



Helpful Tips to Cope With Stres



**By Sofia Mendoza
Tusker Tribune Staff**

Now that the first month of school has come to an end, most of us may begin to feel the stress of all the new work and responsibilities that are expected of us as middle schoolers.

Between daily homework, clubs, sports, extracurricular activities, and our social lives of course, we might find ourselves feeling a bit overwhelmed every now and then throughout the school year. Here are five calming tips to help you manage your stress if and when it arrives.

• **Tip one: Take a Deep Breath!**

Now you might hear this one a lot, but it's a very important thing to remember. It is actually true that taking deep breaths calms you down and lessens stress and anxiety. So, when you are feeling overwhelmed, take a deep breath in, exhale out slowly and refocus.

• **Tip two: Meditate/Pray**

When you are feeling overwhelmed, it's a good idea to just take a minute or 20 to find a quiet place, close your eyes, and organize thoughts that might be all scrambled in your mind at the moment. Praying is also a great way to release your worries, ask for help, and strengthen your confidence that in the end things will all work out for good.

• **Tip three: Talk to someone**

If meditating or praying aren't your thing, or you feel you need more of a human connection, talking to a trusted friend or adult can help relieve some of your worries. Sometimes you just need someone to listen to you and not give any advice. Other times, people have a different point of view then you, and it's good to see the world



through someone else's eyes. Their advice or thoughts might help you learn and grow.

• **Tip four: Listen to Music**

Whether you use headphones or like to let the world hear your song, listening to your favorite songs can make you happier and less stressed. Perhaps you enjoy playing a musical instrument and it calms you to make your own music. Or maybe you focus better on your work with music playing in the background, that's cool too.

• **Tip five: Spend time outdoors**

A little vitamin D is a sure way to change your mood. Spending time outside, whether you are playing your favorite sport, gardening, going for a walk, or simply lying in a hammock or on the green grass is a great way to relax. This is something you can do daily or weekly. On rainy days perhaps you can sit by your window and listen to the rain falling or go dancing in the rain. Snow days are endless fun, and summer days open opportunities for beach days and parks. If you are not an outdoors type of person maybe your outdoor time is spent getting to a library, a museum, your favorite store, the movie theatre, or an indoor park/ sport center.

These are just five tips to cope with stress, but there are many more. Anything positive that doesn't hurt you or others could be a good way to relieve stress. Remember to always make time in your busy schedule to relax and take a moment to yourself. Even five minutes every day can make a big difference. And if you feel overwhelmed by everything you must get done in one day or one week, break it all apart into little tasks and complete them one at a time instead of becoming overwhelmed with trying to do them all at once.

Your Guide to the NFL



**By Ava Schmidberger
Tusker Tribune Staff**

Football season has started, and along with it, the NFL. For some people the NFL, or just football in general, may be hard to understand, so here's your beginners guide to NFL Week 3.

The NFL's 32 franchises are divided into two 16-team conferences, the American Football



Chiefs.

Conference (AFC), and the National Football Conference (NFC). Each conference is further broken down into four, four-team divisions (east, north, south, and west) based on geographical location.

The NFL regular season started on September 7th with the Detroit Lions vs. the Kanas City

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Hispanic Heritage Month With These Book Recommendations



**By Sofia Mendoza
Tusker Tribune Staff**

So, while the first month of school rolls by, people are finishing some terrific books but then not knowing what to read next. Well, I have four great books for Hispanic Heritage Month that I hope that you might like to read someday.



Number 1: My Family Divided

My family divided is about a girl who is having problems because her parents might get deported to Colombia. And now her family that once was full of love is being turned into an upside-down

mess.

Number 2: Frizzy

Frizzy is a graphic novel about a girl named Marlene who is a Latina girl who is tired of her trips to the salon every week to straighten her big curls. She wants to embrace her beautiful curls like her Tia Ruby and fight



back against the beauty standards.

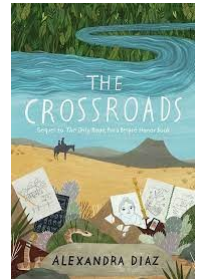
Number 3: Invisible



Invisible is a graphic novel about a group of five Hispanic children who are forced to be together by the school to do community service. They are all very different and don't know each other too well until they find someone who needs their help, and they want to help. But they want to stay invisible in middle school, so what will they have to do whatever it takes to stay invisible. Read the book to find out.

Number 4: The Crossroads

The Crossroads is about a boy named Jaime Rivera. He had gone to a school in Guatemala before he had move to *El Norte* (America) and he doesn't even speak English. Life gets him down so many times and he still will keep on persevering through it all.



Well, now you know four great books to start of Hispanic Heritage Month and get back to reading. I hope this helps you find a good book for you to read.

Drama Club Will Present 'Aladdin Jr.'



**By Sofia Mendoza
Tusker Tribune Staff**

This school year, the Somers Middle School's Drama Club will be presenting "Aladdin Jr." The first meeting took place on Wednesday, September 27th, where many enthusiastic and artistic young actors came together to hear Mrs. Williams' explanation of this year's play. I am so excited that Aladdin Jr. was chosen to be this year's play because the story portrays many important life lessons that we as middle schoolers can learn from.



Throughout the story, Aladdin learns the importance of staying true to yourself and who you are, the value of friendship, and that greed gets you nowhere. The story also teaches us that true strength and wealth comes from within.

Some of the issues that are touched upon are social class divisions and gender inequalities, as both Aladdin and Jasmine are judged by their society because of their social class and gender. Aladdin is initially seen as a street rat because he is poor, and Jasmine is initially denied her own free will to choose

what she wants for her own life because she is the Sultan's daughter. Although there will still be the classic Arabian nights, the beautiful city of Agrabah, and the magic of the genie, Aladdin Jr. will be slightly different than the Disney version. It will have some surprising recent changes and characters which will surely keep the audience interested.

