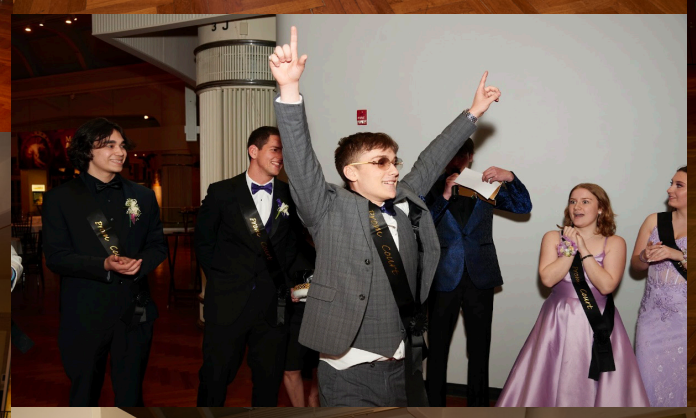
JAGUAR JOURNAL #JJ

VOL. 70 NO. 4
MAY 2022










News:
Pages 2,3,4
Entertainment:
Pages 5,6,7
Student Life:
Pages 8,9
Editorial:
Pages 10,11
Sports:
Pages 12,13
Lifestyle:
Pages 14,15
Photo Story:
Page 16

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Gas Prices Spike Due to War in Ukraine





By: Brooke Genaw

Due to the conflict in Ukraine, gas prices in the United States have risen by nearly a dollar per gallon on average in the last month. However, prices vary greatly by state, depending on government policies, taxes, and proximity to oil refineries. The average price of regular, unleaded gas in the United States is $4.33 per gallon, but in nine states, the price exceeds $4.50 per gallon.

California has the highest gas prices, with a gallon costing an average of $5.74. That's nearly $2 more than what you'd pay in Kansas, the cheapest state for gas. The top ten states with the highest gas prices are California ($5.47), Nevada ($4.96), Hawaii ($4.96), Washington ($4.74), Oregon ($4.74), Alaska ($4.73), Arizona ($4.60), Illinois ($4.57), Connecticut ($4.47), New York ($4.45), Pennsylvania ($4.43), Idaho ($4.36), Utah ($4.36), Massachusetts ($4.36), and Rhode Island ($4.35).

According to government data, the average driver travels 39 miles per day and gets 24.2 miles per gallon of gas. That works out to $9.26 in California and $6.15 in Kansas per day, a difference of about $100 per month.

When gas prices nationwide averaged $2.86 per gallon in 2021, the average driver paid only $4.61 per day. This represents an increase in monthly gas budgets of approximately $80 to $125 in just the last year.

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Bodies Continue to Pile Up in Ukraine, but Putin's Attacks are Hopeless

By: Eva Skarbinski

As Russia continues its onslaught on Ukrainian soil despite unprecedented resistance, Putin has decided it's time to begin missile strikes on the eastern portion of the city. In the strikes, at least 7 Ukrainians were murdered as well as 11 injured. In response, Lviv's mayor, Andriy Sadovyi, said that there are "no safe or unsafe locations in Ukraine," and condemned the Kremlin for its blatant disregard for human rights.

These deaths, however, are only a small fraction of the estimated 4,890 civilian casualties- including 2,072 deaths and 2,818 injured- as a result of the Russian invasion, according to the UN High Commissioner for Human Rights.

And the Kremlin has shown no interest in backing down. In fact, President Putin has recently been reaching his fingers into the Israeli-Palestinean conflict, demanding that the Israeli government grant the Russians control of Alexander Courtyard, a Russian church in Jerusalem and backing Palestinians in the Al-Aqsa escalation. Meanwhile, he claims that Western sanctions on Russia's economy are failing, even as Russia is being starved out of global markets and a reported 200,000 jobs are at risk in Moscow alone, according to Moscow's mayor.

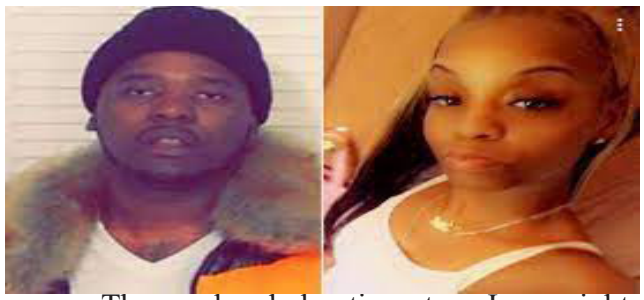
The fact is that Vladimir Putin has committed himself and his forces to more endeavors than they are able to handle. Russia's invasion of Ukraine and its recent increased aggression towards Westernism are shocking, yes, but they are far from unprecedented. Since his rise to power in the 1990's, Putin has spoken of rebuilding the old Soviet Union and restoring Russia's former glory as a world power. Theoretically, this would require him to invade and take control of more than a dozen other countries in Eastern Europe, 2 of which are currently members of NATO. That ambition is crushed by a simple comparison of NATO and Russian forces. Russia's 1 million compared with NATO's estimated 3.5 million troops and military personnel (not including individual militaries) would be crushed quickly if an all-out war were to be sparked.

So, although we cannot ignore the vagrant genocide being committed by the Kremlin, it's foolish to think that a World War 3 could be sparked by the Russo-Ukrainian war. Putin, as much as he claims otherwise, has been outmaneuvered politically, economically, and militarily. And although he's obviously delusional, he's not stupid. So, all we can do- and all we need to do- for now is continue to support Ukraine, and not allow Putin's lies and aggression to provoke us into making the war bigger.



Shooting at Iowa Night Club

By: Isabela Gomez







The weekend shooting at an Iowa nightclub that killed two people and injured ten others was a "targeted incident," according to police. According to Cedar Rapids Police Chief Wayne Jerman, evidence indicates that there was more than one shooter and that a dozen to two dozen shots were fired at the Taboo Nightclub and Lounge around 1:27 a.m. Sunday. When gunshots rang out, about 100 to 150 people were inside the club, prompting patrons to flee. According to Jerman, police received dispatch calls about a shooting at the club at the same time.

Officers were already outside the club responding to another incident when they entered to find people dead and injured, he said. According to the chief, the two people killed were a man and a woman. Their identities were not revealed. According to Jerman, the injured suffered injuries ranging from life-threatening to minor, with one person in critical condition.

The shooting's motive is unknown, but police believe it was an isolated incident. According to the chief, there is no danger to the public. "The shooter or shooters were not immediately identified and may have fled the scene with the rush of patrons leaving the establishment," Jerman said. The investigation is still going on.

