JAGUAR JOURNAL #JJ

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New Semester for the Jags!





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Michigan Achievement Scholarship

BY: Michael Young

A new webpage has been launched by Governor Gretchen Whitmer, to help the graduating class of 2023 apply for the Michigan Achievement Scholarship and lower their cost of college by thousands of dollars a year. What students need to do is talk to their parents or guardian, gather documents, and fill out their Free Application for Federal Student Aid (FAFSA) as soon as possible. Students could be eligible to save up to $8,250 over three years as they earn their associate degree at a community college, up to $20,000 over five years at a private college, or up to $27,500 over five years at a public university.

"For too long, high costs have been a barrier to higher education," said Governor Whitmer. "I am so excited that we worked across the aisle to establish the Michigan Achievement Scholarship, lowering the cost of college by thousands of dollars a year for the vast majority of graduating seniors, starting with the class of 2023. All students need to do to get their Michigan Achievement Scholarship is fill out their FAFSA. I encourage every student going to community college, private college, or a public university in Michigan to speak with their parents or guardian, get their documents together, and fill out their FAFSA to save thousands of dollars."

Graduates are eligible for annual scholarships up to $2,750 at a community college, $4,000 at a private college or university, and $5,500 at a public university, starting with the class of 2023. Students will be eligible if their family demonstrates financial need when they complete the FAFSA. The Michigan Achievement Scholarship will cover 94% of students attending community colleges, 79% of students attending a private college or university, and 76% of students attending a public university.

"Attending the University of Michigan is a dream that should never be dimmed by fears of affordability. So we encourage all upcoming high school graduates to apply to Michigan Achievement Scholarship. Those scholarships will open new opportunities, build Michigan's future, and best of all, turn student dreams into realities," said Santa J. Ono, President of the University of Michigan.

Idaho Murders

By: Michiah Montenez

Four college students from Idaho were brutally murdered on November 13, 2022. The suspect, Bryan Kohberger reportedly stabbed four of the six roommates. He was accused of stalking for weeks prior to the murder because his cell phone was pinged over 30 times outside of the house. A 9/11 call was placed around 11 AM for an unconscious body. When the police showed up they found the 4 stabbed victims. Kohberger was arrested at his family home In Pennsylvania. A knife sheath was found at the scene. DNA found on the knife matched the DNA found in the Kohberger family home. Kohberger was extradited back to Idaho following his arrest. The scariest part of this whole story is that Kohberger was in the process of getting his Phd in criminal justice at Washington State University.



The evidence against Kohberger has been piling up more and more. A car registered under Brian Kohberger's name was seen driving by the house of the victims over 30 times in weeks leading up to the murders as well. One of the roommates came forward not too long ago saying she saw a shadowy figure with bushy eyebrows in the home, the night of the murder. Kohberger had released a Reddit survey on the thoughts going through people's heads when/if they committed a crime. When asked about the case he makes weird remarks trying to prove his innocence. Bryan Kohberger is being charged with 4 counts of first-degree murder and 1 count of felony burglary. The trail is set for June of 2023.

Cancer Death Rates Fall

By: Pheonix Perez

Cancer affects millions of people and their families every year. Just in 2022 roughly 1.9 million people have been diagnosed with cancer in the United States alone. In just 32 years science has helped us lower the rate of deaths that cancer causes every year. As of this year since 1991 the cancer death rate has fallen 33%. For an estimated number of lives saved is about 3.8 million.

Scientists say this has all been because of advances in treatments and the help of early detection of cancer cells. In these advances in treatment they have been able to treat cancer cells more heavily than ever and with better outcomes. Detection of cancer cells helps doctors and scientists see the stages in which the patient is in and helps them see what to look for.

Just in 2010 to 2020 the death rate had fallen 1.5%. With these new studies they focus more on lung cancer caused from smoking. From results they have progressed to less cancer treatment when being able to diagnose and see these familiar situations faster than ever.

"Cancer is preventable in many instances and detectable at an early stage with better outcomes in many others. When necessary, treatments are improving in both their efficacy and safety. That's all great news," Dr. Ernest Hawk, vice president of cancer prevention and population sciences at the University of Texas MD Anderson Cancer Center, said in an email.



Winter Storm in Texas

Thousands of Texans have been shivering in their homes with no power or heats for days. Many of them are getting sad memories of the deadly 2021 blackout after an icy winter storm. This storm has been blamed for at least ten traffic accident deaths due to the slick roads this week. City officials in Austin have compared this damage to trees and powerlines to the damage tornadoes can do.

On Thursday more than 430,000 people were left without power and no power means no heat. Power failures have affected about 30% of customers in the city of nearly a million at any given time since Wednesday.

For many Texans this is the second time in three years that a Feburary storm caused prolonged outages and uncertainty when the lights would come back on. School systems in most of Texas, Oklahoma, and Arkansas closed Thursday and are not expecting to reopen until next week at the earliest. Thousands of flights have been canceled and airport crews are struggling to keep the ice off the runways.

Another wave of cold weather is expected to enter the US on Friday. This will move from Canada into the northern Plains and Upper Midwest and sweep into the Northeast by Friday night. New Englanders were warned that wind chills could reach into the minus 50s. This will be the coldest weather in decades. The strong winds and cold temperatures will create wind chills which are rarely seen in northern and eastern Maine. A director of weather operations in New Hampshire said that the Thursday winds could reach 100 mph.



