

# HOMECOMING



## September 2024 Issue



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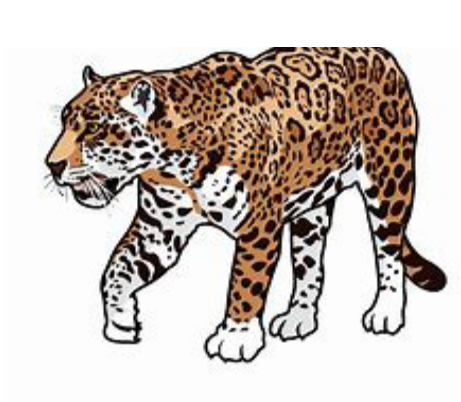


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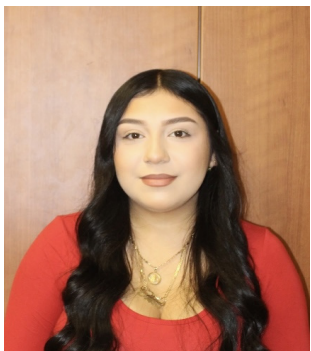
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## Sean “Diddy” Combs Arrest and Abuse

BY JERSEY MORTON

After multiple accusations against Sean Diddy Combs the truth has finally come out, and Combs seems to be dragging everyone else down with him. In November of 2023 Combs’ ex-girlfriend Cassie, placed accusations against Combs for sexual assault and domestic abuse. Months later on March 25th, 2024 Combs LA house was raided through a search warrant from Homeland Security. In Combs’ house there were several lude objects. This information got released to social media which is why this case has so much attention on it right now.

Through summer of 2024 Combs had over 10 additional people speaking out against him and accusing him of multiple other abuse charges. In August of 2024 video and picture evidence circulated the internet of Combs infamous “White Par-

ties” or as everyone calls them “Diddy Parties”, in this footage you see many famous and well known celebrities in attendance like Justin Beiber, Jay-Z, Beyonce, and The Kardashians. These parties in Jaguar Wright’s words can only be described with 2 words, those are, sex and money. The parties Combs would host would be a no cell-phone party and the entire house is covered in cameras that are recording all the time. Multiple women spoke up against Combs for non consensual video taping of their activities as well.



## Shooting at Detroit Eastern Market

By Morgan Smith

On September 15th, around 4:30 p.m. Rayshawn Palmer and Jalen Welch were fatally shot while attending a Detroit Lions tailgating event at Eastern Market. The bullet went through Welch’s head and hit Palmer in the head. Welch died instantly, while Palmer was rushed to a hospital close by, where he passed the next day. The shooter stated it was an act of self defense, since Welch pulled out his gun first during an argument. He then shot Welch in the head, as well as Palmer who had been trying to keep peace between the two.

The prosecutor’s office stated “Mr. Welch held the pistol in a threatening manner while approaching the shooter. The shooter then removed his concealed pistol from near his waist and shot Mr. Welch one time. Only one shot was fired. The bullet struck Mr. Welch in the front of his head and exited the back of his head.” Michigan law states that you are allowed to use deadly force to protect yourself and others if necessary. Though you must honestly believe that you are in a great enough danger, enough to take someone else’s life with certainty that it is necessary to protect yourself or another.

This situation resulted in the next upcoming tailgating event being canceled after discussing with city representatives and small business owners. They thought it would be best to take time to show respect for the families of the victims, and not continue for fear of causing an upset among their relatives. Eastern Market is now trying to find ways to ensure peace at future tailgates so they can guarantee nothing like this happens again. An incident like this is liable to loom over future events if not properly addressed. After speaking with the Detroit Police Department, they decided that making this a weapons free zone is the plan for the future, along with metal detectors to assure that no weapons will be able to make it into the farmers market. Measures like these are taken in an effort

## ELON MUSK

By Ayden Coffee

Elon Musk is known on social media to express his thoughts. His reposts involve a commentary on political events, ranging from elections to policies, and on highly sensitive events. All of his posts have got a lot of attention this was different, one incident involved Musk deleting a post where he questions a reported assassination attempt on former President Donald Trump.

In late of 2023 when Musk posted the report on Trump gaining a lot of likes and views creating an uproar. Musk quoted “And nobody is trying to assassinate Biden or Kamala,” on the twitter post. The white house then responded to it like the rest of the viewers calling him “irresponsible”. Musk then responded to a similar quote before this occurred making it more interesting. Musk replied with a thinking face emoji to a photo that noted the four presidents who preceded Trump faced no assassination attempts when he accoutered two.”

As president Biden and vice president Harris said after yesterday’s disturbing news, “there is no place for political violence or for any violence ever in your country,” and we all must do our part to ensure that this incident does lead to more violence,” said White House spokesperson Andrew Bates in a statement. “Violence should only be condemned never encouraged or joked about. The secret service said it has seen Musk’s deleted post but declined to comment any action may take a result on it.



# Bachelor Star, Jenn Trans, Ex Boyfriend Arrested

By: Morgan Smith

The winner of The Bachelorette’s 21st Season , Devin Strader, was arrested in 2017 and pleaded guilty to criminal trespassing and property damage charges,which led to him having a year of unsupervised probation. He was briefly engaged to Jenn Tran, since he had won the final rose and Tran proposed to him during the season. The After the Final Rose Special saw Tran disclose that Strader ended the engagement during a phone call.

