JAGUAR JOURNAL #JJ

VOL. 66 NO. 3
MRACH 2022

Allen Park Competitive Cheerleaders Bring Home Another State Title



















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Russia Invades Ukraine







By: Caroline Hinds

As the world has been notified as of February 23, 2022, Ukraine has been invaded by Russian forces because Putin explains that Ukraine has been "taken over by extremists", as said by Paul Kirby from BBC News. Russia's invasion has sparked uncertainty amongst countries all over the world. The United States President Joe Biden, in fact, even tweeted out, "Russia alone is responsible for the death and destruction this attack will bring, and the United States and its Allies and partners will respond in a united and decisive way,"

Wednesday night following Ukrainian officials reporting of missiles targeting military control centers around Kyiv, the capital of Ukraine. Other attacks were reported in other areas of the country as well. Belgium's Prime Minister, Alexander De Croo, tweeted that this invasion is "Europe's darkest hour." Emmanuel Macron, the French President, even responded on Twitter as well, referring to this invasion as "a reckless act".

As fear circles, political leaders begin to make their statements. Joe Biden conducted his speech on Thursday afternoon. Biden also says, "He has much larger ambitions than Ukraine. He wants to, in fact, re-establish the former Soviet Union. That's what this is about." Biden remarks that Putin's decision to invade Ukraine would cost Russia "dearly, economically, and strategically," Joan E. Greve in Washington D.C. reports. Not only will Russia suffer in such ways from this invasion, but the United States will as well. "Uncertainty has already driven the price of oil almost all the way to $100 a barrel," David Frum, from The Atlantic reports, "If Russia cuts back exports, the price could rise much higher. Any Russian retreat from world oil markets will jolt prices in ways that will be felt at gas pumps around the world. The price of regular gasoline in the U.S. now averages $3.53 a gallon, up from $3.32 a month ago and from $2.63 a year ago. It would not take much of an additional squeeze to drive the price past the all-time-record.average of $4.11 set in 2008. Higher fuel prices will feed through to higher prices for almost everything else." What this invasion means for the future of the world is still unknown, but one fact we all know is that this is a major issue affecting everyone.

Oxford Shooter Pleads Insanity

By: Layla Alzaidy

On November 30, 2021, a mass school shooting occurred at Oxford High School in Oxford, Michigan. Four students were killed and over 30 students were injured, including a teacher. Almost 5 months later, accused shooter Ethan Crumbley still remains in the Oakland County Jail, awaiting trial.

In late January, the court revealed that Ethan Crumbley and his attorneys were planning to plead insanity, which is typically a plea used to get out of the most severe punishment. Although, defendants found not guilty by insanity are rarely ever set free. On almost all occasions, they become confined in a mental health institution. They also will typically remain in the institution for a longer period of time than if they had been found guilty and sentenced to prison. Although they have not stated their plea yet, officials are already doubting the plea. Inside of the jail, Crumbley has been playing games, receiving and responding to mail and adjusting to jail life fine.

Crumbleys parents, James and Jennifer, are both being charged with four cases of involuntary manslaughter for the shooting. The charge comes after the parents knowing about Ethans troubled mental state and still willingly purchasing him a firearm, which was also the weapon he used in the mass shooting. Buck Myer, the father of Tate Myer, who was a high school student that was killed in the shooting, was interviewed after attending a court date. He stated “Tate was supposed to go to school and come back home.” Buck said that he didn’t get to say goodbye to his son, and he found out with 3 other families at the grocery store down the street from Oxford High School, that his son was killed.

Buck stated that he and his wife and his family feel betrayed by the Oxford School District. They feel betrayed because they sent their son to school to learn, not get killed.



Winter Olympics 2022

By: Miranda Dokey

Over the month of February, the United States competed with other countries from around the world in the 2022 winter Olympics. Team USA collected 24 medals overall, its most since winning 25 in Turin 2006. That total included eight gold medals, nine silvers and seven bronzes. Nathan Chen, the reigning and three-time world champion figure skater delivered an intense performance in the men’s short program, skating into first place with a world record score of 113.97.

Chen is the second American male to win the figure skating men’s singles gold in 30 years delivered a nearly flawless four-minute skate that featured reworked versions of John’s “Goodbye Yellow Brick Road,” “Rocket Man,” and “Bennie and the Jets,” with the majority of Chen’s gold-worthy jumps and axels fittingly taking place during the “Rocket Man” portion of the routine. Chen’s Elton John-themed routine scored a 332.60 points with the judges, which put him way ahead of the 310.05 points from the silver medalist Yuma Kagiyama of Japan.

The gold medal win was also a redemption for Chen, who despite being considered the best figure skater in the world right now, finished 5th and off the medal podium at the 2018 Winter Olympics in South Korea. Chen came to Beijing after winning his sixth straight national figure skating championship -- a feat last accomplished by Dick Button, winner of seven consecutive U.S. titles in the 1940s and ‘50s. The three-time world champion took time off from Yale University to train for the Olympics and plans to return to the school in the fall to study statistics and data science.

Yuzuru Hanyu of Japan, the two-time defending Olympic gold medalist, bailed on his first quad jump last second in the short program and managed to only place eighth heading into the free skate. Hanyu went for a quad axel in his free skate, which has never been landed in competition, but fell on the landing. Still, he jumped up to fourth in the final standings with a strong free skate. Fellow Team USA member Jason Brown came into the free skate placing sixth in the individual short program. Brown, the first to take the ice in the final group, ended his Olympic performance in sixth place.





BEIJING 2022

How IHOP Donates Money to Children's Miracle Network Hospitals

By: Brooke Genaw

Starting off March is National Pancake day March 1, 2022. IHOP is celebrating by offering one free short stack of buttermilk pancakes per guest. After canceling the one-day event last year due to the pandemic, the pancake deal is back on Tuesday, March 1 from 7 a.m. to 4 p.m. local time. The offer is only valid for dine-in. In previous years, IHOP has given away free pancakes on Fat Tuesday, Mardi Gras, and Shrove Tuesday, the day before Ash Wednesday.

