JAGUAR JOURNAL #JJ

VOL. 67 NO. 1
NOVEMBER 2019

Homecoming









Spirit Week









Dollar Show Shutting Down

By
Madisyn Celina

On October 10th, 2019, one of the last standing dollar shows closed for good. The cinema had been around since 1942. It began with a total of one screen and over the years added four additional ones. It was located at 6601 Allen Road, in the downtown area of Allen Park. The cinema showed second-run movies for $1 and evening shows for $1.50. The decision was made to close the historical cinema because no profit was being made. The theatre was operated by metro Detroit based MJR Digital Cinemas. Mike Mihalich was the CEO of the dollar show but last month a European company purchased MJR.

Customers saw MJR ads at the dollar show but Mihalich said it was never really a MJR theater. Mihalich stated, "We don't want to sit with an empty building here. We don't want to board it up and turn out the lights, and the city doesn't want that either." Mihalich planned on donating the building to the city of Allen Park because there would be a tax write off. The tax write off would be more beneficial to him than what he would make selling the property. Although donating it was the plan, the city council of Allen Park is going to be negotiating what happens with the treasured building.



This isn't the first movie theatre Mihalich had to close and stated it would be "silly" to keep this one going without it being profitable. He owned multiple other locations which were located in Livonia, Waterford, and Ann Arbor. They were all also second-run movie theatres. All of those locations have been sold and closed prior to the Allen Park location. It has impacted many residents of Allen Park. Kitty Myrand, 95, of Allen Park stated, "I was in the tenth grade and it was kind of an honor to work here."

Residents gathered on the theatres last day of service to take pictures and reminisce the landmark. Over the past few years, residents had been noticing most theatres had been updating but the dollar show seemed to have stayed outdated and old. A woman who worked next door expressed her feelings and stated, "It makes sense for the city, it makes sense for MJR," she added. "It's sad for the people around here, but at some point, everybody's gotta grow up, you know? Everything's gotta kind of move forward a little."

Others have hope for another company to purchase it, renovate, and reopen a brand-new theatre.

Floods in Michigan

By
Michael Mastropietro

It appears 2020 will not be bringing any relief from the Great Lakes high water levels, and could even break new records that have been shattered just this past summer and spring. U.S. Army Corps of Engineers measured every Great Lake after a generally rainy September to find the connected Lakes Michigan and Huron are almost 3 feet higher. Lake Superior 15 inches above long term October averages, Lake Ontario 20 inches above and Lake Erie 29 inches above.

"Forecasters are now predicting Lake Michigan and Huron will start 2020 at 11 inches higher than water levels in January 2019," said chief of watershed hydrology, Keith Kompoltowicz. "The latest forecast extends into March, and for the most part levels will be on par or above where they were at the same time last year." Whether levels go even higher next summer will be determined by factors such as snowpack and if heavier than usual rains occur for a fourth straight spring.

Lake Superior, Lake Erie, and Lake Ontario set new record high water levels over the summer. Lake Michigan and Huron will be an inch at most of their 100-year highs. And in July, Lake Erie and Ontario broke their monthly records by more than 4 inches. Across the region, that led to flooded campgrounds and streets along Great Lakes connected waterways caused boating problems with submerged structures and resulted in shoreline erosion affecting our lakes beaches.

Doris Fleming has lived on Harbor Island Street in Detroit Jefferson-Chalmers neighborhood for more than 60 years. She has seen a lot of flooding off the nearby Detroit River in recent high water years. This last spring and summer was among the worst.

She said, "It's been bad. The city has been pretty good about bringing sandbags in. But if there is just one opening, it messes it all up."

Flood waters tend to move up the dead end Harbor Island Street and into the city blocks to the North and East.

She said, "They have more problems than we did right here closer to the river,"

The news that water levels could be even higher next year worries Fleming. "Even if it's 6 inches higher, it will cause problems," Doris said.



DEMOCRATIC ELECTION

BY
ALEX TARNOWSKI

While the Democratic party has become more diverse -- welcoming in more people of color and women and women of color -- the Republican party has kept its members the same since the party was formed: white males. Recently, the Republican party has lost control of the House of Representatives. For House of Representatives minority speaker, Kevin McCarthy of California, holds disdain for this small (yet very large and very important) fact. While McCarthy had much rather wanted the title of House Speaker, the title instead went to Nancy Pelosi, a member of the Democratic party from California.Since 2014, Steve Scalise, a member of the Republican party from Louisiana, has held the position of House Whip except this time in the *minority* role. The title of House Whip has gone to Jim Clyburn, a member of the Democratic Party from South Carolina. Clyburn is the highest-ranking African-American lawmaker in Congress.Liz Cheney, a member of the Republican party from Wyoming, holds the title of Republican Conference Chairwoman. Cheney follows in her father's footsteps, Dick Cheney, as the number 3rd House GOP leadership post. The older Cheney held the position more than three decades ago. Cheney is the highest-ranking woman in GOP leadership which was preceded by a Washington member of Congress, Cathy McMorris Rodgers. Rodgers had decided not to run for another term in the Party's leadership ranks. Cheney and the Republican party hope to counter the large numbers of new freshmen women Democrats.As for the National Republican Congressional Committee Chairman, Republican member from Minnesota holds the position. Tom Emmer hopes he and his party can regain control of the House of Representatives by the year 2020, which means regaining 18 seats in the House for the Republican Party. Emmer has become the center for Elise Stefanik, a representative from New York. Stefanik stated she would help more women win in the primaries in the upcoming year in which Emmer stated that Stefanik's "help" would be a "mistake." Stefanik responded strongly (and coldly) with, "I wasn't asking for permission."All in all, Republicans must hope to regain control or else the diverse Democratic party will continue gaining momentum and control.

Concussions In Sports



By Zach York

Playing a sport all the way through high school, a kid will most likely experience a concussion. Different sports have different rates in which kids will get a concussion, with football leading the way, followed by girls' soccer and guy's hockey. While the concussion rate has gone down in practices for their sports, it has only gone up in games which has given people the reason to panic about kid's safety.

"In the United States, more than 800,000 traumatic brain injury-related emergency department visits, hospitalizations and deaths occur in children every year, according to the US Centers for Disease Control and Prevention."

These concerns are changing some sports as we know them. Many people are not fans of the direction football has gone in recent years. However, it is making an effort to protect its players from harm that will affect them the rest of their lives and try and prevent, long-term memory loss, dementia and other serious health issues according to CNN.

They are making an effort to make sports safer, but some will argue, if they change too much, are people going to like them just the same as before? Football is the sport most feeling the effects, because of the changes they have made It has resulted in viewership numbers to drop.

"The NFL's viewership will likely drop during the 2019-2020 season, potentially surpassing the 10% decline it experienced last season according to Forbes."

There is reason for optimism, because the technology used in sports, is being made and studied to help make sports safer and better. For example, every single year for hockey they release a new and improved helmet to try and protect the players. Each major brand all has a helmet they continue to make better every year to stabilize the head and neck area and attempt to get rid of the concussion epidemic that is currently ongoing in the sports world.

Concussions have been normalized in sports, which is a major problem that needs to be addressed because concussions are not something that should be normalized because of the damaging effects that people face because of them.

In the end, concussions are a major problem in the sports world and there are many different ways this is trying to be solved, but for now we have to fight through concussions.