Seven years ago Strader was arrested on allegations that he invaded his ex-girlfriend’s house and stole a diamond necklace that he had given to her.. His ex girlfriend also stated that there were many other incidents that occurred, all of which he would not speak about. She says Strader “put me in a choke hold covering my mouth” and “spit on me and threw his drink on me at [a] Pelicans game in

front of everyone in the stands.” She then woke up to bruises on her knees, elbows, stomach, and arms and a “pounding” headache. She reveals that he said he almost killed her in one such incident. Though she did not just experience physical abuse, but emotional degradation that damaged her self-esteem. For each of these claims, Strader denies the words and states his innocence.

All of this led to her filing a restraining order on Strader, which he states “was never granted, and fully dismissed”. Though she says that he made a fire out in the street with what was supposedly the restraining order.



## Brittnay Mahomes Vs. Taylor Swift

By: Jersey Morton

Brittany Mahomes and Taylor Swift began as really close friends, but many cute selfies in their chiefs merch together lead Mahomes to let politics get in between their friendship and people are not happy about it.

September 10th 2024 Taylor Swift posted to her instagram page that for this year’s presidential election she will be endorsing Kamala Harris. Swift has always been known to follow the democratic party and has even voiced her opinions to the public many times before this. As we saw their hard launch last year, everyone knows that Swift is in a relationship with tight- end Travis Kelce who plays on the Kansas City Chiefs alongside infamous play Patrick Mahomes.

Brittany Mahomes is also known for her political views but just on the other side of the spectrum. Mahomes is a known republican and has her support towards Donald Trump. The 2 have been friends for many months attending many events and chiefs games together. Many selfies and pictures with their players have surfaced and their friendship was very public. Until recently an inside source has released to us that the friendship has come to an end after Swift’s post about Harris. They were spotted together only a week after the post was made and only 3 days before the insider source told us about the breakup.

None of us truly know the whole story or what happened but almost everyone’s opinions are the same, that Mahomes should not let such a silly thing like politics ruin a perfectly good friendship.

# Is Climate Change Getting Worse?

By: Jersey Morton

This entire article is based off of the AMCO (Atlantic Meridional Overturning Circulation) pushing all the warm and tropical waters into the Northern Atlantic Ocean. The already horrible effects of climate change have weakened the AMCO system which have made things worse for the water absorbing carbon intake. The carbon that is released into the atmosphere could give a more negative feedback than before this happened.

Our oceans absorb 30% of the carbon dioxide in the atmosphere. It’s due to a change in chemicals in the ocean that feed tiny, CO2-guzzling organisms called phytoplankton. Now that this system has weakened it is absorbing less carbon and sending it up into our atmosphere instead. This is causing our air that we breathe everyday to become more polluted and making the effects of climate change even worse. Oceans only create 1-2% of carbon and that already sounds like too much to be putting into our sky at this time, let alone, now after this, that number can go up to a whopping 4-5% carbon release into our sky. Not only is this affecting our oceans and skies but it is also affecting the sea animals that live in these oceans, multiple species of fish have lost their homes and have even been extinct because of the water temperature changing so rapidly. Some certain fish are made to live in certain tem-

peratures and can’t survive in different weather.

Climate change is a real thing and it is getting progressively worse every day that goes by. Our oceans, land, and animals are suffering through this, and the worst part of it all, is that we are too except we are more adaptable to it than these other organisms are. Scientists warned us about these conditions years ago and they still do it till this day, but now it’s just up to our decision if we want to listen to them or not.





## 1,000-lb Sister arrested at Tennessee Zoo

By: Gianna Guglielmetti

Amy Slaton, reality star on 1,000-lb sisters, was arrested at a Tennessee drive through safari park on labor day. The deputies initially showed up because Slaton had been bitten by a camel, till the officers noticed an odor in the car. The department says they were “immediately overtaken by suspicious odors coming from the guest’s vehicle,” After taking a look in the vehicle deputies saw visible drugs and two children in the backseat.

Slaton and her friend Brian Lovvorn were then arrested for a count of multiple drug possession charges along with child endangerment charges. Police say they were both charged for illegal possession of schedule I drugs, illegal possession of schedule VI drugs, along with two accounts of child endangerment charges.

Slaton had always wanted to be a mother and after her second birth she explains “Being a mom is what I’ve wanted to do since I was 5 years old and I’ve always wanted two kids. Our family is finally complete. We can put us in a frame and hang us on the wall now.” She had felt complete up until her divorce where she says “And it wasn’t just affecting me, it was affecting Gage and Glenn. So it was just rough,” Slaton admitted. This shows that she had a rough patch with her mental being that could have contributed to what

After the zoo the officers took Slaton and Lovvorn to Crockett County Jail, where they were being held on a 10,000 dollar bond for each of them. Child services are now investigating the parenting situation of Slaton’s children. The children were picked up by Slaton’s sister Tammy Slaton and are currently living with other family members for the time being of the investigation. Due to felony charges the judge can decide if the case will go to the grand jury, Slaton is now looking at serious jail time considering two drug charges and two charges of child endangerment.



## Adele Puts Her Music Career On Hold

By: Mallory Hool

Admired singer Adele has decided after her Las Vegas residency that she would put her music career on hold. At her show in Munich’s arena she tells her fans “I just need a rest. I have spent the last seven years building a new life for myself and I want to live it now,” She says this to emphasize how exhausting the music industry is and that she wants to live life on her own terms now. She stresses to her fans that she will be taking an extensive break as well as sharing she had no plans for music in the future.

After being in the spotlight for years Adele shared in an interview with German outlet ZDF and explained that she did not enjoy the fame. She states “I miss everything about before I was famous.” This indicates that she’d want the simpler things in life rather than money and a big name. In an interview she tells the ZDF “I want a big break after this and I think I want to do other creative things, just for a little while.” This refers to her finishing her Las Vegas residency and shows us that she wants to enjoy

things besides music and step away from fame to take time for herself.

