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Pick Out Your Wacky Socks!



By Max Weinfeld
Tusker Tribune Staff

Every year on March 21st, people come together to acknowledge World Down Syndrome Day by wearing crazy colored, and wild mismatched socks. The day is held on the 21st because people with Down syndrome have 3 copies of their 21st chromosome. This is an extra copy that changes a person's brain development.



Down Syndrome is also a genetic disorder associated with a wide range of developmental delays and physical disabilities. This is a day to celebrate diversity and World Down Syndrome. Celebrating diversity is important for inclusivity and encourages students to learn about each other. Wearing blue and yellow socks, the colors for Down Syndrome, helps to raise awareness. If you wear crazy socks, you are showing that you are different and perfect in your own way.

This day is also included in the start of Anti-Bullying Week. This year's theme for World Down Syndrome Day is "We Decide". It was great that so many decided to wear crazy socks on Tuesday!



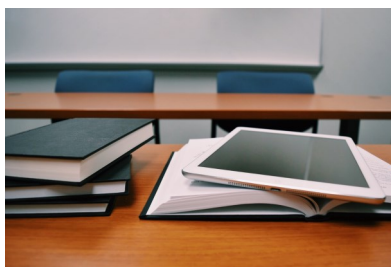
Which is Better for Students? Paper or Tablet Learning?



By Claire Cronin
Tusker Tribune Staff

In school systems, a big part of learning today is technology. It was reported that 94% of public schools surveyed reported they are providing digital devices, such as laptops or tablets, to students who need them for the 2022-23 school year. Just 4% of respondents said they were not providing digital devices this school year.

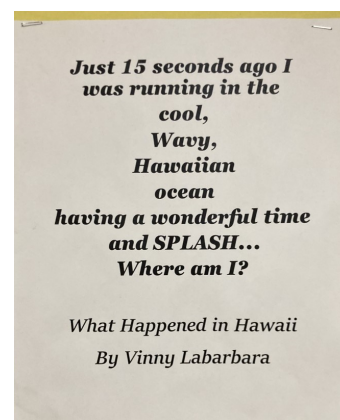
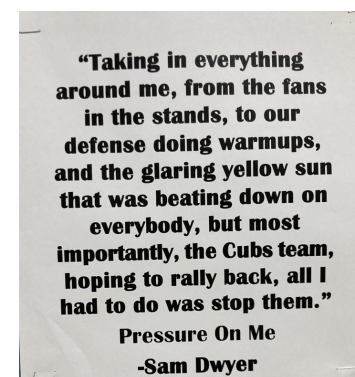
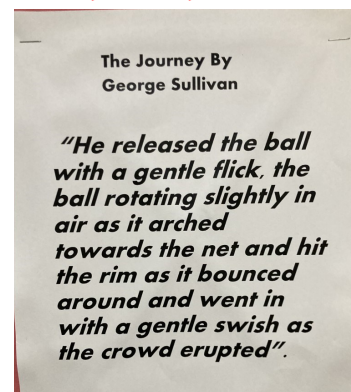
Technology has benefited students by giving them access to many different sources of information in an instant, and technology provides many options for learning. Technology has made the entire process faster, more efficient, and more interactive than paper. However, an issue with technology is that eye strain is a big worry when students are staring at tablets during the school day. Students are learning faster, staying engaged, and retaining more with well-made online lessons, and they are enjoying online individual and group projects. so it is no surprise that it helps students learn faster.



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NaNoWriMo Leads

The Tusker Tribune will publish different NaNoWriMo "leads" from this year's 8th graders over the next couple of months. These leads are on display in the 8th grade wing and on the main floor of the school.



Beyonce Continues to Influence the Music Scene



By Ava Schmidberger
Tusker Tribune Staff

Beyonce

Beyonce, with a net worth of \$500 million, and eight number one hit songs, is arguably one of the most influential and inspiring women in the world. Beyonce is a American singer, songwriter, actress and dancer. She was born on September 4th, 1981, in Houston, Texas and is 41 years old.

Family

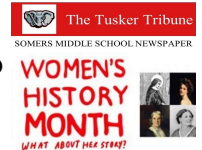
Beyonce is married to Jay-Z. They have three children, Blue Ivy Carter, Sir Carter, and Rumi Carter. Blue Ivy Carter is 11 years old. Sir



Carter and Rumi Carter are both five years old. Beyonce also has two siblings, Solange and Bianca Lawson.

