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Celebrate World Introvert Day! (But Keep it Quiet!)



**By Olivia Pelhank
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Are you an introvert? Well, you would be happy to know about the holiday that celebrates introverts! In 2011, an author and psychologist named Felicitas Heyne made a blog post for a day of what he called the "quiet ones." Now, world introvert day is every January 2!

When I was researching what world introvert day was, I found a Q&A with Felicitas Heyne. The most interesting question was what inspired him to create this holiday in 2011? In the words of Felicitas Heyne, "the concept for World Introvert Day emerged from my passion for acknowledging and celebrating the unique qualities of introverts. It was vital to offer a day where introverts could feel recognized and understood in a predominantly extroverted world. My 2011 blog post was the catalyst, leading to the first official



World Introvert Day on January 2, 2012. It aimed to enhance awareness and appreciation of introverts' contributions to society. And on a very personal note: I'm an extrovert, but I've been married to an introvert for over 25 years now, so this topic matters a lot to me."

So, what happens on World Introvert Day? And what can you do to celebrate World Introvert Day? Well, sometimes people like to spread awareness to introverts. You do their favorite hobbies, go on walks with each other, and extroverts put themselves in the introverts' shoes. Sometimes they relax with each other. They meditate, read or watch a calm movie. But most of the time, introverts just want peace and quiet. To be able to get some space and just be alone for once. It's a chill kind of day. Boring to extroverts, but every introvert's dream come true!

So, if you're an extrovert, just give them some space. And if you're an introvert, enjoy the peace and quiet.

'The Michigan' Isn't Just a State . . .



**By Noah Samuel
Tusker Tribune Staff**

Introduction

You might have heard about "The Michigan," a trick shot that can show true skill and sheer greatness in a hockey player. But how do you perform it? And what is the history behind it?

History

"The Michigan" is a lacrosse-style hockey goal first performed by Mike Legg in the 1996 NCAA ice hockey tournament. Since then, many players have tried to pull this trick shot off, and some have even succeeded. The reason for the name is because Legg did this trick in a University of Michigan vs University of Minnesota game, with Legg playing for The University of Michigan.

How It's Done

"The Michigan" trick shot is performed by the player scooping the puck up onto the blade of their stick, and then flicking it over the goaltender's shoulder, or into a top corner of the net. This can also be done with a player's backhand.



"The Michigan" can also be done by doing a toe drag-flick onto a player's stick, and then finishing the same way.

NHL History

Andrei Svechnikov was the first player to successfully perform this feat. In 2019, playing for the Carolina Hurricanes he scored twice like this – once against the Calgary Flames, and once against the Winnipeg Jets.

Then, Filip Forsberg did this playing for the Nashville Predators, in a game against the Anaheim Ducks. Trevor Zegras also pulled off two in his rookie year. He did one Michigan this year, the

same day as the Blackhawks' rookie Connor Bedard pulled one off.

Zegras and Sonny Milano also paired up for a "Michigan Assist," where Zegras did a Michigan and threw the puck over the net, and Milano knocked the puck down into the goal out of mid-air.

Conclusion

So now you know all about "The Michigan." Why don't you try and pull it off?

The Gazan Humanitarian Crisis



By Leo Mundis
Tusker Tribune Staff

Whether or not one politically stands with Palestine, it is a fact that the Palestinian civilians' blood has been spilled.

After Hamas' attack on October 7th, 2023, Israel responded by bombing Gaza and killing innocents in the process. The death toll has only increased, and, according to the UN, 22,185+ Palestinians have been reported killed. This does not include any civilians missing, under the rubble of the buildings that collapsed due to the bombs.

The situation is incredibly dire in Gaza, as the people have extremely limited (or no) food, water, fuel, or electricity. Hospitals have been bombed, ambulances have been bombed, mosques have been bombed, schools have been bombed, and homes have been bombed. Additionally, according to Euro-Med Human Rights Monitor, 10,000+ children have died. This source was from a month ago, so even that number is lower than reality as of current.

Food Insecurity in Gaza

According to the UN Population Fund, roughly 1.9 million out of the 2.2 million (86.4%) of the population have been displaced (forced to leave their home), and food insecurity is currently extremely high. There isn't a single Palestinian in the Gaza Strip who isn't subject to this, but an estimated 576,600 people (26.2%) are facing especially bad



hunger and are in immensely critical starvation.