The not-so-secret meaning behind In-N-palm Out's trees National Pancake Day is about more than just free pancakes; it's also about showing support for Children's Miracle Network Hospitals and other charities.

"For the past 16 years, IHOP has celebrated its own national holiday, National Pancake Day, a one-day in-restaurant event where guests enjoy a free Short Stack together under IHOP's blue roof," IHOP chief marketing officer Kieran Donahue said in a statement.

National Pancake Day is about more than just free pancakes; it's also about showing support for Children's Miracle Network Hospitals and other charities. IHOP and its guests have raised over $30 million for various children's hospitals across the country since the first National Pancake Day in 2006. IHOP is encouraging customers to donate in restaurants on March 1 by rounding up to the nearest dollar and donating the change to charity. For a one-dollar donation, guests can also purchase wall tags in restaurants. National Pancake Day stays local and goes directly to providing life-saving medical treatment and healthcare services, pediatric medical equipment, and charitable care to kids in need.



China's online presence (and threat) grows in wake of Beijing Olympics

By: Eva Skarbinski

Conflict over the Chinese 2022 Winter Olympics has been rife since months before the games actually started. With allegations of rampant human rights abuses coming from inside the country in June of 2021, Westerners have been increasingly calling for diplomatic and economic sanctions against China in an attempt to pressure them into releasing information on the situation and stopping those practices, but have had limited success. The US even considered boycotting the games, but it was never implemented.

So, the states sent their athletes to Beijing, but the FBI reportedly left them with a scary warning: Bring only a disposable burner phone, since the Chinese can hack your cell phone.

It wouldn't be the first time Americans have been concerned about that. The 2016 election still causes many voters reason to fear for election integrity, as some Democrats blamed Chinese intervention for their loss. TikTok was nearly banned in the US, with the Trump administration citing security reasons. In the 20th century, all we had to worry about was Soviet bombings, but today, Americans have to worry about being spied on in their own homes.

With pro-Chinese bots scouring the internet for places to tout their opinions, it seems impossible not to at least encounter some. But, by taking the right steps, it is very possible to identify this propaganda. First, fact-check any information you get from an unknown source, especially on social media. If you have to search extensively for information to back up what the mystery speaker says, it would be safe to assume that it's false. Additionally, if you suspect a social media account of being a bot, block it and report it to the website's administrators. A good sign an account is illegitimate is a recent signup date, repeated posts, and having a lot of posts in a short time frame.

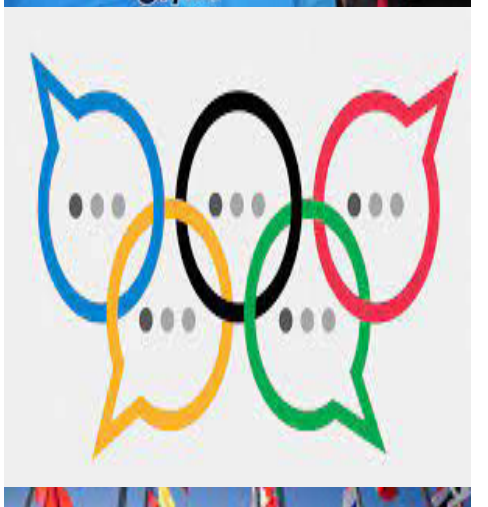
While it's important to first protect ourselves from Chinese hackers and bots, it's doubly important to pay attention to the root of the issue. Uyghur Muslims in the country have been thrown in "re-education" (torture) camps for an unknown amount of time, and it's time the citizens of the world take action against this horrid policy. Contact your representatives in government today.

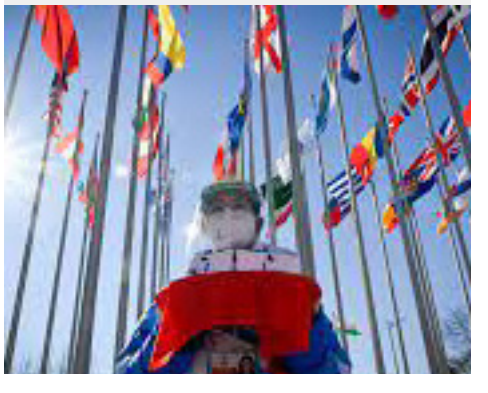












"FULL HOUSE" STAR BOB SAGET PASSES AWAY

By: Gabe Craig

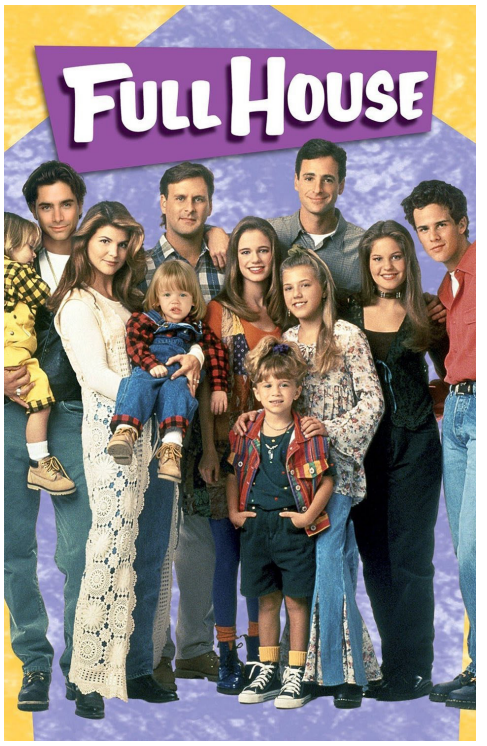
The well-known actor and comedian has tragically passed away due to accidental blow to the head. This news has shocked the world and devastated many. Although some are controversial due to the autopsy not being released and the suddenness of his passing.