This is yet another senseless gun-related incident involving a callous disregard for human life. I am still enraged and outraged by the continued and blatant disregard and lack of respect for human life "Jerman stated." I want to reassure the residents of Cedar Rapids that the city is safe." The incident was also condemned by Cedar Rapids Mayor Tiffany O'Donnell.

"My heart goes out to everyone affected by last night's shooting. The victims, their families, first responders, and our entire community, please accept our heartfelt condolences "During the press conference, she stated.

"Shock, anger, grief, and disappointment are just a few of the emotions I'm sure we're all feeling today," she explained. "As a mother, my heart goes out to those mothers and fathers who are experiencing the worst day of their lives today." She demanded an end to the city's violence. "We are not like this. This isn't Cedar Rapids, folks "She stated, "Today, I challenge all of us to meet the need that has arisen. We must be the agents of change."

Jerman noted that this is Cedar Rapids' fourth and fifth homicide in 2022.

Netflix Loses 200,000 Subscribers

By: Caroline Hinds

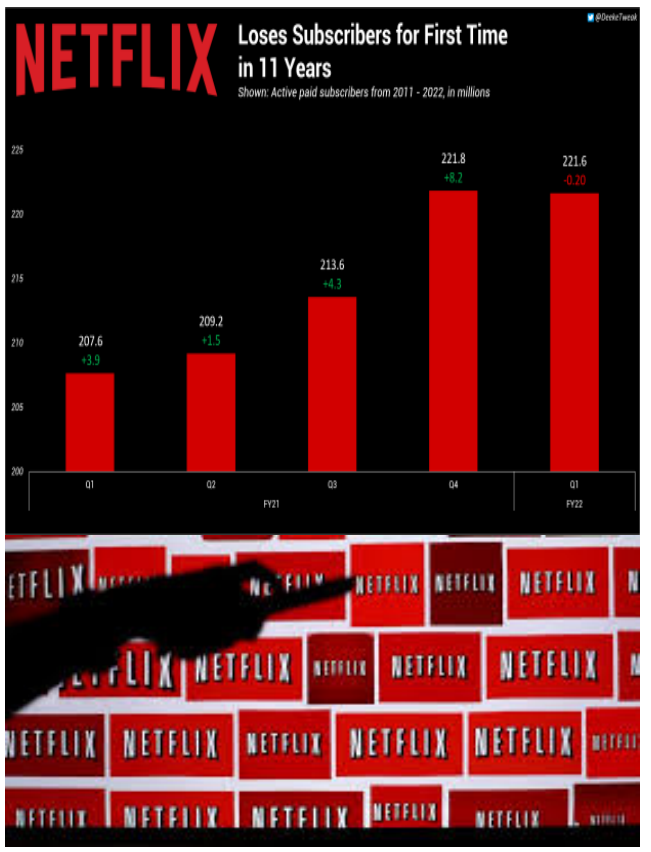
Highly acclaimed global streaming service, Netflix, reportedly lost 200,000 subscribers in its first quarter of 2022. "Netflix lost 200,000 subscribers in its first quarter, falling well short of its modest predictions that it would add 2.5 million subscribers. Its decision in early March to suspend service in Russia after it invaded Ukraine resulted in the loss of 700,000 members," according to NBC News.

The last time a drop this dramatic occurred was in 2011. However, this company had not anticipated such a decline now with new seasons of "Stranger Things" and "Ozark", and the new movie "The Grey Man" featuring Chris Evans and Ryan Gosling. The company hoped to increase from their current 221.6 million subscribers to 227 million for the second quarter of the year. However, this goal may not be attainable with the past setback.

"The large number of households sharing accounts -- combined with competition, is creating revenue growth headwinds. The big COVID boost to streaming obscured the picture until recently," Netflix said, explaining the difficulties of signing up new customers. So many factors play into this subscriber decline, and it is not looking too good for the future of streaming. NBC explains, "Streaming services spent $50 billion on new content last year, in a bid to attract or retain subscribers, according to researcher Ampere Analysis. That's a 50% increase from 2019, when many of the newer streaming services launched, signaling the quick escalation of the so-called 'streaming wars.'"

Another possible reason for this decline is the younger generation's interest in other media, such as video games or listening to music. "The majority of Gen Z and Millennial consumers polled said they spend more time watching user-created videos like those on TikTok and YouTube than watching films or shows on a streaming service," NBC reports.

Through all of this however, Netflix will continue to work to regain subscribers and survive.



Mask Mandates Lifted at Disney and Airports

By: Madi Buchanan







Orlando Florida Disney has made the once mandatory face mask requirement for all visitors optional. If not vaccinated it is still recommended but not required for guests who are not fully vaccinated in indoor locations and enclosed transportation.

In February, the park made face coverings optional for fully vaccinated visitors in all indoor and outdoor locations, with the exception of enclosed transportation, such as the resort's monorail, buses and the resort's sky gondola. The new rule change removes the transportation exception, as well as the requirement to be vaccinated.

This change came after a federal judge in Florida threw out a national mask mandate for public transportation. Given that indoor places and transportation were the only places requiring masks they were finally able to lift the mandate for all parks. This also means that airlines could also update their mandates.

Delta Air Lines, American Airlines, United Airlines, Southwest Airlines, Alaska Airlines and JetBlue have already started taking action in lifting mask mandates for those flying with them. While there may be inconsistent enforcement as many airlines are just now deciding to move to optional masks it will happen.

For many not having to wear a mask at Disney and in an airplane will make their trip more enjoyable. While this big change may freak some out it is nice to think about how things are opening back up again.

Harry Styles at Coachella

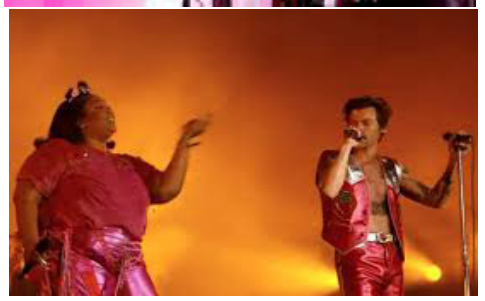
By: Caroline Hinds

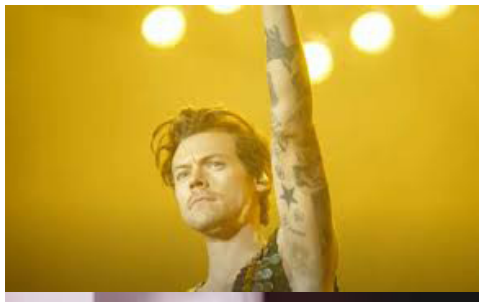
Coachella 2022 has come and gone. Harry Styles was the talk of the festival with his unexpected accompaniment of Shania Twain, famous country singer. Styles performed a few songs before showing Twain off to the audience. The two sang Twain's "Man I Feel Like a Woman," and fans went wild. At the end of the song, the two hugged before sitting on two stools. "In the car, with my mother as a child, this lady taught me to sing," said Styles to CNN. "She also told me that men are trash. To you, for the memories you gave me with my mother, I will be forever grateful," he said, addressing Twain. For the past few days following this awestruck performance, Twitter and TikTok have been booming. "Me after Harry Styles set at Coachella with two new songs and a Shania Twain duet," quoted by Leisure Byte from Twitter. And yes, two new songs were sung during Styles's set, as well as a newly released hit song, "As It Was" that also had fans going crazy. "I never, I repeat never want to hear anyone say Harry Styles is 'overrated'", also quoted by Leisure Byte.