Unidentified Object Over Lake Huron Shot Down

By: Z Tarrow

On Sunday February 12th a U.S fighter jet shot down an unidentified foreign object in the sky over Lake Huron. The pentagon press secretary Brig. Gen. Pat Ryder said the object was not assessed to be a military threat, but it was a flight hazard.

The assistant secretary for Defense of Homeland Melissa Dalton echoes the sentiment Sunday night reporting that the object was shot down out of an "abundance of caution." She added that such high-altitude objects can be used by a vast range of companies, countries, or research organizations.

For purposes of legitimate research and are not malicious. The object was flying about 20,000 feet above Michigan's upper peninsula. It had an octagon-like shape with strings hanging off of it. The path and altitude of the object raised concerns that it could pose a threat or danger to civilian aircraft.

Sunday's shootdown marks the 3rd unidentified object shot down in just three days and 4th object over all. On February 4th the U.S downed a balloon reportedly from China just over the coast of South Carolina, The U.S says that it carried surveillance equipment. China released a statement insisting that it was an airship that got blown off of its course and that the U.S "overreacted" by shooting it down.

On Monday another statement was released by China claiming that U.S balloons have entered their airspace "more than 10 times" since 2022. The white house quickly denied these allegations. Michigan's Governor Gretchen Whitmer said the Michigan National Guard "stands ready" and that she has been in contact with the federal government about the whole ordeal.





Stranded Dolphin Saved by Human

By: Mathew Price

A scary situation was turned into a wholesome one as a human chain of over 30 biologists helped save a dolphin who was stranded in a canal for about 4 days. The dolphin was lost from its natural habitat in Tampa Bay, and ended up lost and unable to fend for itself as it was unfamiliar with where it ended up.

Rescue biologist Brittany Baldrica received a call about the dolphin's whereabouts, and knew she had to act upon it quickly. Baldrica was able to gather a group of 28 biologists who work with her at the Clearwater Marine Aquarium, the National Oceanic and Atmospheric Administration, and the Florida Fish and Wildlife Commission to help the dolphin.

Together, they formed a wall in the canal to prevent the dolphin from entering the Clearwater canal any further. Some of the biologists were also banging on boats and revving boat engines to create a lot of noise. Without physically touching the dolphin, the biologists were able to encourage the dolphin to swim its way back to Tampa Bay, ultimately bringing it back home and saving its life.

If it was not for the human chain the biologists created in the channel of water, who knows where that dolphin would have ended up. Since it was so unfamiliar with the location it was in, the dolphin would have had trouble obtaining food, a major source of dolphins' survival. Thankfully, Baldrica and her team thought quickly and were able to save the dolphin's life.



Sleep Disorders Affected With Stress

By Avery Palka

According to many studies it has been found that sleep disorders are associated with more parental stress. A new study found that disrupted sleep in parents and disrupted sleep in their children are each correlated with increased stress in parents. It was also found that it didn't matter if the child had the sleep disorder or the parent did. They both equally affected the parents' stress.

The more sleep-deprived everyone in the family gets, the more stressed they all get and the more stressed out they get, the worse they sleep. In a study it was found that anxiety and depression were four times more likely to happen in people who were stressed. It is also known that anxiety and depression affect how we sleep.

If you are in a "no sleep family" the first thing you should do is invest in sleep as a family. This is because no matter who is sleeping well, if you are under the same roof, the chances are it's going to affect everyone. You should also be focused on good sleep hygiene, involving a consistent bedtime and a calming bedtime routine. Another important thing is to have as little screen time as possible.

Common causes of chronic insomnia include: Stress. Concerns about work, school, health, finances or family can keep your mind active at night, making it difficult to sleep. Stressful life events or trauma — such as the death or illness of a loved one, divorce, or a job loss — also may lead to insomnia.

Sleep disturbances particularly insomnia are highly prevalent in anxiety disorders and complaints such as insomnia or nightmares have even been incorporated in some anxiety disorder definitions, such as generalized anxiety disorder and posttraumatic stress disorder. Prolonged stress levels, therefore, decrease sleep duration and lead to poorer quality sleep, impaired memory and poorer mood regulation

It does not always start and end with sleep so much stress is involved too. You should start by reducing the amount of stress that is at home. You can try mindfulness meditation and sensory experiences like aromatherapy and candles. When stress does bubble up you can use coping strategies like deep breathing or calling a friend to distract your mind.

2022 Fashion Trends in Review

By Avery Palka

In 2022 there have been many new and renewed fashion trends. Breaking them up into categories there are shoes, bottoms, tops, and accessories. Going bottom to top, some notable trends in shoes include platforms. These could be any type of shoe in platform style but platform converse was a major hit. Along with this is the Boston Birkenstock, a clog/slipper that continues to be a hit but due to the high price and delay on shipping keeps it at the top of peoples wish lists. Lastly for shoes is the UGG slipper, in particular the Tasman slippers. Another choice that can be dressed up or dressed down, a common theme among the shoes.

The next category is bottoms, starting with the continuation of cargo pants from the last two years. A versatile pant that comes in many different styles. Similarly, we have wide legged pant. This comes in a range of jeans, corduroys and leggings. Sometimes paired with another popular choice of low-rise jeans. This trend continues into 2023 for spring fashion. During summer biker shorts as well as leotards were a go for casual wear or for the gym. And for a dressed-up look, maxi skirts remain a top choice for outings like museums, dinners, or just walking around.







As the top category begins its to be noted that most desired looks of the year have had the ability to be made formal or casual. This continues as the bomber jacket. This was a hit in fall, continuing to the winter. It can be paired with dresses, jeans, or skirts making it a versatile piece. Next is the corset top, more commonly seen in activities similar to those of the maxi skirt. Sometimes even worn with jeans for a casual look.