Saget was best known for his acting roll in the monumental show "Full House" where he played the father to three daughters and was named Danny Tanner. A lot of people grew up on this show and began to love Saget for his role in it. He was also known for his comedic skills along with his role in the Aristocrats, Madagascar, and Dumb and Dumber.

Saget tragically passed away when he passed out and hit his head on the bathroom floor. Authorities ruled out foul play. He was found when he failed to check out from his hotel room and the security guard came to check on him. When medical assistance arrived he was already unresponsive as he failed to dial 911 in an attempt to save his own life. No drugs or alcohol were found in his system.

This has shocked so many due to the suddenness, and craziness of the situation. Saget played an important role in so many peoples life and will forever hold a special place in many hearts. His memory will forever live on through his countless films and stand ups he did throughout his long, iconic career.





INTENSE FANDOMS

BY: CAROLINE HINDS

Obsessing over celebrities does not just involve obsessing over that one single celebrity. Once a fan hyper fixates their interests on one individual, they begin to think as that celebrity does or says to do. In November of 2021, Taylor Swift released a rerecording of her fourth studio album, Red. As Swift enthusiasts know, the song All Too Well is written about Jake Gyllenhaal, one of Swift's past boyfriends. Though Swift never confirmed nor denied this song was about Gyllenhaal per say, fans have gathered enough information to defend their accusations. With the rerecording dropping and this song resurfacing, Gyllenhaal was not safe from Taylor Swift fans.

When asked about the outpouring of hate he's received from Swift fans Charles Trepany from USA Today begins, "Gyllenhaal told Esquire last week that it's important for celebrities to rein in 'unruly' supporters and 'not allow for cyberbullying in one's name.without directly mentioning the pop star or her army of fans." Since the release of the extended "All Too Well," he's had his Instagram comments turned off, though he declined to explicitly say why." The ten minute version of this heartbreaking song turned Taylor Swift fans mad, mad at Jake Gyllenhaal. Swift expressed through song the pain Gyllenhaal put her through, and Swifties (Taylor Swift's fan base name) could feel this strong emotion, taking it out on the source of those past issues, Gyllenhaal.

On a similar note, Justin Bieber experienced a similar situation as Gyllenhaal had. From USA Today, Trepany writes, "...he called out a fan of his ex Selena Gomez for encouraging people to disparage his wife Hailey. And Kim Kardashian has spoken out on the issue recently, telling her ex Ye, formerly known as Kanye West, in an apparently leaked text message that she worries his verbal assaults on her rumored beau Pete Davidson could inspire a fan to hurt the comedian. West has been a vocal opponent of Kardashian and Davidson's relationship, even rapping about beating up Davidson in a song released last month."

Fandoms so easily feed into the drama celebrities indulge in, because they are willing to do whatever it takes to defend their favorite celebrities.









American Girl Doll's First Ever Asian Doll of the Year

By: Reese Chabot

About 10 years ago American Girl Dolls were a very popular toy for little girls and boys to collect and play with. Many of the 'Girl of the Year' dolls were either Caucasian or African American.

Many would see this as a positive because they had dolls from two different races, showing inclusivity for everyone. However, that discluded so many other people who are a part of our community and enjoy collecting the dolls. 'Girl of The Year' is something many little girls and boys look forward to every year, each and every year those same people were not feeling included because the races almost always remained the same. This problem isn't something all of us experience however, a problem all of us should understand and make a change for. In 2021, the owners of American Girl Doll made the 'Girl of The Year' for 2022 represent a Chinese girl.

As every other doll, Corinne Tan, comes with a backstory. The release of the Corinne doll after more than a year and a half of public hate crimes against Asian Americans and Pacific Islanders. Tan is a Chinese American skier and her purpose as the 'Girl of The Year' is to teach girls to embrace family change, share feelings, stand up to racism, and tackle problems one step at a time. Being the first Chinese American doll is a big step in the right direction but the positive messages she is supposed to be teaching young children is what makes her character so much brighter during these times. Racism is something that has affected many people over the course of generations but it is much more common now than ever before. Tan can help be a part of the movement to end racism and teach young children that everyone is equal.

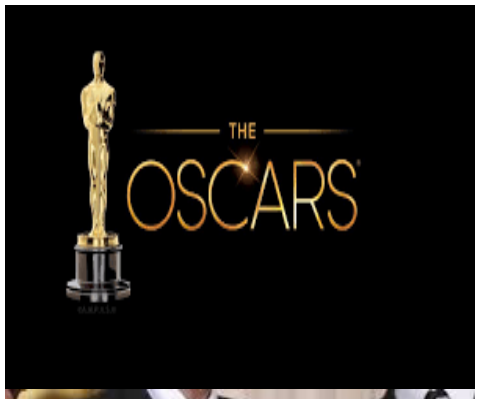
The 'Girl of The Year' is always intended to serve a purpose in young children's lives however, Tan is a remarkable character. She is the twentieth Girl of The Year meanwhile being the first ever Chinese American. With all of the horrific things happening to Asian Americans and Pacific Islanders, this is a step closer to helping those feel included along with everyone else. Corinne's story is so important because it shows the power of love. With love we can conquer so much good and that is what her purpose is. Corinne Tan is the start to something great.





The Oscars

By: Noah Genevich





The Oscars recognize the year's greatest films, but they're also a TV show dedicated to captivating an audience that will help host network ABC and promote the movie industry. After 2021's record-low ratings, everyone is hoping for redemption on this year's awards with a good show.