If you want to commit to participating in some way with this year's play, don't hesitate to speak to one of the teachers running the drama club, or stage crew club. There are many ways to be involved. Auditions for parts in the play will begin next month.

Reporters
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The NFL
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As of 9/29/23, the Miami Dolphins are #1 in the AFC East division, the Pittsburgh Steelers are #1 in AFC North, the Indianapolis Colts are #1 in AFC South, and in the AFC West, Kansas City Chiefs are #1.

In the NFC, the Philadelphia Eagles, Detroit Lions, Atlanta Falcons, and San Francisco 49ers are in the #1 spots.

Ready for Some Football?



**By Xavi Dosil
Tusker Tribune Staff**

On 9/22, the New York Giants lost to the 49er's during week 3 of the NFL season. After 10 days off, the Giants go back to MetLife to play the Seahawks in a must-win game on Monday 10/2. Meanwhile, on Sunday 10/1 on NBC, the Jets play the Chiefs in another must-win game. Let's talk football and future schedules.

Bills vs. Dolphins: after a great win over the Commanders for the Bills (37-3) and after Miami almost set the record for most points scored in one game by 1 team in the NFL (70-24). The Bills and Dolphins meet up. For the Bills, they are in 2nd place in their division, their conference (tied with five teams) and the league (tied with 13 teams). Meanwhile, for the Dolphins, their 70-24 win was against a poor Broncos team that's 0-3.



But they need to keep up the momentum after that dominating win. This game will be at 1:00 Sunday 10/1 on CBS.

Jets vs. Chiefs: This game will be important to win for the Jets due to their loss last week against the Patriots, which in my opinion was a fight 'till the final snap for the Jets. For the Chiefs, after they won 41-7 with a famous star in attendance, they are proving that the loss in the 1st game of the season was just a fluke. For the Jets, Aaron Rodgers is recovering from a Achilles injury, so Zach Wilson, who is really in a bad place with the fans, is replacing him. So far, the Jets' season is dead, but if the Jets win, they may be able to get back the season. The game is on Sunday at 8:00 on NBC 4 and 98.7 ESPN.

Giants vs. Seahawks: this game is really in my opinion a must-win for the Giants. Let me explain why. The Giants Lost to Dallas 40-0 at home in the first game of the season. The Giants then

came back from 20-0 in the 2nd half against the Cardinals at Arizona and they lost 30-12 in San Francisco last Thursday. But after that loss, they got themselves 10 days off due to the schedule. And now they need to win against Seattle after that long of a break. Seattle is better than the Giants in a way. But they are 2-1 and they are on a two- game winning streak. So the Giants need to be prepared to face them on Monday. The game is on Monday at 8:00 on ABC (WABC 7) and 660 AM and 101.9 WFAN.

Here is the list of NFL games this week:

- Thursday, 8:00 pm, Prime, Lions (34) vs. Packers (20)
- Sunday, 9:30 AM, ESPN+, Falcons vs. Jaguars
- Sunday, 1:00, NFL Sunday Ticket on YouTube and YouTube TV – FOX, Vikings vs. Panthers
- Sunday, 1:00, NFL Sunday Ticket on YouTube and YouTube TV – FOX, Rams vs. Colts
- Sunday, 1:00, NFL Sunday Ticket on YouTube and YouTube TV – FOX, Buccaneers vs. Saints
- Sunday, 1:00, FOX 5, Commanders vs. Eagles
- Sunday, 1:00, NFL Sunday Ticket on YouTube and YouTube TV – FOX, Bengals vs. Titans
- Sunday, 1:00, CBS 2, Bills vs. Dolphins
- Sunday, 1:00, NFL Sunday Ticket on YouTube and YouTube TV – CBS, Broncos vs. Bears
- Sunday, 1:00, NFL Sunday Ticket on YouTube and YouTube TV – CBS, Ravens vs. Browns
- Sunday, 1:00, NFL Sunday Ticket on YouTube and YouTube TV – CBS, Steelers vs. Texans
- Sunday, 4:00, NFL Sunday Ticket on YouTube and YouTube TV – CBS, Raiders vs. Chargers
- Sunday, 4:20, FOX 5, Patriots vs. Cowboys
- Sunday, 4:20, NFL Sunday Ticket on YouTube and YouTube TV – FOX, Cardinals vs. 49ers
- Sunday, 8:00, NBC 4, Jets vs Chiefs
- Monday, 8:00, ABC 7, Giants vs. Seahawks



Notable Hispanic Individuals (Part 1)



**By Ava Schmidberger
Tusker Tribune Staff**

Selena Gomez

Selena Gomez is a very influential person. She is a singer-songwriter and has her own business, Rare Beauty. Selena is Mexican (her father) and Italian (her mother). Growing up she learned about her heritage by celebrating holidays with her dad and attending celebrations such as a *quinceañera*.

Her father's family first came to America (Texas) in the 1970's, about 20 years before Selena was born, from Monterrey, Mexico. Selena has accomplished many things as a Mexican American such



as being nominated for Grammy Awards and Emmy Awards.

Javier Baez

Javier Baez is the current shortstop for the Detroit Tigers. Javier's nickname is "El Mago", which is Spanish for "The Magician".

Javier is Puerto Rican. Javier Baez has made many accomplishments as a Latin-American. He receives a very high salary of almost \$20 million.



**Hispanic
Heritage Month**
September 15-October 15



He is also a two time all-star, an MVP, Silver Slugger Award winner, and won the world series in 2016.