Though his music was the talk of the festival, his outfit did not go unnoticed either. Styles, dressed in a low-cut jumpsuit emblazoned with rainbow sequins, and Twain, 56, appeared, rising on a platform from behind the stage dressed in a matching sequined dress and white go-go boots.

Not only the fans in the audience were star truck from that combination, "I am so honored and thrilled to be here," said Twain. "I'm kind of lost for words. I'm a bit starstruck, what can I say?" Twain states to CNN. However, Styles was not done spoiling the audience. He also sang a hit song from his One Direction, boy-band days, "What Makes You Beautiful" to finish off his set.





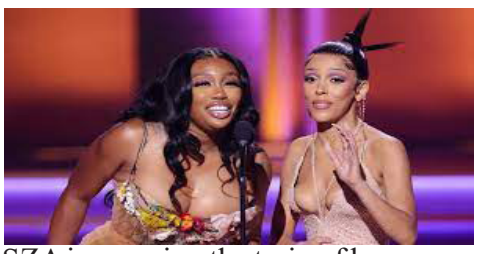




SZA and Doja Cat Accept Grammy Together

By: Isabela Gomez









It took a town to get them there, but Doja Cat and SZA accepted an award together at the 64th Grammy Awards on Sunday night. For their hit single "Kiss Me More," the two won best pop duo/group performance. The two winners, however, did not have an easy time making their way to the stage.

Following the announcement of the duo's victory by presenter Avril Lavigne, the CBS broadcast cut to SZA, who had been on crutches due to an injury she said she sustained the day before by falling out of bed, as she slowly made her way up the stage. Lady Gaga was seen assisting SZA in carrying the train of her gown. However, there's no sign of Doja Cat.

A few moments later, the singer was seen on camera rushing through the crowd, escorted by a member of her team, to make her way onstage as SZA taunted her for going to the restroom right before their category was announced. "You ran to the toilet for five minutes, bro. Are you sure? Now, come on, "SZA stated. "Listen. I've never taken such a long (pee) break in my life. Thank you very much, everyone "Doja Cat said, out of breath, as the audience applauded.

She continued by thanking her family, team, fans, and collaborator SZA: "You mean everything to me," Doja Cat stated. "You are amazing. You are the pinnacle of ability. You're not just a lyricist; you're everything." SZA, for her part, thanked Doja Cat, her mother, and God. "I'm glad you made it back in time," she told Doja Cat as the two hugged. Doja Cat's acceptance speech was emotional, despite the fact that it began with a humorous moment. After clashing with fans on social media, the "Planet Her" singer appeared to share last week in since-deleted tweets that she is considering leaving the music industry.

"This is a big deal," Doja Cat said through tears onstage. "Thank you very much. Take precautions and stay safe." SZA explained to reporters backstage after accepting the award why she was on crutches for the evening.

"It's very funny because I fell out of bed right before it was time to leave and get ready for this, like the day before," she explained, clutching crutches in one hand and her Grammy in the other. "But that's just the way it is. Everything amazing in my life has always come with something completely unexpected, but it only adds to the energy."

Tickets for Chris Rock's Comedy Tour Skyrocket After Oscars

By: Reese Chabot

Oscar Slap Boosts Ticket Sales for Chris Rock's Comedy Tour Before telling one joke during his first comedy concert since Will Smith slapped him in the face onstage at the Oscars, Chris Rock received several standing ovations. Rock only spoke briefly about the slap in front of the Boston crowd, claiming he was "still kind of processing what occurred." Ticket prices soared after Smith came to the stage at the Grammys and slapped Rock on live television, but the comic made it plain that he wouldn't go into detail about it on Wednesday. "If you came to hear that, I'm not ... I had like a whole show I wrote before this weekend," Rock said.

Rock's joke at the Oscars was about Jada Pinkett Smith's buzzed haircut: "Jada, I love you. 'G.I. Jane 2,' can't wait to watch it," Rock remarked, comparing Pinkett Smith to Demi Moore's character in the 1997 film "G.I. Jane," who had a buzz cut. Smith leapt from his front-row position and stormed the stage, hitting Rock across the face before sitting back down and screamed at Rock to keep his wife's name out of his mouth. Pinkett Smith has spoken publicly about her diagnosis of alopecia, which can cause baldness.

Smith won best actor in under an hour and received a standing ovation. Smith spoke about defending his family and apologizing to the academy during his five-minute acceptance speech. Smith apologized to the comedian, the Academy, and the public the next day, stating he was "out of line" and that his actions were "not emblematic of the guy I aspire to be."