Adele never wanted to be in the spotlight forever and this has her fans somber as they will miss her beautiful voice. A fan says “Take all the time you need, live the life you’ve always been dreaming of. We’ll be here when you’re ready.” Fans are supporting her decision though they are worried about whether or not she will be returning to fame. Regardless Adele will have support from her fans as she finishes up the Las Vegas residency on Nov 4, 2024.



## Tiktok Ate The Internet

By: Yadhira Gomez

In September 2016 the app Tiktok first launched. Everyone was trying it out since the old thing was Music.ly, but mostly young kids were on it. Nobody expected Tiktok to blow up the way it did. Many people’s lives changed from one day to the next without expecting it. One example is Shelby Renae, her video crossed 3 million views overnight.

Shelby made a 16 second fortnite video that blew up. She is now 25 and spends her day making tik tok videos in her apartment, but it’s not all just fun and games. Once you become known in the social media world you will start to get haters, stalkers, and harassers. That is why influencers have to be very strong people to deal with so many people watching them and some even just watching to hate on them. According to Drew Harwell, the app has over a billion users and 100 million of them are in the U.S. People are using this app constantly and it is now the most used app, more than Facebook. Not only do they create influencers, they create authors like Colleen Hoover.

Many people also have a political view over the app, and debating whether to monitor the app more or to just ban it. U.S regulators believe that the app distracts from more important issues that the Chinese government has going on, and wonder if they should be allowing this app. Even teachers have become Tiktok famous like Drew Maxey who has more than 50,000 followers, but he doesn’t agree with how students have changed their behavior because of it.

Kids have not been as attentive, following dumb trends, and believing everything they see on tiktok. Teachers say students will skip class and make dancing videos, and watch tiktok. So tik tok is not all positive, there are many negatives to it, but many people enjoy the app in a positive way which is the most important thing.





## Matthew Perry's Doctor pleads guilty

By: Luke Richter

On Wednesday, October 2, 2024 Matthew Perry's doctor pleads guilty to charges in his court case surrounding Perry's death. Mark Chavez, 54, appeared before U.S. District Judge Sheryllyn Peace Garnett in a Los Angeles court and pleaded to conspiring to distribute ketamine to Perry. Even with a plea deal, Chavez will face up to 10 years in prison upon his sentencing, which will take place on April 2. According to an 18-count indictment filed in August, Chavez is one of five individuals charged in connection with Perry's accidental overdose.

Chavez who operated a ketamine clinic, sold ketamine lozenges to Dr. Salvador Plasencia who then distributed them to Perry. According to NBC News, Dr. Plasencia has pleaded not guilty to one count of conspiracy to distribute ketamine. NBC news also stated that Chavez and Plasencia were caught texting each other about how much to sell the ketamine for and in the texts they said 'I wonder how much this moron will pay' and they later said "let's find out." However, Chavez's lawyer still claims that his client was "incredibly remorseful" and that he is "accepting responsibility" for his patient's overdose.

The other individuals charged in connection to Perry's case include Perry's personal assistant, Kenneth Iwamasa, and his friend, Erik Fleming, who was known as a street dealer. Both of them have pleaded guilty and await sentencing. Also charged is Jasveen Sangha, 41, an alleged drug dealer known as the "ket-

amine queen" who has pleaded not guilty. Perry was a famous actor and played an important role in the show 'friends' and was in many other popular tv shows and movies. He was tragically found dead on October 28, 2023 in his hot tub in an accidental overdose on a drug called ketamine. According to NBC News, Perry had been undergoing ketamine infusion therapy to treat depression and anxiety, but the levels of ketamine in his body at the time of his death were dangerously high — about the same amount used for general anesthesia during surgery. His death was a shock to the world as Perry was loved by many friends and fans.



## "Saturday Night Live" Season 50

By: Dawn Hudson

"Saturday Night Live" season 50 is set to air on Saturday, September twenty-eighth including star-studded hosts and musical guests. The season will open up with seasoned actress Jean Smart and accompanying her will be musical artist Jelly Roll.

The musical artist in response wrote on Instagram "The premiere of the 50th season of SNL. BRB is going to cry for a few hours and call every family member I have," and "Bringing therapeutic music to my favorite show ever. God is Good.". Other guests include stand-up comedian and

singer Nate Bargatze accompanied by award-winning rock band Coldplay on October fifth. Grammy-winning singer Ariana Grande will co-host with legendary Fleetwood Mac member Stevie Nicks on October twelfth.

On October Nineteenth, "Beetlejuice" actor Micheal Keaton with the popular singer-songwriter Billie Eilish will be the host and musical artist. Next weekend, pop sensation Chappell Roan will appear on Saturday Night Live for the first time with seasoned host and former SNL cast member John Mulaney who will be making his sixth appearance on the late-night show.

Recently Jean Smart won her third Emmy Award for her role in the TV show Hacks. Music artist Jelly Roll also took the stage at the Emmy Award ceremony performing the hit song "I Am Not Okay" the Emmy Awards Memoriam segment of the show. Nate Bargatze's appearance on SNL will be his second time hosting the late-night show and band Coldplay's eighth time appearing on the show SNL.

Their newest album and tenth album Moon Music is set to be released a day before their appearance on the show. With these these well known celebrities and many more, the late-night sketch show is expected to have a great season with such a successful star cast.