DOGS SURPRISE DETROIT DISPATCHERS

BY
LILY ANDRYSIAK

Erika Ladas, a dispatcher with the Macomb County Sheriff's Office, died Tuesday after a crash with a deer and another vehicle. The 28-year-old had been working with the department since January. The stress of talking to and helping people in crisis day after day can take its toll, but the Police Department and the Macomb County Animal Control Center found a way to help cheer them up. The solution was, Puppies! One of the dispatchers stated, "We could not turn down a visit from these sweet therapy puppies. It helped our dispatchers bring a smile back to their faces." Puppies are a good way to be cheered up after a trauma or to get you out of a depressed mood. Dogs make such effective therapy animals because of their sensitivities to human emotion. According to the Macomb County Animal Control, "The Animal Control division's services include pet adoptions, lost and found for pets, animal cruelty investigations, dog licensing, animal bite reports, and rescue services for domestic animals and injured or sick wildlife."

The Animal Control Center promotes adopting dogs from them or shelters instead of adopting dogs from shelters. According to the Humane Society, the "Number of cats and dogs entering shelters each year: 6-8 million (down from 13 million in 1973)." This causes shelters to become overpopulated causing animals to be neglected because there are too many to care for. This may make people believe that these dogs may be dirty, but "Of the 3 million cats and dogs euthanized in shelters each year, approximately 2.4 million (80%) are healthy and treatable and could have been adopted into new homes." There is no excuse not to adopt an animal from a shelter to help you reduce stress, relax, and be happy. The animal control center used this opportunity to promote their animals. The animal control department hosted an adoption event Saturday, and anyone who wants information about adopting one of these dogs, or the many other animals in need of a home, should contact Macomb County Animal Control. People can also fill out an adoption application ahead of time for pre-approval.

Photos by Google

Homecoming 2019

By
Abby Smith

Allen Park takes their spirit weeks very seriously, all the dress up days, lunch events, pep assembly, and we can't forget about those Friday night lights. This year the seniors swept spirit week wiping out the other classes, winning the spirit brick.

The pep assembly was roaring cheering on their classmates during the competitions, cheer performance, and also special guest Vetaly Hayden doing his contortions. Although our football game didn't end how we would like it, we always have the best time cheering and getting excited for our fun weekend ahead. The whole school was excited for the Homecoming Dance the next day.

Walking into the gym that Saturday night you could feel heat hit you. Although it was hot, you quickly forgot about it, distracted by dancing with all your close friends and classmates. There was only one thing off about the dance… the lights were on. This created a buzz around the school. Kids were upset about the lights being left on.

I interviewed Allen Park Senior Madison Stibel. She described her highlight of Homecoming when "Nick Gaty domed Izzy Conn while attempting to stage diving." This was the only dance that was lit up by the bright gym lights... and although it was a little annoying, students became unaware that they were even on anymore after dancing and having fun.

Our DJ was a success and seemed to play music that the whole school enjoyed.Everyone felt that this Homecoming was a success even though the lights were left on.

Photos by Google



Jags Volleyball

By
Gwen Ruetz

The 2019 volleyball season is approaching an end soon as the team will move on to their district games. The varsity team is led by Captains Braelyn McCalister and Gwen Ruetz-both seniors. As of now, the girls have a 8-2 record in their league. The team has accomplished victories against their rivals, such as Trenton and Wyandotte. Unfortunately, they suffered losses from Woodhaven and Carlson.

Many players are still very confident about the end of their season. They won Dsitricts followed by winning the first round of Regionals against Woodhaven.

Junior, Emelia Mihuc, said, "I'm so lucky to be a part of such an amazing group of girls. This season has been such a ride and I'm grateful to experience it with this group of people. Also a big thanks to the Jag Jungle for all of the extra love this year. We appreciate it!!"

The offensive side of the team includes seniors-Ella Bailey and Gwen Ruetz, juniors-Gianna Tiberia, Julia Beaudrie, and Emily Stetz, and sophomores-Alexis Crosslin and Delaney Shiveley. The offense has been very strong this year with Tiberia and Bailey leading in kills for the season. Ruetz and Stetz have also contributed leading in the most blocks for the season.

The defensive side of the team includes seniors-Braelyn McCalister and Ella Bailey, juniors- Alaina Goulasarian, Ava Mangiapane, and Emelia Mihuc. The group has had a strong serve receive and are continuously providing successful passes in order to allow termination offensively.

The setters are sophomores-Kylie Lagniess and Alyssa Corona. Both have tremendous love for the game as they continue putting forth their full effort to run the court to its best ability.

The girls have had a successful start of their season and hope to accomplish their goals by whatever means necessary. Their two biggest rivals are approaching soon.

Ruetz says, "I have nothing but faith in my team. We have been working hard all summer in order to be where we are now. Although we have had two tough losses this season, we plan to do anything but accept them.

We have been working even harder. The support from the Jag Jungle has been at an all time high,which has been amazing. Thank you for the endless support!!"

Girls' Golf Goes to States

By
Lily Andrysiak

The hard work and dedication the team put into this sport led them to the Division 2 state finals for the first time in Allen Park history. The team left on Thursday and played 18 holes both Friday and Saturday at Michigan State's home course, Forest Akers. After both days, they ended in 17th place. Olivia Waldus, Kristen Goubis, Mia Nightingale, Kendyll Kaufman, and Lily Andrysiak were the team put together by Coach Brad Cruts who not only qualified for states, but also won the league title along with Ashley Stanley. Not only did the team qualify for states, but it was the first time in Allen Park's history that a golf team has won a league title.

According to The Golf Monthly, "Golf shouldn't be taken too seriously unless your living relies upon you playing well. Enjoy your golf, your playing partners' company and the fresh air and surroundings."

Golf is a sport where your mental game has to be incredibly strong. The Allen Park girls' golf team wanted to have fun during their season and tried very hard to not stress and dread on performing bad at one match. Having fun in a sport and loving every second of it will lead to many victories and this team proved that. The team consisted of many different personalities, but they all worked together to overcome many challenges throughout the season. A lesson everyone can learn from the girl's golf team is to never give up, learn from your mistakes, and have fun.

The coach, Brad Cruts, led this team through all their victories by supporting and encouraging them no matter what. Tina Waldus, said, "No matter how you feel...get up, dress up, show up but never give up."

They took this and made memories at states instead of being bummed if there was a bad hole. The lessons and experiences learned this year will hopefully lead them to another league title,and qualify states for a second time next season.



Junior Mia Nightingale walking into the green to look at her put.

Kindess Is Not Enough

By
Avery Kish

Last weekend at the Dallas Texas Cowboys game, famous TV star Ellen DeGeneres and former President George W. Bush were photographed in the owner's suite together laughing. The photo blew up on social media, so many people questioning their friendship bashing both Ellen and Bush.

According to Buzzfeed people on social media were asking how Ellen could be friends with a person who is a "homophobic," a person who has "committed war crimes." Ellen then responded back on her talk show and said, "They were mad and when people get mad, they tweet."

It also has to be hard to have to explain everything she does and everyone she is friends with, she shouldn't have to.

Ellen also went on to say that "I am friends with a lot of people who don't share the same beliefs as I do and that's okay." She also said, "we are all different, and I think we have all forgotten that it is ok to be different."