Water Scarcity in Gaza

Like the food scarcity issue, Gazans face many issues having enough water. As pbs.org states, "Getting clean water in Gaza has long been complicated, but since the Israel-Hamas war began last month, access has gone from tenuous to dire."

The article also states that, "The average Gazan is relying on around 3 liters of water per day for consumption, cooking and personal hygiene needs such as toilets, or bathing," said Jonathan Crickx.

"The accepted international emergency threshold of water per person is 15 liters per day," Crickx said. "Five times more than what people in Gaza have now." Also, clean water in the region is rare, so the Palestinians are forced to consume salty, dirty water, that likely has very harmful chemicals. This has led to an increase in sicknesses like diarrhea, cramps, and dehydration.

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There's More to Pine Cones than Meets the Eye



By Noah Samuel
Tusker Tribune Staff

Introduction

You might think that pinecones are just for decorative purposes. But that's not true.

Pinecones play a significant role in our ecosystem.

Safe Seeds

Pinecones only come from pine trees, though all conifers produce cones. The main function of these cones is to protect the seeds of a pine tree. The pinecones close their scales to protect the seeds from the cold, wind, and predators. When the weather is warm and it is easy for the seeds to germinate, the cones will open their scales. However, some pinecones need a fire to open their scales.

Fertilization

There are two types of pinecones, the male, and the female, which won't always be on the same



tree. The cones that we see on the ground and trees are the females. The males are much smaller, and are usually never noticed. The male cones release pollen, which finds a female pinecone and fertilizes it. Then the female cones will fall, which could take up to 10 years!

Nutrition

In addition to protecting seeds, pinecones are a useful source of nutrition. Pine nuts come from pinecones. Pinecones themselves are a reliable source of vitamin K, thiamine, magnesium, and protein. Pinecones are also a great natural source of phosphorus, zinc, and manganese.

Conclusion

So next time you are collecting pinecones in a basket, or see one on a wreath, know that they are important for safeguarding conifers' cones. And remember they are also a healthy snack.

Human Rights More Important Now in an Unsure World



By Ava Schmidberger
Tusker Tribune Staff

The Universal Declaration of Human Rights is a document, created by the United Nations committee, states 30 human rights that everyone should have.



In the 21st century, most countries follow the majority of these rights and have laws in place to protect them. The declaration was proclaimed by the United Nations on December 10th, 1948. Unfortunately, despite the efforts of the public, all

30 of the rights are not protected in every country.

For example, in the United States, women's sexual and reproductive rights are not protected, but the right to own property is. Another example is in Syria. In Syria, most of the gender equality rights are violated, including equal pay and equal opportunity. The country with the least number of rights protected by the Universal Declaration of Human Rights is Iran.

Sweden and Canada are tied at the top of the list for countries supporting the greatest number of human rights.

Still Time to Make '24 Resolutions



By Noah Samuel
Tusker Tribune Staff

A resolution is a firm decision to do or not do something. New year resolutions are decisions people make for a new year. They usually want to get better at something or stick to a routine/plan to improve themselves. Some common resolutions are eating healthier/not eating junk food, doing better at school or sports, and working out.

However, there are other types of resolutions, other than physical ones. People sometimes choose to meditate/improve mindfulness or try to follow a religious path for themselves. You can also be resolute to helping your friends/family with their resolutions, by doing things, like giving them reminders, and encouraging them to stick to their



choices.

There are ways you can help yourself if you can't stay on task. You can set reminders and/or alarms, make a reward system for yourself, or make a daily schedule. Then, you can check in on your progress with your goal every day, week, month, and so on.

I play defense in ice hockey. That is why my resolution is to get better at shooting and improve my toe drags. I will practice wrist shots from far away, taking snapshots and slapshots, and toe dragging on my driveway to get better at those skills. I also want to work on my toe-drag release shots.

So now that you know about New Year's resolutions, how about you make one of your own, and use these tips to help you.

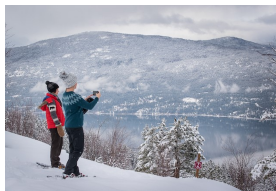
No Shortage of Winter Hobbies



By Noah Samuel
Tusker Tribune Staff

Winter started a few weeks ago, which means drinking hot chocolate and watching the snow fall or going outside and having fun *in* the snow. And since we got our first snow, (and maybe another storm this week!) here are some things to do outside.