## The Menendez Brothers Case

By: Ashton Price

The high profile case of the brothers Lyle Menendez and Erik Menendez is being relooked at as new evidence has surfaced. On Thursday prosecutors in LA say they are overlooking new evidence ahead of a hearing that's next month for the 2 brothers. In 1989 Lyle and Erik were convicted to life in prison after killing their 2 parents Kitty and Jose Menendez. The brothers say they went through years of sexual abuse from there father and that there father was truly a monster. Jose also was said to have another victim named Menudo. Menudo who said in sworn words that he was raped by Jose when he was only 14 years old at the time. This case has been an on and off case forever but it just caught the full world's attention and there have been petitions after petitions to give their

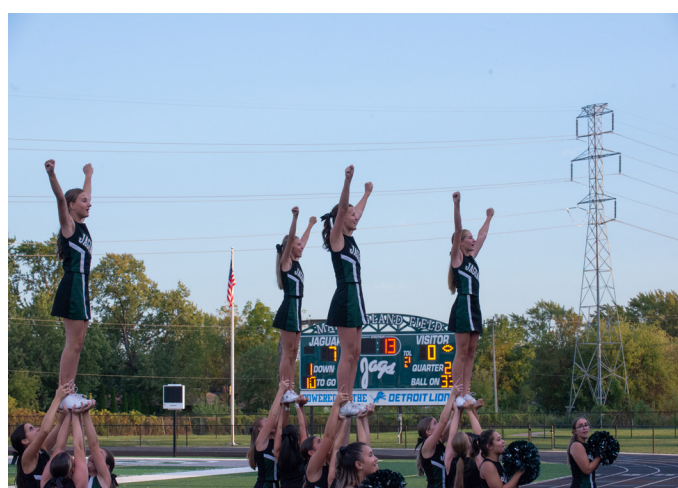
case another chance. Public interest also boosted after Ryan Murphy's Netflix dramatization of the "Monsters: The Lyle and Erik Menendez story." There are so many people in this case now that are interested. It honestly makes me question the power of social media and the power of television. There's been so many other cases as well that pop culture projects may have prompted legal visions of the court. The public and the people who fight for this case will most likely pull it off this time because of the new evidence that has risen. I think this time the Menendez brothers will find justice and I believe this because of how the public is involved.







FALL SPORTS





## BABY FOOD

By: Ayden Coffee

A recent study shown that nearly two-thirds of supermarket baby foods are considered unhealthy, largely due to their high sugar content, excessive sodium, and the inclusion of processed ingredients. Many baby foods especially pureed fruits, snacks and cereals, contain added sugars or fruit juices, which makes it unhealthy eating habits and lead to issues like their teeth or them gaining weight resulting in childhood obesity.

The food has numbers such as sixty percent of six hundred fifty-one foods are marketed for children ages six months to thirty-six on ten supermarkets shelves in the United States failed to meet recommended world health organization nutrition guidelines for infant and toddler foods according to the study. A recent study showed that nearly two-thirds of supermarket baby foods are considered unhealthy, largely due to their high sugar content, excessive sodium, and the inclusion of processed ingredients. Many baby foods especially pureed fruits, snacks and cereals, contain added sugars or fruit juices, which makes it unhealthy eating habits and lead to issues like their teeth or them gaining weight resulting in childhood obesity.

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meet guidance on protein content and 25% failed to meet calorie recommendations researchers found. One in five baby or toddler foods contained heavy amount of salt above the suggested limits. One quarter of products contained sweeteners with 44% of baby and toddler foods exceeded total sugars saif senior study author Dr. Elizabeth Dunford an assistant professor of nutrition at the University Of North Carolina at Chapel Hill. Sales of baby food pouches rose 900% in the United States in the past thirteen years study found, making pouches one of the fastest growing market segments."



## 2025 New Movies

By: Mackenzie Mouchet

The year 2025 is set to be jam packed with tv show sequels and movie releases. That is why I believe it would be a smart idea to get an MJR membership card. I'll be waiting for the top 3 best releases of the year, sitting in a reclining chair with everyone else and eating popcorn at the theater.

How To Train Your Dragon was a childhood favorite. Were you really a 2000's kid if you weren't watching the 2010 animated version of this movie; completely mesmerized on how to fly a dragon and hooked when John Powell's music started to play? According to IMDb.com, the story follows "A hapless young Viking who aspires to hunt dragons and becomes the unlikely friend of a young dragon himself, learning there may be more to the creatures than he assumed." The 2025 version is set to be a live action remake of the tale and we are all hoping it will be just as amazing.

Most of us know that the Jurassic World and Jurassic Park franchise has been up and running with movie after movie for a long time. That is why I think people will want to watch it so badly. In order to see what on earth they could possibly add to make another movie and how good it will still be. Most of us know

that the Jurassic World and Jurassic Park franchise has been up and running with movie after movie for a long time. That is why I think people will want to watch it so badly. In order to see what on earth they could possibly add to make another movie and how good it will still be. According to NBC.com "Jurassic World Re-birth takes place five years after the events of Dominion. Scarlett Johansson leads the expedition as Zora Bennett, heads a top-secret team tasked with securing genetic material from the three biggest specimens when things take a turn for the worst." Although I wish I could hate the fact that another movie is coming out about this franchise, I'm pretty excited to see what they create.



