which are awards given out to music artists recognized for "outstanding achievement in the music industry." While the Grammys are huge achievements for music artists, they are also extremely controversial to both the general population and music artists themselves.

The Grammys tend to nominate artists based on their popularity, and less on the actual quality of the artist or album and opinion of the general public. This year was no exception to that theory, as many artists were snubbed from being nominated and instead artists that benefit from popularity were nominated. Instead of giving my opinion on who should and who shouldn't have been nominated, I am going to go over who was nominated for a handful of awards, including song of the year, album of the year, best new artist, and best music video.

Starting first are song of the year. Nominees include: Easy on Me by Adele, Break my Soul by Beyonce, Just Like That by Bonnie Raitt, God Did by DJ Khaled, featuring featuring Rick Ross, Lil Wayne, Jay-Z, John Legend, and Fridayy, ABCDEFU by Gayle, As It Was by Harry Styles, The Heart Part 5 by Kendrick Lamar, About D*mn Time by Lizzo,,



Bad Habit by Steve Lacy, and All Too Well (10 Minute Version) (The Short Film) by Taylor Swift.

Next up are the nominees for album of the year. These nominees include: Voyage by ABBA, 30 by Adele, Un Verano Sin Ti by Bad Bunny, Renaissance by Beyonce, In These Silent Days by Brandi Charli, Music of the Spheres by Coldplay, Harry's House by Harry Styles, Mr. Morale & the Big Steppers by Kendrick Lamar, Special by Lizzo, and Good Morning Gorgeous (Deluxe) by Mary J. Blige.

The last two awards are for best new artist and best music video. The best new artists include: Anitta, Domi & JD Beck, Latto, Maneskin, Molly Tuttle, Muni Long, Omar Apollo, Samara Joy, Tobe Nwigwe, and Wet Leg. The music videos that were nominated for best music video include Easy on Me by Adele, Yet to Come by BTS, Woman by Doja Cat, As It Was by Harry Styles, The Heart Part 5 by Kendrick Lamar, and All Too Well: The Short Film by Taylor Swift.

Quantum Tunneling

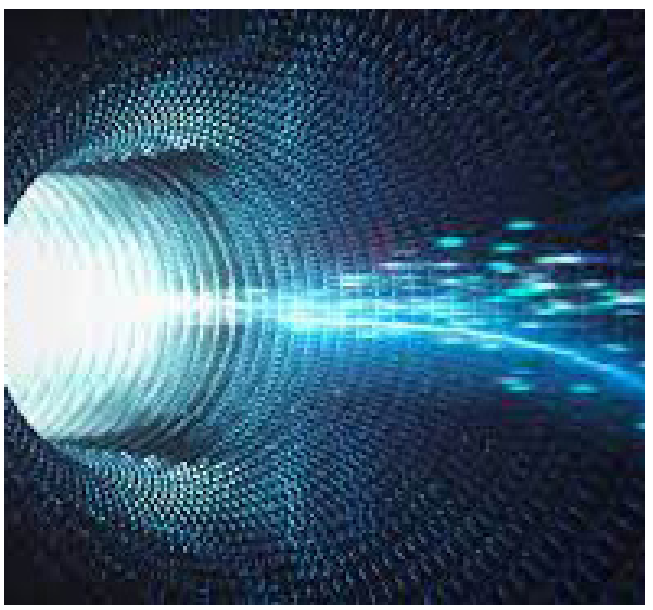
By Lily Akers

A phenomenon first discovered in the 1920s by Friedrich Hund, quantum tunneling is defined in the Dictionary as an effect in which particles have a finite probability of crossing an energy barrier, such as the energy needed to break a bond with another particle, even though the particle's energy is less than the energy barrier. Basically, this means that when quantum tunneling occurs the particles have a chance of passing through. The atoms essentially move at the perfect time. For example, if you and a friend were throwing a ball at the wall and it passed through to the other side.

The scientific mystery of quantum tunneling is a rare occurrence. There is less than a 0.1% chance that it will occur, this is about a 1 in 800 million chance. Although the occurrence is random, some say it happens more than you think. The science behind it isn't exact and opinions vary greatly. Even if it does occur it is very likely it will only happen for less than a second.