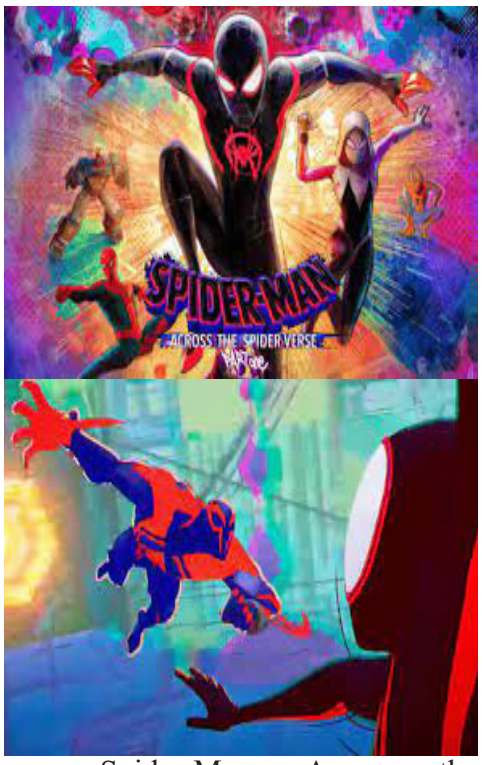
Many people have praised Chris Rock for how he has handled the situation. After Rock was smacked by Smith, George Guay, a 24-year-old Boston fan who grew up watching "Everybody Hates Chris," said he bought a ticket. "I want to be here because he's the most popular celebrity," Guay said before the concert, adding that he hoped Rock would start with a comment to the situation. "All I want is a nice concert." Kathryn West-Hines, a 50-year-old Pilate's instructor from Malden, Massachusetts, said she had even greater admiration for Rock as a result of the experience. "I thought it was fantastic, classy," she added, adding that he would not be deterred by "what happened Sunday." After being slapped onstage by Academy Award winner Will Smith during the Oscars, ticket sales for Chris Rock's comedy tour "Ego Death World Tour" have continued to rise. Ticket reseller TickPick tweeted about the rise in sales since Sunday night, claiming it "sold more tickets to see Chris Rock overnight than we did in the past month combined." We sold more tickets to see Chris Rock overnight than we did in the past month combined. — TickPick (@TickPick) March 28, 2022. The cost of a ticket increased from $46 to at least $340. The trip is scheduled to visit 30 cities.

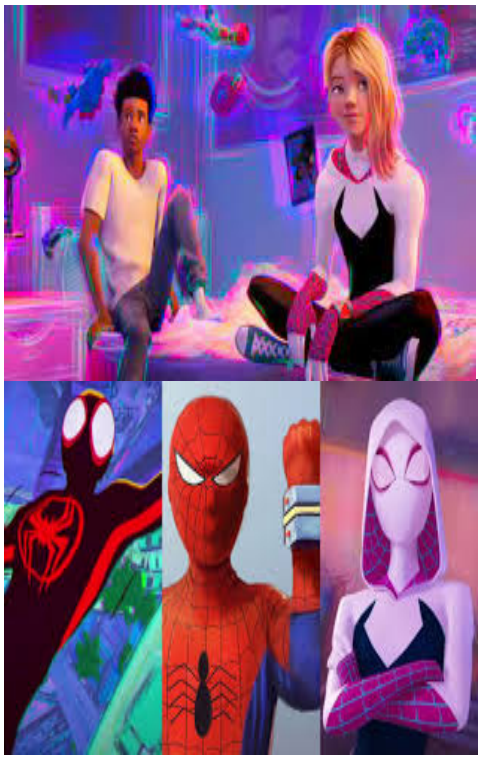




New Spiderman Movie Set Back 8 Months

By: Layla Alzaidy





Spider-Man: Across the Spider-Verse (Part One) will not be released in October 2022 as previously announced. Sony has announced a delay to the anticipated Spider-Man animated film. Spider-Man: Across the Spider-Verse is a follow up to Spider-Man: Into the Spider-Verse and was originally set to release on October 7, 2022. The new release date for the movie is almost eight months later on June 2, 2023. Instead of a fall release, the movie will now have a summer release. With the new release date of the sequel, there is now also a release date for the Part Two of the sequel. The third movie will be released in March 2024.

Spider-Man:Into the Spider-Verse introduced Miles Morales, who became the Spider-Man of his universe after getting bit by a radioactive spider. After becoming the Spider-Man of his universe, he joins five other people with spider powers from other dimensions to help stop a threat for all of the dimensions. He turned to the other Spider-Mans for help because he did not know what to do with his powers. The film won an Academy Award in 2019 for Best Feature Film and grossed millions of dollars at the global box office.

Spider-Man: Across the Spider-Verse will reportedly document Miles Morales as he moves from the full time, friendly neighborhood of Brooklyn to the Multiverse to join forces with a new team of spider people to fight a new villian which is more powerful than anything they have ever experienced.

This news came with a lot of feedback from Spider-Man and Marvel fans from around the world. A lot of people are worried that this will affect the people who are able to play the characters. On the other hand, a lot of people are also worried that Tom Holland won't be able to return and play his part of Spider-Man because of the delay.

Taylor Swift is Engaged!

By: Lily Brenner

Singer Taylor Swift has been dating actor Joe Alwyn for quite some time now, since 2016 to be exact. There have been many rumors that these two are engaged or secretly tied the knot.

There have been months of speculation and Alwyn finally spoke up about these rumors in an interview with WSJ Magazine. He told the writer "I mean, the truth is, if the answer was yes, I wouldn't say, and if the answer was no, I wouldn't say."

Alwyn and Swift have had a sort of private relationship and they want to keep it that way. "We live in a culture that people expect so much to be given.

Swift has been open about her relationships for years but she is keeping her relationship with Alwyn private. Though she has written a few songs with some details about their relationship like "Gorgeous" and she references her necklace with Alwyn's initials on it in her song "Call It What You Want".

Swift wore a massive diamond ring on her left hand in her Netflix documentary, "Miss Americana," that fueled the chatter. And that December, fans were convinced that the pair had already gotten married or engaged after the singer wore a wedding dress in her "Willow" music video.

The only time Swift and Alwyn are seen together is when they are seen by the paparazzi entering and leaving venues holding hands.

Alwyn says "It's not really because I want to be guarded and private, it's more a response to something else," And Swift says, "I've learned that if I do, people think it's up for discussion, and our relationship isn't up for discussion,"



Is Daredevil Coming to The Big Screen?

By: Eva Skarbinski

We all know it: Daredevil is, was, and always will be the greatest Netflix Marvel series. It had a direct plotline, and the show ended after that plotline was resolved (unlike Agents of Shield, which should've ended after about season 3). It had iconic characters that, 4 years after the series' end, are still exciting and interesting to talk about. It was the epitome of a superhero show without overusing any cliches. So, as would be expected of a literally perfect show, fans want more. And it may be time they finally got it.

Charlie Cox made an appearance as Matt Murdock in the latest installment of the Spiderman saga, Spider-Man: No Way Home. Although he only had a couple lines in the cameo, Murdock's mere existence was enough to suggest that Marvel will revive the character, and maybe even give him a spot next to Spiderman as New York City's neighborhood superhero.

` In an interview with Radio Times, Cox said that there was "something else" coming after the iconic Spiderman cameo. However, Cox either doesn't know what is coming next, or is great at hiding it. After the interview with Radio Times, Cox has been virtually silent regarding the possible revival of Daredevil. This has left fans to speculate how the supposed revival would happen.

Will season 4 of his Netflix series come out after a 4 year break? Personally, I'd be disappointed. The show left off in a good spot, and it was generally a happy ending. It'd be incredibly cheap to try continuing the show's original plotline, and worse if Marvel tried to create an entirely new one.