## Free Lunches

By: Yadhira Gomez

I believe schools should provide free lunch for all students because it's unfair for certain students to have to pay for food and others to not have to, or just any students in general having to worry about another payment especially for school lunches. It's just like if more wealthy kids got something and other certain kids don't get it, it's unfair for both. I think schools should just take that stress off of some people and give free lunches to all students because many families struggle and that is just another bill for families to worry about. For example if a student forgets their lunch money they won't be able to eat lunch, which is very unfortunate. My school offers free lunch which is great but they have certain limits which is understandable, each student gets one serving free. I agree with that because obviously the school would have to make way more food to be able to serve all those students and more than one serving for each one of them. Lunch is some kids' first meal and only meal of the day, and it is very important that they get it and not have to worry about paying for it. "We've done a lot of good things to feed kids here in Butte," Mr. Marthaller said. But introducing universal free meals, he added, was "probably the best thing we ever did." Many people may disagree with this because they believe that if a student's family makes a good amount of money they should be more than capable of paying for their own lunch. I understand that point of view as well, but at the end of the day nobody knows what goes on in somebody's household and family and I don't think that should have to be another payment on someone's shoulders. "More than 95,000 schools serve free lunches to 21 million students each day, and there are calls to expand that", according to Jeremy Engle.





## Swifties worry for Travis Kelce

By: Jonah Carter

Swifties Worried as Fears for Travis Kelce Mount Fans of Taylor Swift have become increasingly worried for NFL star Travis Kelce after the downtrodden display of the tight end in his latest game. Fans of the tight end with the Kansas City Chiefs, who is rumored to be in a relationship with singer Taylor Swift, noticed him on the sidelines with a contemplative look across his face. In fact, concerned fans have gone to social media with messages of encouragement for him-words of confidence in his direction-since he has of late been propelled into the spotlight with Swift.

Keen-eyed fans and sportscasters alike would notice Kelce's general disposition during this highly hyped game. Normally charismatic, infectiously energized on the field of play, Kelce was distant and less participatory than usual. This was a break in pattern that caused many to question if there were deeply troubling personal issues he was battling with. "He just didn't look like himself out there," said one

fan on a post-game social media thread, a quick sentiment of concern flowing through Swiftie social circles. Swifties soon descended on the social media platforms to support Kelce en masse. Messages full of encouragement flowed in, with fans hoping he was okay. "We love you, Travis!! Take care of yourself!" tweeted one fan, evidencing just how tight the singer's fandom was with the football star. The Swifties are just proving that through community and compassion, they got his back while he's going through this tough time.



## Does Technology Reshape Child Learning?

By: Mackenzie Mouchet

When I was a kid I spent all of my free time outside. From playing with my neighbors to drawing chalk on the sidewalk, I was an outdoorsy kid. However, after the Covid pandemic hit, society looked to occupy kids for their remainder of the week. People turned to Ipads, Phones and Tv screens as a source of entertainment. Students like me were given school issued chromebooks as a solution for at home teaching.

Unfortunately, when we all returned to in person learning, school systems told kids having their phones in class was acceptable. Teens used excuses like "My chromebook glitched" so I need to use my phone, "My mom is texting me" to ask me something, or even just flat out ignoring their teacher with earbuds in. This kind of behavior went on for almost 4 years until recently when educational systems all over the world decided that enough was enough. According to Spectrum News "In Brunswick County Schools, (located in North Carolina) a new policy is going into effect this school year that will keep cell phones out of students' hands and

locked away." Countless other places including Allen Park High School have come together as instructors and teachers to put a similar ban on cell phones. Even though it has been difficult to transition from not using my phone or computer so much for my work, I'm glad that the teachers are participating as well as giving more paper assignments to get us back in the swing of things. Having people participate more in class and getting more hands on learning should hopefully increase how much easier it will be without the interference of so much technology.



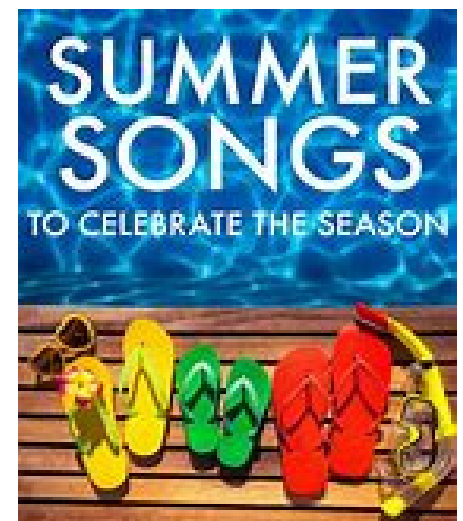
## Songs of the summer

By: Mackenzie Mouchet

Picking the song of the summer has always been an easy and knowing choice. Social media is usually able to give the general public an overhyped pop song sung by someone upcoming in the music industry. However, the 2024 summer break seemed to cause artists to go blank or pass up the opportunity completely. While popular artists such as Drake and Kendrick Lamar tried to entertain social media with diss tracks against each other, the internet community quickly got bored again waiting for something to sing along too. While we all sat back in our cars, radio quiet, hoping the station would announce a new song by our favorite musicians, we all got disappointed to learn there hadn't been a great new song blasted on all platforms.

Most had started playing old music from the winter or even classics from the 80's and 2000's. The Top 100 billboard continued to read "Please Please Please" by Sabrina Carpenter, "Good Luck, Babe!" by Chappell Roan and "Beautiful Things" by Benson Boone. These songs, even after being released for months prior, took up almost every new wave radio station and hit the charts staying the most listened to music for up to 20 weeks!

Thankfully, country fans were saved from replaying their favorites, like Zach Bryan and Morgan Wallen, when the hit movie *Twisters* was released in mid July. Alongside popular country singer Luke Combs, others like Miranda Lambert, Conner Smith, Thomas Rhett and Benson Boone were able to create an amazing soundtrack. One that shocked the Top 100 and one song "Ain't No Love In Oklahoma" was placed at #24 and only continued to spiral upward.