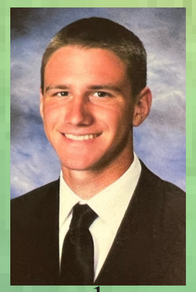
Unofficial reports of this phenomenon have occurred as well far before the discovery date. Many believe that quantum tunneling existed way before 1927 when Hund discovered it. The first to encounter this spectacle is said to be a woman in the 1600s. Considering the beliefs of people previous to this date it is likely that she was killed along with others because it was seen as witchcraft.

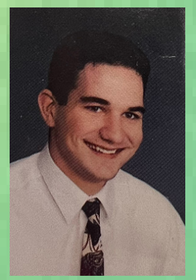
With this development and the technology, we have today, it is not a stretch to say that one day we will be able to control this phenomenon. Although our understanding of it is not that advanced yet, more research could easily lead to a breakthrough in the area of quantum theory. As crazy as it sounds to actually be able to walk through walls, if we can manage to harness this energy in the correct way it is very possible.



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CAN YOU GUESS THAT APHS ALUMNI?


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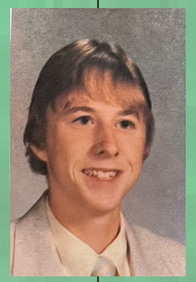

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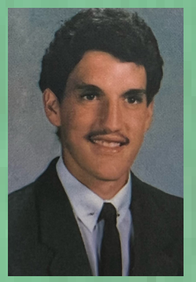

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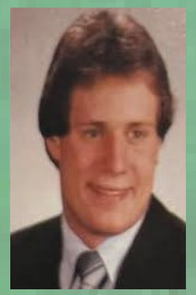

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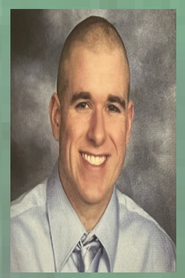

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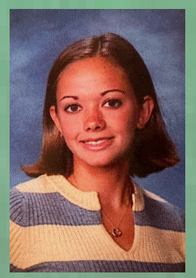

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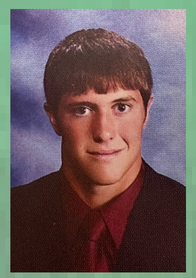

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1. Mr.Murray
2. Mr.Klous
3.Mr.Danosky
4.Mrs.Pier-falies
5.Mrs.Oginski
6. Mr.Victor
7. Mr.Riggs
8. Mr.Dawson
9. Mr.Slate
10.Mr. Hayes
11. Mrs.Lam-bert
12.Mr.Loyd
13.Ms.Pearson

SHOULD BLANKETS BE ALLOWED IN SCHOOL?

By
Helena Morton

In 2011, the Australian Broadcasting Corporation reported on a school in Greensborough, Australia that allowed its students to bring blankets to school, due to the school's unreliable heating system. However, Allen Park High School does not experience this, giving students no valid reason to carry blankets during school.

Then there comes the issue of germs. I know, this sounds lame, but the amount of germs you will pick up during the school day carrying around your blanket is overwhelming. Walking around school, students accumulate tens of thousands of germs from simply touching everyday items: pencils, desks, water fountains, etc. By bringing your blanket to school, you will attract extra germs, and then bringing them home to sleep with, putting you at higher risk for illness. Gross.

Although the additional germs acquired at school with a blanket is alarming, it still is not the biggest problem. No. That problem still comes in the form of germs, except these are the ones brought from home. According to sciencealert.com, all kinds of gross stuff—from sweat, to dead skin cells, to urine—are found in your blankets and bed sheets. Even if you are not sharing your blanket with others at school, the bacteria living on it can still travel onto other people, putting them at risk for getting sick.

So even though your blanket has been holding in the warmth during the colder days of the year, it is not the best option to fight the cold. By grabbing a hoodie, sweatshirt, sweater, or even a light jacket, you can save both you and your peers from a couple of sick days throughout the school year.



Bud Light Receives Backlash After Sponsoring Trans Woman

By
Jasmine Walker

In early April the beer company Bud Light received backlash as the company sent personalized pride merchandise to a transgender influencer named Dylan Mulvaney. This backlash sparked a boycott while others bought merchandise with the sole purpose of destroying it. Many people mocked trans people as a whole and Dylan Mulvaney received a load of hate after many conservatives made their stance public on sites like Twitter. For example, Donald Trump's former senior advisor tweeted, "Stop promoting transgender ideology." The infamous Kid Rock also posted a video of him shooting cans of the brand's beer.





