

STUDENT REPORTERS

FEATURED IN THIS ISSUE:

Avannie Anderson
Finnley Bain
Angelica Benson
Gabrianna Bwoma
Rosenda Carrillo
Kayleigh Cox
Georgie Dahmeh

Juliet Fillmore
Adiam Gebrhiwot
Maya Green
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SOCIAL ANXIETY: WHAT TO KNOW

by Amari Green, a person with social anxiety, grade 6

Social anxiety is a mental health condition characterized by an intense and persistent fear of being watched, judged, or even just spoken to by others in social situations. This fear can cause physical symptoms like blushing, sweating, and a rapid heartbeat, and can lead to the avoidance of social events, which can interfere with finding and working at jobs, school, and relationships such as friendship, family relationships, and/or love.

How do I know if someone might have social anxiety?

One example, if someone has social anxiety and you are trying to speak with them, they might not answer right away. This does not mean they are trying to be rude, it means that it is hard for them to engage in conversation without fearing that you will judge them. It is neither *your* or *their* fault.

Another example is a person with social anxiety can look in distress or is silent when asked to speak or do something in front of a group of people. This isn't being lazy — sometimes people can have multiple types of anxiety,



making matters worse. These are only two examples of responses that often happen with people who have social anxiety. Social anxiety—or any type of mental health condition—comes in many forms, and responses depend on the person and/or context of the situation.

Can I help someone who has social anxiety?

Of course! Being gentle and kind can help a lot. The thing that helps *me* the most is when someone doesn't try to forcefully push me out of my comfort zone. This doesn't mean you shouldn't try to lead the person out though. Slow, baby steps can help.

Does social anxiety stay forever?

I'll tell you, it depends. For some, this condition only lasts a while or a few years, but for others, it can stay for longer periods of time. Social anxiety doesn't necessarily *go away*, it just gets easier to control (in my opinion.) Lots of people that have had social anxiety when they were younger grow up to be introverted, which is okay.

In the end, remember that when you first meet someone, they have feelings you may not fully understand.

STUDENTS STRUGGLE TO UNPLUG

by Mackenna Schumacher & Abigail Schwab, grade 6

Our generation is consumed with technology. From iPads to laptops to phones to Apple Watches, etc. An uptick in technology usage in the halls has obviously been observed by many. It had us wondering what is the average screen time of a middle schooler? What are the most used apps to cause the surge in screen time? What better way to find out than to ask some of our fellow

classmates about their most used apps and what their screen time is?

We've asked 10 students, including us, and one teacher. The most used apps that we found on average is any game or social media platform. The average screen time that

we found for a middle schooler is 2 hours daily, a fairly healthy dosage.

We think this is an important topic to address because people can get sucked into their screens, lacking social interaction when they could be spending time with friends, family, and loved ones. One thing you could do to help this issue is be aware.

When you're about to go on your technology, set your own boundaries on how long you'll be on it. Go hang

out with family, read a book, do homework (even though no one wants to), there are plenty of things you can do. No one is saying you can't or shouldn't go on

your phone; we are just saying that you should be mindful. You might miss things you don't wanna miss. It's likely you'll miss something you didn't want to miss, something amazing, or something that could have been one of your favorite moments.



