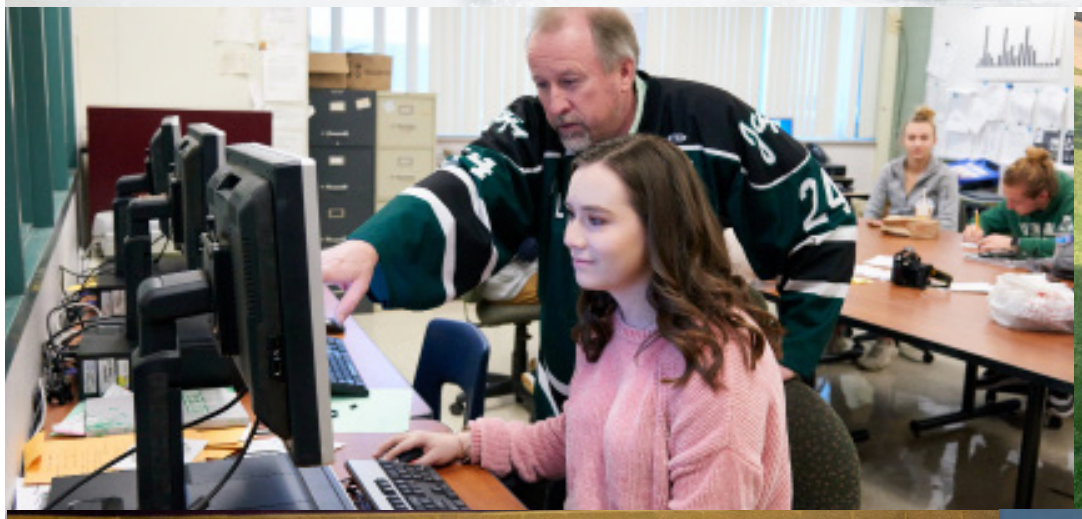
# JAGUAR JOURNAL #JJ

VOL. 67 NO. 4
FEBURARY 2020















# New Michigan Drivers License

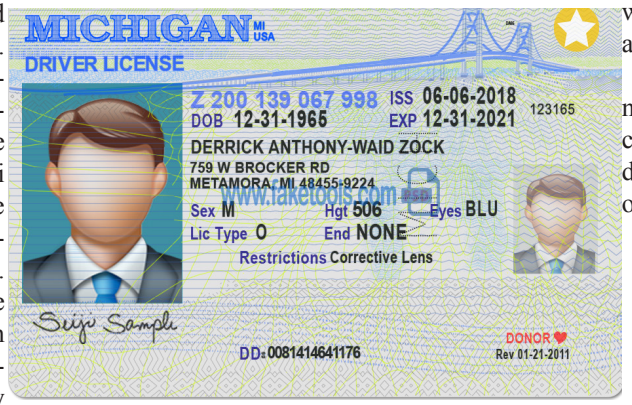
By: Lily Andrysiak

The state is now considering another option for their citizens when it comes to their driver's licenses. This option creates a smaller gap between citizens that are female, male or prefer to go by non-binary. Being able to choose X on your license creates a sense of belonging for the non-binary communities.

In the article issued by The Detroit News, Emily Lawler states, "We have heard the call from individuals and communities across the state seeking a sex-designation that matches their reality."

This proves many feel left out and desire that third option. Recently there have been many marches ran by LGBTQ communities demanding attention to inequality. It is incredible that Michigan is acknowledging their requests and considering making a change.

Although, Michigan is only considering the option. Indiana, Arkansas, California, Colorado, Maine, Maryland, Massachusetts, Minnesota, Nevada, New Hampshire, Oregon, Pennsylvania, Vermont, Washington and Washington D.C. have gender-neutral IDs as an option. Two more states – Hawaii and Illinois – have plans to implement the change.




The change requires an update to Michigan's technology and those changes "might be complete in 2021, allowing for a third gender designation," according to Secretary of State Jocelyn Benson.

Many ask, "Why?" Calling someone male or female when they are actually non-binary is called misgendering, and many consider that as a real insult. Forcing them to choose between male or female to receive a license is forcing them to lie because they have the right to be neither.

In order to make everything easier Benson announced a new policy. "The old policy required Michigan residents to provide a birth certificate, passport or court order to change the designation. Benson's change allows individuals to change that designation by filling out a form." All challenges are worked out and ready to be implemented in 2021.

Emily Lawler also stated, "I think that by modernizing this policy we're helping not only to remove barriers, but we're saying that all Michiganders, including members of the transgender community, deserve to live with dignity and respect."

The nonbinary community deserves this opportunity.

# ALS

By: Abby Smith

ALS is nervous system disease that weakens muscles and impacts physical function, with only less than 20,000 cases in the United States. Back in 2015 there was a challenge called "the ice bucket challenge" where people dump ice cold water on their heads in support of the disease. This challenge spread like wildfire, getting a ton of support for the cause. The man who this challenge was inspired by is named Pete Frates, who suffered from ALS. Unfortunately, Frates passed away at age 34 on December 9th, 2019. His disease inspired him to help spark the Ice Bucket Challenge in 2014, alongside Pat Quinn. The challenge, which involved individuals filming themselves pouring a bucket of ice water over their heads, led to approximately 17 million people around the world getting involved. In addition to raising awareness with the virality of the videos, the challenge raised more than $220 million for research to try and cure the disease, says independent.com. "Pete never complained about his illness. Instead, he saw it as an opportunity to give hope to other patients and their families," the family said in a statement. "In his lifetime, he was determined to change the trajectory of a disease that had no treatment or cure," says his family. The family has encouraged donations in his memory be made to petefrates.com/donate.



# Detroit Saftey

By: Colin Cox

A woman in a furry, hooded coat, who the Coast Guard said was with her dog and asked how to get to a nearby park just after 5 a.m. Thursday, was seen nearly two hours later and 3 miles downriver, floating facedown in the icy water near the Detroit Princess riverboat dock.

Much about the case is still unknown, including the woman's identity.

But the police have stitched a series of seemingly unrelated incidents into a timeline of the last hours of the woman's life. A big clue has been the dog, which initially was seen with the woman at 5:18 a.m., when she had stopped at the Coast Guard station's entrance, close to Belle Isle. The dog was spotted hours later alone, acting frantic and running up and down the sidewalk along the RiverWalk near the Coast Guard station, as if it was worried about its owner.

We don't know where she went after our security guard had contact with her," Coast Guard Ensign Jeremiah Schiessel said. "All we have on her is our security camera is at the front gate, which is a little ways from the RiverWalk and then her dog was found pacing near our area."

He added that it is unknown where — or what time — she entered the water. What is known is that at 5:18 a.m., the woman and dog stopped at Coast Guard security. At about 7:30 a.m., the Detroit Fire Department alerted the Coast Guard that a woman's body was spotted in the river. At about 9:15 a.m., the body was recovered. And about an hour later, someone arriving at the Coast Guard station saw a frantic dog. Police confirmed that the harbormaster was able to remove the body from the river at about 9:15 a.m., and the case is under investigation. Where it was found is near the Renaissance Center, about a 10-minute drive or 20-minute walk from the Coast Guard station.

Police did not release a description of the woman's body but said there is no initial indication of foul play. The Wayne County Medical Examiner is attempting to determine how and when the woman died.