After a week of silence Anheuser-Busch's top executive responded saying that the company never intended to be a part of a discussion that divides people. They also commented "We are in the business of bringing people together over a beer."

This controversy is only a small example of the debate surrounding transgender rights. For years transgender women's rights have been debated. I believe that it was a bold but positive move Bud Light made to sponsor a trans woman. Change is coming and whether people like it or not we need to support minorities. Hatred is never going to bring about positive change. In my humble opinion the rights of any individual shouldn't be up for debate. The fact that there was this much outrage over a sponsorship is mind boggling and I hope that eventually we can all come together as a society and support those around us and stop the spread of bigotry.

Children are Most Likely to Die by Gunfire

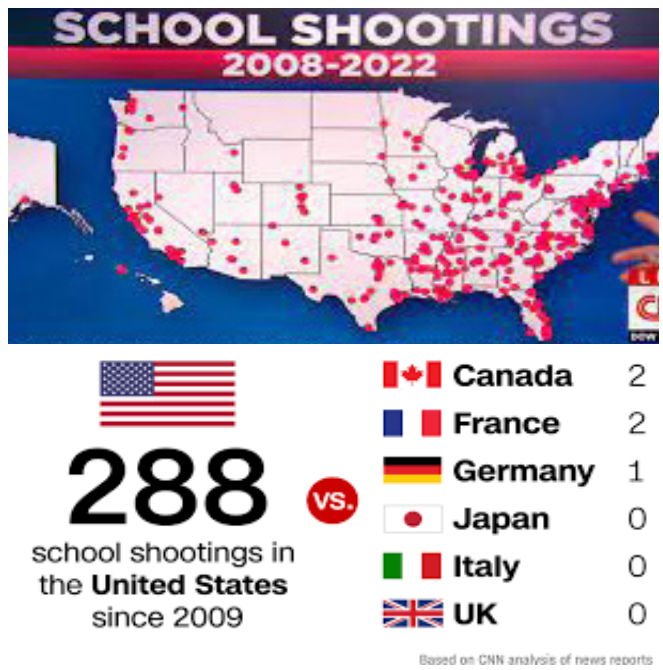
By
Micaiah Montanez

Guns are the leading cause of death for children in the United States, since passing car accidents in 2020. Firearms accounted for nearly 19% of childhood deaths in 2021, which is about 3,600 children that died in gun-related incidents. Which compares to about 5 children lost for every 100,000 children in the US.

The shooting in the Covenant School in Nashville was the 16th shooting this year in grades K-12 and was the deadliest since the shooting in Uvalde, Texas last year. Six people- three children and three adults- were killed.

There have been 130 mass shootings in 2023 so far, the highest number of shootings recorded at any point in any year since at least 2013. Child and teen mortality rates grew rapidly during the Covid-19 pandemic not driven by Covid-19 but by fatal injuries. Firearms accounted for nearly half of the increase in morality in 2020.

The fifth, fourth, and third highest cause of death by children is suffocation (6.2%), poisoning (7.2%), and cancer (8.1%). The second highest cause of death is car accidents, which is 16.5% of deaths. The highest cause of death is firearms, which is 18.7% of deaths. This is something that causes major fear throughout children in all grades. Teachers are being forced to spend their own money preparing for the worst. Something needs to be done to minimize all of the fear, and all of the danger.



Photos By Google

Should Teachers Take Student's Phones?

By: Lily Akers

Most schools have some type of cell phone policy to avoid disruptions and keep a stable learning environment. Most of my classrooms have a phone caddy that holds the student's phones for the hour. They are not touched by any other individual, including the teacher, and they can be retrieved again once the bell rings. Other teachers just tell you to keep phones put away. If students violate any of these policies, teachers might confiscate their phone. But should they be allowed to do so?

If I get in trouble at home, my mom doesn't take my phone away, but that's because I pay for my own phone bill. It's technically not her phone, so she has to work around my phone when I'm insubordinate. The same rule should be followed by teachers; they don't pay your phone bill, so they can't take your phone from your possession. Teachers should allow parents to deal with the issue and punish their own kids if they break school policies on phones. High school students are old enough to know better than to use their phones during a lecture or when they're supposed to be working on their schoolwork. If they choose to use them, teachers should let students find out the punishment through themselves, whether it be slipping grades or a grounding at home by the parents. Instead of taking away my phone, a more fitting punishment would be to take away participation points in the gradebook or points on the assignment that the student is supposed to be working on.