The final topic, accessories, begin with the Lululemon belt bag, once again a versatile piece with the availability of being casual or not so. There is also the chain belt, this can be worn many ways and with many different style chains to match different outfits. Lastly is the mullet, an on again off again hairstyle on the up again as we enter the new year. After taking a peak back into 2022 it's clear the trends that remained adaptable to the different seasons and varying levels of formal remained most popular for the year.

Photos By Google

These everyday items endanger the environment!

By Jasmine Walker

There are many objects we use in our everyday life that could potentially harm the environment. Our lights, the paint we use on the walls, and what we use to clean our homes or charge our electronics, all could potentially harm the environment. The reason these things are dangerous is because we don´t know how to get rid of them or how to keep them safe.

According to the Environmental Protection Agency, it´s important to contain harmful chemicals and unsafe metals out of waste streams, out of the way of children or animals, or other places that have the ability to harm the community or environment. One way you can safely dispose of these types of products is by dropping them off at your local city or county disposal.

For other items such as cleaning sprays, paint, and other liquids, you may find it harder to get rid of them since they seem to be imperative items to have in a household. The most important thing to remember for these items is how to dispose of them when you are done with them. Since they are liquids, you may be tempted to dump whatever extra you have down the drain, but since these objects can be toxic and/or flammable, it is important that instead take them to your local transfer station, which you can find by searching Earth911.

By doing these things and making sure to dispose of your potentially dangerous products safely, you could help the environment.

Helpful Tips For Fighting Seasonal Depression

By Helena Morton

As the winter season hits its peak something also begins to hit its peak, seasonal depression. Due to the lack of vitamin D absorption through your skin during the winter months, seasonal depression can leave you feeling isolated, lonely, and sluggish. Missing assignments start to pile up adding even more stress to your day. Lack of energy can lead you to spiraling down a very bad path quite fast. So how can we ease out of it?

Light therapy can be a very effective remedy to curing or easing the pain of seasonal depression. It works by mimicking outdoor light that we usually don't see as we are inside a lot more often during the cold winter months. It is thought that this type of light may cause a chemical reaction in your brain that lifts your mood. The lightbox should be able to provide 10000 lux of light and contain as little UV light as possible. Sitting in front of this light for 20 to 30 minutes per day can relieve the fatigue many people with Seasonal Affective Disorder experience.

Creating a consistent schedule and creating responsibilities for yourself is also an amazing way to get back on your feet. Keeping your mind busy gives you less time to sulk in your emotions and bring up feelings of productivity. Starting a new hobby, or going on a daily walk can really make a difference.

Most importantly, seek help from a therapist if you believe that your emotions are becoming unmanageable. If you cannot see a therapist outside of school, confide in a trusted adult who can help you. You should never deal with depression or any mental illness alone.

Are your favorite foods causing cancer?

By Lily Akers

Studies have found that over processed foods have been leading to an increase in medical issues including cancer, specifically, in women. A study conducted in the UK led to the conclusion that half of women are at risk for cancers such as ovarian cancer because of ultra-processed foods. Many of the foods around the world, but specifically in the US, are modified for the taste factor but health factors are not kept in mind.

Dr. Kiara Chang, a National Institute for Health and Care Research fellow at Imperial College London's School of Public Health, claims, "Our bodies may not react the same way to these ultra-processed ingredients and additives as they do to fresh and nutritious minimally processed foods." Different sugars and fats are introduced to these foods that are not beneficial for our bodies and are oftentimes negative. This also leads to a higher calorie count.

Some of the cancer inducing foods that seem to be 'ultra-processed' include many popular fan favorites including soda/pop, French fries, hotdogs, hamburgers, cake, candy, ice cream, and many others. The ingredients in these food products are manipulated greatly which leads to many different health concerns overall. When manipulated these chemicals become cancer inducing which has led to many cases. Among the risks of eating too much processed food, obesity and acne are also common effects of these chemicals.

It is important to find foods to positively fuel your body. Some better options with less of the harsh chemicals would be; nuts, fruits, vegetables, eggs, etc. The source of your food is also a very dependent factor due to the fact different manufacturers add different things. Although it may be easier to stop at a fast food joint or pick up a premade cake at the grocery store, thinking of the long term benefits will make a difference.

Ways to better your mental health

By Phoenix Perez

Mental health is a huge part of your day to day life. The best thing you can do is make sure your mental health isn't deteriorating. There are so many ways to keep an eye on your mental health and they are pretty easy to start doing even right now.

A really big thing that may help is to never skimp on your sleep. It's best to find something active you like to do and try to incorporate it into your everyday life. When you are looking for something to do, be mindful that this shouldn't become something you do for hours or even take up a whole day. You should do it periodically to keep your interest in that activity.

Be mindful of what relaxes you or makes you feel calm. This is how you can appeal to your senses and focus on something that helps you the most. Be sure to keep an eye on what makes you feel calm and relaxed because this helps you find a hobby or something you enjoy and keeps you busy. When you need something to relax or calm you down, it's best to find something you have already been doing or find something you haven't tried before, maybe something that even spikes your interest.