The dog was picked up by Detroit animal control, according to the Coast Guard. Authorities didn't know the breed of the dog. They added the dog did not have visible identification, but it might have an embedded microchip.

alamy stock photo

# Coronavirus Outbreak

By:
Alex Tarnowski

A new member of the coronavirus has started to spread in China and doctors are worried it can make its way to the United States. Like other coronaviruses, it has come from animals. Researchers have linked the first case of this new virus to the Chinese city of Wuhan. Many of those first infected either worked or frequently shopped in the seafood wholesale market in the center of the city.

There were fears that the coronavirus might spread more widely during the week-long lunar new year holidays, which start on 24 January, when millions of Chinese travels home to celebrate, but the festivities have largely been canceled and Wuhan and other Chinese cities are in lockdown. At the moment, it appears that people in poor health are at the greatest risk of contracting the virus. A key concern is the range of severity of symptoms – some people appear to suffer only mild illness while others are becoming severely ill. This makes it more difficult to establish the true numbers infected and the extent of transmission between people. But the authorities will be keen to stop the spread and will be anxious that the virus could become more potent than it appears so far.

Several people have been infected with the Wuhan coronavirus in the US. This includes a man in his 30s in Washington state; a Chicago woman in her 60s; a man in his 50s in Orange County, California, a patient in Los Angeles County; and a fifth in Arizona. All the patients had recently traveled to Wuhan, the epicenter of the outbreak. Everyone who is known to have the virus is being quarantined to make sure there isn't an outbreak. Lots of precautions are being taken due to the fact that the virus is extremely contagious and minimal contact with it can lead to serious symptoms.

Even though the virus can be dangerous there is no need to worry. The spread of the virus outside China is concerning but not an unexpected development. It increases the likelihood that the World Health Organization will declare the outbreak to be a public health emergency of international concern. The key concerns are how transmissible this new coronavirus is between people and what proportion becomes severely ill and ends up in the hospital. Often viruses that spread easily tend to have a milder impact.

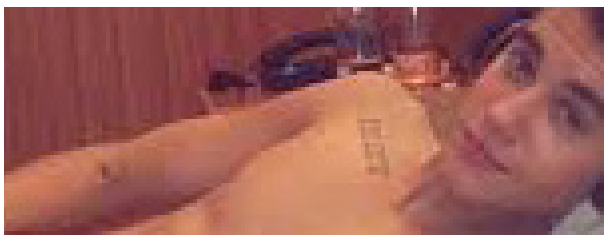
Photos by Google

# Justin Bieber: Lyme Disease

By:
Avery Kish

Singer Justin Bieber revealed last week that he recently received a diagnosis of Lyme disease, a tick-borne illness that can cause fever, rash, joint pain, fatigue, and neurological problems. Justin Bieber, 25, recently made an Instagram post that he was recently diagnosed with Lyme disease and a serious case of Mono. He also talked about how it caused him to suffer from depression and other symptoms as it went undiagnosed for almost all of last year.

According to Heath line, Lyme disease affects as many as 30,000 Americans a year and the earlier it is found the better it can be treated. Health line also said, without prompt treatment, the bacteria could migrate from the bite area to other areas of the body, in particular the nervous system, heart, and joints. This can lead to a range of persistent symptoms, including fatigue, night sweats, stiff neck, headache, disrupted sleep, and depression. These symptoms can last for months or years. Some studies estimate that 10 to 20 percent of



people still experience symptoms even after treatment with standard antibiotics. This condition is sometimes known as post-treatment Lyme disease syndrome.

Justin Bieber also announced on his Instagram post that he would be coming out with a YouTube docu-series explaining how it happened, how it was found, everything to know about it, and everything he went through. On his Instagram post Bieber said, "You can learn all that I've been battling and OVERCOMING! It's been some rough couple years but getting the right treatment that will help treat this so far incurable disease and I will be back and better than ever."

Along with Bieber posting about it, his wife Hailey Bieber also made a post regarding it. Hailey's post was more to bring awareness to the cause, she posted all the symptoms to it and what to do if you think you have it. She wanted everyone to know how important it was to keep a lookout and to try to catch it earlier. She also put in her post that Justin was being treated and getting better, it would just take time for a full recovery.

# Australian Wildfires

By:
Brenna Fikel

As climate change and global warming worsen, people across the world continue to feel its fatal effects. Despite the voices who believe it is only a hoax, the proof is right in front of them and on their television screens.

The most recent continent to be hit with such tragedy has been Australia. The Australian Bushfires made headlines in the media as the fire spread across 43 million acres of land, burning through forests as well as neighborhoods.

News spread of the dying wildlife, including that of which were already on their way to extinction. The Vox website reports that an estimate one billion animals had died in those fires. Vox also reports that at least 29 people have died. While this may not seem like a large number of fatalities for a natural disaster, it there is more than death that the Australians had to endure. Many families, coming to a sum of a few thousand people, were displaced and had no choice but to stay on a crowded beach where they continued to inhale smoke from the relentless fires. Smoke inhalation alone can cause death. They were safe from the fire but staying on that beach and breathing in all of that smoke may lead to health problems for everyone who stayed their; especially the children. While their firefighters worked to put out the fires as much as possible and prevent them from spreading any further, there were plenty of fundraisers around the world to aid in their fight. Everyday people from continent to continent utilized social media rally funds to help put an end to their struggles.

According to The Guardian, a woman named Kaylen Ward even managed to raise over $700,000 with the help of her twitter followers. Thankfully, BBC reported on January 6th, 2020 that it had finally begun to rain. Although the rainwater aided in the firefights, it did not end them. A BBC reporter estimates that the wildfire crisis could last months.

# PBIS

By:
Aaron Price

To begin the new semester, the faculty at Allen Park Public School rolled out a new set of rules and guidelines that a committee of staff members have been working on for a few years now. APHS is basing their PBIS guidelines on "Honor."

In the hallways, students are expected to get where they are going efficiently and respectfully, and most importantly, walk on the right side of the hallway. A new guideline that has been placed in the halls, and is stated explicitly on the posters, is to use headphones when listening to music. Previously, there was no enforcement when students used speakers to listen to their music out loud, a distraction to others. I asked senior wide receiver and defensive back Mike Smith on how he felt about PBIS in the halls, and he had this to say, "I hated listening to other students' music, that in my opinion, was terrible, considering I particularly enjoy Lizzo, but I am confident PBIS will put that to a stop."

The bathrooms is where PBIS is needed most, as students lack honor in the restrooms. Rather than a place to relieve themselves, many refer to the restrooms as "Juul Rooms" or a place to vape. Other dishonoring acts that occur in the bathrooms include vandalism and not flushing the toilets. In response to PBIS laws being placed on the bathrooms, sophomore Lenin Schaffer said, "I was sick of not being able to breathe when trying to use the bathroom because of the horrid scent and vape smoke, but I know PBIS will stop the issue."

Finally, PBIS seeks to stop disrespect and lack of honor is the classroom. The basis is that students will honor themselves, peers, and their teachers during class periods, leading to a more effective and efficient learning environment. All in all, PBIS was instituted to create a safe and enjoyable school for students to come to every weekday.

# Michigan Travel

By:
Leila Orefice

The state of Michigan is finally getting some recognition for its views! According to the Detroit Free press "TripSavvy named Michigan an 'underappreciated outdoor playground' and the best place in the world for outdoor enthusiasts for its 19 million acres of forest and 3,000 miles of shoreline state-wide."

Michigan was actually included in the natural travel site and its list of 19 travel destinations to visit in 2020. This may come as a shock to those of us who deal with the extremely bipolar weather conditions on a regular basis, however Michigan's scenic destinations outweigh these circumstances.

