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UHS TODAY

THE **OFFICIAL** NEWSPAPER OF UNION HIGH SCHOOL



CHOIR- BY MOLLY AVERY

Famine, death, and loss intertwined with love, peace, and religion are in the stories told through songs at the annual UHS choirs fall concert on October 10th. Union's high school choirs are split into three classes: Harmony Treble Chorus, Jazz Choir, and Advanced Mixed Chorus. Each class spent the first quarter preparing four songs for the fall concert, and the students' hard work and dedication paid off! Union choirs not only perform in our high school's Performing Arts Center, but they also perform at other events both in and out of state. On October 5th, Harmony sang at the National Association of Women in Construction South Central Region Fall Conference. In order for Union choirs to embark to places like Silver Dollar City, students in choir are currently in the process of selling cookie dough in order to fundraise in the spring. Support your friends in choir for sweet cookies as well as sweet music!



CLUB HIGHLIGHT:

The Union Asian American Club is a group of students dedicated to sharing and celebrating their cultures. At most meetings, an Asian country a country in Asia is chosen, and a member from that country creates a PowerPoint presentation highlighting its traditions, attractions, culture, cuisine, and more. After the presentation, students have the chance to sample food from that country. The club's mission is to provide a space where students can learn more about one another's cultures and, countries, and cuisines. To receive food priority, you must be an official member and pay a $5 membership fee, though anyone can attend the meetings.

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VIRTUAL DAY

By: John CeNA

Many students go through virtual day(s); some dread it, and some enjoy it. Virtual days serve as a way for teachers to prepare and collaborate with other professionals while students are off at home or away from school, slaving away on technology to catch up on virtual-day work as well as late work.

The downside with virtual days is it can hinder a student's ability to perform by limiting them to a digital environment, for some, and forcing them to work individually. This also alleviates the "invisible stress" that clouds students, the good kind of stress, serving as a gateway for procrastination and using their workday as a rest day (which are not necessarily bad) to play video games or other activities that may not serve them academically.

PEER TUTORING

By: Chloe Kleine

Do you need help with any of your classes? Well, this is the solution for you! Peer tutoring takes place from Monday to Thursday afternoons from right as sixth hour ends to 4:30-4:45 and during both lunches on Monday to Thursday. The meeting will take place inside the CCC. There are tutors in Math, Chemistry, and English. However, if you need a more specific tutor, you can request one through the QR code found around the school. If you would like to be a tutor, you can contact one of the supervisors, Mrs. Ashely and Mrs. Gibson, and you can be trained to be put on the schedule. Being a tutor has many benefits like helping students who need it, getting service hours for NHS and to be a distinguished graduate, and it looks great on college applications! There's no shame in going to peer tutoring. These students are here to help you, so you can get the best grades possible for applying to colleges. There's nothing embarrassing about needing a little extra help!



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FOOD FOR THOUGHT

By: Maliha Shah

Lunch in schools are meant to fuel students and keep them going throughout the day, but for some of us, it's not that simple. Many students here at Union follow vegetarian or halal diets-or have specific dietary restrictions-and are often left with very few choices. It's frustrating to sit down at lunch, scan the cafeteria menu, and realize there's almost nothing that fits your dietary needs. If you're vegetarian or need to eat halal like me, most days it feels like you're stuck with the same handful of options-if any. On top of that, there's also the question of drink choices. I spoke to Bailey Martin, who is lactose intolerant, and she told me how she struggles with the fact that milk is the only free drink option served at lunch. This lack of variety affects many of us, so earlier this week I spoke to Jamie, a food manager here at UHS. Jamie assured me that students with dietary restrictions do have many options-they just need to ask. For example, if you can't eat meat, they will provide you with an alternative meal, such as salads or a hummus box. And for those who are lactose-intolerant, they will provide you with soy milk instead of regular. Also, if you have a specific diet or food allergy you can bring a note from the nurse and have a special lunch prepared for you each day. The lunch staff works hard to be able to provide meals for everyone, but most of us aren't even aware of these choices. This article aims to inform those students and encourage better communication to ensure everyone's needs are met.

WINTER WARMTH DRIVE

By: Chloe Kleine

The Winter Warmth Drive happened this month! The event happened from October eighth to October fifteenth to benefit the Union Coat Closet. The Union Coat Closet is located inside the First Baptist Church South Campus, which is right next to the Union sixth and seventh grade center at 6110 S 99th E Ave in Tulsa. The Union Coat Closet is open to Union students Monday through Friday from 9 A.M. to 11 A.M. every day that school is open. The requested items were new and gently used jackets, hats, gloves, scarves, new unwrapped socks, etc. from second-hour classes. There was a point system used with five points for beanies, hats, scarves, gloves, socks, ear warmers, and leg warmers; ten points for cardigans, light jackets, long sleeve shirts, sweatpants/shirts, throws, blankets, and vests; fifteen points for coats, jeans, full size blankets, sleeping bags, quilts, and comforters. Our student body collected over 750 articles of clothing which will now be available to our students in need. The winning classes were announced on October twenty first, Gina Wolfenberger with first place and Jessica Stacy with second place. The first-place class won donuts, and the second-place class won cookies, which were delivered to their second hour classes on October 22nd. Congratulations to all the winners and everyone who donated!



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BA GAME

PEPPING IN

By: Isabel Bailey

Wanna beat the school slog and spruce up your game? Getting that Pep In Those Step for the long school days all stems from the single most important meal of the day: Breakfast. What you eat is what you reap, and far more can be achieved through more than just stimulating caffeine from bitter coffee or often sugar loaded energy drinks.

The daily grind begins with the essential force that keeps your body running, which is the standard liquid of life, water. A bland drink option for most but an essential source for your body to function. It's a great kick start for the casual student who needs that little edge of energy for an early hour test and provides the least amount of health risk compared to other options. You can find water stations at the CAF and Deli. There are additives you can put in water for a more appealing taste. Be careful because too much sugar infused in the liquid counteracts the water's benefits. Black, green and other assortments of teas can provide caffeine along with other health benefits depending on what you use. Teas are very customizable, and the school provides black tea with further flavoring options at the Café. The Café also provides coffee for those with more bitter tastes to bring quick stimulating boost. Energy drinks and often, sugar loaded caffeinated liquids that are more suited for extraneous activities with high caffeine contents should be consumed no more than once per day or one might run the risk of severe health issues. Sport drinks fall into a similar category of being sources of energy that are more suited for activities involving heavy exercise by preferably containing electrolytes that help with preventing cramping.



THIS PAPER IS MADE BY THE HELP OF BAILEY MARTIN, AARNAVI VERMA, FATIMA SHAH, VANMOONG, NA TRAN, MOLLY AVERY, MALIHA SHAH, ISABEL BAILEY, DAVID GOMEZ, CHLOE KLEINE, ANNA, AND LAST BUT DEFINITELY NOT LEAST, MRS. MCCRARY