HOT or NOT

HOT	NOT
BDubs	Bubbas
Selena Gomez	Hailey Beiber
Nutrition	Starbucks
Pete Davidson	Kanye
Prom	Hoco
Flare Leggings	Normal Leggings
Rihanna	Super Bowl
Outer Banks	Ginny and Georgia
Stanley Cups	Hydro Flask
Chiplote	Qudoba

Winter Sports Recap

1. Boys swim: 4th in leagues over all, diver Matthew Mizzi qualified for regionals and the 200 freestyle relay (Andrew Crawford,Cole Paquette,Gilberto Chapa and Zach Pauley) made MISCA, and Pauley qualifed for the state meet in 2 events

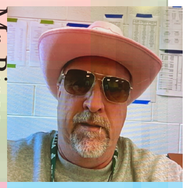
2. Cheer: placed 2nd at leagues and won their region they also placed 2nd overall at states

3. Wrestling: 3rd in leagues, District champs and the team sent Jacob Campbell Santana, Jason Clark, Gryphon Awell, Blake Davis, Adeline Tuccini, Alyssa Campbell and Brenna Awell

4.Boys Hockey tied for first in the league and went to regional finals they went 16-11-1

5. Boys Basketball made it to playoffs and went 12-10

6.Girs Basketball went 18-6 and went to playoffs

	Phoenix Perez	Jasmine Walker	Caleb Kesil	Matthe Price	Mr. Riggs
					
What is your favorite part of spring?	Flowers	Birds	Spring Break	Florida	Playing Golf
What is your favorite Easter Candy?	Choclate Eggs	Reeses Eggs	Reeses Egg	Reeses Pumpkin	Reeses Egg
What is your favorite Spring Break destination	Europe	Myrtal Beach	Antartica	Florida	Playa Del Carmen
Do you like the Easter Bunny?	No I am tarrified	Meh	“I REALLY LIKE THE EASTER BUNNY HES SO NICE”	“YES I LOVE THE EASTER BUNNY”	I find him intrigueing
Whats your favorite spring color ?	Lavender	Baby Blue	Light Blue	Green	Green

2023 Grammy Winners

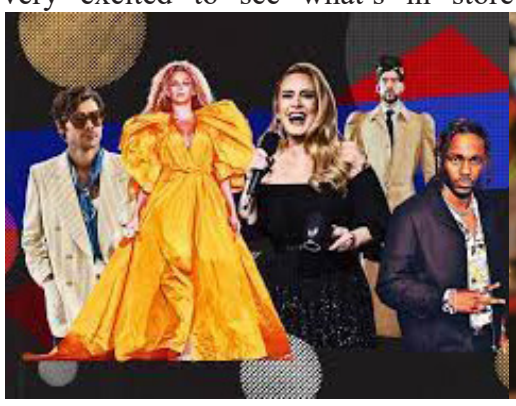
By Matthew Price

The highly anticipated Grammy Awards were finally announced, and just like every year in any award show, there were artists who many people thought were snubbed. But not everybody can win when there is such a talented line of artists. I will be going over some of the notable winners in this year's Grammy award and what category they earned their award in.

Starting off with the record of the year, Lizzo's "About D*mn Time secured the win. This song was popular for the majority of the year since it was released earlier in the year, with its most popular platform being Tiktok. The artist who took home album of the year was Harry Styles with "Harry's House". This one seemed to raise a lot of controversy on the internet, as many people believed Beyonce's "RENAISSANCE" deserved the award. Bonnie Raitt took home the song of the year with "Just Like That".

One award that many people agreed with was Kendrick Lamar's "Mr. Morale and the Big Steppers" winning rap album of the year. Wet Leg's self-titled "Weg Leg" took home alternative album of the year, and Robert Glasper's "Black Radio lll" won R&B album of the year. The last notable award I'll cover is Samara Joy winning best New Artist of the year.

With another year of music out of the way, I'm very satisfied with the loads of great music that dropped last year and I'm very excited to see what's in store for this upcoming year in music.





Michael Jackson's nephew to play the singer in new biopic

By Jasmine Walker

In mid-January of 2023, it was released that a big-screen biopic titled ´Michael´ about Michael Jackson would start production sometime this year. Antoine Fuqua, the director of the film, shares that this biopic will be about Michael Jackson´s journey to becoming the King of Pop, and will include his most famous performances His fans have long awaited a film about Jackson since his death on June 25, 2009. So, even though this announcement wasn´t surprising, it was nevertheless exciting. Then came an unavoidable question, who would play the precedential pop star? On February 1, BBC News wrote an article that finally gave us the long-awaited answer to this question, Michael´s nephew, Jafaar Jackson, will play Michael in this film.

Jafaar is the son of Michael Jackson´s older brother and is the second-youngest son of this singer-song writer from Jackson 5. Jafaar, having begun acting at age 12, has had a hefty amount of experience in the field before being offered this role. The now 26-year-old says that he is ¨humbled and honored¨ to be cast as Michael on a social media post officially announcing he has been cast. This will be his first major film role.

Michael Jackson´s mother, Katherine Jackson, stated that ¨Jaafar embodies my son. It's so wonderful to see him carry on the Jackson legacy of entertainers and performers." and is glad to see the casting choice made for this film. Graham King, who produced the biopic Bohemian Rhapsody, said that when he met Jafaar more than 2 years ago that he was shocked by how ¨he organically personifies the spirit and personality of Michael," and that "It was something so powerful that even after conducting a worldwide search, it was clear that he is the only person to take on this role."

Be on the lookout for a release date for the film to watch the Jackson legacy continue in the biopic Michael.