If a teacher does take your phone away, it does not mean they're breaking the law. They don't go through any student's phones, so they aren't invading privacy. If teachers DO take away a phone, they should have to return it to the student at the end of the class period instead of keeping it all day. If teachers want to try to keep a phone for more than their own class period, a form signed by parents should be required that approves the confiscation of a phone they pay for.





Do Private Prisons Truly Help Our Government?

By Phoenix Perez

Prior to the 1980's, private prisons didn't exist in the United States. But thanks to the Reagan administration's War on Drugs, which led to harsher sentencing policies and higher rates of incarceration, the inmate population skyrocketed over the capacity of the nation's existing prisons, a fact that corporations were quick to take advantage of. In 1984, the country's first for-profit prison was established in Tennessee, and over the next six years, it was joined by 66 more.

In August 2016, the Justice Department announced their plan to end the use of private prisons, citing concerns about their levels of safety and effectiveness at saving money compared to government-run facilities. Less than a year later, Attorney General Jeff Sessions reversed the plan. Although private prisons account for a small overall percentage of America's incarcerated population, they have grown at a disproportionate rate, with a shocking 1600 percent increase in their populations from 1990 to 2005.

The corporations running private prisons inevitably claim that they are saving the government money, but their true focus is on protecting their own bottom lines. In order to lower operating costs, these facilities cut corners, hiring fewer employees and paying and training them less. Due to the 58 less training hours, these guards received $5,000 less than those working at a government owned prison. The employee turnover rate rises and security in the prisons is decreased.

A 2016 report from the Justice Department found that private prisons had a 28 percent higher rate of inmate-on-inmate assaults and more than twice as many inmate-on-staff assaults, as well as twice as many illicit weapons compared to federal facilities. The report also found that the Bureau of Prison's monitors tasked with making sure private prisons comply with federal policy regularly failed to ensure inmates were receiving medical care. One prison went without a full-time doctor for months, a fact that the prison's monitor failed to report. The lack of sufficient security and healthcare unnecessarily endangers the lives of inmates, who are not in a position to do anything about it because they are in prison.





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COLLEGE FOOTBALL PLAYOFFS

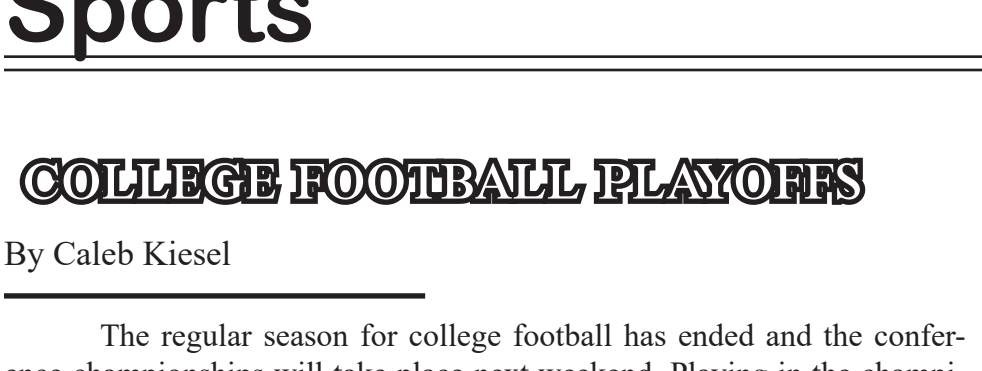
By Caleb Kiesel

The regular season for college football has ended and the conference championships will take place next weekend. Playing in the championships are Utah and USC in the Pac 12, Kansas State and TCU in the Big 12, LSU and Georgia in the SEC and Purdue and Michigan in the Big 10.

Utah and USC play first this weekend on friday. USC finished the year 11-1 and ranked 4th. They started the season ranked 14th and have stayed ranked all seasonUtah finished 9-3 and ranked 14th. They started the season ranked 7th and have stayed in the top 25 all season. The 2 teams have played each other before this season with Utah winning 43-42 at home in week 7. USC is favored by 2.5.