The Academy is for sure under pressure to boost Oscar ratings, and part of that strategy has naturally included nominating films that have been seen by a larger number of people. Despite the fact that the best-picture category has been expanded to ten candidates, few of the main movies in the nominations announced Tuesday morning fit that criteria, especially if seeing the movie in cinemas is required.

In terms of the films that "saved the theater business," "Spider-Man '' took a solo nomination for visual effects, while the 007 film received a nomination for best song, sound, and visual effects. Granted, the idea that famous films boost Oscar ratings isn't always correct, but the most-watched show of all time is the year "Titanic" won best picture. Nonetheless, it appears that popular films aid in general, giving potential viewers a greater stake in who and what succeeds.

Therefore, it is a bit confusing as to why the Spider-Man movie isn't nominated for more awards because of how popular it was. Especially since the Oscars are trying to gain more viewers for their next show, if views go down, eventually there won't be much point in holding a show that nobody watches! Which is unfortunate because many families and friends get together to watch this and multiple others that are similar. The exclusions will inevitably attract as much attention as the candidates, but it should be evident by now that the Oscars will never please everyone, especially with ten best-picture nominees and only five director positions. It remains to be seen whether that relatively broken lineup adds up to a menu that will attract more viewers to return. However, if the Academy's ratings do improve, it will be a miracle, not Spider-Man, who will be streaming, because apparently he is not nominated for the categories he should be.

"Euphoria" Season 2

By: Lily Brenner

The hit series Euphoria released its last episode on February 27 2022. This show has gained many views throughout this season. It has been talked about all around social media and in school many people have been talking about it.

The last episode drew 6.6 million viewers on HBO and HBO Max. According to HBO, "Euphoria" Season 2 episodes are currently averaging 16.3 million viewers, which is the highest rating for any season of an HBO series in the last 18 years, save from "Game of Thrones," which averaged 46 million viewers in its eighth and final season in 2019. Nielsen changed how it tracked HBO's viewership in 2004, and the pay TV network has since introduced multiple streaming products, including HBO Go, HBO Now, and HBO Max, complicating the process of comparing average viewership for shows that aired before that year and shows that aired after that year.

"Euphoria" was the top title on HBO Max in the United States for the seventh week in a row on Sunday, as well as the top series across Latin America and Europe. While NFL fans were debating between the Cincinnati Bengals and Los Angeles Rams in Super Bowl LVI, Euphoria viewers were eagerly anticipating the Maddy vs. Cassie showdown, and the numbers reflected the excitement to the tune of a series-high 5.1 million viewers on that night alone. "Euphoria" is also now the most-tweeted about show of the decade so far in the U.S. with 34 million tweets.

Season 2 of "Euphoria" follows the intertwined lives of high school students in East Highland, where 17-year-old Rue (Zendaya) must balance the strains of love, loss, and addiction. Many of the season's main tensions came to a climax in the finale episode, with more than one of them ending in violence. The series stars Zendaya, Hunter Schafer, Nika King, Eric Dane, Angus Cloud, Jacob Elordi, Algee Smith, Sydney Sweeney, Alexa Demie, Barbie Ferreira, Maude Apatow, Javon Walton, Dominic Fike, Storm Reid and Austin Abrams.



Is Your Favorite Show Being Canceled ?

By: Brooke Genaw

Are your favorite TV shows on the verge of being canceled or renewed? Let's see what happens!

As television tries to get back to a normal schedule as possible in the midst of a pandemic, the broadcast networks will continue to make difficult decisions about the fates of their shows. While some are fortunate enough to receive multi-season pickups or early renewals, and others are preparing to say goodbye, the majority of the others are playing the waiting game.

Sifting through all of the TV news can be a daunting task, especially with the influx of new shows on any given day, which is why we're here to make your lives a little easier! This is your one-stop-shop for finding out which shows will return (and which will be canceled) on ABC, CBS, The CW, Fox, and NBC.

For ABC Grey's Anatomy (Season 19), Station 9 (Season 6), and Holey Moley (Season 4) will be returning for another season. Unfortunately, this will be the last season of Black-ish, and Promised Land will be moving to Hulu.

For CBS they have a lot of shows being renewed, for example, CSI: Vegas (Season 2), Ghosts (Season 2), Young Sheldon (Season 7), and The Neighborhood (Season 5). Unfortunately, Love Island will be getting canceled, but you can find a new version on Peacock.

Fox will be renewing Bob's Hamburgers (Season 13), Duncanville (Season 3), Masterchef (Season 12), and Lego Masters (Season 3). As of now, there are no shows being canceled.

NBC will be renewing The Blacklist (Season 10), Chicago Fire (Season 11), Chicago Med (Season 8), Chicago P.D. (Season 10), Law and Order: SVU (Season 24), and New Amsterdam (Season 5). Sadly, NBC will be canceling one of their most famous TV shows This is Us. After six seasons it will be ending.

Masters of Illusion (Season 9), Penn & Teller (Season 9), World's Funniest Animals (Season 3) will be returning to The CW.





SPRING BREAK

Top 5 Most popular Spring Break Destinations

1. Cancun



2. Miami Beach



3. South Padre Island



4. Cobo San Lucas



5. Jamacia





Spring Break on a Budget

- Go Camping

- Have a Movie Marathon

- Play Board Games with your Family

- Go to the Park

- Visit relatives











The United States Reaction to Russia Invading Ukraine

By: Eva Skarbinski

Russia invaded Ukraine on February 24, 2022. But conflict between Russia and the rest of Eastern Europe has gone on for centuries. Since Russia became a country hundreds of years ago, its rulers have had the delusion that they were entitled to rule all of Slavic Europe. That belief is what sparked their previous invasions of Poland, Lithuania, Georgia, its annexation of Crimea, and several other sovereign states. Modern suppression of the Russian peoples' free thought and access to independent press by the Kremlin has only worsened these issues and increased nationalism and fascism in many citizens. And yes, the Russian government is very much a fascist one.