Maybe Daredevil will get a standalone movie, or appear in a new Avengers movie. A rumored Avengers 5 could see a new 'gang' get together, including Spider-Man, Yelena Romanoff, the Black Panther (who would probably be played by Letita Wright's Shuri in the wake of Chadwick Boseman's death), and, hopefully, Daredevil.

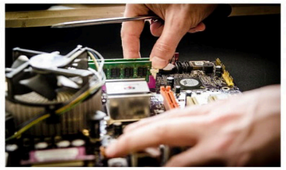
However Daredevil gets brought into the MCU, it'll be a refreshing break from the galaxy-encompassing battles of Iron Man and Thor. I think most Marvel fans were worried about what path Marvel would take after retiring some of their most iconic characters, but getting to see different heroes brought on screen is a great way to keep the franchise alive.





Congrats To Our Seniors!

Parker Quisenberry





Majoring in:
Mixting

Cassidy Reardon

David Pressley School of Cosmetology



Majoring in:
Cosmetology

Morgan Wertz

Arizona State University



Majoring in:
Education

Billy Couturier

Michigan State University



Majoring In:
Supply Chain Management

Student Loans And Why They Are an Issue

By: Reese Chabot

As the world has changed within the last 2 years due to COVID-19 students have been held back by the high-levels of debt with an addition of job losses and struggle of basic needs. There has been a pause of payments however, that isn't a forever fix. Students are drowning in debt and can't do anything to help themselves out of it instantly. Student loans disproportionately impact black and Latino students, especially women. As a student who has been applying to colleges and universities looking to start a new chapter in their life, the cost of the schools is one of the main things I look at. There are schools I have wanted to go to for as long as I can remember however, the cost to go to those schools is a substantial amount that I could never afford even in my later life. Student loans are something that I will be paying off for the rest of my life and will never be able to run away from. Some career paths do not pay enough to even come close to the cost of school after many years of attending.

The cancellation of student debt would be an advancement towards gender and racial equality. Women hold over two-thirds of all debt. As a woman that has a big effect on my life and many other women around me just because of the gender I am. African Americans also hold larger average levels of debt due to the color of skin they were born in. There is a persistent amount of discrimination that is incorporated in student debts that include housing, employment, ansd access to educational opportunities. Canceling student loans will help increase the racial wealth gap with studies that have shown $50,000 in student loans alleviated. One simple thing such as eliminating student loans could be a big step in the right direction of gender and racial equality.

Not only are young college graduates dealing with student debts but so are adults. This is a multi-generational problem with over 8 million borrowers that are over 50 years of age. This problem has people facing insuperable obstacles that have hurt them in completing their degree. About 40 percent of all people that have student loans were not able to finish college or earn a degree. The hardest challenge these borrowers face is repaying their loans and maintaining the payment. There are many students who are affected by student loans, the students included in the hardships are of color, first generation, and students with low income households. These students are more likely to drop out of college due to the finances and lack of support. Canceling student loans would promote affordability, access and completion of college. Many people believe that the cancellation of student loans would be poorly targeted and will always assist wealthy borrowers who do not need financial support from the government. The main example of students who do not need the loans are students attending medical school. However, I completely disagree with them because people attending college do not have nearly as much money as they will have once they get their degree but if someone isn't eligible for the cancellation of their student loans because of the degree they are going to school for then they are likely to drop out because they can't afford their schooling anymore. This will also create a problem for high school students trying to figure out their career path.

Student loans create stress on teens, young adults, and adults who are still trying to pay off their college debt. Canceling student loans would be beneficial to all parties involved. This problem targets everyone that decides to go to college. It affects everyone differently depending on their household's income, their grades, and other factors involved; however, the cancellation of loans will help everyone dramatically.



The NCAA Faces Backlash

By: Ivan Salinas

The NCAA has been facing backlash as of late. This started due to collegiate swimmer Lia Thomas breaking women's swimming records. To those who aren't aware of why this is so significant, Lia Thomas biologically is a male.

Multiple states have taken it into their own hands and have banned biological men from participating in women's sports. I personally believe that the NCAA, professional sports, Olympic Sports, and even High School organizations should ban transgender people in sports. Women who have been training and competing their entire lives, are being stripped of victories, records and dreams.

If you ask me males are physically superior to women. We are bigger, faster, stronger, denser, etc. Some studies show men after 12 months of hormone therapy only lose 5% strength. They are also allowed a testosterone number double than that of their biological female competitor. If females were to take testosterone enhancers they would be suspended for PEDs. So knowing this, how could you possibly find it fair to compete against each other?

Where will the NCAA draw the line? When biological males continue to transition and dominate these sports. When soon biological males whip out all biological females from their own sport? Swimmer Lia Thomas was a bottom of pact swimmer while competing as a male. After transitioning to a female she has broken records and stolen podium spots for true females who earned and deserve those spots.

Sports created weight classes, and gender separations for a reason. If there was just an NBA where males and females could play, it would be dominated by most if not all men. Now why do we find it ok to allow men to compete with females, and strip them of what they have earned?

In my opinion the NCAA is afraid to make these policies due to the backlash they could face. Banning transgender people from sports would affect a much smaller population, compared to the population that is currently being affected. The NCAA must act before young girls stop wanting to compete in their sport, because they know they will not compete against biological males.



Is Lucky charm Making People Sick?

By: Madison Buchanan

The FDA is forced to look into everyone's childhood favorite cereal Lucky Charms. the agency dealing with the investigation said it had received over 100 complaints related to Lucky Charms so far this year. People are complaining that the cereal is making them sick. Questions about a possible link between the cases of reported illness and the cereal after hundreds of consumers posted on a food safety website called, I was poisoned, with complaints of nausea, diarrhea and vomiting.

General Mills Inc., the Minneapolis-based company that makes Lucky Charms and other cereals, said its own investigation has not found any evidence of consumer illness linked to Lucky Charms. ABC News has reached out to General Mills, which did not immediately respond to a request for comment. But the company told the WSJ on Sunday that it's working with the FDA.

A hundred complaints were initially found on the FDA's reporting site, Center for Food Safety and Applied Nutrition Adverse Event Reporting System (CFSAN). The database contains information on adverse event and product complaint reports submitted by consumers and others to FDA for foods, dietary supplements, and cosmetics. As of time of publication the program had received over 100 reports related to Lucky Charms in 2022, all being reviewed and investigated.