Kansas State and TCU play on Saturday for the Big 12 championship. The 2 teams have played each other before with TCU winning 38-28 on the road. TCU finished the year with a 12-0 record and are ranked number 3 right now. Their season has been a very surprising one considering they did not start the season in the top 25 and were not ranked until after week 5 when they beat number 18 Oklahoma 55-24. Kansas State finished their season 9-3 and are currently ranked 12th. Like TCU, Kansas State also started the season unranked. They became ranked after they defeated number 6 Oklahoma on the road in week 4. TCU is favored to win by 2.5

LSU and Georgia play for the SEC championship on Saturday. Geor-



gia is the defending National Champion and finished the season 12-0 and finished 1st in the rankings. Georgia started the season ranked 3rd and moved into 1st after number 1 Alabama struggled to win against unranked Texas A&M in week 2. They then stayed at one until after week 5 when they only beat Missouri 26-22 when they were 31 point favorites, and moved down to number 2. Then in week 7 they got back up to 1st and stayed there the rest of the season. LSU finished 9-3 and are ranked 11th. They started the season unranked and were not ranked until after week 5 when they were 4-1 and then they were ranked 25th. They then became unranked again after losing to number 8 Tennessee. They became ranked once again after beating number 7 Ole Miss in week 8. Ranked 10th they then played number 6 Alabama and won moving them up to number 7. In the last week they were ranked 5th but lost to unranked Texas A&M moving them down to 11. Georgia and LSU have not played each other this season. Georgia is favored by 17.

Purdue and Michigan are the last game on Saturday and will play for the Big 10 championship. Michigan ended their season 12-0 and ranked 2nd. They started ranked 8th and have moved around all season between 3 and 5. They have won several big games this year. One of them is beating number 10 Penn State 41-17, when they were only favored by 7.

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Lady Jags Will Rise Again

By Molly O'Riley

After winning the past three years, the state-champion varsity cheerleading squad is already hard at work, ready to fight for their fourth state championship. They are spending over 20 hours a week in practice in hopes to defeat their rivals Gibraltar Carlson again, during their competitive season. The team has paractice Monday-Friday, usually lasting about 3 hours, gymnastics every Tuesday night, and a competition every Saturday. "The practices may be long and grueling and a lot of times it is hard to concentrate and focus, but we work hard and continue to improve every day." said Junior Ava Metallic.

With 11 seniors on the team, the Jags are in good shape to know what to expect this season. Senior Madi Setser said, "I am so excited for my senior year! I can only imagine how amazing this season is going to be!" She is sure this team is the best one yet. With 2 out of 3 rounds already completed, the strong ladies are going into their first competition ready. "I'm really excited to be on the team this year! It's definitely hard work but I know it will all pay off at States, March 4th." said Junior Gabby Simpson.

The first competition is on December 10th, at Fenton High School. The CCCAM competition is one of the most entertaining competitions to attend because you can see many different schools compete and show off for the first time in the season. This season is going to be the hardest one yet! Going for your first state title is definitely difficult, but going for your fourth in a row is one of the most difficult things a team could work for.

We expect to see great things from these awesome athletes this season and we wish them the best of luck! It will be UNFORGETTABLE! #GoJags #DTTWO



Allen Park High chool Competitive Cheer Team Pictured

Jags Softball

By Morgan Sizemore

The softball team has started the season off very strong by going 10-3 and 5-0 in the DRL. With 10 of the 13 girls returning they are looking to have another successful season. The team is filled with one freshman, Mallory Hool, two sophomores, Mak Sitarski and Kiley Carr, five juniors, Avery Garden, Bailey McCalister, Lexi Soliz, Ashten Omodio, and Alyson Miller, and then five seniors, Molly Hool, Mia Hool, Mackenzie Badillo, Faith Peschke, and Morgan Sizemore.

The girls have already lost to some tough competition by losing to the Lakeshore Varsity team 1-0 and playing a great game against Hartland by falling short 5-4. They have also won some tough games by beating Woodhaven 2-1 with only having one hit and then beating a very good South Lyon East team 2-1. In the next few weeks the girls will have some games. They will face

Trenton for the first time in the league and then will play Woodhaven again. Next weekend they have a tournament in Grand Blanc and will play Clarkston and then play South Lyon East again. The team is hoping to have another successful postseason run after winning the state championship game last season. They will have to play some tough games but will be ready to battle.