Why is the U.S. so slow to react to Russia's obvious aggression against democracy? Putin claims he wants to protect Russia, but so far all he's done is bomb civilians and attempt to topple the Republican Ukrainian government. If western countries have learned anything from World War II, it's that oppressive regimes won't just stop conquering. Putin himself said that he aims to rebuild the old Soviet Union, which included about a dozen states not currently occupied by Russia, including NATO countries. If the U.S. and other Western NATO states intend to keep their pledge to protect our brothers and sisters in the East, immediate action must be taken.

Aside from our obligations as members of NATO, the United States also must fulfill its duties as 'protectors of democracy'. How can a government with so much proclaimed love for freedom sit aside while innocent Ukrainians are being gunned down and forced out of their homes? How can we stand by, knowing we have the power and might to help, while President Volodomir Zelenskyy fights on the front lines for his country? Surely, our own politicians cannot call themselves as brave and patriotic as him. We have forces in Europe already. We have the military power and wits to help. Why aren't we?

Everyone who is afraid that our intervention will spark a World War III should consider that not intervening is, looking from a historical point of view, the worst option possible. When we decided to keep out of World War I and II, we ended up being attacked first. The United States needs to be on the offensive in order to prevent an attack on our own civilians, and on the greater World.





New York City Will Not Renew Mask Mandate

By: Noah Genevich





As we know, Covid-19 has taken over our lives for almost 2 whole years now, and it struck hard in some major cities, such as New York. New York City is one of the most populated cities in the United States. For, what seems like forever, they have been the center of entertainment for multiple events, some even broadcasted around the world. In 2020, when Covid-19 struck the U.S., it is safe to say that the country went absolutely crazy with safety precautions. Wearing a mask to some, has become normal to their everyday life. With New York being so populated, their cases instantly spiked up and they are one of the worst places to be. Two long and dreadful years later, the New York government states that they will let their mask mandate expire, and will choose not to renew it when it reaches that point relatively soon.

New York City, one of the earliest epicenters of the coronavirus pandemic in the United States, is on the verge of entering the next hopeful chapter of the crisis, with Mayor Adams leading the way. He stated on Sunday that, as long as case counts stay low, he will eliminate school mask rules and immunization requirements for restaurants, gyms, and movie theaters by early March.

These efforts, like so many other pandemic policies, are likely to appeal to as many people as they enrage. However, with the city's complete vaccination rate at 78 percent and the most recent outbreak having passed, now is the perfect time to abolish the requirement for masks in schools. At this point, I believe it's a personal choice.

Since New York, out of all places, feels this way about Covid and the mask mandate, it's getting others to think as well. As well as our school, Allen Park High, finally, we are given the choice whether or not we want to wear our masks. With all of the new vaccine records, and more research everyone has done, I believe that it is safe to say that Covid is finally going to stop affecting most people's lives in a serious way, and we could potentially start living like we were two whole years ago.

Do TV Shows Create a False Narrative For Kids?

By: Miranda Dokey

Do you remember what career you dreamed of having when you were a kid? If you wanted to be a superhero or a wizard, you may have quickly realized that those jobs don't actually exist. But there are some more achievable roles that come up again and again if you ask kids "What do you want to be when you grow up?" Very often, the jobs kids mention offer thrills, action, fame, or the chance to help people.

When kids watch television or a movie, they often dream of becoming as famous as the actors on screen. In reality, there are many actors who are not stars. These actors may work in television, film, theater, or even on audiobooks or other media. Some may perform on cruise ships or at theme parks.

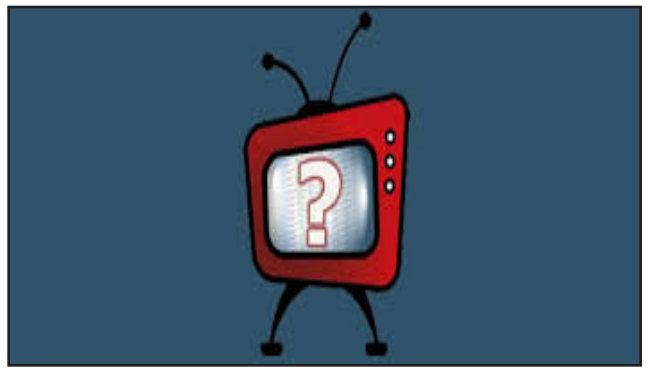


When child stars leading lives of early fame and privilege publicly implode, the world shakes its collective head and wonders what went wrong. It's a legitimate question, with no simple answers. For many child stars who taste blinding fame and potentially mind-blowing fortune before they hit puberty, the gauzy, magical exterior of their lives is at odds with a far grittier reality.

A major problem with child acting is that until children reach legal age, their finances and possible income are left to the parents. While in California the laws are slightly different to protect children, there are no such protections in the other 49 states. There is no expectation to file income tax for a minor. It's your kid. It's assumed that's a tax burden, so parents are legally able to spend the extra cash any way they would like.