Photos By Google







## Eating Healthy At Chick-Fil-A

By: Mallory Hool

Finding a healthy meal off the Chick-Fil-A menu can be challenging sometimes. Especially when a Deluxe Sandwich, fries, and a milkshake are looking right at you. With a menu that revolves around fried chicken, eating healthy can be hard. Still, with a bit of strategic planning, you can make health-conscious choices at Chick-fil-A.

It is key to focus on balanced options, like grains and proteins. For people aiming for healthier choices, it's recommended to get grilled over fried items, be selective with sauces and dressings, and consider portion sizes to align with your nutritional goals. With keeping guidelines in place, here are a few things that nutrition experts suggest ordering. For healthier choices at Chick-fil-A, go grilled. The Grilled Chicken Nuggets offer a high protein, low-fat alternative to the fried chicken nuggets. Also, the grilled nuggets are especially suitable for those looking to increase their protein intake with extra fat or calories.

The Grilled Chicken Sandwich. Ordering a grilled chicken breast sandwich will not only cut down on the fat and the sodium, but also

will not have some of the things that fried chicken contains. "Choosing a grilled chicken breast sandwich will not only cut down on the saturated fat and the sodium, but it will also reduce the advanced glycation end products commonly created when protein is exposed to dry high-temperature heat like frying," said Michelle Routhenstein, a preventive cardiology dietitian in New York.

Another healthy option at Chick-fil-A could be ordering a Market Salad with grilled chicken on top. This salad comes with nutrient-dense ingredients such as mixed greens, red and green apples, strawberries, blueberries, and roasted almonds. A fruit cup can also be another healthy meal at Chick-Fil-A too. It's an excellent choice for adding a serving of fruit to your meal, especially as a dessert alternative to high-calorie, high-sugar options. "It typically includes a mix of mandarin orange segments, fresh strawberries, red and green



## Willem Dafoe

By: Ashton Price

Actor Willem Dafoe shouldn't be a stranger to you as he has appeared in over 150 films in his long career. Willem is loved by the community and he is well supported as he receives this big achievement.

He is one of Hollywood's most versatile actors he has roles that have gone from a Gangster to a Lighthouse keeper and a scientist but there are many more he has played as well. Dafoe has a very good mindset. I think that's what makes I'm so unique because he said after more than 40 years acting he is still seeking variety to keep himself honest.

Dafoe has received four oscar nominations, one for the best actor following his portrayal of Van Gogh and has also received 3 for best supporting actors. Actors have said that Dafoe has worked with some of the best actors and directors and they say he only "elevates the material". Willem is supported by a lot especially because of how long he has been in the film industry. People speak highly of him, fellow actor Pedro Pascal

quotes "You cannot compare his career to anyone's". Dafoe is best described by Ana Martinez she says "Willem Dafoe is an immensely talented and versatile actor who has become a prominent figure in the film industry".

Uniquely Dafoe was the first to be announced on the Hollywood Walk of Fame in 2024. Dafoe received this achievement on Monday, January 8th at 11:30am. Dafoe didn't have the best start to his career but based on what he's doing and all he has achieved it looks like it only motivated him. In 1979 Dafoe was given a role in "Heavens Gate" and he was eventually fired from this role.

After he was kicked off this film he collaborated with countless directors and producers and got himself known pretty fast in the film industry. Dafoe is also one of the founders of the Wooster Group; this group was an experimental theater collective based out of New York. This group is known for its late 90's work in which it produced many original dramatic works.

## Green Day Concert

By: Morgan Smith

On Wednesday, September 4, 2024, Green Day came to a concert in Detroit. The concert was held at Comerica Park, where Green Day performed with Smashing Pumpkins, Rancid, and Linda Lindas. The crowd consisted of a little under 41,000 fans.

The Savior Tour started off on May 30th in Spain, then they made their way through France, Germany, and Italy, then finally the UK before heading to North America at the end of July. Green Day was formed in 1986, and they are one of the best-selling bands of all time. This year marks the 30th anniversary of their Diamond album, Dookie, and the 20th anniversary of American Idiot.

In 1994, Dookie sold over 10 million and received 10x Platinum Diamond Status. In 2004, American Idiot sold more than 8 million copies in just the United States, while also winning a Grammy for Best Rock Album. These albums have had a major impact on culture today. Entertainment Weekly calls Green Day, "The most influential band of their generation," while Rolling Stone agrees by saying, "Green Day have inspired more young bands to start than any act this side of Kiss, and that doesn't seem to be changing."

While in the middle of Green Day's set, there was an unexpected pause, which resulted in the band having to leave the stage. Security spotted an unauthorized drone, which led to the band being pulled off stage for about ten minutes. While they were gone the crowd continued singing during their absence to Longview, which was the song that got interrupted. The situation was not explained right away, but after a short while they put a message on the screen that said the show was pausing and to wait for further details.





## Kendrick Lamar Half Time Show

By: Ayden Coffee

Kendrick Lamar's journey to headlining the Super Bowl halftime show is a story of talent impact and a steady rise in the music industry born in Compton California in 1987 Lamar started his career in Hip Hop under the name k.dot overtime he refined his style and message releasing projects that combine lyrical complexity with a strong social consciousness.

Lamar's journey to headlining the Super Bowl halftime show culminated in 2022 when he performed as a part of a historic lineup at Super Bowl LVI alongside Dr Dre, Snoop Dogg, Eminem and Mary J Blige. The performance held in Inglewood California close to LaMar's hometown of Compton was a celebration of West Coast hip hop and an occasion for the culture. Lamar performs some of his biggest hits including an all right protest anthem that had become part of the black lives matter movement. His presence on the Super Bowl stage represented not just his personal success but also the increasing recognition of Hip Hop central place in American music and culture his journey to the stage was marked by consistency staying true to his message and continually pushing the boundaries of what rap can be. The two battle back and forth earlier this

year in a well-documented rap battle that Lamar's widely viewed to have one through his searing verses about Drake the Canadian artist may have rap that he was as big as a Super Bowl but was the Compton Lamar who was announced as the headline act for this next Super Bowl. Back in 2011.