Awards

Beyonce has been nominated for a total of 1,312 awards. Out of the awards, she won 482 of them. Of those 482 wins, 32 of them are Grammy Awards. Some of those awards are, Grammy Song of the Year, Grammy Award for Best Rap Song, Grammy Award for Best Music Film, and The MTV Video Music Award for Best Female Video.



The Story Behind Greek Independence Day



By Ava Schmidberger
Tusker Tribune Staff

Greek Independence Day is celebrated on March 25th. It was made a US National Holiday by President

Biden in 2022. It is also a national holiday in Greece. On this day many Greek communities celebrate the Greek Revolution of 1821. The day honors the Greeks' fight for freedom after being part of the Ottoman Empire for over 400 years!

To celebrate Greek Independence Day, towns and villages throughout Greece hold a school flag parade. During this parade, school children march in traditional Greek clothing and wave Greek flags. There are also armed



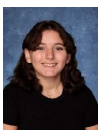
forces parades. The biggest parade takes place in Athens, Greece's capital.

Greek Independence Day is also celebrated in the United States.

The holiday is mostly celebrated by communities with a large Greek population. To celebrate the holiday parades are held in major cities like New York, Boston, and Chicago.

Why March 25th? Greek Independence Day is celebrated on March 25th because the Greek Revolt was precipitated on March 25th, 1821. This is when Bishop Germanos of Patras raised the flag over the Monastery of Agia Lavra in the Peloponnese, which is southern Greece.

Student Stress Increases In All Grades



By Lauren Crispino
Tusker Tribune Staff

With all the new changes happening in the world currently, it wouldn't be surprising that many students are extremely stressed. With the trimester just ending, grades coming out, tech week just ending and even the school year ending soon and the 8th graders going off to high school, it is so difficult and stressful.

Not to mention that there could also be personal, financial, mental, family, or social issues that could be affecting students. Even with the stresses of the world right now, with what seems to be an endless stream of negative things happening.



It's hard to escape it all.

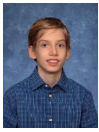
How can we help? you may be asking. Well, there isn't one specific thing that teachers and staff could do to solve every problem every student could be having. Really, the only thing that teachers could do is to give students a break once in a while.

Genuinely, if a student seems to be putting in low effort on assignments, or seems really stressed, check in with them. The little things could mean so much to a struggling student.

To any student currently struggling, there are many resources available for you to go to, in and out of school. And if you ever need to talk, reach out if you need!



Quiz: How Much Do You *REALLY* Know About Elephants?



**By Lenny Novichenko
Tusker Tribune Staff**

The elephant is the mascot of Somers. We see its likeness every day, from the statue in front of the Elephant Hotel to the posters at SMS. But how much do you really know about these large creatures? Test your knowledge in this fun quiz!



of all land mammals. They can remember the routes to distant watering holes and feeding areas, the faces of humans and other elephants that they encounter (even those that they haven't seen for many years), and even the ripening times of different fruits.

How to play: take a piece of paper and cover all of the questions and answers. As you progress, slide the paper down to reveal the answer and the next question.

Q: Are elephants afraid of mice?

A: Although this popular myth is often portrayed in movies and TV, elephants are not actually afraid of mice. People used to think that mice could crawl up an elephant's trunk and cause sneezing, pain, and irritation. Most mice are actually much too large to climb into an elephant's trunk, and an elephant's eyesight is so poor they probably wouldn't be able to see a mouse at all.

Also, if elephants can live in an environment with rhinoceroses and crocodiles, they probably wouldn't even bother to think about mice at all.

Q: How many types of elephants are there?

A: There are three species of elephant: the African Bush Elephant, the African Forest Elephant, and the Asian Elephant. Out of these three, the African Bush Elephant is the largest. Old Bet, the famous circus elephant, was most likely an Asian Elephant that was shipped from India to the U.S.

Q: What do elephants eat?

A: Contrary to popular belief, elephants do not like peanuts, and they are not included in their diet both in zoos and in the wild. Elephants prefer fruits, grasses, leaves, and tree bark.

Q: Can elephants drink water through their trunk?

A: No. An elephant's trunk is really a nose, and just like humans, they can't drink using it. Instead, the suck water into their trunk and then squirt it out into their mouth.

Q: True or False? Elephants never forget.

A: True! This saying actually has merit, as elephants have the one of the best memories in the animal kingdom. Elephants have the largest brain

very heavy, elephants are surprisingly buoyant. They are excellent swimmers, using their powerful legs to paddle and using their long trunk as a snorkel. Swimming is a vital skill for elephants, as they often need to swim across rivers and lakes in search of food.