K POP BEATS

by Gabrianna Bwoma, grade 6

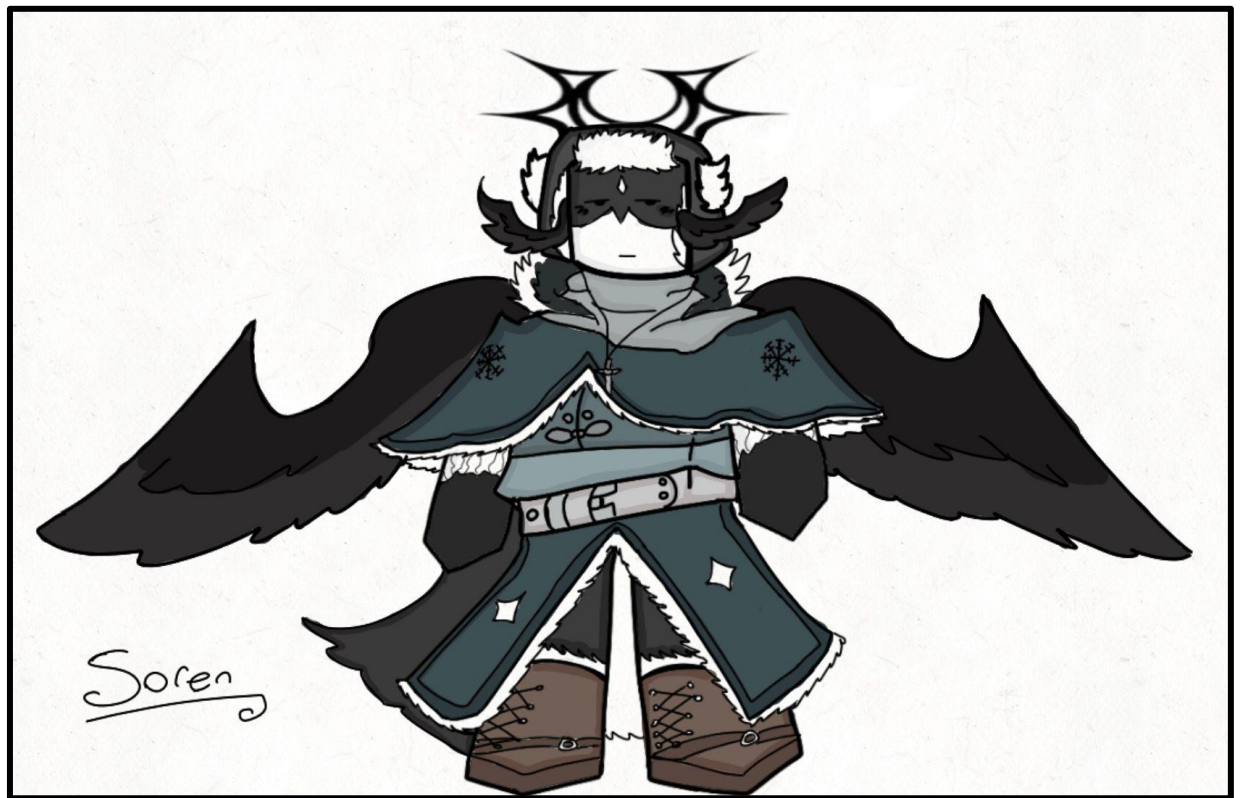
K-pop News is me telling you what's going on in the K-pop industry. So starting off, we have AllDay Project. They were recently at an awards show called The Mama Awards. One member, named Anni, had one of her relatives pay for her group to win. K-pop fans knew this because when their group name was called as the winners for the Deasang Award, all the members looked at Anni. This sparked major attention on the internet and it made the group get attention in a bad way.

One of my favorite K-pop groups, Stray Kids, is having a new comeback. The oldest member, Bang Chan, had to have surgery for his nose because he had a condition where something is wrong with his nostrils. Some toxic fans didn't want him to get surgery, but he addressed the situation on Bubble. One week later, he appeared in the airport with a bandage on his nose from surgery, sparking the rumor that he did get the surgery. This brought attention in the Stray Kids fandom, aka Stayville. Other than that, Bang Chan is doing well right now. A week ago, Stray Kids won 5 awards. The day before the awards show the band was in 7th place, but the day of the show Stray Kids won. The 5 awards shows how powerful and strong the group and their fandom are.