Attractions such as the Sleeping Bear Dunes and the Mackinac Bridge aid in giving Michigan its tile as the number one best state in America, according to Thrillist. Other Michigan destinations included in making Michigan recognizable include Tahquamenon Falls, Pictured Rocks, and Kitch-iti-kipi. The Tahquamenon State Park stretches 13 miles long and its Upper Falls are "one of the largest waterfalls east of the Mississippi." Based on exploringthenorth.com "It has a drop of nearly 50 feet and is more than 200 feet across."

Furthermore, munising.org explains "the name "Pictured Rocks" comes from the streaks of mineral stain that can be seen on the face of the weathered-sculpted cliffs." .

Last but certainly not least is Michigan's largest spring Kitch-iti-kipi. Early Indians refer to it to as the "Mirror of Heaven." According to exploringthenorth.com, "This beautiful quiet spring was discovered deep in the lush wilderness by John I. Bellaire."

Outdoor enthusiast or not, it is encouraged that you get outdoors this year and explore what makes Pure Michigan so beautiful.



Photos by Google

# Car Hackers

By:
Madison Stibel

Computer hackers on the other side of the world could crash your navigation system, cut your brakes, disrupt your steering or remotely take control of the entire vehicle. They could be anywhere in the world and be able to compromise your vehicle.

This type of hacking is why automakers in Detroit, Germany, France, China and Japan are working to create technology protections in cars, trucks and SUVs connected to the global internet to provide navigation assistance. Many newer cars are now connected to the internet for a number of functions



According to the Detroit Free Press, "If you're driving a vehicle that's connected to the internet, the security status of current vehicles is pretty much the same as computers in the 1980's...the vehicle is part of the global internet and you can be in North Korea or Iran and reach any vehicle in the entire world."

National security is now threatened. The Department of Homeland Security has released that because of international conflicts, this could become a bigger problem than it already is with more cyberattacks.

A researcher for Ford Motor Company said, "You can't believe how easy it is. They can penetrate the GPS (global positioning system), understand your location, and get your internet address. You can do it remotely by just penetrating the network and do whatever you want."

Most of the cars that have new Global Positioning Systems will show where a car is and that gives hackers the opportunity to interact with the system and attack it internally. The federal agency is working to build up the defense against these attacks.

# Apex Legends 1 Year Anniversary

by Mario Mangiapane

On February 4th, 2020, Apex Legends season 4 is expected to release since it is the 1-year anniversary of Apex's original release. The new season is going to bring a new weapon, character, two maps, and more.

Apex Legends is a free, first-person, battle-royale, online game where players compete to become the Apex Champion. 60 players in teams of 3 drop in on a map and compete by eliminating other players with a variety of weapons. Players loot up by finding body armor, attachments for guns, and heals for when health gets low.

As the game progresses, a ring that damages the player closes in which forces players to a random part of the map. The beginning ring starts big but gets smaller over time and deals more damage.

Players can choose from a variety of players that all have different styles of play and different abilities. Some are more offensive type, players that are strong for attacking, and some are more defensive or support characters.

In season 4 of Apex Legends, it was expected that a new character named Forge was going to be brought into the game. There wasn't much information of what the character was going to bring except that he was going to be more of an offensive character.

In the newly released trailer for the new season, a character named Revenant, a robot assassin, murdered Forge. People now think that this is going to be the new character and that Forge is no longer going to be in the game.

There has been more information for the new character Revenant, such as what his abilities might be. There has been leaks that Revenant will be able to throw daggers that mark the location of enemies, though it is not confirmed.

Apex Legends is also introducing another new sniper rifle. The Sentinel is focused on a charging mechanic. Players must charge the gun before it will shoot, similar to the Charge Rifle introduced in Season 3.

The original King's Cannon map from Season 1 is coming back to the game, though the recent map, World's Edge, will still be in the game. This means that for Ranked mode, the first half of the season will be played on World's Edge, but the second half will be played on King's Cannon.

# Lil Uzi Vert's 2020

by: Nico Tiberia

Among the many albums people are anticipating in 2020, Lil Uzi Vert's follow-up to Luv Is Rage 2 is certainly high up there. Without a release date set, despite his label's permission to release it, the rapper has continued to tease fans and kicked off the year with the release of the "Futsal Shuffle 2020" video.

A release date isn't set but he did return with some good news and some bad news. The bad news: he hasn't changed his clothes in the past three days. The good news: it's because he's working on his new album. The rapper took to Twitter, revealing his poor hygiene as well as an update on EA. "Haven't changed my clothes in 3 days not caring about appearance for a sec locked in the studio," he wrote.

Now, you got to think -- Uzi does have some pretty dope fits and as he pointed out on Twitter, some of his outfits are so fly, that he can wear them a few days in a row. But it seems like even after realizing three days have passed without a change of garments, the morning has finally arrived. "WAIT ITS THE MORNING HOLY SH*T!" He proclaimed. It's unsure if Uzi decided to change after tweeting that but eight hours later, he returned to Twitter with incredible news. "I'm so happy like this is crazy like real life kicking my ass but I Feel Like A Brand New ARTIST .... 2016," he tweeted.



# Lizzo Volunteers in Australia

by Leila Orefice

You may have come to know Lizzo within the past year with her most popular song "Truth Hurts" bombarding local radio stations every other minute. Something you might not have known is that aside from taking on the stage, she also spends her time helping those affected by unfortunate circumstances. While touring in Australia, Lizzo took a break to help those dealing with the harsh conditions that the deadly wildfires created. A food bank in Victoria, Australia shared a post on Facebook saying, "We had the one and only Lizzo helping us sort and pack hampers in the warehouse today!" and "If you'd like to join Lizzo in supporting the bushfire crisis, you can click the link below to donate." In addition to taking action, she is also using her social media platform to share what she calls a "global crisis" according to CNN.com. "'I don't want to politicize anything,' she said. 'This isn't a political issue at this point, this is a human issue. The CO2 emissions that are being created by this fire are staggering and it affects the world.'" Lizzo is not the only star thinking about Australia and their bushfires at this time. CNN.com states, "Several celebs mentioned the crisis during Sunday's Golden Globes and singer Elton John announced that he is donating $1 million to a relief fund." Australia can use all the love it can get during this time. Celebrities such as Lizzo and Elton John are exhibiting what it looks like to give a huge amount of support to something that goes beyond just themselves. You can follow their example on a smaller scale and still make a huge



# Special Oscars Performance

by: Ryan Waddell

Fresh off her five Grammy Award wins, Billie Eilish will perform at the Oscars on Sunday Feb. 9. The 18-year-old singer confirmed her upcoming performance on Wednesday on Twitter. The Academy of Motion Picture Arts and Sciences also promised on the social media platform that it will be "a special performance." Eilish's Oscar performance will come just two weeks after she and her older brother Finneas took home five golden gramophone statues each at the 2020 Grammys. Elton John, Cynthia Erivo and Randy Newman are among other select artists set to perform onstage at the Oscars. All three have been nominated for their own individual Academy Awards. The news came 3 days after the singer made history at the 2020 Grammys when she became the youngest artist to win all four major categories, including Best New Artist, Album of the Year, Record of the Year, and Song of the Year, as well as Best Pop Vocal Album. While accepting album of the year, Eilish seemed genuinely shocked. "Can I just say that I think Ariana deserves this?" she said. Eilish is the youngest solo performer to ever win album of the year. The record holder had been Taylor Swift, who won best album at age of 20 for "Fearless." While Eilish was not nominated for one of the prestigious awards this year, she will be eligible in 2021 following the release of No Time to Die, the theme of the upcoming 25th James Bond film. The song was confirmed earlier this month by the Bad Guy singer on Twitter, who recorded the track and co-wrote it alongside Finneas, 22. As a result, Eilish is now officially the youngest artist ever to both write and perform a theme song for the film franchise. "James Bond is the coolest film franchise ever to exist. I'm still in shock," Eilish said.