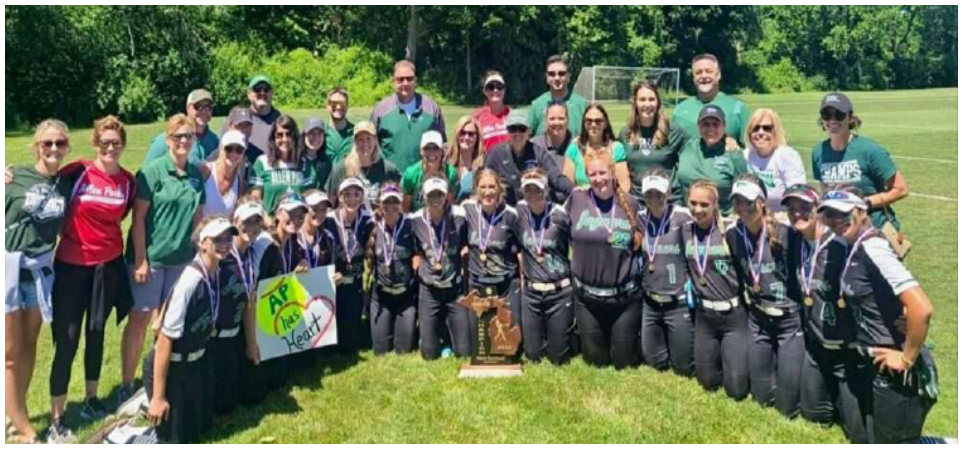
Avery Garden



Team celebrate after state championship



Morgan Sizemore



GIRLS TENNIS

By Avery Palka

It's currently mid-season for the varsity tennis team. The coach for this year is Mr. Dunlap; last year the team lost a total of ten seniors so the lineup for the 2023 season is full of new faces. At singles one is senior Brooke Johnson, last year at the doubles four position. When asked what she was looking forward to the most this season Johnson responds, "I'm just excited to get to know everybody and play some tennis". The rest of the singles lineup continues with singles two; sophomore Chelsea Hopkins, singles three sophomore Nora Jaynes, and singles four; senior Madi Vaughn.

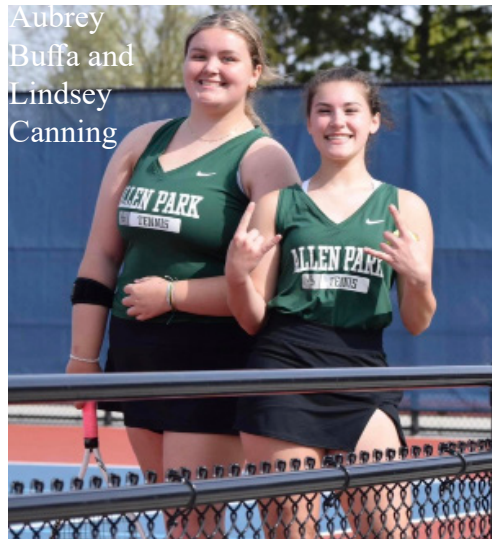
Moving on to doubles, doubles one this year is seniors Mary Courtright and Avery Palka. Doubles two is senior Lindsey Canning and Junior Aubrey Buffa. Canning was asked about the dynamic of the returning players and the many new players on the team. She responded, "This season has



Tennis Team

been different from last year but as a team it has stayed the same. Everyone really gets along, and we are all able to have a good time together on the court and off". Doubles three is junior Megan Baska and sophomore Julia Schroeder; doubles four is sophomores Jayla Jewell and Emma Schumm; Doubles five is Junior Autumn Edwards and sophomore Mackenzie Mouchet.

Team manager and returning player, junior Ellie Lauth, was asked how she felt the season was going so far. Lauth responded," There is so much potential on our team, every match the girls get better and better. It's honestly amazing to watch them all fight for every match". The girls are currently working hard and getting ready for their next tournament at the Erie Mason invite. Buffa comes in to say, "Every match counts, no matter if it's a win or a loss our team is constantly learning and improving upon itself. At the end of the day that's what matters the most". There are still four weeks until regionals so be sure to make it out there and to support the team.