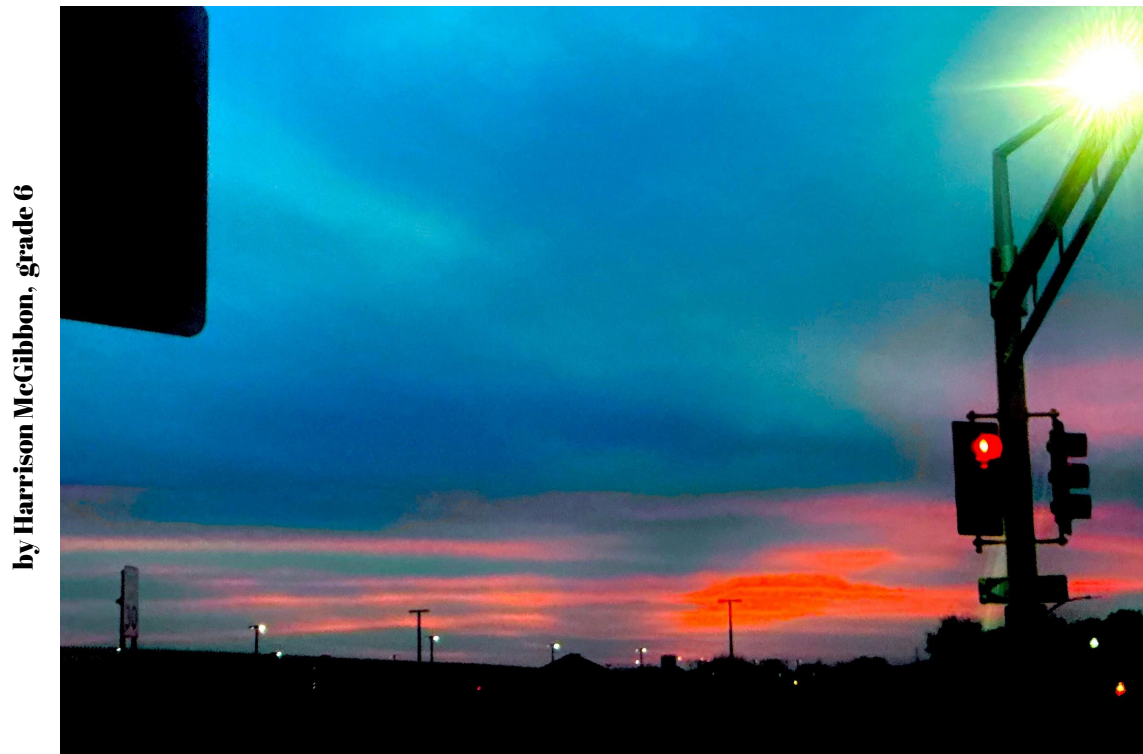
KATSEYE and BLACKPINK are on tour right now. KATSEYE recently held a concert in Minnesota which I know some people from our school went to. That's all the K-pop news today.



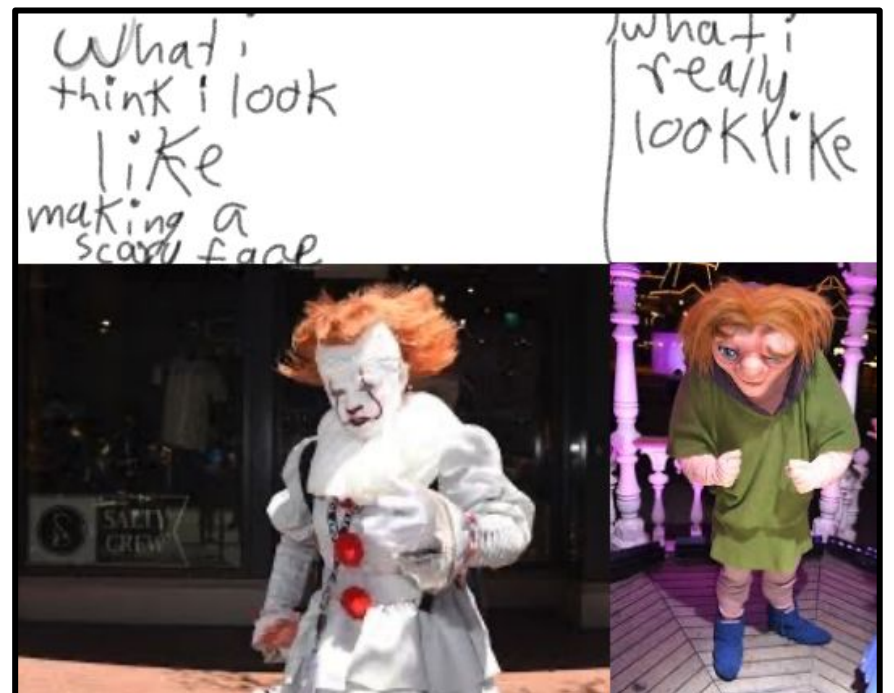
Comic by Angelica Benson, grade 7



Art by Adiam Gebrhiwot, grade 6



by Harrison McGibbon, grade 6



Meme by Dane Masich, grade 6

CLIMATE CHANGE

by Elizabeth Hansen, grade 6

You may or may not know this, but in our world, there is a thing called climate change happening right now. We need to stop climate change, or we will have zero snow days this year. Here are some ways kids can help stop climate change:

One, conserve energy. You can do this by turning off the lights when you are not in the room. You can also unplug devices when they are not in use. Not playing video games or watching TV is a great way to stop climate change.

Two, reduce waste. Follow the reduce, reuse, and recycle rule. Use reusable lunch bags, plates, cups, forks, and spoons. Help your family compost food scraps. You can also fix broken items instead of buying new ones.