# MODERN DAY TELETHONS

by: Brenn Fikel

Video games are only becoming more popular as traditional ways of entertainment, such as cable television, are dwindling towards usage. Despite this generational change in interests and hobbies, like watching television or playing the sims, their methods of raising money for charity are quite similar.

On cable television, there are telethons; and even though they are still capable reaching their goals, they are something that younger people may not know even exist. A telethon is defined in the dictionary as a "very long television program, typically one broadcast to raise money for charity." The causes in which money is raised for can range from charities to political parties.

A recent example, from the KRDO news channel, on January 29, 2020 in Colorado, over $79,000 was raised for police officers to purchase rifle-rated vests. These provide significantly more protection than their standard vests. Without the support from the telethon the department would not have been able to afford this life saving upgrade.

Today, though, millions of dollars can be raised for charities in a different manner; with video game charity streaming. It started out small but has grew more popular over the years. The Washington Post wrote that the gamers who participate in this philanthropy will entice their viewers to donate by holding auctions, handing out prizes, and more. They play their games for hours on end as the people watching can instantaneously donate through their computer. This method is quick and convenient for many people, and an easy way for streamers to surpass their fundraising goals. According to Newsy, the Save the Children charity had begun partnering with professional gamers in 2015. Since then, over 130 streamers have contributed to raising around $400,000. This new era of fundraising widens the horizon for fundraising. It provides an entertaining method for people to raise money, as well as donate it. With the rise of video game charity streaming it is likely that giving to charitable causes can become more widespread.





# Golden Globe winnners

By: Gwen Ruetz

**Best Motion Picture: Drama-** 1917
**Best Motion Picture: Musical or Comedy-** Once Upon a Time... in Hollywood
**Best Performance by Actress in Motion Picture: Drama-** Renée Zellweger, Judy
**Best Performance by Actor in Motion Picture: Drama-** Joaquin Phoenix, Joker
**Best Performance by Actress in Motion Picture: Musical or Comedy-** Awkwafina, The Farewell
**Best Performance by Actor in Motion Picture: Musical or Comedy-** Taron Egerton, Rocketman
**Best Performance by Actress in Supporting Role in any Motion Picture-** Laura Dern, Marriage Story
**Best Performance by Actor in Supporting Role in any Motion Picture-** Brad Pitt, Once Upon a Time...in Hollywood
**Best Director: Motion Picture-** Sam Mendes, 1917
**Best Screenplay: Motion Picture-** Quentin Tarantino, Once Upon a Time...in Hollywood
**Best Motion Picture: Animated-** Missing Link
**Best Motion Picture: Foreign Language-** Parasite, South Korea and Bon Joon Ho
**Best Original Score: Motion Picture-** Hildur Guðnadóttir, Joker
**Best Original Song: Motion Picture-** I'm Gonna Love Me Again-Elton John and Bernie Taupin, Rocketman
**Best Television Series: Drama-** Succession
**Best Television Series: Musical or Comedy-** Fleabag
**Best Television Limited Series or Motion Picture Made for Television-** Chernobyl
**Best Performance by Actress in Limited Series or Motion Picture Made for Television-** Michelle Williams, Fosse, Verdon

# Disney Dominates the Box Office in 2019

By: Madison Stibel

In the entire year of 2019 the Walt Disney Company was top of the Global Box Office with $11.1 billion. The top seven movies of the box office were owned and produced by Disney. Disney's 2019 release calendar was filled out almost entirely by sequels and live-action remakes that brought in considerable amounts of money. The release of the new streaming service, Disney Plus, only added to the haul of money that Disney received this year.

Disney shattered the industry record of $7.6 billion, which was set by them in 2016. However, when you add in the box office of films from Fox, which Disney acquired last year, Disney's global totals were over $13.1 billion. The company had a record six films make more than $1 billion in 2019, which took the 2016 record of four $1 billion films also set by Disney.

According to CNN News, "Disney also released seven of the top ten highest-grossing films of the year in North America, including the entire top six. The only films in the top ten that weren't Disney were "It: Chapter Two" and "Joker," two films about evil clowns that were released by Warner Bros., and "Spider-Man: Far From Home," which Sony co-produced with Disney's Marvel Studios."

Disney purchased Warner Brothers and 21st Century Fox, which both made films that were very high up in the ranks of the box office. Wonder Woman, Fast and Furious, and Ghostbusters earned the most revenue for Disney from the companies that were recently acquired this year. Disney and Fox accounted for nearly 40% of the domestic box office in 2019 , but the box office is expected to be more evenly distributed between movie studios next year. "Avengers: Endgame" accounted for 10% of the box office alone and "Frozen II" with "Toy Story 4" both topped all other animated movies released.

Disney also set the industry record for yearly box office in Latin America with over $1.09 billion, Endgame was the top title of all time across the region, while Toy Story 4 became the highest grossing animated film ever there.

# Models Praised for having Stretch Marks

By: Abby Smith

When you hear the word 'model" most people associate it with skinny, tall, and essentially flawless people. Although, within the last few years the "norm" for a model has been altered, allowing everyone to embrace their beauty - all shapes, sizes, races, heights, and everything in between. Photographers are leaving in the imperfections in photos, leaving it beautiful and natural. After people seeing such body positive photos, people were inspired and happy about the new development in our culture. People are saying, "They have weight on their hips, they have bums, they have stretch marks! Thank you for promoting positive body image." "What a game changer. The rest of the fashion industry should learn from this."

Last June, an image of a model wearing a high-rise yellow bodysuit was widely praised for showing her striped bottom and thighs, and over the past few months a number of images of models in lingerie showing off their stretch marks have featured on their site. The retailer is known for promoting body positivity, often using a wide range of models of different shapes and sizes and launching a plus-size range with TOWIE and Dancing on Ice star Gemma Collins.

Last month, model Chrissy Teigen said that airbrushing scars and stretch marks from photographs was "insane," says independent.com.

This is such a positive breakthrough for our society. We get so caught up in social media and everything being "perfect," but in reality, we are all just human.



# Selena Gomez back after Mental Health Break

By: Alex Tarnowski

Over four years is a long time to go between albums in pop music, and it has been an especially eventful period for Selena Gomez. In the space between 2015's Revival and her latest release, Rare, Gomez has battled Lupus, depression and anxiety, and had two high profile breakups, which of course were followed by her millions of followers.



All these struggles that she faced publicly form the backbone of her new album. Gomez spoke with NPR's Lulu Garcia-Navarro about learning to take care of her mental health, trying to take control of her public narrative and seeking closure through songwriting. Selena gets pretty candid. Firstly, she says that since 2015, (when her previous album was released) she's had "a few of the worst moments of my life" due to medical and emotional reasons. But then things get really interesting when she talks about her single "Lose You to Love Me," which is about Justin. She says, "I felt I didn't get a respectful closure, and I had accepted that, but I know I needed some way to just say a few things that I wish I had said.... It was very difficult and I'm happy it's over."