Aubrey Buffa and Lindsey Canning



11 Minutes of Exercise Can Positively Affect Your Health

By Avery Palka

Just 11 minutes of moderate to vigorous exercise per day could greatly lower your risk of cancer, cardiovascular disease, or premature death. Aerobic activities include: walking, dancing, running, jogging, cycling, and swimming. You can control the intensity level of the activity by your heart rate and how hard you are breathing. A study was done on more than 30 million adults who were followed for ten years. Compared with inactive participants, adults who had done 150 minutes of moderate-to-vigorous aerobic physical activity per week had a 31% lower risk of dying from any cause, a 29% lower risk of dying from cardiovascular disease and a 15% lower risk of dying from cancer. Even people who got just half the minimum recommended amount of physical activity benefited. Accumulating 75 minutes of moderate-intensity activity per week was associated with a 23% lower risk of early death. Getting active for 75 minutes on a weekly basis was also enough to reduce the risk of developing cardiovascular disease by 17% and cancer by 7%. 1 in 10 premature deaths could have been prevented if everyone achieved even half the recommended level of physical activity. To get up to 150 minutes of physical activity per week, find activities you enjoy. You are far more likely to engage in something you love doing than something you have to make yourself do.



Fun Things To Do In The Summer

By Matthew Price

Summer is slowly approaching us, which means for most no school, warm weather, and less stress. Once summer begins, many people have trouble finding stuff to do right away, and before they know it a month has already passed. If you are one of those people, here are a few activities to indulge in during summer break.

Obviously, the temperature is warm and the weather is usually good for the most part, so spend as much time as you can outside. There's no point in staying inside, especially on your own when the weather is so wonderful. This could include riding bikes, taking a run, playing a sport, etc. Some form of physical activity outdoors will ensure you will not be bored day in and day out.

Another fun activity to do during the summer is taking a road trip with some friends. This is especially for seniors who are planning on going away for college, spend some time with your friends. Plan a trip to get away for a weekend and enjoy a nice break with your friends.

Since you have months before you need to go back to learning, a third thing to do during the summer is to get some cleaning and organizing done. If you have been planning on redoing something, for example your bedroom, or it just needs a deep clean, you have all of the time in the world to get that done. There is nothing more satisfying than having a completely organized room that is set to your liking, knowing that you got something like that out of the way.





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"Phantom of the Opera" Closes on Broadway After 35 Years

By Micaiah Montanez

The final curtains close on one of the most impactful Broadway shows in history. The Phantom of the Opera is closing on a 35-year record of being Broadway's longest running show. The last performance was on April 16 with a charade of celebration.

The iconic chandelier was bursting with gold and silver confetti with thunderous applause. People were toasting with champagne and sinking in the moment of the grand finale. It ended with a reprise of "music of the night," with the return of special guest stars and previous cast such as Sarah Brightman, who played as the main protagonist Christine Daae'. The writer of the opera Andrew Loyd Webber took the stage last and dedicated this final act to his son Nick, who passed away a month prior due to gastric cancer and Pneumonia. "When he was little, he listened to this music. And as I was writing it, he was there by my side." quoted Webber.



The phantom tells a story of a deformed, genius composer who haunts the Paris Opera house. He suddenly falls in love with an innocent, young soprano Christine Daae'. Originally based on a novel by Gaston Leroux. It's one of the most heart wrenching and mysterious stories of all time. A story of music. A balance of good and evil, love and hate. The first production was in London 1986. Since then phantom's face has been seen by 145 million people in 183 cities. It ran nearly 70,000 performances with a gross of 1.3 billion at the box office on Broadway alone. However, will the Phantom ever return? Many great musicals have, and phantom is one of the greatest. Nothing is ever truly gone. Only time

SAVING MONEY TIPS

By
Pheonix Perez

Saving money as high school student can be very hard and seem almost impossible but it can be easy if you put your mind to it. I'm sure growing up you have heard your parents talk about budgeting and that might have sounded super confusing but with so many new ways to save you can better work saving into your everyday life.

Most people keep jars of change and look to turn it into machines or even the bank for cash once they feel that they have enough change for something they are saving for. Instead of using coins some people even chose to save their $10, $5, or $1-dollar bills in order to save more and for a faster outcome. If you have a ton of expenses budgeting may be the best way to go but instead of making a spreadsheet of every last cent you spent it might be best to get a small pocket binder and keep labels on what you think is most important to spend money on.