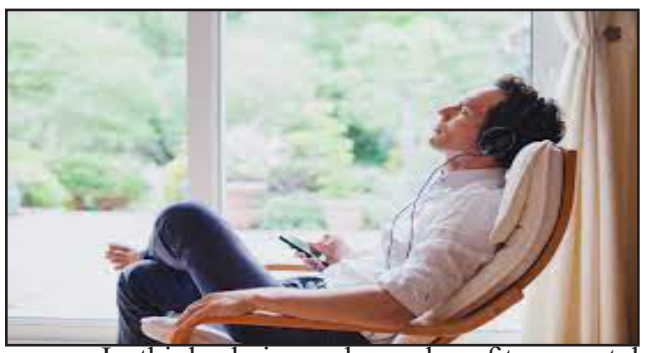


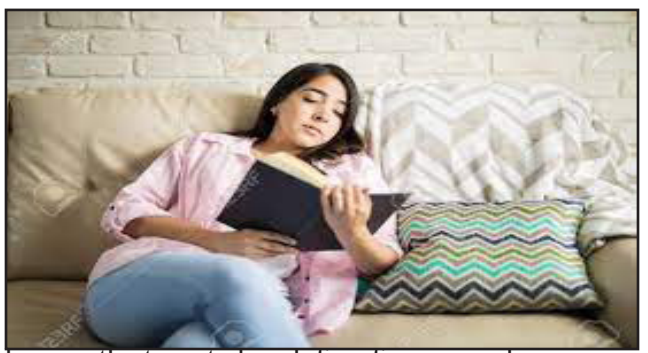
While I'm not arguing that children shouldn't be able to act, many TV and movies need children to portray the roles that make the shows great. I am arguing that there should be more emphasis on protection for child actors. Many child actors burn out or go through major mental battles, and many of them could be prevented. Child actors getting a false idea of who they are and where they fit into the world. When challenges come, they don't have the repertoire internally that got built through those healthy experiences other kids had.



Benefits of Spending Time Alone

By: Layla Alzaidy







I think being alone benefits mental health. Being around other people can be very beneficial but can also cause a lot of stress. Being surrounded by other people at all times forces people to set their wants and needs aside to tend to the needs of other people.

Personally, I do enjoy spending time by myself. I think being alone is an important part of self-development and allows you to get to know yourself better. I think people with social anxiety also probably benefit from alone time. Being in social situations can be very hard for some people and having the time to break free from social pressures and experiences. Being alone can help increase creativity and social skills. Becoming comfortable by yourself allows yourself to try new things without the fear of being judged by the public eye.

Researchers have found that people who live alone may actually have richer social lives and social energy than those who live with multiple roommates. Contrary to popular belief, people who live alone aren´t typically lonely.

Being alone also isn´t always easy and can be challenging for people for multiple different reasons. Some individuals have a lack of experience being alone, which can cause feelings of detachment and disconnection. Being alone for some people can also be painful and difficult.

There is a big difference between being alone and being lonely. Loneliness is typically marked by negative feelings like isolation. Alone time is typically linked with positive feelings like finding inspiration and freedom.

NFL Suspends All COVID-19 Protocols

By : Gabe Craig

This year has been a weird year in sports across the whole world. Many sports have been delayed, or canceled due to the pandemic. The major sports leagues like the NFL have put in many restrictions and protocols to ensure players safety, and to try and stop the spread of the coronavirus. But today on March 3rd of 2022 the NFL has decided to suspend all protocols from the league after two long brutal years.

This seems to be the beginning of the end of the coronavirus in sports. These protocols were created to be able to ensure the players safety but they began to irritate players more than anything. Many players had to sit out a number of weeks due to the protocols and it created a lot of controversy amongst the league due to the strict rules for the vaccination. Players that were vaccinated had a lot less requirements to worry about rather than the players that were not vaccinated.

The league will no longer require masks in facilities and take the social distance suggestions down, although teams can choose differently and still hold their players to those standards. The league also eliminated its testing requirements for players and staff. They stated that testing will only occur when it seems necessary. Weight room restrictions and capacity limits were also lifted in this new regulation. Before it made teams hard to all workout, or practice indoors together. It also limited the amount of fans we saw in venues depending on the location of the game due to the different state mandates across the country.

This seems to be great news across the league. It seems as if we are moving in the right direction as a country. No NFL games were canceled in the past two years due to Covid, and nearly 95 percent of players and personal are vaccinated. I think we could all learn something from the NFL as they seem to be doing the best amidst this pandemic.





Tom Brady Retires

By : Emma McBeth



Tom Brady, the quarterback of the Tampa Bay Buccaneers, has announced his retirement from the NFL, writing on Instagram on Tuesday that he is “not going to make that competitive commitment anymore.” “I have always believed the sport of football is an ‘all-in’ proposition -- if a 100% competitive commitment isn’t there, you won’t succeed, and success is what I love so much about our game,” Brady said on Instagram. “There is a physical, mental and emotional challenge EVERY single day that has allowed me to maximize my highest potential. And I have tried my very best these past 22 years. There are no shortcuts to success on the field or in life…”

Brady, 44, is widely regarded as the best quarterback in NFL history, having won seven Lombardi trophies, the most by a single player, as well as five Super Bowl MVP awards. With his personal and team exploits, he rewrote most of the NFL record book. In his 22 seasons with the New England Patriots, he set several marks, including the most touchdown passes (624) and passing yards (84,250). Buccaneers officials and coaches have been preparing for Brady’s retirement in recent weeks, understanding that he would most certainly retire after the season, according to team sources.

Brady thanked everyone at the Bucs, his business partners, his agents, and his family in his announcement. In his statement, he did not expressly address his tenure with the Patriots or anybody inside the company, however he subsequently thanked the team and its supporters in response to a statement given by Patriots owner Robert Kraft.

On Saturday, sources told ESPN that Brady had decided to retire, but Brady’s family and the Buccaneers insisted no official decision had been made. Brady noted on his SiriusXM show on Monday that he wasn’t ready to decide his intentions just yet. Brady joined the Buccaneers in March 2020 after 20 seasons with the Patriots, and he instantly added another chapter to his career by winning his seventh Super Bowl, the first by a team in its own stadium.



Russia to be Exculded from Olympics Due to Invasion of Ukraine

By : Reese Chabot

Olympic Committee Calls for Russia To Be Excluded From Sports On February 24, 2022 Russia began a full-scale invasion on Ukraine, including attacks on their cities.