Jimmy Kimmel Set To Host the Oscars

By Michael Young

Jimmy Kimmel has been announced as the host of the Oscars in 2023, at the Dolby Theatre in Los Angeles, California. The late-night talk show host will preside over the ceremony in March, the show's producers said Monday. "We're super thrilled to have Jimmy score his hat trick on this global stage," executive producers and showrunners Glenn Weiss and Ricky Kirshner said in a joint statement. "We know he will be funny and ready for anything!" Kimmel has hosted the Oscars twice before, in 2017, when he managed the final moments in which the wrong best picture winner was called, and then the next year, which came just months into the #MeToo reckoning. Kimmel received generally positive reviews, after he hosted the 90th Oscars in 2018.

"Jimmy is the perfect host to help us recognize the incredible artists and films of our 95th Oscars," added academy CEO Bill Kramer and academy President Janet Yang. "His love of movies, live TV expertise, and ability to connect with our global audiences will create an unforgettable experience for our millions of viewers worldwide." Molly McNearney, Kimmel's wife, will also serve as an executive producer on the Oscars broadcast. The 94th Oscars had a total of 15.36 million viewers, but that was also in comparison to the 93rd Oscars, which was overshadowed by COVID.

"Having Jimmy Kimmel return to host the Oscars is a dream come true. As we see every night on his own show, Jimmy can handle anything with both heart and humor, and we know that he will deliver the laughs and celebratory moments that define the Oscars," said Craig Erwich, president of ABC



Hulu & Disney Branded Television Streaming Originals. "We love being the home of Hollywood's biggest night and can't wait to toast the success of this year's cinema and storytelling." The 95th Oscars will be held on Sunday, March 12 and will be broadcast live on ABC in more than 200 territories worldwide.

Avatar Box Office Domination

By Avery Palka

With the recent release of Avatar: Way of the water it's understandable to not understand what all the fuss is about and why everyone was so excited to see the sequel. Since Avatar came out in 2009 the idea of a sequel was imminent. After only 41 days Avatar had reached the number two highest grossing film of all time. This is fair since it was the first movie to have such high-tech CGI for this time. Even now the first Avatar is still the highest grossing film of all time worldwide. From the time the trailer came out to now fans have been raging over Avatar: Way of the Water. After the day of release the movie spread like wildfire. After such a successful first there were high expectations awaiting the sequel.

After less than a week the movie had reached number one for highest grossing film of the year. It then stayed there for seven weeks, knocked down by the release of Puss in Boots.

Fifty-four days later and this sequel has already reached the number four spot for highest grossing films of all time worldwide. Sitting at 2.1 billion dollars only seven hundred thousand dollars short of the record holding grip the first Avatar has on the box office. It's expected that by the end of 2023 Way of the Water could very likely be the new champion of the number one spot.



"Young and Restless" star receives a new Emmy

By Lily Akers

Tracy E Bregman, best known for her role as Lauren Fenmore in the 'Young and the Restless,' recently stated on her recent appearance on The Talk that her Emmy for the part had been destroyed and lost in wildfire. During her appearance on the show, her TV husband Christian Leblanc, better known as Michael Baldwin, surprised her with a new Emmy award.

Bregman's house unfortunately fell victim to the Woolsey fire in Malibu back in 2018. On top of losing her own home to wildfire she lost her beloved Emmy in the flames. When Bregman guest starred on The Talk co-host Natalie Morales said, "I understand the Emmy was damaged beyond repair, so your family at 'The Young and the Restless' wanted to have something for you." Leblanc proceeded to propose the new Emmy to Bregman on behalf of CBS network and her 'soap' family. Bregman was overwhelmed and extremely grateful for the gesture.

Bregman even made a comment saying she was trying not to, "ugly cry on the air." Leblanc told Bregman, ""I would like to present this, an Emmy for Outstanding Ingenue of a Daytime Drama Series, but this time, it's from the people that love and respect you and cherish you, your CBS, your Young and the Restless family. I am so honored to be able to give you this."

In 1985 Bregman received this Emmy for outstanding younger actress in a drama with her performance in 'Young and the Restless.' The melting of this symbol of her dedication was a travesty but the efforts of Leblanc and Adam Sharp, President and CEO of NATAS, made all the difference. Bregman stated in a more recent interview with Deadline that this was, "one of the most heartfelt moments," of her career.

The Amazing Depiction of Horror in 'Nope'

By Helena Morton

Directed by Jordan Peele, 'Nope' hit the box office on July 22nd of last year. It was immediately a hit, grossing a total of 171.4 million dollars worldwide. Jordan Peele has already directed a few hit horror movies including 'Us' and 'Get Out'. The amazing thing about this movie is that it is more than just a horror movie. It's a movie that has heavy implications about the exploitation that happens within Hollywood.

Nope is a horrific tale of an alien organism wreaking havoc in southern California. This UFO looking alien is huge with the ability to suck up dozens of people with no problem so it can slowly digest whatever was unfortunate enough to be caught by it. This alien is named Jean Jacket by the main character Oj Haywood who is accompanied by his younger sister .

The two main characters want to catch Jean Jacket on camera through video tape and pictures to sell them for a lot of money so they can escape their father's failing horse training company. The problem for them is that any electronic device stops working when Jean Jacket is in the vicinity, so they must use old stop motion technology while risking their lives to lure the creature out of hiding.