Selena goes on to say, "I do feel I was a victim to certain abuse —." She then continues to open up about how she feels that she was emotionally abused by Justin Bieber. When asked to confirm if she was talking about emotional abuse she stated "Yes, and I think that it's something that — I had to find a way to understand it as an adult. And I had to understand the choices I was making. As much as I definitely don't want to spend the rest of my life talking about this, I am really proud that I can say I feel the strongest I've ever felt and I've found a way to just walk through it with as much grace as possible."

Selena remains one of the most powerful influencers and artists and has received lots of support.

# APHS VARSITY WINTER SPORTS 2020



Varsity Boys Basketball



Varsity Girls Basketball



Varsity Hockey



Varsity Competitive Cheer



Varsity Wrestling



Varsity Boys Bowling



Varsity Girls Bowling



Varsity Boys Swimming

# Video Game Madness

By: Collin Cox

Video games have been around longer than I have been alive, but it feels as if they grew up with me. Millions have played video games over the years and all of us have had our moments of raging and victory. However, the media is blowing us gamers raging out of proportion. The media and the politicians are linking the gamers raging and becoming angrier at video games to mass shootings.

Yes, I am at fault to raging and getting angry as well especially when I get pixel-peaked headshotted in Rainbow 6 Siege. Most of you can say that you have gotten mad over a game before, but the question is how many of you have committed a mass shooting. Back in August, there were two mass shootings that killed 31 people and injured dozens more. Not too long after, President Trump gave a speech on the shootings.

Trump stated, "We must stop the glorification of violence in our society," in his address to this topic. "This includes the gruesome and grisly video games that are now commonplace."

He is stating this because the media had blamed the violence of video games as being the cause of these shootings. We do not need any more violence in our society than we have now.

One study showed that for young adult males in the release of a new game like Call of Duty or an EA sports game, the men were more likely to stay inside and out of trouble on the streets which shows that young men would rather be playing video games than committing crimes. It also stated that games give these people an out for stress and emotions because you get to take them out on the game.

Another researcher adds, "Games have only become more realistic. The players of games and violent games have only become more diverse. And they're played all around the world now," said Andrew Przybylski, an associate professor at the University of Oxford who studies digital media. "But the only place where you see this kind of narrative still hold any water, that games and violence are related to each other, is in the United States."

You do not see any of these correlations around the world. Also, video games should not be taken away because people see them as a pastime and to have fun with friends to relieve a little stress.

# PBIS In APHS

By: Ryan M. Waddell

Allen Park High School over the years has evolved. Many ways are good, however some are not as good. Incidents like vandalism in bathrooms, cell phone usage, and extreme tardies are now occurring too often. Fortunately, APHS has introduced the PBIS program, and the hope is that all the issues that are occurring will go away, and we can begin to focus on the amazing things going on at our school.

PBIS stands for Positive Behavioral Interventions and Strategies. Our school is focusing on three major aspects- classroom, hallway, and bathroom. Classroom rules include advocating for yourself, for example staying after school to get extra help or telling a teacher when a grade is incorrect.

Hallway rules include walking on the right side of the hallway and not standing in a big group near the center of the hall blocking people who are trying to walk.

Bathroom rules include no vandalism, no vaping, and also no cell phone use while in the restroom.

Allen Park has also introduced a set of consequences that will be handed out if a kid breaks one of the rules. An example of this is the "Think Out Sheet" which is a little ticket that a kid receives when they don't follow the rules. On the sheet you must state what you did wrong, and what you will do better next time. As the number of times you do something wrong increases, the severity of the punishment also increases.




I think PBIS will bring our school back to where it needs to be, focusing on the good. Now that there is a set list of instructions, kids will be more inclined to follow them. This will also decrease the punishments of kids who follow the rules like the closing of the bathrooms.

Overall, PBIS will make Allen Park a stronger school and we will get to hear only good things, like how the team won their game the night before, not the bad things, like how someone vandalized the bathroom.

# Private Prisons

By: Michael Mastropietro

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

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

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

A 2016 report from the Justice Department found that private prisons had a 28 percent higher rate of inmate-on-inmate assaults and more than twice as many inmate-on-staff assaults, as well as twice as many illicit weapons compared to federal facilities.

The report also found that the Bureau of Prison's monitors tasked with making sure private prisons comply with federal policy regularly failed to ensure inmates were receiving medical care. One prison went without a full-time doctor for months, a fact that the prison's monitor failed to report. The lack of sufficient security and healthcare unnecessarily endangers the lives of inmates, who are not in a position to do anything about it because they are in prison.

# School Uniforms

By: Abbie Choinacki

Over the years, there has been a debate in many public schools on whether or not students should be required to wear uniforms. Though there are many pros, the cons outweigh them. I believe that public schools should not enforce uniforms because it takes away from individuality and some families may not be able to afford them.

Everyone is entitled to express themselves in anyway they chose. Many chose their clothing to express themselves and their style. When schools enforce uniforms, this takes away the aspect of feeling unique and different. Many people in favor of uniforms make the argument that if everyone is dressed the same there will be less bullying. Though uniforms seem like an "easy" fix to the issue of bullying, kids will find other ways to ridicule and harass their peers.

According to "Oureverydaylife.com" uniforms cost about $104 on average per uniform. Students typically need more than one uniform resulting in a couple hundred dollars annually. A family who is already struggling financially should not have to feel the pressures of not being able to send their children to school simply because they cannot afford uniforms. A family's income should not be focused around a school uniform, but rather on paying bills, savings, insurance, and necessities.

Schools could advertise fundraisers to help families who struggle to pay for uniforms, but in reality, you never know how many people are actually struggling. Some people may not care what others think and are willing to accept help, while others are ashamed and can't accept help even if it is offered.

Eliminating school uniforms can help take some of the pressure of those who struggle financially.

Uniforms may work for some schools and in some cases such as private and Catholic school systems, but the use of uniforms should stop there. Public schools should not have uniforms because they take away from individuality. Uniforms may also be too expensive for some families and cause unneeded and unwanted stress.

# Mental Health And Prison

By: Alex Tarnowski

Jails are not the right place to treat mental illness. And yet in Michigan, local lock-ups have become the default treatment center for those whose inappropriate behavior stems from mental health struggles. An estimated one-third of jail inmates in the state suffer from severe mental problems requiring medication. And as high as 80% have some lesser degree of chronic mental illness. They too often end up behind bars because law enforcement officers in much of the state have nowhere else to take them. This contributes to the overcrowding of many county jails and is a strain on local budgets.

"Deflection and diversion resources are not available in all areas of the state, particularly in rural communities, and statute offers no guidance on their use as arrest and jail alternatives," says the report from the Michigan Joint Task Force on Jail.

The task force, which set out to find who is in Michigan's jails and why reports that local sheriffs are frustrated that the job of housing the mentally ill falls upon them, with few resources provided to treat those inmates. They also complain about the long jail stays of defendants who must go through mental evaluations and the restoration of competency before they can stand trial. The task force recommends that local sheriffs be allowed to partner with mental health agencies to divert those with behavioral needs — both before and after arrest — away from the justice system into treatment programs. Officers should be trained to screen for mental illness and empowered to take individuals who exhibit its signs directly to a treatment facility, rather than to jail.

Michigan should commit to rebuilding its mental health treatment system.