Ellen shares to everyone that being different is okay and I agree, I also agree that a lot of people forget and they also forget that no matter how different someone is it doesn't mean you shouldn't be kind to them.

Not all the feedback from social media was negative though. Many celebrities responded back that they agreed with her and that they were there to back her up. Jamie Foxx commented on her post, "soooo needed and necessary."

When Ellen posted this she said what a lot of people were thinking but either didn't know how to write it or were too scared to put how they think out there because of the hate. Ellen has helped influence so many people's lives and in positive ways and it's because she is different.

Ellen's final response to the whole situation was, "Just because I don't agree with someone doesn't mean I am not going to be friends with them. When I say 'Be kind to one another,' I don't mean only the people that think the same way you do. I mean be kind to everyone."

I think Ellen's message is very important for everyone.



Harry Styles Career

By
Lily Andrysiak

The model, actor, song-writer, and singer Harry Styles came out with yet another touching/ personal song on October 10th, 2019 titled "Lights Up." In 2016, One Direction split which caused Styles to open a new chapter in his life, his solo career. He started off with releasing his first solo single, "Sign of the Times" in 2017 which was a deep song different from what fans are used to hearing from Styles.



Styles says in an interview, "Most of the stuff that hurts me about what's going on at the moment is not politics, it's fundamentals … Equal rights. For everyone, all races, sexes, everything …? 'Sign of the Times' came from 'This isn't the first time we've been in a hard time, and it's not going to be the last time.'"

This sets an impactful and touching tone to his music knowing he is coming out as someone who cares for others and wants to make an impact on the world. Next he came out with his first album that same year and it showed his audience he is not the same as he used to be in the band. Once this album came out, due to lyrics and his sense of fashion, Styles had fans wondering if he is bisexual. After rumors started to spread.

Styles came out and said, "I've never felt the need to [label it] really. I don't feel like it's something I've ever felt like I have to explain about myself." This was very unsettling to many fans.

After Styles took a break from the public, he came back out with "Lights Up." According to the Pop Star Professor, "The chorus of 'Lights Up' reminds us that as we go through life, people will judge us. It's important that we don't find our worth in their opinions. Their hate or their praise is irrelevant to who we truly are." This makes fans hopeful and on the edge of their seats for what is to come.

Photos by Google

New Disney Pixar Release: Onward

By
Abbie Chojnacki

Disney Pixar has recently released the trailer for their new animated movie Onward. This movie is about two teenage elf brothers Ian and Barley. They are gifted a staff from their father who died when they were very young. The staff can be used to bring him back for one day. After trying to bring their father back Ian and Barley are only able to bring half of him back. The suburb they live in is full of elves, goblins, unicorns, mermaids and other make believe creatures, but there is absolutely no magic in their town.

They then embark on an adventure to see if there is a little magic left in the world to bring the rest of their father back. Along their journey they are faced with challenges to overcome in order to be reunited with their father. The brothers also grow closer because of problems they are faced with. Onward can teach many life lessons to viewers such as the importance of family and friendship and determination. Ian and Barley are prepared to do whatever it takes to find that little bit of magic to bring back their father.

This is a new idea that has never really been done by them. We all know sometimes the movies seem to be the same, but this one really stands out from the rest. This is also their first "non-sequel" since Coco which was released back in 2017. Ian will be voiced by Tom Holland and Barely will be voiced by Chris Pratt. Octavia Spencer and Julia Louis-Dreyfus will also be voicing some of the main characters.

The movie contains some goofy and rude humor and also fantasy peril. This movie will be enjoyable for all ages. Onward will also be great to watch with your family to share some laughs and bring the family closer. The movie is said to come out on March 6, 2020. Once we are closer to then, more and more information about the cast and characters will be released. Go see Disney Pixar's Onward in spring 2020.

Cons Of Drinking Milk

By
Gabi Vera

There are many people who drink milk every day, but is drinking milk okay? It's a drink that is made out to be okay to drink all throughout our lives. As it turns out, there are some major downsides to dairy. Many recent scientific studies are now showing a variety of detrimental effects that are directly linked to milk consumption.

According to The Daily Meal, "A glass of milk also contains acidic animal protein that leaches calcium from the bones, pus cells, bovine growth hormone, feces, antibiotics, and a whole lot of unnecessary fat, cholesterol and calories — all of which create a terrible imbalance in the body. Cow's milk is not designed for human consumption."

Cow's milk contains on average about three times the amount of protein than human milk does, which creates metabolic disturbances in humans that have detrimental bone health consequences, according to a study published in the American Journal of Epidemiology.

According to the Harvard School of Public Health, "Over time, a flawed belief that humans are required to consume three glasses of milk daily to sustain bone health and strength created the milk myth. And now, the supposed "truths" about milk we were all taught to believe are being debunked by studies ranging from those published in reputable scientific journals, such as the Journal of Nutrition and The American Journal of Epidemiology."

"When humans consume any type of animal-derived, protein-rich foods, including milk, the pH in our bodies become acidified, and this sets off a biological reaction. Calcium actually neutralizes acid in our body, and most of the calcium is stored in our bones."

When acidified animal protein is ingested, the calcium from our bones is drawn out to neutralize the effects of the toxic animal protein. After the calcium does its job cleaning up the mess, it is then excreted through the kidneys via urine, thus leading to a calcium deficit. According to Forks Over Knives, there's a Higher Risk of Type 1 Diabetes and Multiple Sclerosis.

"Dairy is associated with increased risk of several immune-related disorders (from allergic conditions to autoimmune diseases), many being life-changing and difficult to treat. The associations with type 1 diabetes and multiple sclerosis are particularly concerning" This could be a really harmful thing to drink and it could lead to serious

Photos by Google



Nicki Minaj Retiring?

By
Abby Smith

Nicki Minaj is setting her sights on something else other than singing: A family. The 10-time Grammy-nominated rapper announced her plan to retire Thursday, Sep. 6th on Twitter. "I've decided to retire & have my family," she wrote. "I know you guys are happy now."

The performer added a note to fans with lyrics from her rap in the remix of the Alicia Keys hit "Girl on Fire." "To my fans, keep reppin me, do it til da death of me," she wrote. "[sic: X] in the box- cuz ain't nobody checkin me. Love you for LIFE." The star added a kissy face, heart and unicorn emoji. The tweet has since been deleted, says cbsnews.com.

Her fans were in shock and were left wondering, did she really mean that? Nicki later responded to her tweet with some clarification saying, "When I posted that retirement tweet, I knew that I still had music that I already had recorded that was still going to come out," she said. "So the retirement was kind of talking about my album, meaning like, 'Do I want to go back and record my fifth album?"

After hinting that she may also have some features in the making, Minaj continued explaining her shocking retirement tweet. "It was really about the fifth album," Nicki said. "Where do I stand with it now? I didn't know my fans would act like that with the tweet. It hurt my feelings because I feel like the way I did it was maybe insensitive to my fans. But I didn't think people were going to take it -- I didn't know it was going to be that big of a deal, so that's why I deleted it,`` said billboard.com.

So, we still don't know completely yet when she is planning on taking a break from singing, but we know for sure Nicki will be releasing some new music soon.