On February 28, 2022 the International Olympic Committee highly encouraged sports bodies to exclude Russian athletes and officials from international events. The IOC said the purpose of this exclusion is to "protect the integrity of global sports competitions and for the safety of all participants." The decision of the IOC then led the way for FIFA to also exclude the Russian Soccer Team from a World Cup qualifying playoff Match that was supposed to be played on March 24. The call between the Olympic body was also applied to athletes and officials from Belarus because they have aided Russia's invasion on Ukraine by allowing Russia to use their territory for stationing troops and launching military attacks. The IOC stated that their actions were made with a "heavy heart" but the impact of the war on Ukrainian sports have outweighed the damages done to athletes caused by Russia and Belarus.

The IOC did not create this as a total blanket ban and that the exclusion was not possible on short notice. However, teams and athletes from Russia and Belarus are to compete as neutral, with no national flag, anthem or symbols, which is true for the upcoming Winter Paralympics in Beijing. The IOC has since withdrawn the Olympic Order it had given Vladimir Putin in 2001.

Sports bodies all across Europe have already moved against Russia by refusing to host or play against teams from the country. Many teams are asking for the Russian sports teams to be banned from playing in certain championships or also refusing to play Russian teams in championships that are being held. FIFA denied banning Russia from the World Cup but instead is punishing them by making them compete as the Football Union of Russia. However, almost all of their opponents are refusing to take the field with them. It has been a spiral effect of teams refusing to play Russian athletes.





MLB Lockout

By : Ivan Salinas



Major League Baseball and its owners have come to a halt with the Players association. For the last two months the players and their respective teams have had no contact. This is due to a contract expiring between the two parties. Many have feared that the MLB season will be delayed or even worse canceled. As February has come to an end Major League Baseball's Spring Training has already been delayed.

The media has covered the lockout and the meetings between the baseball owners, and with Major League Baseball's Players Association (MLBPA). Everybody knows that baseball is not the most exciting and appealing sport to casual fans. But for those who are diehard baseball fans, and love to watch are suffering the most. The youth of America who love to watch their heroes play America's Past time are missing out on what a beautiful thing baseball can be.

With the MLB having no content or anything many fans have turned their attention to College Baseball who's season has just begun. Fans around the country are upset that big networks such as ESPN do not televise NCAA baseball. But just the media getting around it has kept some baseball fans excited about what is to come. NC State Freshman Tommy White has drawn attention to the sport at the college level, through his first 8 games the freshman has hit 9 home runs with 29RBI's.

Recently meetings between the MLB and the Players Association have not gone well. Many of them only lasted between 15 minutes and half an hour. The Players association's biggest argument is to get rid of the Service Time Manipulation. This rule allows the Owners and front offices to keep a young player on a rookie contract for an extended year. The Chicago Cubs did this to Kris Bryant back in 2015. Bryant was the best player all of Spring Training yet they started him off in the Minor Leagues. Once Bryant hit the mark where the Cubs would hold him an additional year he was called up. So teams will play a month or more without a star player so they can keep them on a smaller contract. Another argument being made largely by Max Scherzer is to raise the league minimum. The team owners have not agreed nor have they come close to an agreement to raise it.

How to Make Your Pancakes Better



By: Madi Buchanan

Everyone knows one of the easiest ways to make pancakes is to buy a box mix and add a few simple ingredients to get your homemade pancakes. If you are looking to kick up your easy recipe to make your already good pancakes better here's five tips to achieve this.

1. Sift the pancake mix. In doing this your pancakes will be even lighter and fluffier. This process adds air to the batter and keeps the lumps to a minimum. Those who don't have a sifter because it is a higher level baking item can use a whisk to gently fluff the dry ingredients together.

2. Use melted butter. This will make them rich and moist. When it is melted it will emulsify with the eggs and milk as opposed to it being in solid form and this not happening. Adding to much butter will make them seem more like pound cake; they'll have smaller bubbles and won't rise as much

3. Use milk or buttermilk. The acid in the buttermilk kickstarts the baking soda into action for extra height. It also helps to break down strands of gluten, leading to a fine and tender crumb. Additionally, it lends a subtle tang, exactly what we had in mind for our classic stack. Not everyone has buttermilk around there house so here is a an easy way to make it will stuff you have in your fridge. Simply mix milk and lemon juice together. Use the ratio of 1 cup milk to 1 tablespoon lemon juice. Allow the mixture to rest and curdle. It only takes a few minutes.
Then stir and use.

4. Add in vanilla or almond extract. If you don't put vanilla extract in a cake without any other flavoring, it will taste of butter, of sugar and a bit like sweetened eggs. When almond extract gives a strong almond flavor to the dishes, the vanilla extract gives a mild vanilla flavor.

5. Don't forget to add toppings. A super easy way to make your pancakes better without changing up the key ingredients is by adding your favorite fruit or chocolate in the batter or on top. You also of course can't forget about the basic maple syrup.

TIPS TO IMPROVE SLEEP

BY: BROOKE GENAW

In more ways than one, a good night's sleep is critical to our health. It has an impact on our energy levels, mood, concentration, productivity, and even eating habits, to name a few. In fact, if you consistently get poor quality and insufficient sleep, you may be putting your health at risk in the long run. Stick to a sleep schedule:

●Allow for no more than eight hours of sleep. A healthy adult should get at least seven hours of sleep per night. Every day, go to bed and get up at the same time. Consistency strengthens your body's sleep-wake cycle. If you haven't fallen asleep within 20 minutes, get out of bed and do something relaxing. Read a book or listen to relaxing music. When you're tired, go back to bed. Repeat as necessary. Pay attention to what you eat and drink:

●You should not go to bed hungry or stuffed. Avoid eating anything heavy or large within a couple of hours of going to bed. Nicotine, caffeine, and alcohol should all be used with caution. The stimulating effects of nicotine and caffeine take hours to wear off and can have a negative impact on sleep quality. And, while alcohol may make you feel sleepy, it can interfere with your sleep later in the night. Create a restful environment:

●Make a sleeping area in your home. This frequently means cool, dark, and quiet. Avoid using light-emitting screens for an extended period of time right before going to bed. Consider using room-darkening shades, a fan, or other devices to create a comfortable environment. Limit daytime naps:

●Long daytime naps can disrupt nighttime sleep. If you must nap, keep it to no more than 30 minutes and avoid napping late in the day. Manage worries:

●Try to put your worries or concerns to rest before going to bed. Make a mental note of what's on your mind and set it aside for tomorrow. Stress management may be beneficial. Begin with the fundamentals, such as getting organized, establishing priorities, and delegating tasks. Meditation can also help with anxiety.