The plot allows for amazing suspense and a sense of constant anxiety as the alien is such a strong force. The movie continuously implies that the alien is a reference towards animals being exploited for entertainment and the chaotic aftermath of it. In my opinion this is one of the best alien movies that has been made in quite a bit with little to no gore, and

82 YEAR OLD RETIRES WITH HELP OF TIK TOK

By Phoenix Perez

The 82-year-old Warren Marion has been working at Walmart for the last 16 years. Marion is not only just a cashier at Walmart, he was also a navy vet working to pay bills and live comfortably. The tik toker Rory McCarty said he had just come to Walmart to pick up some batteries when he met 82-year-old Marion while checking him out. McCarty posted a video of the worker to tik tok with a go fund me to help him retire.

After the video was posted millions of people have viewed it and thousands donated to help Marion retire from his position at Walmart. When McCarty showed Marion the video and just how much he had raised for him it had brought him to tears and he could not believe it. "How did I get so lucky?" Marion said to McCarty after hearing this news.

In their most recent update Marion had received the $108,682 raised for his retirement and had talked about how he plans to spend his time after working so many years. He plans to visit his children and grandchildren down in Florida, go fishing, and enjoy the last golden years he has. These two men thank each other and are excited for what he will get to do in his future.



BOYS' BASKETBALL

By Caleb Keisel

The Jags boys' basketball team has a record of 9-6 through the first 15 games. The Jags started their season with a win against Melvindale in ot 81-78. They then lost the next 2 games to Dearborn and Lincoln Park. The scores were 33-57 to Dearborn and 31-56 to Lincoln Park.

They then beat Carlson 49-43 on the road. After that they played Inner City Baptist and lost by 2, 59-61. After that the team went on a 4-game winning streak beating Wyandotte, Southgate, Edsel Ford, and Crestwood. The closest game was 59-54 against Crestwood and the biggest win was against Southgate 63-27.

After the 4-game winning streak the team played Woodhaven. They are the best team in the Downriver league and ended up beating the Jags 31-63. This was the biggest loss of the season for the team. After that the team played Trenton and took a bounce back win, winning 74-57 for their 7th win of the season. After that the Jags played Taylor and Lincoln Park, both in close games but ended up losing them both, 73-74 against Taylor in overtime and 54-57 to Lincoln Park. The teams last 2 games played both ended up in wins for the Jags. They played Carlson and won that game 60-46 and played Wyandotte to a 49-33 win.



Santana Villarreal Colin Thompson and Jake Stickler



Colin Thompson and Domonic Westfall



Colin Thompson Santana Villarreal and Dalton Vance

Girls' Basketball

By: Morgan Sizemore

SOMEONE CALL THE FIRE DEPARTMENT CAUSE THE LADY JAGS ARE ON FIRE!!!! They are having a great season so far, they are 13-4 overall and 10-3 in the league. This season has been amazing compared to last year. They have almost doubled their wins and cut their losses in half. They had a great run for almost half the season with a 8 game win streak. Then played a huge game against a great Trenton team for the league title. It was a back and forth game but Trenton came out on top in the end. It might not have ended how they wanted to but it was still a great game.

Another big game for the Lady Jags was against Woodhaven. The game started out fast and Woodhaven made runs but so did the Jags every time one team would score then the other team would score. This game was 30-30 by halftime. It came down to the second half and just who wanted it more. Going into the 4th quarter the Lady Jags made some runs and started to slow the game down. The 4th quarter was very physical but it was also a very tough mental part too. The Jags pulled through and held their own and the final score was 63-60 Jags wins. This was a really huge win for the Jags and put them tied for first in the league. The Lady Jags still have five games left in their season. With a roster of eight seniors these will be the last few games for them. Depending on how some other games play out and if they keep winning the girls will probably end up second in the league.





Boys' Hockey

By Matthew Price

The Jaguars varsity hockey team has been very hot lately, as they are 3-1 in their past 4 games, and they look to continue their hot streak against University of Liggett away, who Allen Park managed to defeat 6-4 at home earlier in the season, even though Liggett was poised by many to win.

The hockey team only has three more games left in the season before playoffs, one away game against University of Liggett, and two home games against Saint Mary Catholic Central and Detroit Country Day. Out of these three games, Detroit Country day will be their toughest matchup, as they lost to them earlier in the season 4-8. Saint Mary Catholic Central will land on the team's senior night, which we are poised most likely to win that game.

The hockey team's current record is 12-9-1, with forward and Assistant Captain Bobby Leis leading in points with 38 (15 goals, 23 assists). Some other notable player up to this point in the season is forward Patrick Foley (13 goals, 20 assists), forward Logan Jent (12 goals, 19 assists), forward Trevor Stanley (15 goals, 9 assists), forward Caleb Keisel (14 goals, 10 assists), forward and Captain Jack Kleinow (15 goals, 8 assists), and defenseman and Assistant Captain Bryson Balina (4 goals, 13 assists), all with 22 games played this season.

Starting goalie Jack Miller has also put up a good season, with a very solid .915 save percentage. Sean Gaty also remains undefeated on the season with a 4-0-0 record, and John McDonald picked up his first ever win in his first ever game in net against Southgate.



Kyrie Irving Trade

By Micaiah Montanez

An absolutely riveting trade has been set forth in the NBA. After 3 years of being a so called “unbeatable” super team, The Brooklyn Nets have officially traded their star player Kyrie Irving to the Dallas Mavericks. Irving was the first superstar player to be traded to the Nets back in 2019, followed by other superstar players such as Kevin Durant, James Harden, and Ben Simmons. However, even though you have a team with talent such as that, chemistry is key. Irving has been known to be a so called “poison” on and off the court. He’s been called extremely arrogant and not a so-called “Team player,” From missing over half the season to putting out insanely ludicrous theories, one being “The Earth is Flat” A lot of this negative controversy put Irving in a bad light. “He’s a marvelous talent, but



it’s not even about the results, it’s about you enjoying going to work. Kyrie’s not fun. It’s not because he’s dumb, but he’s one of those guys that’s smart but thinks he knows everything.” says Doug Gottlieb of Fox Sports Radio.