Three, save water by taking shorter showers. Ask your parents to fix leaks in sinks.

Four, change your eating habits. Eat more fruits, vegetables, and whole grains. Help reduce food waste by only buying what you need and saving leftovers for another meal. Choose locally grown, in-season foods to reduce emissions from transportation.

Five, use green transportation. Walk, bike, or scoot for short journeys instead of using a car. For longer trips, I suggest taking public transportation like buses or trains.

These are some good ways to help with climate change. Please do them so we can have a healthier world.



Comic by Adam Gebrihwal, grade 6



by Isla Gruchel, grade 7



BETTER ALL GENDER BATHROOMS

by Henry Nolan, grade 7

It's been a year since a call for change, and the middle school still doesn't have an acceptable all-gender restroom. The nurse's office has all-gender restrooms; however, they're not easily accessible during passing time. They're only available when the nurse is there; it's awkward to go to the nurse's office every time you have to go to the bathroom, and those restrooms are for students who are sick. There is an

all-gender restroom in the 7th-grade downstairs area, but it isn't widely known that it exists. Multiple students have reported that whenever they've tried to use it, it's been locked up tight! This restroom is labeled as a family restroom, which could make it uncomfortable for students to use. The school has made an effort to provide all-gender restrooms; however, they could be improved.

The American Institute of Architects article "Inclusive restrooms and locker rooms in K-12 schools" explains many benefits of having an all-gender restroom in K-12 schools. Benefits include improved mental and physical health, reduced occurrences of bullying, and more. The high school already has an all-gender restroom, so

the middle school should have one too! One possibility is converting single-stall restrooms to all-gender restrooms by just changing the signs. Another option would be converting restrooms into all-gender restrooms like the one in the photo.

Not having more all-gender bathroom options has to change. Many middle schoolers have to make decisions every day about whether they'll go to the bathroom or not, and decide if it is worth the consequences that could follow that choice.

If you'd like to learn more about how this can help fellow students, you can read the full article here: <https://dailyutahchronicle.com/2025/01/02/university-expands-all-gender-restrooms/>

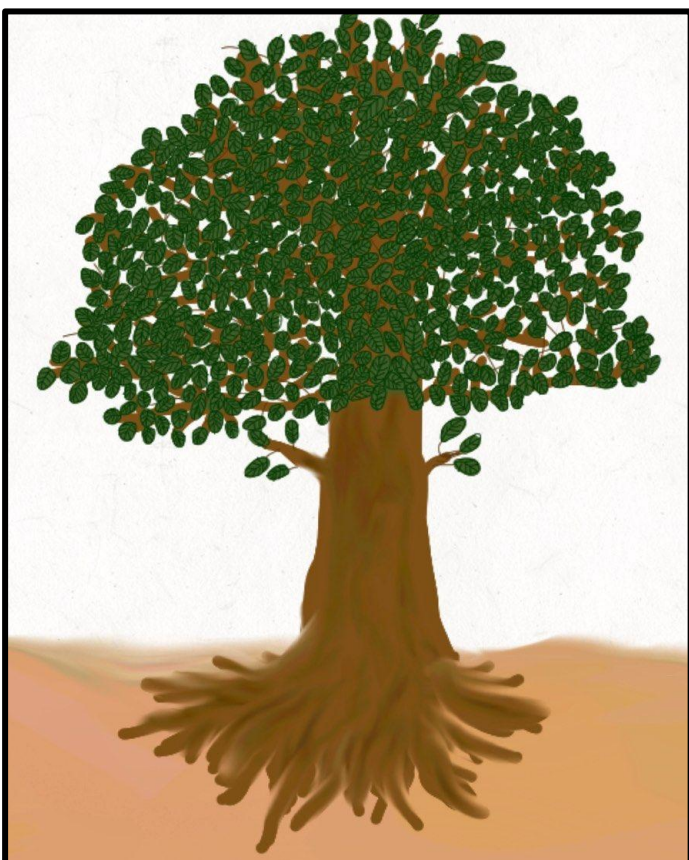
Motion sickness

Us humans are motion sickness
We're
Sweet
Selfish
Crazy
Empathetic
Stubborn
Flexible
Quit
Loud
And so much more
But one thing humans aren't are
Toys
We don't get to get used and thrown away
The worst thing we could do to anything is
Make it feel useless
We all have feelings so why do we treat each other so bad
It's just how us humans are
The most motion sickness I've had

Poem by Rosenda Carrillo, grade 6



by Naimah Thomas, grade 8



Art by Abigail Schwab, grade 6



STUDENT AUTHOR AT IGHMS

by Angelica Benson, grade 7

Angelica (Angi) Benson, 7th grader at IGHMS, is currently writing a 400+ page novel titled: “You Will Neva Be A God” from her “Tulips And Gunpowder” series. Are you into thrilling fantasy books that’ll keep you on the edge of your seat? Well (hopefully), next fall the book is published! She’s hoping to have copies in the school library, Etsy, and possibly Amazon, too.