# Horse Racing

By: Erin Letourneau

The deaths of nearly two dozen horses last year at Santa Anita Park in California caused the famed racetrack to close for three weeks as it tried to assess the situation. It reopened with changes that included a new track drainage system, strict medication rules, enhanced training protocols and more veterinarians to oversee the horses. Despite the changes, there were six deaths of horses racing or training during the fall meeting leading up to the renowned Breeders' Cup races. During the final race of that two-day event, a 4-year-old gelding broke its leg and was euthanized.

The spate of troubling deaths placed Santa Anita under unusual scrutiny that included a criminal investigation. Sadly, it is not the only racetrack in the United States where horses die regularly. Nearly 10 horses a week on average died at U.S. tracks in 2018, the most recent year for released data.



Federal legislation established a single nongovernmental, anti-doping authority to oversee medication rules and testing in horse racing. This has been introduced in Congress with bipartisan support.

It is good that public outcry has forced government and the industry to finally start paying attention to the treatment of these beautiful animals. The question is whether the proposed reforms go far enough. We have our doubts and think animal rights activists make a powerful case that the fundamental problem is with horse racing itself.

Horse racing has been on a steady decline for the past two decades, and some believe that may have resulted in deteriorating conditions. It is long past time to stop viewing horse racing through the prism of its past glories and answer the question of whether a sport that gambles with the lives of horses, animals we claim to love, has a place in the modern world.

# SUPER BOWL

BY ABDULLAH TARMOOM

With the Super Bowl happening on February 2nd, an estimated 103 million people across the globe tuned in to see who would be crowned champions of the league. Super Bowl LIV was between the San Francisco 49'ers and the Kansas City Chiefs. Sports analysts and journalists have spent two weeks prior debating on which team would win. The San Francisco 49'ers are known for their superior defense that has shut-down teams all season long. Led by rookie sensation Nick Bosa, the 49'ers have reigned as the top defense in the entire league. However, the Kansas City Chiefs are not to be messed with. Led by former MVP Patrick Mahomes, there will be nothing easy. The game ended with a score of 31-20 with the Chiefs taking home the Lombardi Trophy. At the start of the game, Kansas City received the kick off and were unable to get any points. When the 49'ers went on offense for their first drive, they marched down the field with their 3rd string running back Raheem Mostert. Mostert, previously undrafted, rushed for 220 yards 2 weeks prior in the NFC championship game against the Packers. After a field goal, the 49'ers led 3-0. The first half was anything but pretty, Patrick Mahomes didn't play at the level everyone expected him to. The half concluded with the score of a tie at 10. To start the second half, the 49'ers kicked a field goal and scored another rushing touchdown to give them a 20-10 lead. Things were looking bad for the Chiefs, with Mahomes throwing an ill-advised interception, It looked like it was over. In the fourth quarter however, history was made. The last 6 minutes of the game was when fans were able to witness the Mahomes they knew. He threw a deep ball to speedy wide receiver Tyreek Hill which gave them momentum. He later followed that up with 2 touchdown passes and a hand-off to running-back Damien Williams for 3 scores unanswered. Everything about the 49ers game plan fell through. On offense they relied on the pass when they're known for being a running team. The coaching mistakes ultimately led to the 49'ers losing the Super Bowl, and for Coach Shanahan, that marks his 2nd time in his career blowing a significant lead in the biggest game of the year.




# LSU vs Clemson

By Ian Watson



On January 13, 2020 number 1 LSU (14-0) met Clemson number 3 Clemson (14-0) in New Orleans for 2020 college football championship. LSU entered the championship with an undefeated season after defeating Oklahoma in the peach bowl 63-28 (NCAA). Clemson also entered the championship with an undefeated record after defeating Ohio state in the fiesta bowl 29-23. This is the fourth time the two teams will meet in the college football championship. LSU in the past had beaten Clemson twice in the Championship and Clemson has only beaten LSU once (sporting news). Clemson's biggest obstacle to conquer in the championship was LSU's quarterback Joe Burrow. He has had a record-breaking season with 5,671 passing yards and 60 touchdowns (ESPN). Joe burrow ended the season as this year's Heisman trophy winner. On the other hand, Clemson's biggest challenge was their quarterback Trevor Lawrence. He also had a good season with 3,665 passing yards and 36 touchdowns. In the first quarter of the game Clemson struck first by scoring the first touchdown of the day after a 1-yard touchdown run. LSU quickly fires back with their own touchdown from a 52-yard pass to tie the game. The score remained 7-7 for the rest of the first quarter. In the second quarter, LSU scores back to back with a field goal and a touchdown. Clemson who needed to make a comeback had their own touchdown making the score. LSU then went on a scoring streak to end the half with a lead of 28-17. In the 3rd quarter Joe Burrow gave LSU another touchdown to extend their lead and get them closer to the win. Clemson still trying to come back made up little ground with one touchdown to end the quarter with a score of 35-25. Finally, in the 4th quarter of LSU scored the final touchdown of the game to win the college football championship 42-25 (NCAA). Joe Burrow ended the game with 563 passing yards and 5 touchdowns.

PHOTOS BY GOOGLE

# KOBE BRYANT DEATH

BY: MARIO MANGIAPANE

On Sunday January 26th, 2020, news of a reported helicopter crash in Calabases, California shocked the nation. Kobe Bryant, age 41, and his 13-year-old daughter, Gianna, were on the helicopter and were found dead after the crash along with 7 others that were on it. The pilot of the helicopter was reportedly, "Super cautious, super smart," said by an instructor, according to New York Times.

"I can't see him making this kind of mistake," the same instructor said. The pilot's name was Ara Zobayan and he learned how to fly in 1998. He had flown Kobe Bryant many times before the crash without any problems. He was certified to fly by navigating with the use of instruments and had no accidents or enforcement actions on his record. Pilots who knew Zobayan were extremely surprised when they had heard of the accident. The Los Angeles Police Department had grounded its helicopters, but Zobayan was licensed to fly in inclement weather so they continued with their ride. In his final transmission, Zobayan told air traffic control he was climbing to avoid a cloud layer, the National Transportation Safety Board (NTSB) told CNN Monday. The last radar contact was around 9:45 a.m. (12:45 p.m. ET) on Sunday. The NTSB, which is investigating the cause of the crash, detailed the helicopter's final moments before it crashed into a hillside in Calabasas, California, under foggy conditions. NTSB board member Jennifer Homendy told CNN some details regarding the accident. "There is (an) impact area on one of the hills and a piece of the tail is down the hill, on the left side of the hill," she said. "The fuselage is over on the other side of that hill, and then the main rotor is about 100 yards beyond that," according to CNN.

The day following the death of Kobe Bryant, the Los Angeles Lakers game against the Los Angeles Clippers that was scheduled for Tuesday, January 28th was postponed by the NBA.

There has been lots of support for the Bryant family following the deaths of Kobe and Gianna across the nation. A petition was also started to change the NBA logo to Kobe Bryant in honor of the basketball legend.




# Boys Varsity Basketball

By: Ryan Waddell

Coming into the 2019-2020 Varsity basketball season, the Jaguars had high expectations for their team. With an underwhelming previous season of 4-17, and a first game loss in the district tournament, the Jags thought they could completely turn it around.