For 3 years the Nets have been an NBA super team, but they haven’t won a single championship yet. They got pretty close in 2019, but got absolutely swept in the playoffs by the Milwaukee Bucks. Just goes to show how pivotally important it is to have balance on your team. You can have all the talent in the world, but it never adds up to balance. Why Dallas wants him we’re not sure. They have their own superstar player whose averaging nearly 30 points a game. That man being the notorious Luka Doncic, who is only a whopping 23 years old. Talk is that he might be the best of all time further into his career. Hopefully we can see great chemistry on the Dallas Mavs, time will tell. Recently Kyrie helped secure a win over the Los Angeles Clippers, starting off on a very good note on a completely new platform

PRO BOWL

By Caleb Keisel

The NFL Pro Bowl happened last Sunday. The NFC beat the AFC 35-33. The Detroit Lions had 4 players playing in it. The players were Frank Ragnow, Penei Sewell, Amon Ra St. Brown and Jared Goff. Of the 4 only Ragnow was originally picked. The other 3 were fill-ins from the Eagles.

Center Ragnow played and was the only one who was selected to make the Pro Bowl from the start. This is his 5th season in the league as well as with the Lions. He was selected in the first round, 20th overall in 2018 out of Arkansas. He is the 2nd highest paid center in the league. This was his 2nd Pro Bowl Appearance.

The next Lions player is offensive tackle Sewell. He took the place of Lane Johnson after the Eagles made the super bowl. This is his



2nd season in the league, both with the Lions. He was picked 7th overall by the Lions in 2021 out of Oregon. This is his 1st Pro Bowl appearance.

Another player from the Lions is wide receiver St. Brown. He replaced A.J. Brown from the Eagles. This is his 2nd season in the league both with the Lions. He was drafted in the 4th round in 2021 out of USC. It was his 1st Pro Bowl Appearance.

The final player from the Lions is quarterback Goff. He replaced Eagles quarterback Jalen Hurts after winning the NFC championship. This was his 3rd Pro Bowl appearance, first with the Lions. He was traded from the Rams along with picks for Matthew Stafford. This is his 7th season in the

Super Bowl Predictions

By: Z Tarrow

On January 29th the Cincinnati Bengals and Kansas City Chiefs faced off along with The San Francisco 49ers vs The Philadelphia Eagles at the Finals. The Eagles won with a whopping 31-7 leaving the 49ers in the dust. And the Bengals took a loss to the Chiefs with a score of 20-23, the same score they lost to the year before at the finals. The Chiefs and Eagles are to play at the super bowl February 12th at 6:30pm eastern time. Predictions have been made about this upcoming game, the Chiefs and Eagles are very well-matched teams having compiled the same number of points over the regular season and postseason (546) and the same win-loss total over both (16-3)

There’s a massive betting market for this game with the American Gaming Association, estimating that around 16 billion dollars will be wagered in the United States alone. The markets try to make educated guesses to identify the likelihood of certain player performances based on seasons worth of data. For example, the odds of Patrick Mahomes making an interception to the Eagles defense. Or if Jalen Hurts will carry in a touchdown score. There's been a minor statistical advantage that was dulled by sustained injuries to the team’s starters and Mahomes taking an ankle sprain January 21st. The Chiefs coach Andy Reid said that Mahomes still is 100%, but has been rehabbed enough over the past couple of weeks to play.

The Kansas City Chiefs are expected to keep an edge on offense over the Philadelphia Eagles. Even with an injured Mahomes, the market has set the total for this super bowl at 50.0, a sign that the adage about defenses winning championships doesn’t carry much weight here. Kansas City has experience and one of the best quarterbacks of this generation.

Benefits of Animals on Mental Health

By Lily Akers

For many of us pets hold a special place in our hearts, but for a lot of people they do a lot more than you may think.

Pets have been shown to improve your mood through a variety of ways. Service animals or unregistered pets in general have been shown to reduce anxiety and loneliness, boost your support system, and reduce stress.

"One study found that dogs can help children with ADHD focus their attention. Researchers enrolled two groups of children diagnosed with ADHD into 12-week group therapy sessions. The first group of kids read to a therapy dog once a week for 30 minutes. The second group read to puppets that looked like dogs. Kids who read to the real animals showed better social skills and more sharing, cooperation, and volunteering. They also had fewer behavioral problems." This shows that in many lights, animals can help people with different issues in a number of different ways.

Animals have also been known to reduce blood pressure and therefore reducing stress. Having a pet has also been shown to boost self-esteem. Animals have been known to not only ease depression symptoms but also give pet owners something to live for and gives them more of a sense of purpose. Petting an animal or even having one in your presence can make the world of a difference physically and emotionally.

Animals are also very helpful for those with PTSD. Studies show, "84 percent of post-traumatic stress disorder patients paired with a service dog reported a significant reduction in symptoms, and 40 percent were able to decrease their medications." These animals do things for patients that no one else can.

Although many may complain that pets are too much work and how could one care for an animal when they can't even care for themselves but there are many ways around this. If the person in need is unable and does not have family or emotional support to help them, not only can their pet help them, but likely the service the animal is through would offer more outlets to gain support.