Lamar appeared on Drake second album take care on Buried Alive interlude it was the same year Lamar released his debut studio album section 80 the two men were still carving places for themselves in the industry with Drake then best known as the actor of his role as student Jimmy Brooks in the Canadian teen TV series Degrassi. Multiple artists are named checked in the song including Drake the lyrics include, "I got love for you all but I'm trying to murder you". I didn't really have anything to say about it Drake told billboard of the verse it just sounded like an ambitious thought to me that's all it was.



## Bills and Chiefs On A Collision Course?

By Jordyn Thompson

The Bills and Chiefs are on a collision course? During the start of NFL week three many people have had different predictions for this game. The teams have very different styles and players. Week three of the season has left everyone with more questions than ever before.

There were five teams who have yet to win just one game, get off the mark and start playing. This made many people stutter just by seeing this team come out and finally kick into gear. There are still many games left to play with the season only beginning. But a lot of the coaches will be left searching for answers as they head into a competitive and confusing week four..

Through these three weeks the top teams have been the Buffalo Bills and the Kansas City Chiefs. They are looking like the two teams to beat this year. Both of these teams are so far undefeated and have shown in many ways that they will have the Super Bowl aspirations this upcoming year. For the Kansas City Chiefs, their very

important wins have come against three teams with preseason contender statuses. Although their crazy and explosive offense may have been lacking at certain points, their strong defense has picked up right where their offense left off and put the clamps on the opposing attacks. Their very popular quarterback, Patrick Mahomes has made some questionable and uncharacteristic mistakes through these last three games. He has been able to come up and still support his team in magic moments when his team needs it the most.



## Tigers Playoffs

By Luke Richter

On September 27, 2024 the Detroit Tigers beat the Chicago White Sox 4-1 to clinch the AL wild card. This will be the Tigers' first playoff appearance in ten years. Halfway through the year many Tigers fans thought their playoff chances were over. They thought it was going to be another year of the same old Detroit Sports. Per Statmuse, the Detroit Tigers went on a 21-33 stretch over the months of May to June, and that came after a sizzling hot start in which they started off with six wins and one loss. Thankfully the Detroit Tigers have been able to turn it around and has been the hottest team in baseball as of late. They have gone 31-14 since August 10th which is also the best record in the Major Baseball League since August 10th according to Statmuse.

Majority of Detroit's success is coming from their ace pitcher, Tarik Skubal. He has a sizzling record of 18-4 which is tied first in all of the MLB per ESPN. Tarik Skubal also leads the league in strikeouts. Although the Tigers offense has struggled a little bit throughout the season, they have help from Riley Greene. He is leading their team in batting average, home runs, runs batted in, and on base percentage. For the last five to ten years Detroit's sports have been the laughing stock of sports in all america. From the Lions going 3-13-1 in the 21-22 season to the Red Wings having 17 wins in their 19-20 season that was cut short due to covid-19. Detroit sports have been struggling. Finally there has been some hope. The Lions made the playoffs last year and made it all the way to the NFC championship however, they fell short of the 49'ers in depressing fashion.





## ALL BIRDS REVIEW

By Jordyn Thompson

All Birds are the new, in style shoes. The look and the feel of them have been getting hyped up by everyone. But people are unsure if they are suitable for runners. The product has been inspected and genuinely loved by so many people.

There are many pros and cons to this new product though. Some of the great pros are the beautiful color options, the breathable and freeing fabric, very versatile, and very functional for all day wear. They are also very suitable for shorter runs depending on the amount of support you may need and want.

While the pros are very convincing, some of the cons are that they are comfy for easy runners but may not be the best, most comfortable fit for high-support needs and very intense workouts. The price is also pretty comparable to other, more structured shoes that don't really stand far apart from each other.

The ads for these shoes have been everywhere. This sustainable brand makes dreamy minimalist shoes with all of their natural and real materials like wool and eucalyptus fibers. The

advertisement makes them way more attractive by supporting their idea of lightweight shoes and makes them more appealing for serious runners.

But, can the Allbirds outperform the Mizunos? Although these shoes are very appealing, we aren't sure about the function of the shoe. The brand says they are more technically designed than any other active sneaker options. They have natural materials engineered for serious performance. Which grabs the attention of all people.



## DUNKIN \$6 MEAL

By Gianna Guglielmetti

Dunkin's new \$6 Meal Dunkin decides to join the competition of fast food value meals introducing a \$6 deal that includes a medium iced or hot coffee, hash browns, and a bacon, egg, and cheese sandwich, with a bagel holding it all together. Dunkin says "Available for a limited time, this offer gives another reason for guests to run on Dunkin' in the morning." Fall is a popular time for getting coffee because the pumpkin flavor has become a craze during the fall, dropping this meal allowed consumers to get a meal for a great deal and the company to make more profit during the fall seasons. It is unknown how long this deal will be offered but it is safe to say it will be here for the remainder of fall.

Along with Dunkin dropping the \$6 breakfast meal, they dropped their fall menu. This menu includes two new drinks, the Dunkalatte and the Almond Spice coffee. They are also offering annual fall favorites such as apple cider doughnuts, pumpkin muffins, and the pumpkin spice latte. Dunkin also decided to bring back other seasonal items like the maple

sugar bacon breakfast sandwich, maple sugar bacon wake-up wraps, loaded hash browns, and lastly the banana chocolate chip loaf. With the fall season and people getting their fix of pumpkin spice for the occasion or other seasonals it draws people to Dunkin, and now with this \$6 meal consumers have more than one reason to visit Dunkin this fall. The \$6 meal deal originally cost \$10.37 before Dunkin decided to create the meal. That is a 42% discount, this draws in more customers and makes it a more affordable food option and brings more attention to this new meal deal.