FORTNITE CHAPTER 2

BY
MARIO MANGIAPANE

Fortnite, the popular 100 player battle royale game, was initially released on July 17th, 2017. The game was free to play so within the next oncoming months upon release, the game grew increasingly popular. The unique player vs. player style of the game was one that many people have never seen before. Being able to destroy, build, and fight all simultaneously gave people a new experience and new style of play to master. The game is free to play but players are given the option to buy cosmetic items for their character that add no advantages to the gameplay such as skins, emotes, axes, and gliders. Even though Fortnite is not as big as it was in 2018, as of March 2019, Fortnite has over 250 million players total still involved with the game and Epic Games, the company who made the game, is still making lots of money off the free game.

Every few months, Epic Games comes out with an update to the game which moves the game into a new "season." These updates bring all sorts of changes to the game to keep it fresh, such as vehicles, map changes, hidden secrets, new weapons, and the battle pass. The battle pass is an item in which players can buy and level up in order to unlock new cosmetic gear. After 10 seasons of Fortnite battle royale, 2 years since the game originally released, Epic Games shocked the Fortnite community.

On October 13th, 2019, Fortnite players experienced a strange "black hole event" on the game. The entire Fortnite lobby was sucked up by a black hole and nothing remained on the screen except for the black hole. Players anticipated that this was probably the set up for Fortnite season 11 but Epic Games remained silent about the event. All Fortnite tweets were deleted off twitter and Epic Games went completely off the grid. This added to the mystery of what this black hole could be. The game remained down for 2 days and it was finally playable again of October 15th. Players joined the game to the new Fortnite chapter 2. The original map was destroyed and replaced with all new locations. There were also new game mechanics added, such as swimming and new weapons. This event gained lots of attention and many people were excited to see the new game.

"The Office" Reboot

By
Zach York

"The Office" is one of the most popular shows of all time. Starting on March 24, 2005 "The Office" starred Steve Carell, Jenna Fischer, and John Krasinski among others. While the show ran, it was a huge success. It had 9 seasons total and the final episode aired on May 16, 2013.

However, this was only the start for "The Office," when it was added to the popular streaming service Netflix. The show was just as popular as when it ran if not more. With the show still being as popular as ever and fans continuing to rewatch the same episodes on repeat, the fans called for a reboot. This got a lot of attention from many fans and even reached some of the former cast, but not all.

Fans were also given hope when Steve Carrell who played the boss Michael Scott in "The Office" made an appearance on "Saturday Night Live." On "Saturday Night Live," Steve Carrell hinted at reboot, and even got a couple of old castmates in on the fun. As much as people would love to see this reboot happens, this will most likely not be happening. And if it does, it would be years away. Netflix still owns the rights for the show "The Office" until January of 2021.

Then NBC who finally would be getting the rights back to their show which is when they would be allowed to start the reboot.

NBC is already looking to the possibility of the Reboot, but it is not just the timing that makes it difficult to make this reboot happen. Ever since "The Office" ended, the cast has taken many different paths. For example, John Krasinski is a very big actor in Hollywood now landing major roles like his show" Jack Ryan" or "A Quiet Place."

NBC would have to have everything set because some of the former cast are retired and some would be nearly two to three years for it to start up again. If it did get a reboot, Cal Curnell would not have to watch the same episodes for the fiftieth time.

Photos By Google





What Are You Thankful For?



Blake Gilliam- “ I’m thanful for Max Slate.”

Max Slate- “I’m thankful for Blake Gilliam.”

Craig Cyrbok- “I’m thankful for sports and food.”





Emily Unger- “I’m thankful for food, clothes, friends, and my family.”

Maddie Hool- “ I’m thankful for food and the peace sign.”



"El Camino" Review

By: Samuel D. Wilkie

September 29th, 2013 was the end of an era in television history, that was the day Breaking Bad aired its final episode. Throughout the course of the show, you got to see the transformation of Walter White from a high school teacher to drug kingpin and see the journey of the misguided but good hearted Jesse Pinkman as he goes threw the ups and downs of this show. However, as of October 11th, 2019, over six years since the show ended, El Camino: A Breaking Bad Movie was released and it did not disappoint. The film was sheer fan service from beginning to end as you got to see how Jesse Pinkman made it after the events of the last episode of Breaking Bad.

Before we get into a breakdown of the film, I would like to insert a spoiler warning for both El Camino and Breaking Bad.

The film starts right where Jesse's arc in Breaking Bad ends, driving away from the ensuing chaos after months of torture. Then, Jesse looks to his lifelong friends, Skinny Pete and Badger, for help in evading the police. After they helped Jesse get away, Jesse went to the house of Todd, one of Jesse's abusers who Jesse killed in the finale, to steal Todd's hidden stash of money. After a run-in with two men posing as FBI agents who, as it turns out, worked for the people who tortured Jesse, Jesse only leaves with a third of the money. After failing to create a clean slate with the money from the man who had helped Saul do so in Breaking Bad, Jesse went back to those fake FBI agents to get more money. In what was a wild-wild west-like shootout between Jesse and the head of that group, Jesse acquires the money necessary to start a new life and the film ends with Jesse driving off in the distance after a couple flashbacks to Walter and Jesse's old girlfriend, Jane.

Personally, I thought that film was fantastic and loved how the story was told through multiple flashbacks of old characters. Aaron Paul, as always, was terrific as Jesse Pinkman and even though Bryan Cranston only played Walter for about eight minutes it was one of the best pieces of the film. The payoff with Jesse escaping and driving off, away from the worries of the rest of the world was well worth the eleven year wait.

Christmas Season Joy!

By: Erin Letourneau

Halloween is now over, and the Christmas fanatics you all know have probably already put up their Christmas Trees and have their car radio set on 100.3 for non-stop Christmas Music. Now you might believe that there are more controversial issues, than the early set up of twinkling Christmas lights, but it always seems to ignite debates through November. Is November too early to get your holly jolly on, or is it just the right time? If Christmas is only bringing cheer and no harm, what's wrong with starting the season early?

One argument many people use as an excuse to why Christmas music isn't acceptable in November, is that it will overshadow Thanksgiving. What's wrong with celebrating more than one holiday? Thanksgiving and Christmas make an excellent pair. From eating homemade food to Black Friday shopping for Christmas gifts.

Christmas often times brings stress and busy schedules, from planning the family party, spending money on gifts, and sending out Christmas cards. Why not start the celebration early, before it gets crazy? When your all busy, you won't have time to relax with hot chocolate and enjoy watching Christmas movies.

Speaking of Christmas movies, who doesn't love watching Will Ferrell in Elf, or the Polar Express while snuggled under a blanket. Christmas movies are always a great watch, why only allow yourself the 31 days of December to enjoy some of your favorite movies.

Lastly, Christmas music just makes you happy! Why should you let other people make you feel guilty for doing what you enjoy, especially if it's something as harmless as Christmas music? Don't let the Grinches and Scrooges of the world bring you down. They're just being stubborn and trying to kill your vibe. Christmas is a time for joy! There's so much sadness in the world, but a little jingle bells never hurt anyone. You don't need any better reason than that it makes you happy.

There's no harm in bringing out the tinsel and lights, all it does is bring on the Christmas Cheer!