“You Will Neva Be A God” is a story about Gabriel, a well-mannered and zealous prince from Reora who slowly falls in love with the wrong person—Onyx, the Commander of another kingdom’s military. Onyx may or may not use that to her advantage... Will she settle down for once and try relationships again or will she use his love to her advantage for her own gain? Will Gabriel find out the true dangers of courting one of the most powerful people in their world or will he see past the violence and love her regardless?

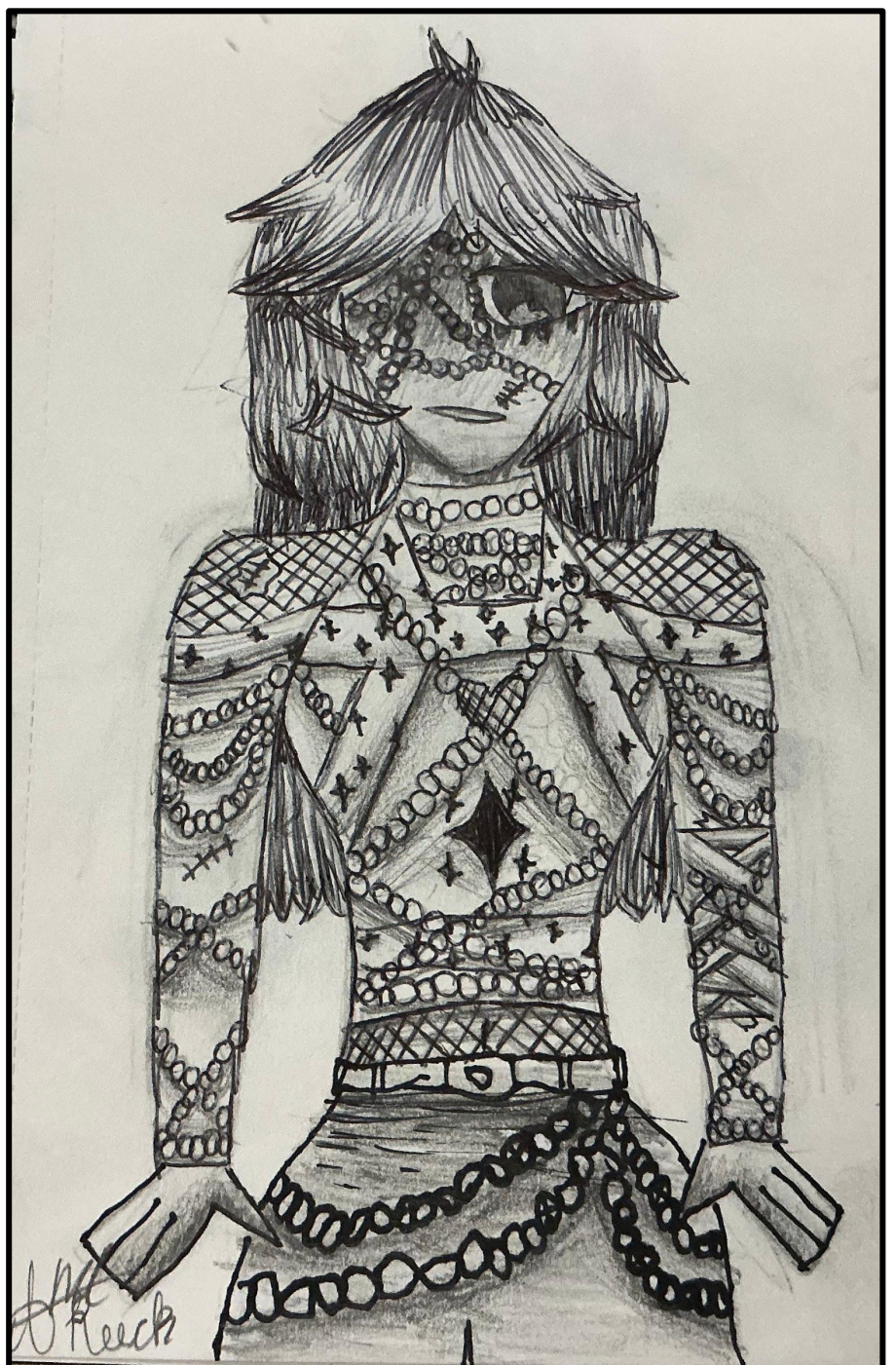
Pre-orders aren’t open yet, so stay tuned! ;)