Benefits of Drinking Coffee



By: Lily Brenner

A lot of teenagers enjoy drinking coffee, especially iced coffee. According to new research, drinking coffee every four hours can help with seasonal affective disorder. A poll of 5,000 persons in the UK, Italy, Finland, Germany, and Poland found that as the days get shorter, lifestyle and dietary decisions can have an impact on poor mood. They also found that almost a third of people get depressed as daylight hours decrease. Previous research has shown that lifestyle factors such as a healthy diet and regular exercise might boost mood, according to researchers at the University of Catania in Italy. They discovered that taking 75 milligrams of caffeine (the equivalent of one cup of coffee) every four hours could lead to a pattern of sustained mood enhancement throughout the day. The data also suggested that drinking coffee on a daily basis could boost alertness and cognitive behavior. Twenty percent of respondents who were polled by the ISIC claimed that drinking coffee enhanced their mood.

Coffee mimics a neurochemical called adenosine when consumed. This is a substance that makes us sleepy and slows us down when we're exhausted. When caffeine enters your body, it binds to adenosine receptors and prevents them from performing their normal function. To put it another way, when you drink coffee, the caffeine blocks adenosine – the sleep-inducing chemical – receptors, preventing you from sleeping. When you drink coffee, this is how you stay awake.
When adenosine receptors are inhibited, your body has no choice but to release its own stimulants, dopamine and glutamate, which are the two chemicals that give us a happy feeling. It simply means that your cup of coffee makes you cheerful by stimulating neurotransmitters in our brain. One thing to keep in mind is that coffee might make you happy if you drink it in moderation. Your body develops caffeine tolerance after a certain amount of everyday caffeine consumption, and you no longer feel euphoric. It's a good idea to set boundaries for everything.

Gas Prices Up a Dollar Since 2021

By : Reese Chabot

Due to the pandemic gas prices are one of the main things hit by inflation. We have seen the prices of gas flutter weekly. This has been one of the biggest challenges for consumers for almost 2 years. Every time something, both minor and major happens to our economy, gas prices are always affected tremendously. As the price of gas increases, so does the talk of it. One of the biggest conversation topics is gas prices because of how high they are and how much they affect our economy. If we looked back a year ago today at the gas prices it is almost a whole dollar difference.

The daily U.S. average for gas right now is $3.52/gallon. The prices have slowly risen just within the last month and are up nearly a dollar from last year. In California, the prices have soared up to $4.72/gallon, more than a dollar difference in comparison to Michigan. As the conflicts between Russia and Ukraine rise, so do the gas prices. The conflicts that are happening around the world are worsening the price of gas because of inflation. Russia is currently at odds with the U.S. and NATO however, they are the major oil producers. If things worsen between the U.S and Russia we could possibly be attacked with prices increasing further for the American customers. Not only has this affected everyday vehicle drivers but could also hit the transportation systems and any business majorly reliant on oil. Inflation is something that affects an economy as a whole.

The increase of gas prices is something that is out of our control which makes communities even more enraged about the whole issue. Inflation increased from 3.2 percent to 4.7 percent just within a year. COVID-19 is the primary issue with the excessive drive of inflammation as well as now the conflict between Russia and Ukraine. With all of the issues going on in the world right now makes everyone nervous to see how it is going to affect the U.S. and gas prices specifically.





Milan Fashion Week

By : Caroline Hinds







Despite the events taking place in Ukraine at this time, Milan Fashion Week trudges on. “If things continue like this, there will be damage,’’ Carlo Capasa, President of the Italian National Fashion Chamber, told The Associated Press, “But it is not even the moment to think about the economic damage, but instead the damage that man does to himself.” “Even if the runways didn’t reflect it, the invasion was running in the background as the fashion world made their rounds, and the realization that once again, the world can change in a flash,’’ remarks Colleen Barry of USA Today.

The intense and unsettled world around us is unavoidable, but Milan Fashion Week made efforts to bring back an ounce of joy. Especially with COVID-19 affecting past fashion weeks, continuing to conduct the show felt needed. “Even if the runways didn’t reflect it, the invasion was running in the background as the fashion world put on its first show in Milan for two years,” says Tim Gallagher from Euro News, “Milan Fashion Week is once again happening at the time of significant global events; it was exactly two years ago during the February fashion week previews that the first case in the West of locally transmitted COVID-19 was detected near Milan.” “I was crying before the first show because it’s difficult for me,” said the 22-year-old Kyiv native, Anna Mazzhyk, dressed in a marshmallow-like Prada vest, surrounded by other runway-ready individuals. “We’re all wearing sunglasses to cover up our puffy eyes,” she said. This show was hard to carry on with tragic events taking place nearby, but Milan Fashion Week’s participants persevered and still made it happen. “The head of the Italian fashion council said more than 1 billion euros worth of luxury exports to Russia could be at risk, even as Russian buyers return to Milan for the first time since the pandemic thanks to a deal brokered with the government to recognize the Sputnik V vaccine for business travelers,” said Gallagher. In fear of bigger issues forming from this invasion, Milan carried on with this show.

Name: _____ Date: _____

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