Photos by Google

The NBA in China

By: Abdullah Tamoom

The internet has exploded with criticism over LeBron's James controversial statements regarding Hong Kong and China. Daryl Morey, the General Manager of the Houston Rockets, set off a disputation that traveled very far.

On October 4th, he tweeted an image that read, "Fight for Freedom, Stand with Hong Kong." At first glance you wouldn't think too deep into the tweet, he just used his platform to spread a message. Hong Kong has protested against China for months over a bill that was proposed. This bill would force criminals in Hong Kong to be subject to trial in China. Obviously, that didn't appeal to the citizens of Hong Kong, heavy protests followed. Protests are common, but these protests were extremely violent, with bullets and bombs being used.

I understand why Hong Kong would protest against this, because giving China more power serves no benefit to the people of Hong Kong. Now that you have background information, we must go back to what Morey said.

The NBA has extremely close ties with China, hosting NBA games and events there frequently. Morey being a representative of the NBA and speaking out against a close partner in China will surely lead to controversy. Although I agree with Morey's choice of raising awareness for Hong Kong, I think he should've looked at the bigger picture and the overall impact his words had.

James was very outspoken in putting Morey in order. He stated that Morey was misinformed about the ramifications of his tweet, and that he was not educated about the situation. I can understand why James would defend China because of his business ties with them. Being a global icon, he only hurts himself if he publicly cross swords with China. Although his moral compass was in question, in the perspective of James, it doesn't make sense to defend Hong Kong. I believe that business can be dirty at times and that it is everyone for themselves. It was revealed that LeBron and numerous other NBA players lost out on endorsement deals worth millions because of Morey's words.

In conclusion, I agree with Morey's message and James's point of view. Morey has since deleted the tweet, which is just another indication of how powerful James truly is.



High School Referees

By: Nico Tiberia

When we think about the competition of sports, we think the players can do everything in their power to win the game. But there is a factor that can alter the desired outcome for teams or individuals - the referees. In professional, and even college sports the referees can review a play to make the correct call. In high school sports referees, who have inferior skills compared to college or professional referees, don't have the ability to review plays. If a high school referee makes an incorrect call, or even a game altering incorrect call, there is nothing that can be done, ultimately giving the referees partial control of the outcome of the game.

I've thought of a few solutions to this problem. The first is better training of referees, the better training will obviously lead to referees making the correct call more often. Second, and kind of a far-fetched idea, is the addition of instant replay. Most high school teams already record their games, at most of those schools, sports like football have access to play on the sideline within minutes after it happened. This would allow for the correct call to be made in most cases. A third potential solution could be a pay increase for referees. If referees were paid more, they would have more to lose if they made an incorrect call. Making them focus in on the game since there relatively high wage would be at stake.

The outcome of all sporting events should be in the power of the athletes, without them having to worry if the correct call is going to be made. Poor high school officiating is not only ruins the outcome of the game, but it ruins the enjoyment and excitement of the game by the players, coaches, and fans. The purpose of sports is to reward the winner of a competition for being determined and hardworking, while the loser learns from their and makes changes for the better of themselves. Referees should not be able to decide which party wins and which party loses. They should be aiding and promoting competition in a fair environment.



Is The NBA Rigged?

By: Ryan Waddell

The Golden State Warriors have made the NBA Finals 5 consecutive years, and before last year, LeBron James made the NBA Finals 8 consecutive years with two different teams. Although James is thought to be one of the greatest basketball players of all-time, some people have been suspicious of the NBA being rigged for views and ratings. For example, in the 2016 NBA season the Golden State Warriors, led by one of the greatest three-point shooters of all time Steph Curry, broke the single season record for wins by winning 73 games and losing only 9 times. Many people thought that this team was unbeatable and the best team of all-time. However, James and the Cleveland Cavaliers won the 2016 NBA Finals after being down 3-1 in a best of 7 game series. What makes this so interesting is the fact that no team in the Finals has ever come back from a 3-1 deficit. Yet James, one of the most popular players in the world, accomplished this feat against statistically the best team of all-time.



Another example is the amount of free throws James Harden takes a year. James Harden attempted 858 free throws last season, the next closest was 686. Another suspicious thing about this stat is that Harden was the runner-up for the MVP award last season, and the next closest with 686 was the MVP Giannis Antetokounmpo. It seems as if the referees are giving certain calls to certain players so they have better chances to score more points per game.

The most important piece of evidence may be the 2006 Western Conference Finals. The Miami Heat had one of the best duos of the decade in Shaquille O'Neal and Dwyane Wade. After going down 0-2 the referees decided to take the series into their own hands. It seemed as if Wade started to get every call. Also, two different players got suspensions in the series due to flagrant fouls, even though they were not deserving of being worth suspensions. But game 5 of the series is where it really gets interesting. Wade shot 25 free throws, 15 of them in the second half. The Mavericks as a team shot 25 free throws. This helped propel the Heat to a game five win and the series being 3-2 in a favor of the Heat. They went on to win the series because of the horrible officiating and the front office of the NBA thought it would look better if the Heat made the Finals with Wade and O'Neal, opposed to the Mavericks, whose only star player was Dirk Nowitzki.

YEAR ROUND SCHOOL?

By: Abbie Chojnacki

In the past couple of years the conversation of year round school has come up all over the country. Several school districts nationwide and even some in Michigan already attend year round school. When most people think about year round school they think about no "summer vacation" and no time off. That is definitely not the case.

Schools that attend year round school go to classes for anywhere between six and nine weeks and get a two to four week break. I believe it would be better to go to school year round because you get more time off in different parts of the year instead of just the summer. Year round schools still get a month off in the summer. But they also get long periods of time off in fall, winter and spring to do other fun activities that correspond with the season.

Going to school year round is also helpful in retaining the knowledge you have. We come back from summer break and totally forget everything we learned the year before. If we went to school year round we would have a two to four week break instead of an eight to nine week break. It would be so much easier to remember something you learned two to four weeks ago rather than eight to nine.

Though year round schooling could be a problem when it comes to summer camps and some summer sports, it is overall worth it because with year round schooling there is no time and no need for summer school. Students who would normally struggle would most likely not have such a hard time since they aren't away from learning for a long amount of time. Students would actually get to enjoy their summer instead of being stuck in summer school. Going to school year round would present better opportunities for teachers because they would now have an income all year and for students because they aren't falling behind because they are constantly learning. That's why I feel going to school



Photos by Google

Boys Varsity Tennis Team

By: Aaron Price

Beginning in August, boys' varsity tennis, led by coach Bill Riggs, looked for another successful season in the fall of 2019. For the past three seasons, AP has made a name for themselves by making it to the state finals all three times, looking to make it four. They had good reason to believe they would repeat considering they were able to retain the majority of their roster, with few seniors leaving the previous year. With a strong squad, led by nine seniors, AP went 12-4, riding their success to a fourth consecutive trip to states. Although the team was not able to pull off a state championship, the season was still a success. Senior, four year varsity tennis player and 2019 regional champion, Sam Wilkie had this to say following the season,

"I really enjoyed spending my high school career representing the Jags on the court. In fact, I may even follow in my brother, King Bruce's, footsteps and become a coach here soon. Although going to states was exciting, my favorite part of the season has to be all the free chocolate milk."