Allergies may also be an issue for many of those seeking an emotional support animal but plenty of hypoallergenic options are available. Along with this there is also a long list of breeds or different kinds of animals offered as service animals.





Why the Current Era of DC Films Are a Catrastophe

By Micaiah Montanez

Do you remember the days when you got to see your favorite superheroes and characters on the big screen for the first time? The utter excitement and creativity it created, the inspiration it sprung. The first days of the comic film era were immaculate. Somehow though, it seems like people have just stopped trying.

Recently the new Flash Movie trailer came out, it's blown up on social media and is one of the most anticipated films of this year. However, with the way DC has been with their current Saga, there's very little hope for success. The actor that plays the Flash character Ezra Miller, has been hired back to play the role. This was a complete shock considering he was arrested twice, accused of multiple assault allegations, burglary, and a near kidnapping of an 18-year-old. All in the span of a year.



The fact that DC would hire back someone like that is completely preposterous. Not only that, but he know here near fits the character. Fans are raving saying his reputation is poisoning the trilogy.

DC's recent films such as Black Adam and Justice League did not go over well. One of those being the notorious Henry Cavil who plays Superman. DC hired him back for Black Adam after recent controversy over the role. Then, he was fired for no reason whatsoever. DC made a terrible move.In my opinion, DC should just start from scratch with the Justice League trilogy. Other films such as Joker and Batman was a huge success. However, they weren't part of the same story. They need to build up and create origin stories instead of rushing everything at once. All we can hope for is that they have a plan to get back on track.

How does it feel to be a second semester senior?

By Avery Palka

In Michigan we are all well aware that winter comes in many forms. As we enter a warm spurt of winter the countdown till springtime keeps students motivated. We asked four seniors what their motivation was to get through their last semester of high school. Mary Courtright responded, “Honestly just the knowledge that a new chapter of my life will start when I go away to college, and I get to move out soon”. This seems to be a recurring thought process as Andrew Stez also said, “I’ve already been accepted into the college of my choice so this last semester feels like filler before going to college”.

While most are excited about getting to start a new life next year there are still nostalgic feelings and things to be missed. Anna Castillo says, “I can’t help but get sad after every big last.We are already halfway through the year and have experienced our last homecoming game and high school football game, it’s all very bittersweet”. Mary comes













back to say, “I am absolutely going to miss seeing my friends everyday”.

Although most of the year has passed there are still many events to look forward to before graduation. When asked what he was looking forward to this semester Cooper Johnson responded,” playing with the kids at fifth grade camp for sure”. Along with fifth grade camp other big events to come include spring break, prom, and sooner than later winter break. Anna was then asked what her favorite memory from high school is so far, she responded,” getting to know my favorite teacher, Mr. Victor, and eating lunch in his room every day. I think those are the memories I will share with people I meet for the rest of my life”. And to any underclassman who feels that the days just seem to drag on; remember to appreciate all the little moments, before you realize it’s been four years and it’s time to go for better or worse.

Should Parents Stop Their Kids From Participating in Sports Because Of The Risks?

BY LILA WRIGHT

Kids are quite reckless, as everyone knows. Fights, falls, and sports all can be causes of concussions in kids. Many suffer from concussions, yet parents don’t always know how exactly to treat them. Some don’t even get a diagnosis, which can be dangerous as concussions may lead to brain damage. Symptoms can range from severe to slight, but concussions should always be monitored by an adult or someone you can trust. For mild concussions, avoiding caffeine and loud noises is the best bet. If the child is later in age and more of a teenager, prevent them from driving. It is dangerous for them to drive when they first get a concussion. Keep your child at home for the first few days to just rest.

At least for a month after the incident, your child should not return to sports or extremely high activity hobbies. Especially if they play a contact sport, such as football. The risk of brain damage is prevalent if you get a second injury to your head in such a short time. However, if there is the go ahead from a doctor, they can be free to return to their usual activities.

Let your child know that they don’t always have to tough things out. Relaxing and admitting that they’re hurt is perfectly okay. It can stop something tragic from occurring in the future.

The rates of football practice concussions and recurrent concussions across all sports have gone down in recent years, according to the study, published in the journal Pediatrics on Tuesday. The bad news: Concussion rates increased in football games. The study also found that among all sports, there was only one in which the concussion rate was higher during practice than in competition. For each sport, the rate of concussion was measured as the occurrence of a concussion per each exposure athletes had to participating in their respective sport.





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Spring Break

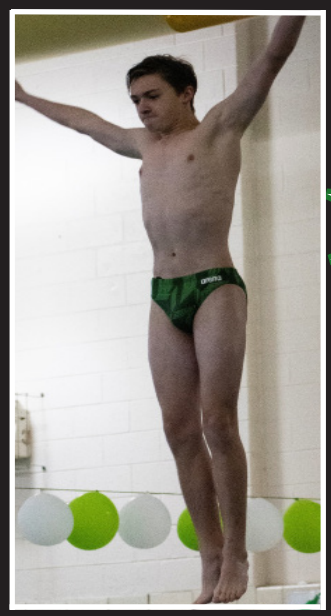
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Baskets
Candy
Chicks
Chocolate
Easter
Easter Bunny
Easter Egg Hunt
Easter Monday
Eggs
Family
First Day of Spring
Flowers
Four Leaf Clover
Good Friday
Green
Holiday
Hot Cross Buns
Leprechaun
Parade
Pot of Gold
Reading
Report Cards
Shamrock
St. Patrick's Day









JAGS
BOYS' SWIMMING
SPOTLIGHT