The Jags opened their season at Plymouth High School with a very disappointing outcome. They lost the contest 39-60 and did not look like they were ready to compete. A bright spot in the game was Peirce Eaton, who had 15 points off the bench. After that, the team had to look to bounce back next game against the Cardinals of Melvindale as they are no longer in the Downriver League. This was a defensive matchup, however the Jaguars won a convincing one 48-35 in front of a big crowd. The crowd was involved all night, really making an impact on the game. The Jags then traveled to Edsel Ford where they looked to take a tough road win in their first league game of the year. They did exactly that, with a 70-67 win, they were clicking all night on offense, with big contributions from Colton Caswell and Ethan "Max" Baugh. After a 2-2 start, Allen Park traveled to Inter-City Baptist for a rivalry game with two Allen Park teams that always produces a good game. However, the Jaguars dominated with a 63-47 victory where Blake Gilliam and Peirce Eaton both had more than 15 points. Going into




the break Allen Park started off 3-1. After the break has been tough for the Jags. Their first game back from break was a rough one, taking a 66-38 loss, where it seemed to look as if Carlson could not miss. One week later, the Jaguars blew out the Taylor Griffins by nearly 30 points. Their next game Allen Park found themselves in a close matchup against their rivals, Trenton. Going into the fourth quarter, the Jags trailed the Trojans by 6, but stormed back and won the game with a final score of 55-50. The next week the Jaguars go 0-2, losing by a big margin 68-39 to the Warriors of Woodhaven, and then hosting the number one team in the league in Wyandotte and losing 36-52. The last game the Jaguars played they dropped a tough one against Southgate Anderson 45-52. The Jaguars enter the second half of the season 5-5 overall and 3-4 in the league headed into the second half of the season looking to turn it around.

# Astros Cheating Scandal

By Aaron Price

After an investigation of the Houston Astros began soon after the World Series, due to allegations of a sign-stealing scandal, Major League Baseball finally found enough convincing evidence to punish the Astros. According to NBC Sports MLB handed the Astros general manager, Jeff Luhnow, and manager, AJ Hinch, each a one-year suspension, leading to Astros owner Jim Crane to fire both men. In addition, the Astros received a maximum $5 million fine, and their first and second round draft picks in 2020 and 2021 have been revoked. While these are major repercussions, many fans and players around the league feel not enough has been done. Specifically, people are upset the players who participated in sign stealing are not being punished. While current Astros have not been punished with fines or suspensions, former players and coaches are feeling the effects of the scandal.

As the Arizona Diamondbacks fired Wally Backman four days after he was introduced as the team's manager because of legal difficulties he did not disclose to them. Beltran is not the only manager to be fired following Houston's punishment. Alex Cora, who was Houston's bench coach in 2017, and was the manager of the World Series champion Boston Red Sox in 2018, was fired by Boston on January 14, 2020. In fact, according to CBS Sports, sources say that MLB's intended punishment for Cora is to be worse than both Luhnow and Hinch, and the Red Sox did not want to take any chances keeping him around.

# Coffee's Health Benefits

By: Abdullah Tarmoom

Coffee is known to be the fuel for many people across the world. The caffeine rushing into the system of a human can immediately energize them and lead to a productive day. It's common for workplaces to have coffee machines for their workers to stay focused and energized. Although there are extreme cases where too much coffee can obviously have a significant negative impact on the body, is it healthy? "In an observational study involving close to 20,000 individuals, people who consumed at least four cups of coffee daily had a 64% lower risk of early death compared to those never or rarely consumed coffee." (CNN) Of course, correlation doesn't mean causation, this information is interesting and can help shape a solid argument. Many view caffeine as negative and choose to stay away from coffee but can get a decaf and still reap the benefits. Benefits include risking the chance of diseases including type 2 diabetes, liver disease, and colorectal cancer. The coffee beans itself consist of many antioxidants which have positive effects on the body. It has also been discovered that compounds found in coffee have been linked with better liver function, insulin sensitivity, and reduced chronic inflammation.



Coffee also has benefits for production levels, The caffeine can boost your mood and productivity. A hormone called dopamine increases when you consume caffeine. Dopamine is a neurotransmitter that plays a role in pleasure, motivation, and learning. Studies have proven that drinking coffee can improve different parts of your brain such as reaction time and memory.

Outside of the workplace, coffee can play a major role in your fitness goals. Caffeine breaks down body fat and enables your body to use it as fuel. It can also increase adrenaline workouts which will improve the quality of your workout.

An interesting find related to coffee is the effect it has on depression. A study conducted in 2011 at Harvard yielded these results; "Women who drank 4 or more cups of coffee per day had a 20% lower risk of becoming depressed. Another study in 208,424 individuals found that those who drank 4 or more cups per day were 53% less likely to die by suicide."

In conclusion, there are many benefits to drinking coffee regularly due to the numerous health benefits.

Photos By Google

# Could A Germ Free Childhood Increase Risk Of Lukemia?

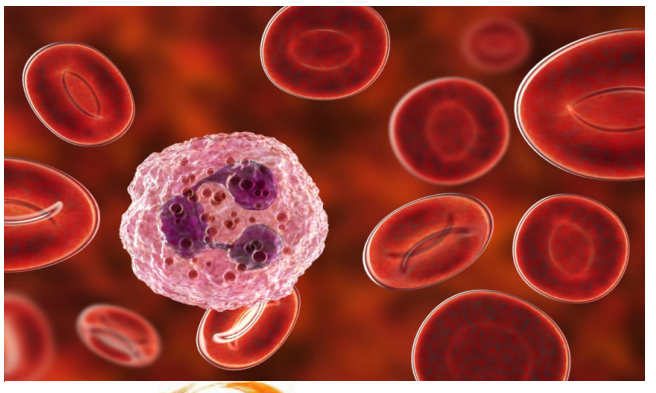
By: Gabi Vera

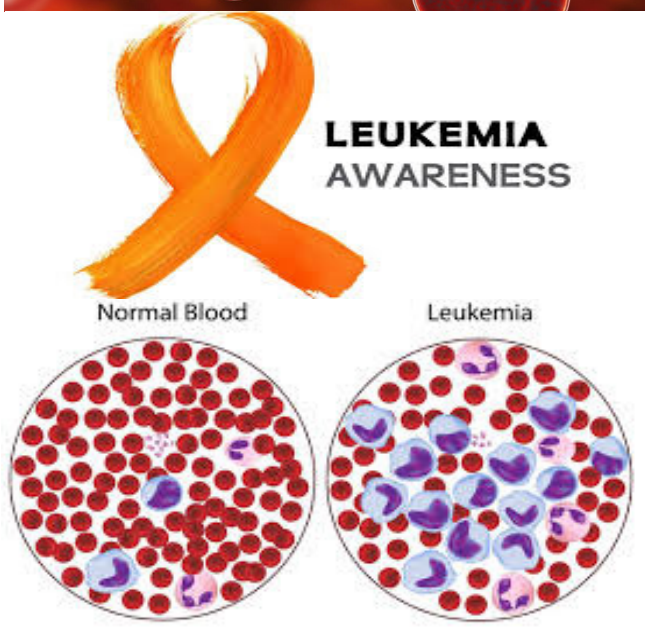
A new study suggests that a child that lives in a germ-free home during the first year of his or her life then followed by infections later in life can cause the onset of leukemia. According to CNN, The article published in the journal Nature Reviews Cancer, finds that acute lymphoblastic leukemia, the most common type of childhood cancer, is caused by a two-step process.

"The first step is said to be a genetic mutation before birth that predisposes a child to the risk of developing acute lymphoblastic leukemia. The second step is said to be exposed to certain infections later in a child's life, after clean early childhoods that limited exposure to infections." Children who grew up in a very clean household during the first year of their life and those who did not interact with other children are more likely to develop acute lymphoblastic leukemia. The author of the article, Institute of Cancer Research Professor Mel Greaves, suggests that the cancer could be preventable.