Q: Can elephants swim?

Q: How long do elephants live?

A: Elephant life expectancy is similar to humans. In the wild, the average life expectancy for elephants is 60 years, but they can live for up to 80 years in captivity. Elephants become mature (become adults) at 17 years old.

Q: Are elephants endangered?

A: Unfortunately, elephants are endangered. Their population is decreasing rapidly due to habitat loss and poaching. Due to the growing population in the generally less economically developed countries where elephants live, people are more and more often destroying animal habitats for settlement and farming. Asian elephants also face illegal hunting, as their tusks and hides are very valuable on the black market.

Paper or Technology?

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But it has also been shown that writing by hand on a piece of paper is better for learning by being one of the most effective ways to study and retain information.

It's said that by hand writing the information, it helps students remember more of what they're learning. Along with reading on paper, it also prevents students from being distracted and keeps them focused on the task at hand.

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What is NASA?



By Claire Cronin
Tusker Tribune Staff

Editor's Note: As the U.S. works on a new space mission to the moon, and is also developing technology to travel to Mars, NASA, the agency leading the effort, is back in the news. Claire Cronin gives some background on this organization.

NASA stands for National Aeronautics and Space Administration. NASA is a U.S. government agency that is responsible for science and technology related to air and space.

Many people know something about NASA's work. But most probably have no idea about how many different things the agency does. Many astronauts who go into space collect scientific research that will help learn more about outer space.

NASA is a national agency that oversees government projects in solar system exploration and outer space exploration (including both robot and human exploration), as well as human space-flight, upper atmosphere and astronautics research, earth science and space science.



As the national government's agency in charge of space travel and exploration, NASA's portfolio (as of 2021) includes:

Planetary science: NASA studies the planets and moons of our solar system. Its scientists look for signs of life (both current and past).

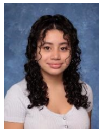
Space Launch System: NASA's Space Launch System project aims to produce a super heavy-lift expendable launch vehicle that will enable deep space exploration with high-mass spacecraft.

Orion program: The Orion Multi-Purpose Crew Vehicle is a reusable space capsule designed for low-Earth orbit.

Return to the moon: NASA's aims to land Americans on the south pole of the moon in the near future. As part of its mission statement, the program will include at least one female astronaut, making her the first woman to set foot on the moon.

Mars exploration: Through the Mars rovers NASA has led the exploration of Earth's neighbor. The agency aims to send humans to Mars, but a date hasn't been set for this project.

Seven Out of 10 Global Problems And How to Solve Them



By Sophia Valenzuela
Tusker Tribune Staff

Editor's Note: This is an ongoing series presenting 20 global problems and solutions to fix them. This is the seventh installment. The first installment ran in the 10/14/22 issue of the Tusker Tribune.

Mental health is ranked 7th on the global problems.

What is mental health?

Mental health is our emotional, psychological, and social well-being. Which it affects how we think, feel and act.

Why is it important to take care of our mental health? Mental health also determines how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Not taking care of our mental health can cause mental illnesses and stress.

Mental illness is a leading cause of disability. Mental illness that's not treated can cause severe emotional, behavioral and physical health problems. Different types of mental illnesses include anxiety, attention deficit hyperactivity disorder (ADHD), bipolar disorder, borderline personality disorder, depression, dissociative disorder, eating disorder, obsessive compulsive disorder, posttraumatic stress disorder (PTSD), psychosis and schizoaffective disorder.



More than 50% of people will be diagnosed with a mental illness or disorder at some point in their lifetime. One in five Americans will experience mental illness given in a year. One in five children, either currently or at some point during their life, have had a serious debilitating mental illness. One in 25 Americans live with a serious mental illness.

There are many different causes to mental illness. Some causes could be early life experiences, such as trauma or different types of abuse, experiences to medical conditions, biological factors or chemical imbalances in the brain, use of alcohol or drugs, having feelings of loneliness or isolation.

Some treatments/cures for mental illnesses are psychotherapy, medication, case management, hospitalization, support group, complementary & alternative medicine, self-help plan and peer support could all help or cure it.

Mental illness can cause a person to be unhappy, for there to be family and relationship conflicts. To add on, it could cause problems with tobacco, alcohol, other drugs, and problems with school or work. To sum it up mental illness can affect someone's future and success which is why it's so important to take care of your mental health by getting regular exercise, eating healthy, getting well rested, staying hydrated and focusing on positivity.