- **Go skiing.** Skiing and snowboarding are great winter sports to do once you get a good snow. As a beginner, you can go to places like Thunder Ridge in Patterson, Mt. Peter in Warwick, or Campgaw Mountain in Mahwah. More advanced skiers might want to try a trip to Vermont or Canada, but there are great mountains anywhere further north. SMS is also hosting a ski trip to Mohawk Ski Resort in West Cornwall, CT on January 27th.
- **Ice skating.** It's a fun hobby that many people share, whether it's figure skating or just as a thing to do for fun. You might want to try ice hockey as a recreational sport too. There are



some great rinks nearby, like The Brewster Ice Arena in Brewster, or the Westchester Skating Academy in Elmsford.

- **Snow tubing.** It's a great hobby for anyone to have in the winter. Just rent/buy a snow tube, find a slope, and slide. It can be enjoyed by anyone, no matter what their age, and the best part – it's just a few miles away! Fahnestock State Park, in Carmel, is a great winter park, and it can be enjoyed by people of any age. So why don't you try tubing?
- **Snowshoeing.** An activity not many people have heard about, and even less people practice, but it is a fun, relaxing way to spend time outdoors, and be with nature. It's like hiking – another great activity – but you wear special shoes to keep yourself from sinking in the snow. The idea of snowshoes is to spread out your body's weight over the underside of the shoes, so there is a wider surface bearing less weight. Fahnestock is a great park for this.

So now you know some winter hobbies for you to try. Why don't you give one – or all four – a shot?

Wishing for Freezing Weather



**By Noah Samuel
Tusker Tribune Staff**

A resolution is a firm decision

Nobody likes freezing temperatures, but this year, that's all I want. Imagine drinking hot cocoa and ice skating in the winter. Or maybe playing hockey with some of your friends. That's what I am doing. I am building an outdoor ice rink at my house. I must flood my rink with water and have three consecutive days of freezing temperatures before I can skate.

I got the idea from watching videos of people making their own rinks. I thought they looked super cool, so I decided to try building my own this year. I think the rink will turn out great – if we get a nice freeze.

The same day, three years ago, there was

already snow on the ground. Now the weather is in the 50s. If things continue at this rate, plants, animals, and humans will suffer because of global warming.

But I am not the only one who needs the freezing temperature. Plants need cold temperatures too. When water coats their leaves and freezes, it helps them by releasing more

heat. Additionally, the ice acts as an insulator, keeping the warmth in, and thus, keeps the plant warm through the winter.

Maple trees need the freeze and thaw cycle to produce sap too. During the day, when the temperature is warmer, the maple trees push the sap out of the trees through tap holes for collection. When the temperature freezes at night, the trees produce suction and pull in water through their roots, replenishing the sap for the next day.



The Science Behind Snowflakes



**By Noah Samuel
Tusker Tribune Staff**

We've all seen snow, the white stuff that falls from the sky and collects on the ground. But have you ever wondered how snowflakes are made, or what shape they are?

You might have heard that no two snowflakes are alike. But have you ever thought about the science behind it? Well, all those questions will be answered.

It Starts as a Prism

Snowflakes form when water vapor condenses, and then freezes in the atmosphere around a molecule. In other words, water freezes around a particle of anything – from a grain of sand to even dust. The water naturally freezes in a hexagonal prism, forming "facets." A facet is a flat surface on a 3-dimensional shape.

Since the structure of an ice crystal is six-sided, the facet is also six-sided, giving snowflakes their 6-fold radial symmetry. This means you can cut the snowflake evenly into sixths, with the cuts

branching from the center.

Branches Are Made

The next way a snowflake grows is by forming branches. Branches are made when more water vapor condenses onto the original flake. Since water vapor will condense the first thing it touches, the vapor will freeze on any slight bump on the crystal, before anything else. Gradually, more vapor will

freeze on the frozen points, making the six points on a snowflake.

Depending on the conditions, facets can form on the branches, and then branches on *those* facets, and so on. Because conditions vary greatly in a cloud, and on the crystal itself, it is *highly* unlikely that you will ever find two matching snowflakes.

So now you know how a snowflake is formed, and why no two flakes are alike. Taking pictures of snowflakes is a fun thing to do because you get to see all the different patterns, and with the right camera, maybe one day you'll find two flakes that match!



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