According to ScienceTimes, "Greaves reviewed more than 30 years of research, including his own, on the genetics, cell biology, immunology, epidemiology and animal modeling of childhood leukemia and reached this conclusion." Greaves said he had long wondered "why or how otherwise healthy children develop leukaemia and whether this cancer is preventable. The research strongly suggests that (this cancer) has a clear biological cause, and is triggered by a variety of infections in predisposed children whose immune systems have not been properly primed." Previous claims have linked electromagnetic waves and other environmental factors to the disease, but Greaves clarified that this is not a link in his article.

However, other doctors and health care professionals warn that more specifics need to be emphasized and confirmed that hygiene and safety are still crucial. Leukemia is often diagnosed in children ages 0 to 4 years old. Older children and adults can also be diagnosed. It usually develops quickly, over days or weeks and spreads to other parts of the body like the liver, nervous system, and lymph nodes. The main form of treatment for Leukemia is Chemotherapy. Greaves instead believes that when a baby is exposed to infections during its first year, its immune system is strengthened.





# Driving Restrictions

By: Abby Smith

We all have been through driver's education and taking the road test in order to get our license, but are there enough restrictions for beginner drivers? For new drivers there are specific rules: a specific number of passengers in the car, how late you are able to drive, and various amounts of rules and regulations.

Many people think that drivers under 18 should have more restrictions in place to make roads a safer place. Starting in 1996, states began putting restrictions on drivers under 18, including on what hours they could take the wheel (not after midnight, for example) and who they could have as a passenger (no more than one other teenager). Now, every state has some degree of graduated driver-licensing program, said reuters.com.



Scientists created a study to test how effective these regulations are at keeping the roads a much safer place to be. On the whole, fewer teens died in car crashes when stricter driving policies were in place. With no driving restrictions, about 47 of every 100,000 teens died in a car crash every year, on average. With strict programs, including both nighttime driving and passenger restrictions, that decreased to 30 in every 100,000 per year, said reuters.com.

Most likely, the laws and restrictions for young drivers won't be changing anytime soon. The rules in place right now are doing a good job and keeping all drivers safe.

Photos By Google

# Green Tea

By: Madison Stibel

According to recent studies, drinking more green tea seems to be directly related to better health. Green tea contains the most amount of antioxidants than any other tea. The tea is around 60-80% catechins by weight, which are natural antioxidants that are known to prevent cell damage. Catechins also kill bacteria and can inhibit certain viruses, which in turn lower the risk of infections. Epigallocatechin Gallate is a compound found in the tea that helps to treat various diseases and is one of the most important medicinal substances that it contains. Since the tea is made from unoxidized leaves and is not processed, it holds many more benefits than any other type of tea made from these leaves.

Green tea is proven to help cardiovascular diseases if drank 3 or more times a week. During a study in Japan, those who drank at least five cups per day had a significantly lower risk of dying from cardiovascular disease than those who drank less than a cup per day. Likewise, green tea and coffee are both associated with reduced risk of stroke.

According to a study published by CNN News, "Their analysis found that regular tea drinkers had a 20% lower risk of having heart disease and stroke, and a 22% lower risk of dying from heart disease and stroke."

Green tea is around 30% by weight polyphenols that help to reduce inflammation and fight cancer. The polyphenols in tea have been shown to decrease tumor growth and could protect against damage caused by ultraviolet radiation. In countries where green tea consumption is high, cancer rates tend to be lower, but that could be linked to other lifestyle factors instead of green tea. Researchers believe that the polyphenols are killing the cancerous cells and stopping them from growing but are unsure of the actual interactions between the tea and cancer cells.

Green tea has also been linked to enhancing working memory and other cognitive functions in the brain. Research shows that the tea could improve impairments associated with neuropsychiatric disorders, such as dementia and alzheimer's disease. It is not proven to cure any of these diseases but is very promising in lowering the risks.

# Prepared Meals For Kids

By: Lily Anderysiak

A Wayne County- based behavioral health nonprofit organization makes 300,000 meals annually for children in their communities. Of these 300,000 there are many children with food allergies, and religious food restrictions. According to Karen Bouffard from The Detroit News the organization "works from 60 different menus to accommodate because of these restrictions."

This story proves there are families in Detroit who cannot provide food for their children, and need help. Also, it shows many are determined and kind enough to help these families, and more importantly help the children, even though it requires a lot of work.

The head chef Shaune Fairly and his two assistants volunteer for this organization and prepare breakfast for all children in need around the area of Inkster 41 weeks of the year. They start working at 5 am Mondays- Fridays and prepare packed breakfast, snacks, and lunches for all the children.

Going back to the challenges the chef has due to restrictions in the children's diets, he states, "We have 86 (different food) allergies, diabetics, gluten-free, religious beliefs, lactose, citrus, every kid has a different allergy." These allergies require special meals and even special food delivery. These selfless volunteers prepare these meals at Starish centers in Inkster, Detroit, Plymouth, Livonia, and Dearborn Heights.

Many may think, "why?" Cynthia Bonk-Foley states, "We do it because we do believe food powers the mind. You can't learn anything unless you're fed and happy."

Many of the children are also learning what things taste and look like. Bonk- Foley states, "This gives our children the opportunity to really sit down with their teacher and talk about the food, the color, the shape," she said. "It's a language enriched experience."

We take eating and nourishing our bodies for



# Jag Journal Staff

## Head of Design


Avery Kish

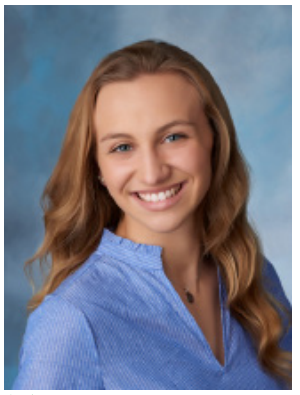

Erin Letourneau


Gwen Ruetz

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

## Design Editors


Joseph Mocnik


Madisyn Celina


Michael Mastropietro

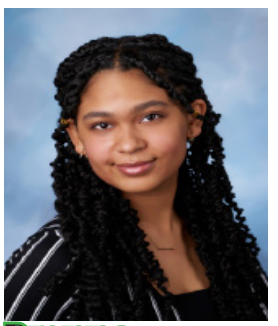

Samuel Wilkie

Not Pictured:
Everrett Czajka
Ian Watson
Abigail Chojnacki

## Writers

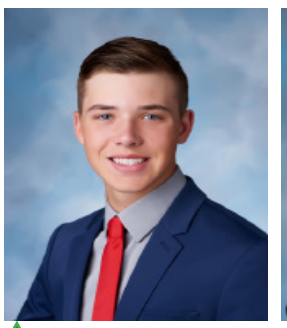

Lily Andrysiak

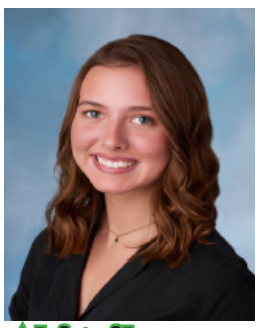

Colin Cox


Brenna Fikel


Mario Mangiapane


Leila Orefice


Aaron Price


Abigail Smith


Madison Stibel


Abdullah Tarmoom


Alex Tarnowski


Nico Tiberia


Gabi Vera


Ryan Waddell