So, following the fall of 2019, boys' varsity tennis will be seeing the end of an era. The team, which rostered seventeen players, will be losing its nine seniors, four of whom played all four years on varsity. While the team will be seeing over half its roster graduate, that does not mean the future is bleak. Junior Ian Watson and sophomore Nick "Squints" Watson (no relation) were major pieces in AP's success in 2019, and both will look to be leaders next season. Ian, who played doubles with senior Zack York, won a regional championship. Squints, playing singles in 2019, made a strong effort in the regional matchup, coming up just short. Next year, Ian will look to play with a new doubles partner, but seems optimistic,

"I feel that I improved immensely this season, and although losing Zack is tough, I know that I can work well with almost anyone, he said.

In addition to the juniors and sophomores who already saw time on varsity, the JV team will also produce quality players for the 2020 season. Matthew Price, dubbed "The Prodigy" by Sam Wilkie, made a name for himself in the AP tennis program during his freshman season and will look to improve for 2020.

NCAA vs. Athletes

By Zach York

The NCAA strictly forbids the paying of NCAA student athletes and their ability to make money off their name and likeness. This has been a long time debate in sports. Should college athletes get paid? While not much has changed in a long time regarding this issue, something may have just changed the whole landscape of NCAA and its sports.

California proposed a bill that would allow college athletes to profit from endorsements, which is forbidden by the NCAA. The schools would not be able to directly pay the student athletes, however they could earn money for example, by signing memorabilia.

"Forget shoe deals and video games, NCAA athletes can't make a little money over the summer coaching youth sports, can't promote their social media, can't model athletic wear, can't accept groceries or help with rent or equipment," according to Assemblyman Kevin Kiley (LA Times)

This bill was passed in California with a 73-0 vote (LA Times) and has caused a ripple effect around the country. This meaning, that other states followed right in California's footsteps such as New York and Florida pushing hard for this bill to pass, while South Carolina and Georgia are also in talks regarding this bill.

In New York, their bill would," require college athletic departments to give a 15% share of annual revenue to student-athletes (Dan, Murphy ESPN.com).

While not all of the bills that are being proposed are the exact same, the message being portrayed is that kids should be allowed to make money off their name. The NCAA has threatened to ban California, however, If many states pass this bill, they would be forced to accept this bill and not punish the schools and the athletes. This may have been exactly what the student athletes needed in order to get more fair treatment from the NCAA, because student athletes do not have time to maintain jobs and earn money.

As of October, Michigan still has not engaged in talks to bring about the bill that would allow college athletes to make money off their likeness.

In conclusion, if these states pass the proposed bills and others join in, then we will see far more changes than we could have expected to go down for the NCAA.

Pre-Season Hockey

By: Colin Cox

With the football regular season coming to an end, people are going to want to watch another sport. Hockey starting up with tryouts being November 4th is going to be the next thing that people are going to want to watch.

The Jags this year are looking good with a good core of players that are returning to the scene and some new faces looking to help the team. One of the year's returners, Joey Mocnik is looking to be one of the team captains this year.

When he was asked what he was looking forward to during the season. he replied, "I'm just looking forward to hanging with the boys, yah know, the little moments the fun times with the guys. It's my senior year I'm just looking to have fun and make it last." He also added, "I cannot believe that two years ago I was just a sophomore playing with a bunch of seniors. I also want to get a regional champ under my belt after it being stolen from us two years ago."

Joey and the others cannot wait to get the season started. The season is looking to be good after the 13-10-2 season, The seniors are looking to push the team to a better record.

Head coach Jeff Mason when asked how the season might look for the tea, he answered, "Well I know the boys are ready for the season and I know they want to win and I think they can do it if they put enough effort in. I am willing to push you guys that hard if you're willing to go that far."

It seems that coach is willing to do anything to win this season. If coach is prepared, I the team will be prepared.

When asking team manager turned Coach Lucas Hill, he stated, "I don't know, Cox, you guys are looking rough this year. Not as many good players as some of the past years but, I think you guys will pull through but if not the season should be fun as ever."

With mixed emotions from everyone, who knows how the season is going to go. It is up to the players to decide what they want to do with the season, hopefully making it a good one to watch.



Jaguar Playoffs

Nico Tiberia

The Jags' football team is heading into the playoffs with a record of 7 wins and 2 losses. The team is led by senior captains Nico "Nemo" Tiberia, Blake "Skipper" Giliam, Andrew "Roz" Rosman, Jonathon "Jonny Ball Game" Ball, and junior captain Maxwell Alvarez. The captains start on both sides of the ball.

The Jags' success is fueled by their stout defense, finishing the regular season with the least points allowed in the Downriver l League. The defense has had stellar performances from Gilliam, Alvarez, Ball, Balderas, Nick Setser, and Micheal "Smitty" Smith.

The Jags' offense would best be described as a "ground and pound" offense, which is led by the offensive line. Andrew Rozman, Braiden Albright, Brady Montie, Maxwell Alvarez, and Brendan Flinn make up the Jags' front five. Quarterbacking for the Jags is sophomore Ethan "Juice Balls" Gajewski. At running backs, Tiberia and David "Aggressive" Cagle are at the helm. Jags' receivers include Ball, Nick "Ween Bean" Patton, and Smith.

An underrated aspect of the Jags' success is the dominant special teams unit.

Mastermind Special Teams Coordinator Joe Johnson had this to say about his units success. " Uhh, yeah, they are the hardest working group of guys I have ever seen. Leading the state as a unit in punt blocks is a pretty impressive feat. I'm just glad I have the group of kids I have, I've never been prouder of a team."

Another important piece of the Jags is their impressive Scout Team. Scout team captain and two-way starter Smith said this about his contribution. "I mean, I'm not trying to say I'm the best but… I am. I show up everyday and make everyone better by constantly showing all of my teammates up. But really, I push everyone on the team day-in and day-out to work as hard as possible, that's why we're gonna make a run to Ford Field."

The Jags will face the Trenton Trojans in the first round of the playoffs. The Jags will try to avenge their loss against the Trojans early this season, where they lost by one point



NBA Predictions

Abdullah Tarmoom

With the NBA season underway, it's only right to make some early predictions. The past offseason was historical, with superstar-caliber players making moves in free agency. Teams like the Los Angeles Lakers, Los Angeles Clippers, Brooklyn Nets, and New Orleans Pelicans made significant signings and trades to strengthen the core of their team.

The first overall pick of the 2019 draft, Zion Williamson, has been the most talked about rookie since LeBron James. Six-time NBA All-Star, Anthony Davis, is expected to help LeBron lead the Lakers to a championship this season after being traded in mid-June. The dynamic scoring duo of Kyrie Irving and Kevin Durant both took their talents to Brooklyn during free agency.

With the NBA being the most well-balanced, it's been in over a decade. Nothing is a guarantee. MVP: Stephen Curry., with Kevin Durant going to Brooklyn during the free agency, will give Curry more opportunities to have the ball in his hands and score.

Also, with his splash-brother Klay Thompson being out for the season with an ACL injury, the future of the Warriors is in the hands of Curry. Considering he achieved multiple MVPs in recent years, Curry has the ability to step up and will the Warriors back into the playoffs.