COACHELLA

BY: LILY BRENNER

Coachella is a festival that happens once a year and is very popular. It opened back up for the first time since 2019. They had headliners, Harry Styles, Billie Eilish, and The Weekend in front of an estimated 125,000 fans over a tightly packed three-day schedule due to play out all over again this coming weekend.

Coachella is known for influencers going all out and posting on social media what they're doing at the festival. While also posting on social media they wear outfits that are over the top and people love to see it.

I wanted to talk about three influencers' outfits. I wanted to start with James Charles. On the first day he wore a reddish brown outfit that had a bunch of pieces coming off and I did not like this outfit. On the second day he wore a green shirt with a fancy long sleeve shirt underneath and green pants. Day two was my favorite outfit out of the three. The third outfit was mediocre. James Charles wore a long sleeve shirt that looked like he was a weather radar and blue pants. James definitely was the most extra at Coachella.

Next, I wanted to talk about Emma Chamberlain. Emma only went two days out of the weekend. On the first day she wore a gold one piece with a fanny pack and sunglasses. I thought this outfit was very cool and simple at the same time. On the second day she wore an all red outfit, she wore a red crop top, red skirt, red bag, and red shoes. I thought this outfit was really cool too and it wasn't basic.

Finally, I wanted to talk about Charli D'amelio. Her outfits were the most plain and basic outfits out of the three, but she's only 17 so it's understandable. On day one she wore a white dress with a black bag, it was simple but cute. On day two she wore a longer black dress with a mesh type skirt and some sunglasses, this one was pretty decent. On the last day she wore a green dress with butterflies on it and had pink extensions in, this one was my favorite.

In conclusion, Coachella wasn't all about the outfits this year, it was mainly about the artists that were performing.





Runners Gather for Boston Marathon

By: Reese Chabot

The 2020 race had been canceled due to COVID-19, and the 2021 race had been postponed until the fall, when the marathon would resume with restrictions. On Monday, runners started to prepare for the Boston Marathon, which would be held in its traditional springtime location for the first time since the pandemic began. Since the Boston Marathon shooting the event has to be a risk everyone takes when committing to the run.

On Monday, runners started to prepare for the Boston Marathon, which would be held in its traditional springtime location for the first time since the pandemic began. Dave McGillivary said in an interview, "We recognize that we're not totally out of the woods. We're still sensitive to the virus and requiring vaccinations," he said. "We're really not back to normal for the time being, but this is what the new normal is. The key is keeping everyone safe." Athletes raced 26.2 kilometers to Copley Square in Boston for the worlds oldest and most prestigious annual marathon just six months ago. Over 28,000 people registered to run on Patriots' Day, which falls on Monday. It's the marathon's customary date on the calendar, on the anniversary of the Revolutionary War's start. The epidemic forced the cancellation of the 2020 race, the first since the event began in 1897. The 2021 edition was postponed, and it was finally held in October. The marathon was held for the first time in the fall. For social distancing, the field was smaller, as were the audience, though they were no less eager.

Though the eight women who lined up with the men that year were not the first to run the race, the Boston Athletic Association is celebrating the 50th anniversary of the first official women's division. Bobbi Gibb is credited with being the first woman to lead Boston. She came in sixth place among the unofficial runners known as bandits in 1966. Kathrine Switzer registered as "K.V. Switzer" and received an official bib a year later. Jock Semple, the race director, attempted to push her off the track. The women's field is one of the best ever this year. Peres Jepchirchir, the reigning Olympic gold medalist, Joyciline Jepkosgei, the winner of the London and New York marathons, and Ethiopia's Degitu Azimeraw all have personal bests that are quicker than the Boston course record.

As almost everyone knows, Ukraine has been attacked by Russia and has been put through a lot within the past few months. If Ukrainians who had registered for the race were unable or unwilling to run this year, they were offered a refund or a postponement to a future race. Russian and Belarussian citizens have been told they are not welcome.



NFL Quarterback Dwayne Haskins Passes Away

By: Mike Junkin

NFL quarterback Dwayne Haskins passed away in a serious car accident over the weekend. He was a hometown hero of Highland park New Jersey, and has been a part of many other communities around the area. It is very sad to see such a young talent go at such a young age.

Haskins played high school football in Maryland and eventually committed to Ohio State. In his sophomore season at Ohio State in 2018, he had 4,831 passing yards and 50 touchdown passes, and he led the team to a Rose Bowl victory against Washington. He then ended up turning pro in 2019 selected by Washington, but that didn't end up working out so then he joined the Pittsburgh Steelers in 2021. He was killed early Saturday morning when he was struck by a dump truck while walking along a south Florida highway, officials say.

After the accident he was pronounced dead at the scene. It is said he attempted to cross the westbound lanes of interstate 595 when there was oncoming traffic. Said to be an open traffic homicide investigation. It hasn't been said why he was there the time he was, or why he was crossing the highway at that time. One thing that was said is that he appeared to be in South Florida practicing with Steelers teammates Mitchell Trubinsky, running back Najee Harris, and tight end Pat Freiermuth. I am going to look more into the story when everything comes out of why he didn't wait for all of the traffic to clear before he crossed, or what the exact situation was at the time. Dwayne's coaches have been talking about who he was as a player, and how he was as a person, and all of his former coaches say the same thing he was a very promising player that iud he was given more time he couldn't of been one of the stars in the NFL in the years to come, and they all also said that was a great teammate, and above all just a great person to be around. This is a tragic death around the NFL, that many will mourn for a while to come.



March Madness

By: Emily Dingman

March Madness brackets for the men's side of the NCAA tournament took a hit within the first days of gameplay as lower seed teams took big wins over fan favorites. Most notably, St. Peter's beat No. 2 seed Kentucky, a team many chose to win it all, in the first round. Led by guard Doug Edert, the Peacocks made it all the way to the Elite Eight before losing to No. 8 University of North Carolina. This was the first time a 15th-seed team would make it to the Elite Eight.

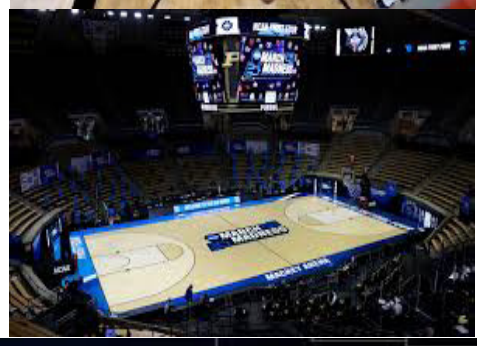
The Tar Heels had an incredible run of their own, making it all the way to the Finals but losing by three points to the No. 1 seeded Kansas Jayhawks. UNC was able to take down the top seed in their bracket region, Baylor, during the round of 32. Social media exploded, however, when they beat their rival Duke in the Final Four in Blue Devils' Head Coach Mike Krzyzewski's last career game. This was their second time defeating the Blue Devils this season.