One way of saving can be the 100-envelope challenge that has been on tiktok the last few months and has helped a ton of people save money. The 100-envelope challenge is where you take a stack of 100 envelopes and label them 1-100 and mix them up as best as you can so that each week you pick a random envelope. Whatever the number is on the front you put that amount into the envelope and seal it and put it in a safe place. When doing this it keeps your money safe while saving more every week and helps keep the money out of sight out of mind if you have a hard time not wanting to spend your money. At the end of the challenge, depending how often you pick a new envelope either twice a week or once every two weeks this challenge can range to about 3 months. Bye the end of the 3 months you can have an estimated 5,000 dollars saved



Tips to help in your interview

By Pheonix Perez

With a lot of us looking for our first jobs or even just a new one, it's best to find good ways to make a first impression. Although going into interviews can be very nerve racking it can help to have tips on what you can do to make it go smoother.

First impressions are what count so you need to remember 4 things before you walk into your interview. Making sure you are on time to your interview will make a huge impact on what they first think of you. Depending on how far you live from your interview you should try to be early if possible.

How you dress is another thing you should think about because before you say anything they will look at your appearance so it's best to dress for the position you are applying for. Another big thing you need to keep in mind is to smile and look friendly when possibly meeting other coworkers and remember that an interviewer might ask a receptionist or other employee what their first impression of you was to get an idea if you're a team player or not.

Now after you greet the interview they might jump right into asking you some questions. Although you can guess what the first question an interviewer might ask you, make sure you let them lead the conversation. Make sure you take the time to really think about the questions they may be asking before you answer. an interviewer may ask you about your past jobs if you have an experience in a work environment so make sure when they ask about past jobs you don't talk poorly about old managers or coworkers.

Being prepared before going into an interview can better help you work through any nervousness you may feel about it. Although you may take these steps you also need to remember to be yourself and answer all questions honestly to better show your interest and qualifications in the position.





SLEEP!

By Bill Riggs

Most High School students have the worst sleep schedules on the planet. Whether it be mental problems such as depression and anxiety keeping them awake, or disorders such as insomnia, they get the least sleep- when in fact, they should be getting the most as they are in a crucial state of development.

One of the main ways to improve sleep, and teenagers will not like this fact, is to get rid of all electronics. TVS, phones, tablets, laptops, everything. Yes, you can still go on them of course, but sleeping near them, especially when they are on? It's a recipe for insomnia. It doesn't help that teenagers are addicted to their phones, but it's a very vital piece in actually getting rested at night.

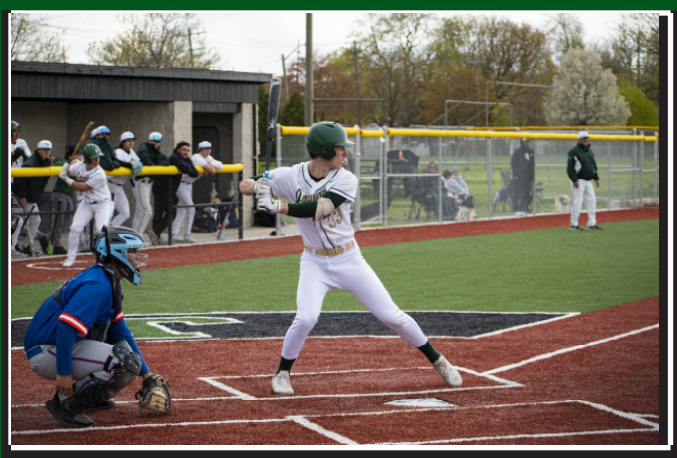
Another two tips that go hand in hand are exercise and eating patterns. Eating a huge meal then laying down to sleep is not good for your sleep schedule at all. Food is pure fuel for your body, thus energizing you and amping you up significantly when it should be a time to wind down. Not only that, if you do fall asleep, the food does not digest and break down as fast. If you do eat, exercise before sleeping. Even exercising without eating as much before you sleep is great too, as it tires out your muscles and body before you inevitably fall asleep.

Grey's Anatomy

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JAGS Sports SPOTLIGHT