ROTY: Tyler Herro. The rookie guard out of Kentucky was drafted 13th by the Miami Heat. The Heat, still looking to find an identity, traded for four-time all-star Jimmy Butler in the offseason. Adding Herro to this roster fills the scoring void this team needed. Averaging over 14 ppg in college, Herro is a walking bucket. Throughout pre-season, Herro has already made some notable moves and is drawing the attention of many.

NBA Finals Winner: Los Angeles Clippers. Kawhi Leonard and Paul George caused the internet to erupt when they both announced their decision to join the LA Clippers. Although the Lakers traded for Davis, the Clippers have more depth in their roster. With the defensive prowess of the Clippers starting five, it will be a challenge for most teams to make any mistakes against them. Coming off a Finals MVP, Kawhi has shown he has what it takes to lead a team to a championship.



Lions Trade Quandre

Mario Mangiapane

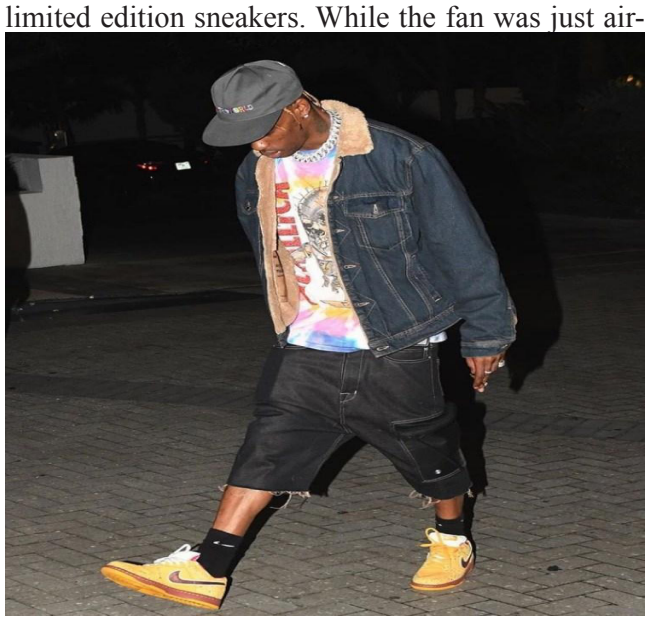
The Detroit Lions' general manager Bob Quinn has always made risky and interesting moves around the NFL trade deadline. On October 22nd, he made a big decision by trading starting safety Quandre Diggs to the Seattle Seahawks for a fifth-round pick in the 2020 NFL draft. Diggs had never thought to be traded just a year after signing an extension with the Detroit Lions and less than 2 months after being named a captain of the team. "I was blindsided by it, honestly," said Quandre Diggs according to ESPN. Though Diggs is excited for this opportunity to play on a new team, he is also sad to be leaving Detroit and his now former teammates. His teammates were also just as shocked as he was, some even unhappy. Darius Slay, Detroit Lions' cornerback, voiced his displeasure on twitter. "Wowwwwwwww no way," tweeted Lions' defensive tackle Damon Harrison. When Diggs got the news that he had been traded, he was taking a nap with his 3-month-old daughter on his off day. Though the Lions have a losing record of 2-3-1 and trading a starter might have been a risky move, the Seahawks were desperate for secondary players due to starting players being injured. Lano Hill is expected to be out for a few weeks due to an elbow injury and Bradley McDougald is dealing with back spasms that has already costed him one game. Luckily, Quinn was willing to trade their starting safety, Diggs, to the Seahawks. Seattle Seahawks' head Coach Pete Carroll said that Diggs would be playing both strong and free safety for the Seahawks defense, as well a little bit of cornerback if needed. Carroll felt very fortunate that Lions offered Diggs, a very versatile player, at their desperate time for depth at the safety position. One aspect that will help Diggs settle into his new Seattle team is the connections he already has. Wide receiver Tyler Lockett is one of Diggs' closest friends and he has already played several seasons with Ziggy Ansah and last year with Luke Willson. Overall, Diggs is excited to start his new football journey in Seattle.

Travis Scott and Nike Collab

By: Aaron Price

On Friday, October 11th, Nike released yet another limited-edition shoe in collaboration with superstar hip-hop artist Travis Scott. Including this most recent release, Travis Scott has released nearly a dozen sneakers with Nike, and every release has the same outcome; the shoes sell out in minutes, and a majority of the pieces are instantly posted on resale marketplaces, such as StockX and GOAT, for anywhere between three and five times the retail price. This turnaround is great for people who make profits off reselling sneakers, but what about fans of Travis Scott who just want to support him by wearing his footwear?

The day following the release of the Travis Scott x Nike Air Jordan 6s, a concerned Travis Scott fan voiced his opinion on Instagram, claiming that true fans are being cheated from buying the sneakers they want due to resellers using software that take advantage of the system. And the fan is not wrong, as many resellers use various programs known as "bots" that can run through a shopping site without being operated, allowing resellers to obtain multiple pairs of limited edition sneakers. While the fan was just airing his frustration, Travis Scott himself answered his complaint, saying, "Your voice won't go unheard."



So, with Travis Scott's response and obvious concern of the situation, will anything change? Nike's run with Travis Scott for his several sneaker collaborations has been very successful, and it would be hard to imagine his opinion on how the releases should be handled would be ignored. If Travis Scott were able to influence Nike to change the way limited sneaker releases were conducted, what could this mean for future sneaker release from not just Nike, but their competitors as well? Adidas deals with a similar situation, as Kanye West's Yeezy line is one of the most high demand sneakers worldwide, yet many of the sales go to resellers. A possible change in sneaker releases could mean big things in the streetwear community, such as even higher resale prices, due to less shoes being sold on the aftermarket, and quite possibly larger releases.

Taco Bell Recall

By: Mario Mangiapane

In July this year, Taco Bell, the Mexican fast food chain, experienced a shortage of tortillas across the U.S. due to a problem with their supplier. Of the 7,000 restaurants in the country, it was unclear how many were hit with the shortage problem. The shortage caused many of the items to be greyed out since Taco Bell was unable to make them, most of which were the burritos. One location in St. Louis, Missouri had 13 of the 15 burritos on the menu shaded out because of the shortage. Taco Bell just urged people to order items that didn't' use a tortilla, such as a Powe Menu Bowl or a Cheesy Gordita Crunch.

Now, on October 11th, Taco Bell recalled a large order of seasoned beef in 21 states due to alleged metal shavings found in a menu item by a customer. Taco Bell took immediate action to ensure the safety of their customers by telling the USDA about the metal shavings and identifying the plant at which the meet came from. The voluntary recall on October 11th affected about 2.3 million pounds of season beef across the U.S. in the Midwest, Southeast and Northeast regions.

Customers could not believe that Taco Bell ran out of one of their most popular ingredients to their food. Taco Bell said that they were working on replenishing the seasoned beef shortage but did not specifically say when it would be replenished. They, once again, suggested that customers try something else on the menu that doesn't have seasoned beef. Taco Bell told its affected stores to stop selling the beef because it didn't meet its quality standards, not because of the alleged meat shavings found in that shipment.

People were angered by the secrecy of Taco Bell and the meat so they decided to come out on Monday, October 15th. Customers outraged about the absence of beef at Taco Bell took to social media and posted memes and tweets dealing with the issue. Taco Bell still has limited amounts of beef at the affected locations. So far, there have been no reported health incidents from the contaminated beef.