## Good Sleep

By Yadhira Gomez

In this article Herrison Wein talks about the importance of getting good sleep, and how it plays a major role in your health. Many people may not know that sleep can improve your brain performance, mood, and health. Not getting enough sleep can also affect your body in ways you may not think.

Your body needs a certain amount of sleep to be able to function properly. Wein states that not getting enough sleep can raise your risk of getting a heart disease, strokes, obesity, and dementia. Getting enough sleep is important, but it is not the only thing that plays a role, getting a good uninterrupted sleep is also an important part. Letting your body and brain get rest prepares you for the next day and all the new things you will have to learn and remember. According to Dr. Maiken Nedergaard and her colleagues found out that in mice the drainage system removes some kinds of proteins that are linked with Alzheimer's disease, and the toxins remove twice as fast when sleeping. Certain repair processes occur in your body when you are sleeping so if that gets interrupted so does the repair process.

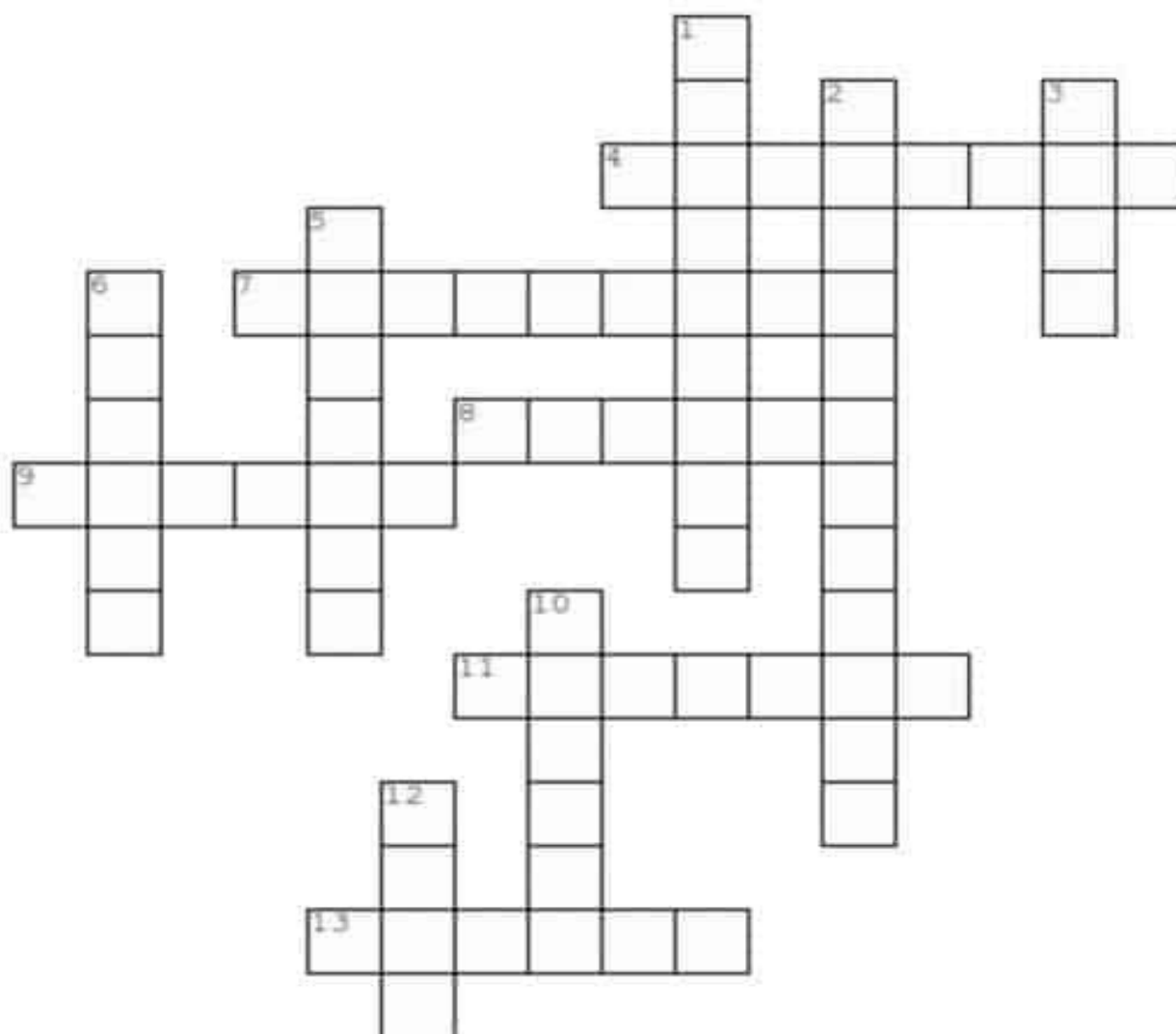
There are many different facts and myths that people make about a person getting enough sleep. Just like if you don't get enough sleep one day you may think you can just catch up on some sleep the next day, but it doesn't work like that there is no such thing as catching up on sleep. Not getting enough sleep can lead to sleeping disorders like insomnia.







# Fall Crossword

**Across**

- 4. Jewish Holiday, Rosh \_\_\_\_\_
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

**Down**

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks



# Football + Volleyball Spotlight