Picture by Vee Larsen, grade 8



Art by Angelica Benson, grade 7



Drawing by Anastasia Reeck, grade 6



Picture by Elliana Terlinde, grade 8

SHIP OR NOT: SATOSUGU REVIEW

by Kayleigh Cox, grade 8

Satosugu is a ship (relationship) from the anime/manga Jujutsu Kaisen written by Gege Atakumi. The ship is made of the characters Satoru Gojo and Suguru Getou and is very heavily implied throughout the manga/anime. Many people believe the characters may not be a ship, but here are all the reasons I believe they are.

Getou's final words in JJK0 is one example. Gojo says something to Getou which is censored, and we know will never be confirmed. It is believed to be something along the lines of "I love you." because, Getou's final words and his response to Gojo's is "Curse me a little at the very end." Gojo, earlier in the movie, states "Love is the most twisted curse of them all." This implies that Gojo really *did* "curse" Getou, by confessing his love. We also know the censored phrase was 3 words.

Later in the show Getou's body is taken over by a "Curse." Kenjaku/"Getou" finally sees Gojo, and Gojo states "My eyes and brain tells me you are him. But my *soul knows otherwise!*"

Despite saying this, Gojo loses the battle and is imprisoned because he just *can't* fight back against "Getou"

even if it isn't really him. Gojo has to stay in the prison for months, and has to wait for the world to help him escape. Eventually Gojo escapes the prison, and has to go out and defeat Sukuna. Gojo loses the fight to Sukuna and dies on 12/24/2018, aka. *exactly a year* after Getou.

Getou and Gojo grew up together and were incredibly close in their high school years.

In one of the dubs of the anime, (Portuguese I believe but I may be wrong) Gojo, with his nose practically touching Getou's, calls Getou a pretty boy and outright flirts with him, further solidifying the fact they are most likely dating.

Even people who are homophobic and refuse to accept same-gender relationships believe they had at least a situationship.

Gojo and Getou had a friendship breakup in 2007 (10 years before Getou's death). It comes across more like a romantic relationship breakup, especially with the fighting in public, over different world views, and over a miscommunication.

Getou and Gojo also start off with switched world views, Gojo believing that the sorcerers shouldn't protect the non-sorcerers, and Getou believing that the strong are made to protect the weak. After the death of Toji/Getou's breaking point, Getou believes all non-sorcerers should be killed because then they will not have rogue curses. He begins to call them derogatory names or simple-minded. Gojo has completely

changed his views and believes he, as the most powerful, must protect the non-sorcerer and weaker sorcerers. A thing that often happens in the relationships is adapting each other's views, world, political or any other. This usually does not happen to this degree though.

Right after we see the flashback episodes at the beginning of Season 2(/2A/Hidden Inventory Arc,) Gojo gets woken up by his favorite students/Nobara, Megumi, and Yuuji. He lifts up his blindfold and we see red circles under his eyes, implying he was crying while remembering the memories.

Gojo *knows* Getou and is able to help save Yuuta in JJK0 by realizing the usually flashy and cocky man was nowhere to be found. This means he is probably somewhere else and the battle was actually a distraction. Gojo sends Toge and Panda after Getou, to where Maki and Yuuta were hiding, away from the battle.

In the intro of Hidden Inventory, Getou and Gojo are seen riding a bike. It is illegal for two people, in Japan where they are, for two people to ride a bike together. Teens who are in love will ride one bike as an act of rebellion, it is a love trope.

Christmas is the day for lovers, (in Japan), yet both Gojo and Getou die on Christmas Eve.

Satosugu is one of my favorite ships ever! I love them so much and wanted to share them.



by Kayla Lakhamone, grade 7



Comic by Maliyah Henry, grade 6

THE STORY OF WILBERT

by Finnley Bain, grade 8

This is the story of Wilbert J. Mckenna. 0 score and 4 years ago, Wilbert was in his car, enjoying a relaxing road trip. This road trip could almost be considered a Classic Road Trip. His dog was sleeping peacefully in the back. He rode in the front with his mother, who possessed a bag of spicy chips.