Controlling Emotions

By: Brenna Fikel

Do you ever find yourself in an altercation and wondering why the person on the other end is acting so outrageously? Have you ever felt regret or embarrassment after overreacting? You don't have to anymore. There are ways to approach stressful or triggering situations in a manner that does not result in the feeling of losing control of yourself. It is a myth that we all just "are who we are." Yes, to some degree all of us are "products of our environments" but we are not limited to behaving how we were raised to be; and we do not have to use the same coping mechanisms in the future that we did as a child According to Psychology Today, a few tips to get your emotions under control are to shift your focus, change your thoughts, and change your response. Shifting your focus will help you calm down. Often, when people are angry, they tend to dwell over the situation, which only increases their negative feelings and leads to them wanting to react in order to express the built up anger. The goal is to focus less on the problem, at least until your emotions are no longer taking over you. When changing your thoughts, you must change how much you believe the problem is affecting you. This basically means to brush things off your shoulder; giving them less power over you. Changing your thoughts could be seen as letting people walk all over you, but in some situations reacting how you believe that you should may increase the possibility of you losing jobs or relationships. Changing your response is simply being able prevent yourself from acting on instincts. The situation should be evaluated before a response is given to ensure that it is not a response that will cost you. Making these changes will not come easy to everyone, but the results are beneficial. These tips will come in handy throughout all aspectreers.

Social Media Ban "Miracle" Diet

By Abbie Chojnacki

Recently Facebook and Instagram have come out and said that they are going to block users under 18 from seeing posts promoting "miracle" diets and weight loss products. They came to the conclusion that these posts are teaching young kids and teenagers unhealthy and dangerous eating habits.

Also these posts can lead to teenagers having an unrealistic and unhealthy image of what they should look like or what their bodies should look like based on the posts. Many big celebrities and social media influencers do sponsorships with brands that make these unhealthy dieting and weight loss tools.

For example, last year Kim Kardashian made an Instagram post promoting appetite suppressant lollipops. The Kardahsians have so many fans and supporters and when they see their posts about these products, it gets them interested and unhealthy weight loss methods begin. The Kardashian's also have many young fans and that's not sending a good message for them to follow.

Khloe Kardashian was always referred to as the fat funny sister growing up and in the past years so has gotten into shape. She as well as her sister Kim promotes unhealthy weight loss products such as "flat tummy tea." Many people were inspired by Khloe Kardashian's weight loss, she even had a show that help people lose weight, but after seeing some of the products she promotes, it makes people question if she lost it the healthy way by working out and eating right or the unhealthy way by drinking crazy concoctions and starving herself.

Facebook and Instagrams' decision to block these posts from younger users is a great idea if they actually follow through with it. Young kids should not be exposed to appetite suppressant candy and "flat tummy teas." They shouldn't worry about what their bodies look like or compare themselves to others. Kids should focus on being kids. The type of posts from celebrities and influencers that people look up to can really affect the way someone thinks.



Being in middle school or high school and seeing your role model or favorite celebrity post about a weight loss product and the way society is today can affect you mentally by causing dangerous eating habits and also lack of self esteem and confidence, which could ultimately lead to depression.

An Addict And His Road To Recovery

By Leila Orefice

Amy Dickinson- from the Detroit Free Press- gets many letters regarding the lives of others and often times they are asking her for advice. In a particular article, a man writes about the impact drugs and alcohol have had on his life.

He begins by explaining that for twenty years, he and his ex-wife have done drugs together throughout their relationship. Since then, he has been unable to find love again and now faces an alcohol consumption problem as the aftermath of quitting the drugs he was on.

He goes on to explain, "I live in Vegas and drinking is not frowned upon." He's aware of the fault of his excuse and even states, "I quit one drug only to let another hold me hostage again."

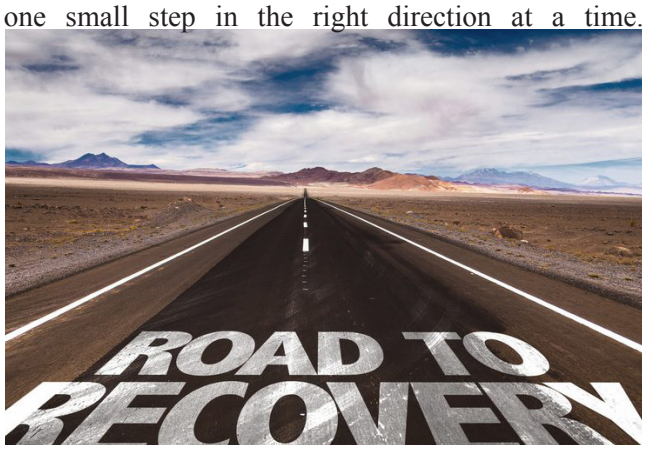
However, the idea of going to some sort of therapy makes him uneasy, knowing that he is unable to pay the fees that come along with this service.

Although it seems like a tough predicament, Amy comes back with some useful advice that could impact other addicts who might happen to stumble upon the article. While giving him credit for kicking the drug habit to the side, she also gives him a friendly but firm reminder that "as long as you are addicted to a mood-altering substance, you will likely continue to be stuck, swimming in your emotional turmoil."

Moving forward, she gives him the advice to find an AA (Alcoholics Anonymous) meeting because these are available with no cost. This is a positive start on the right path. "All you have to do is show up," she says.

Lastly, it is important to note that there are others traveling on their road to recovery at this moment and finding a community of like-minded individuals is always a good option. This way people can help each other grow from past mistakes and bad experiences. With this, try participating in activities such as meditation and exercise.

An addiction doesn't have to define or control someone forever. All it takes is one small step in the right direction at a time.



Limiting Our Technology

By Abby Smith

We all know we shouldn't consume our lives with our phones, tvs, and computers, but do any of us really know why? More and more, studies have shown that increased digital use affects your mental health. "It's been shown that the more time you spend on social media, the more depressed you become. It sounds counterintuitive, but when you're constantly bombarded with filtered Instagram-perfect models and only the highlights of your friends' lives, it's pretty easy to start doubting yourself," says projecthappiness.org.Limiting your daily technology use is a goal almost anyone can undertake.

It can be a New Year's resolution, and (funnily enough) there are plenty of apps to help you out. Here are just a few reasons you should think about minimizing how much technology you use. Studies have indicated that social media usage is also linked to loneliness. One of the most surprising of studies has shown that the longer a person spends on social media, the lonelier they are. This shows that "social" media isn't as social as we think. It can't replace real-life interactions, though humans try to use it for just that purpose. Not only that, but the screen time interrupts sleep. Good sleep hygiene always includes not sitting in front of a screen at least two hours before bedtime.



"This complements every other good habit including sleeping in a dark room and not having any technology visible. Blue light notoriously disrupts sleep, and blue light exists in nearly every technology. Proper sleep is also linked to health in every other capacity, and Americans are chronically fatigued. If you want to improve every aspect of your life and health, start with sleep. If it seems impossible to avoid screens two hours before bedtime, you might want to consider if you have a tech addiction", says projecthappiness.org.


HOMECOMIN
VANS


Work Hard!
Get Smarter!


GIRLS VOLLEYBALL
BOYS SOCCER


SPIRIT BRICK



Spirit Week


APHS