More great runs were made in the Midwest by the 10th-seed University of Miami, complimented by No.11 Iowa State. The two defeated highly ranked Auburn (No. 2) and Wisconsin (No. 3) before facing each other in the Sweet 16.

The Kansas Jayhawks were the only top ranked team to make it to the final four. They were joined by No. 2 Villanova, No. 2 Duke, and the No. 8 UNC Tar Heels. Not many anticipated that the other 1-seeds, Baylor, Gonzaga, and Arizona would fall early. Gonzaga was taken down by No. 4 Arkansas and Arizona was defeated by the number 5 ranked Houston Cougars. In the final game of the tournament, the Jayhawks and the Tar Heels battled it out to bring the trophy back to their respective schools. However, the first half was all in favor of the Tar Heels. They entered the locker room at halftime up 40-25 and looked poised to win. However, the second half plagued UNC with fatigue and injuries, allowing Kansas to come back with an 18-6 run to start off. This was a trend for Kansas throughout the tournament, being down early but staging a comeback in the second half.

Both teams had balanced scoring from their starting line, with not one player standing out among the rest. The 15 point deficit the Jayhawks overcame was the largest in college basketball history. This was the fourth time Kansas has won the men's national championship.







New Football Leauge ; USFL

By: Colin Guitar

A new football league had its debut this year and they actually play this league in the spring looking to rival the NFL. No it's not the XFL it's called the USFL and it started a couple weeks ago with intent to rival the NFL. It's owned by Fox Sports and ran by the president is Brian Woods and vice president former Dallas Cowboys Fullback Daryl Johnston.

There are 8 teams in this football league they are the Michigan Panthers coached by Jeff Fisher, New Jersey Generals coached by Mike Riley, Philadelphia Stars coached by Bart Andrus and Pittsburgh Maulers coached by Kirby Wilson. Which make up the North division. The south division is made up of 4 more teams The Birmingham Stallions coached by Skip Holtz, Houston Gamblers coached by Kevin Sumlin, New Orleans Breakers Coached by Larry Fedora, Tampa Bay Bandits coached by Todd Haley.

Each team will play a ten game schedule with teams playing other teams in their division twice and teams in the other division once. Games are played in Birmingham Alabama and post season games will be played in Canton, Ohio adjacent to the pro football hall of fame. Where the top two teams in each division play each other followed by a championship game. They have changed some rules compared to the traditional NFL rules giving offense more scoring opportunities so that trailing teams have a better chance at a comeback. Rules like a chance at a 3 point conversion changes to the onside kick and overtime and the chance for the offense to have two forward passes.

The USFL has decided to employ 35 referees 32 of them are from the NFL's officiating development program which is a program that gives college level officials the opportunity to move up to the NFL. The head of officiating Mike Pereira said that this will benefit the NFL too by giving these officials the in game experience needed to take the next step in the fall. Because all of their current officials have officiated in college to be specific in conferences like ACC, Big Ten, Big 12, Pac 12, and SEC.



Sad? Get a Cat!

By: Eva Skarbinski

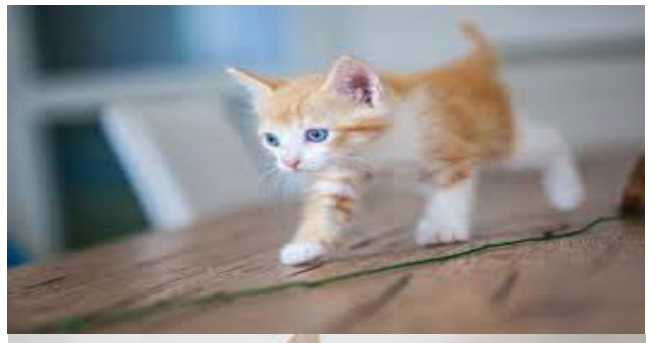
A few weeks ago, a friend of mine hit me with great news: after years of begging her parents, she's finally going to get a cat! Of course, being the excellent cat auntie I am, I volunteered my time and superior knowledge to help her plan for her new friend. I am determined to be an amazing godmother, and as such have composed some helpful tips for her when she gets her lovely kitty, and I'm sharing it with you:

Honestly, most cats are very low maintenance. They're mostly independent, especially when they don't know their owner very well yet, so many cat owners can reasonably expect to be able to fill up a cat's food and water dishes and head off for a weekend trip, without having to worry about their fur baby. However, that doesn't mean you can completely ignore them. You should make efforts to really get to know your kitty and to bond with it. Basic care for a new cat would include setting up and regularly cleaning its litter box, changing its water bowl and refilling its dry food every day, and, if your cat has long fur or sheds a lot, brushing her fur out.

Your cat will certainly survive if you take care of its basic needs, but you will miss out on having a real relationship with it if you don't put in any extra effort. To this end, you should play with your cat everyday (this is particularly fun at night, since cats are nocturnal hunters and will therefore be more active at this time), give them treats, and pet and cuddle them (of course, if the cat also is ok with this).

Your cat likely won't be affectionate and friendly from the get, but with time and careful attention, your cat will get more comfortable with you and begin to accept you into her 'pride'. You can gauge how your relationship with your cat is doing by watching some subtle habits she develops. For example, if you ever see your cat rubbing his cheek against your arms or legs, don't scold her! This is how cats mark their territory. Basically, if you see your cat doing this, she's rubbing her scent on you to let any other cats know that that's her human. That's an awesome sign that your cat loves you!

So, while cats tend to be on the shy side and are seen by a lot of people as grumpy, standoffish, or disobedient, the opposite is actually true. With a bit of effort, anyone can form a great relationship with their cat that is always well-earned!

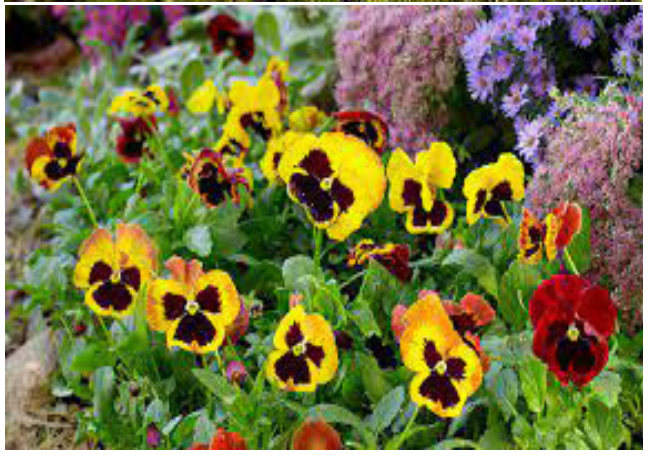




How to Start Your Garden

By: Brooke Genaw





Spring has arrived, and if you think you need a green thumb to bring new life into your outdoor space, think again. With a little help, anyone can grow a beautiful garden. Planting flowering annuals, according to Lindsay Pangborn, a gardening expert at bloomscape.com, is an easy and inexpensive way to add color to outdoor spaces. Here are four types of flowers that help to make your outside area brighten with colors.