Wilbert grabbed his phone and pressed record. "Hi, it's me, Wilbert, and my mom!" he said with glee, a smile beaming on his face as he turned the camera towards his mother.

"You've met my dad on the channel before but never my mom." Wilbert was recording this video for his YouTube channel.

"Uhm, today I'm gonna be trying this spicy kind of chip." Wilbert said as he flashed the camera with the bag of tortilla chips. The label read "Cajun Dill Gator-Tators."

He turned the camera to his mom again and asked, "Is it spicy mom?" Little did he know this statement would ring out into the universe for ever and ever, never to be forgotten from generations to come.

His mother would repeat the label of the chips, "It's Cajun Dill Gator-Tators!"

Wilbert once again asked, "Is it spicy?"

The camera once again turned on himself. "I don't think they're spicy. I just think they're delicious!"

Wilbert now opened his mouth - placing the chip into his mouth, his taste-buds ready to explore the foreign tastes. Wilbert started chewing the chip as his smile faded, his face still innocent. Wilbert continued to chew as he put his hand to his mouth.

"It's disgusting!" he told his mom. She would laugh maniacally.

Wilbert put the bag back on the centre console through the manic laughs. "I hate it!" Wilbert exclaims.

According to a now grown Wilbert, it was, indeed, spicy.



Video by Elizabeth Hanson, grade 6

https://drive.google.com/file/d/14kGvXIR-jznOPpOYajkby5EsChX4Er8q/view?usp=drive_link

The rays of the sun shined down upon the belly of a mutt.

Its pelt as soft as the clouds.

The wind rolled over it,
it roared a giant yawn and he slowly fell into a deep sleep.