"Coneflowers are an amazing choice for newbie gardeners looking to attract pollinators and add some quick and easy color to their outdoor spaces," Runkle says. Coneflowers are also known as Echinacea Purpurea or simply Echinacea. One of the best things about Echinacea, besides the abundance of butterflies and bees, is that they will often bloom continuously throughout the season with proper deadheading.

Lavender is an excellent choice for hot, dry gardens, and it thrives in well-draining, not-too-rich soil. "Plant your lavender in full sun, and if you live in a colder climate, choose an English (Lavandula Angustifolia) variety over a French (Lavandula Dentata) or Spanish (Lavandula Stoechas) variety," says Runkle. Buena Vista is one of Runkle's favorite English lavender varieties, with "tall fragrant blooms that are perfect for cutting into dried bouquets."

Zinnias, according to the Popat's, are among the most colorful flowers to grow and are very easy to grow directly seeded into the garden. "However, if you want to have blooms sooner, start your seeds indoors four to six weeks before your last frost date." Just remember to be gentle with the young plants as you move them outside. Prepare to be wowed by stunning shades of pink, purple, yellow, red, and more.

Pansies are ideal for spring. "These plants begin flowering early in the spring and produce a wide range of brightly colored, cheerful flowers," says Pangborn. They will grow well in the ground as well as in containers. "One significant advantage of pansies is that they are frost-tolerant, which means they can be planted before the threat of frost has passed, extending your outdoor gardening season earlier in the year."

Nature's Splendor

By: Isabela Gomez

Nature's splendor is on display once more this spring, with a purple haze of bluebells in the woods south of Brussels.

Following two years of pandemic measures that had kept visitors to a trickle, anyone and everyone can now enjoy the spectacle. Furthermore, flowers and blossoms — whether in Japan, the Netherlands, or Belgium — can soothe the soul in these days of anxiety about COVID-19 and war. "It takes your mind off the seriousness going on in Ukraine and everything because you get absorbed into nature," said Hogne Gjersvik of Bergen, Norway, as he inhaled the sweet scent of bluebells and the chirping of various birds. "It's a big help. Now that we've been encouraged, Norway to go for a lot of walks and, you know, don't sit at home too much and get out and enjoy nature because it relaxes you and... Returns you to your natural state of mind."

"Nature is medicine for people — let's be clear about that." said Marc Snoeck, Halle's mayor who for two straight years had to make sure as few visitors as possible came to the woods spread as far as the eye could see with blue and purple carpets. "There were headlines that said: 'Mayor calls on people not to come.' That's not what you want because you want people to enjoy this phenomenon. But it just was impossible." Based on the massive crowds so far, the woods could well see over 100,000 visitors again in just the few weeks over which the bluebells bloom.

"There was a lot of loneliness. The fact that they can go to events again like here in the woods, which exude a certain calm, to be in nature, that is very good for people," Snoeck said. And this year, across much of the northern hemisphere, things have changed for the better with far fewer limits on going out and enjoying the bounty of nature, without fearing its perils. The return to normalcy was equally felt in the Netherlands, where the famous Keukenhof flower garden reopened after two years of forced closure because of the coronavirus pandemic.

Last week, as thousands of visitors walked in spring sunshine along beds bursting with colorful tulips, hyacinths and other flowers, Catholic Bishop of Rotterdam Hans van den Hende emphasized today's power of flowers as a shipment was sent to the Vatican. "So close to here in Europe there is war and destruction, and also outside Europe — that's the everyday reality. With sending these flowers to Rome, we are not sending anything related to hate, nothing related to fighting and bloody war but first of all, peace and joy."

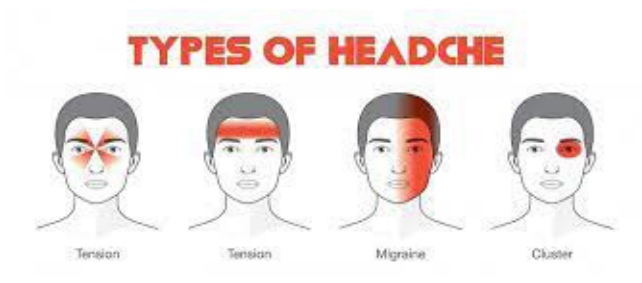
In Japan too, springtime two weeks ago brought the same deliverance as people could enjoy the cherry blossom season without many of the restrictions of the past two years. It was especially welcome in a bustling metropolis like Tokyo. "I feel like life has finally gotten back to normal," said 62-year-old cafe owner Takanori Shiwaku "Here in the city area people have awaited this for so long."





Mirgraines

By: Noah Genevich







According to studies, nearly one in every six persons in the world suffers from a headache on any given day, with roughly half of them suffering from a migraine. Headache diseases can be painful and exhausting, with a variety of reasons varying from stress to overuse of drugs. A large-scale study has now revealed how common such situations are. Migraines, for instance, have a tendency to run in families. Migraine sufferers are more likely to have at least one parent who also suffers from the condition. In fact, children whose parents suffer from migraines are four times more likely to suffer from them themselves.

Contact your healthcare practitioner if you get frequent headaches or if they are severe. You should normally begin by talking to your regular doctor, who will begin the diagnostic process. It's critical to appropriately diagnose headaches so that appropriate treatment can be initiated to help you feel better. Your healthcare professional will perform a physical exam, go over your medical history, and discuss your headache symptoms with you. This discussion is part of a headache assessment. I'm sure everyone has had a bad headache of some sort. Along with that, I'm sure we can all agree how irritating they can be because of the constant bother they bring.

Coming from personal experience, as one who is constantly active in a sport, they can be worse than having any ordinary sickness! I'm sure we can all relate to the words that have been said and hopefully everyone has their own remedy for such an annoying condition that randomly occurs when we least expect it to. Everyone, as a prime example to avoid this, could look into changing their lifestyle when it comes to certain activities that affect or include their health. Everyone should be able to avoid this irritation as much as possible.

Photo Story