The mutt dreamt of delicious smells

Chicken,

Steak,

Pork,

Salmon

Drip, drop,

Drip, drop,

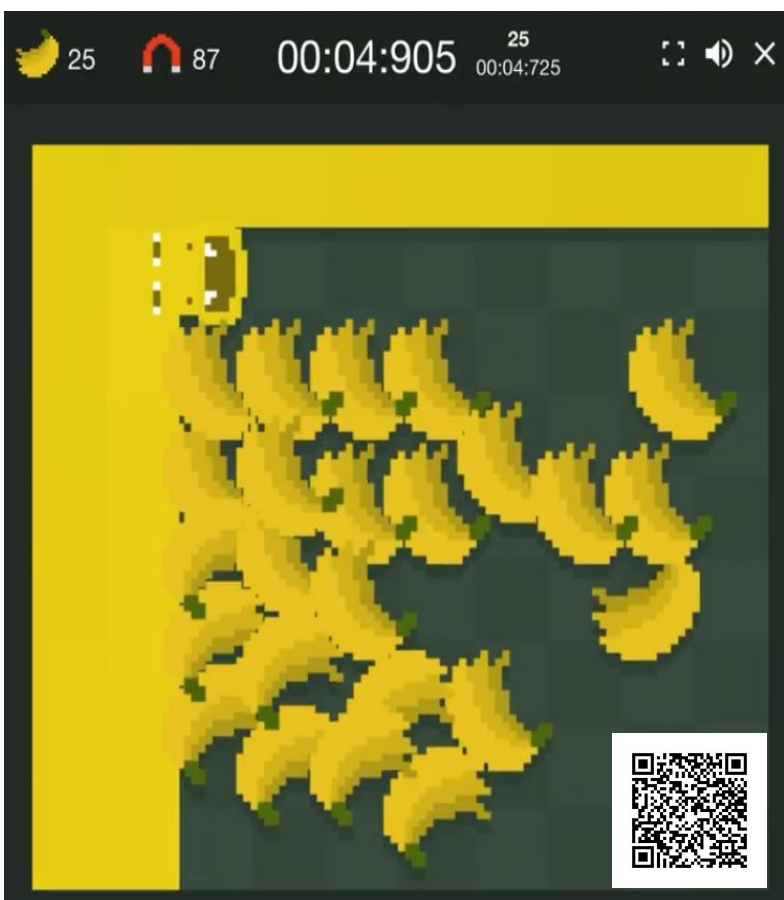
The mutt woke up to a thunderstorm

He gazed into the sky

He looked back down, his stomach rumbled

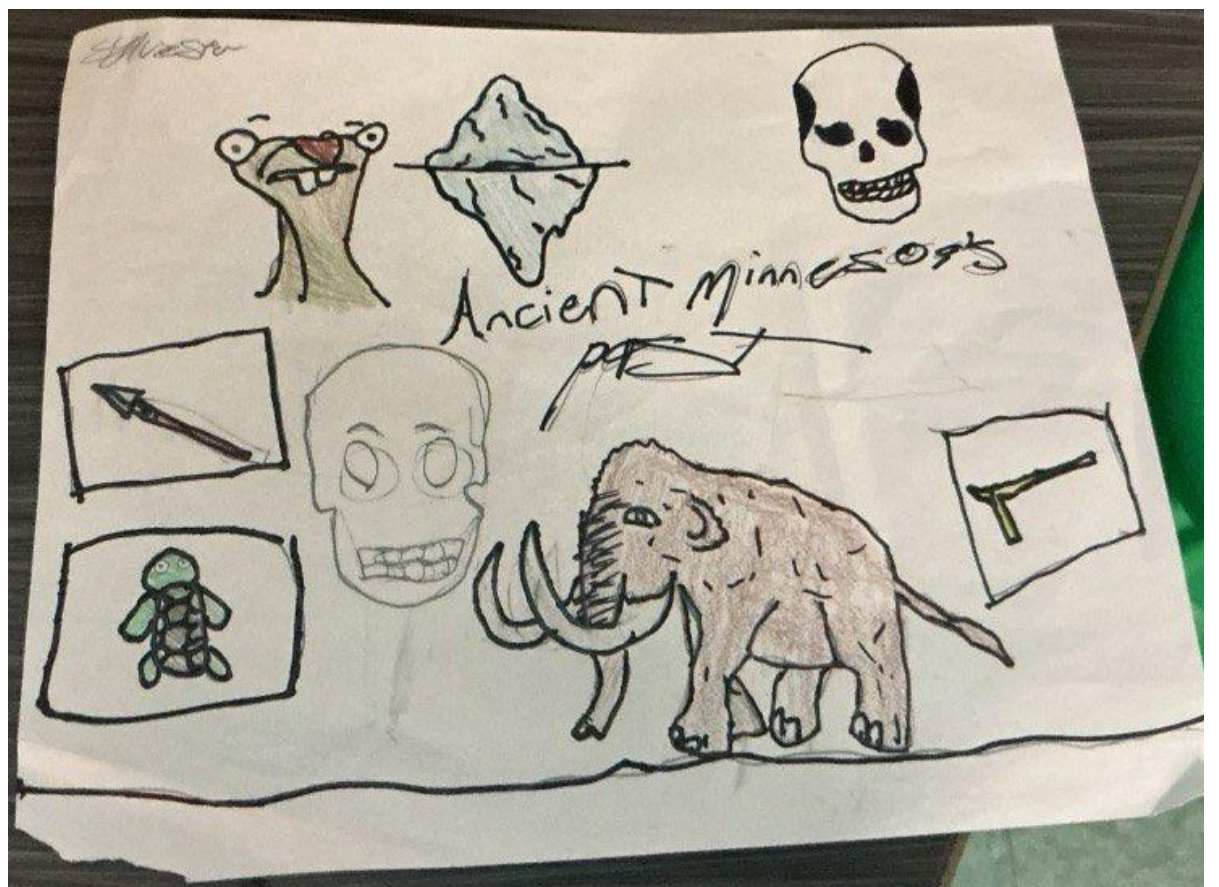
"It will all be over soon"

Poem by Sydney Johnson, grade 6



Video by Georgie Dahmeh, grade 6

https://drive.google.com/file/d/1aPkRyfzMUCCI9bxala4ekv_jf1k10_89/view?usp=sharing



by Sylvester Mejia, grade 6

IT WAS JUST YESTERDAY

by Milo Ruff, grade 7

Authors note

Emily is based off of me. Obviously she has some differences because when I started writing this, I was twelve, and my name isn't Emily. We do share the same personality though. It was hard deciding whether to put this book in third-person or first-person, but I settled for third-person, because I already had the idea of it in my mind as third-person. You'll find Emily can be shy, yet at times outgoing. She can be caring, but she can be snarky. Emily is a constantly changing character, and I feel that's the reason this book has so much emotion. I also want to add that the title may change throughout the journey of the book. I'm not fully done yet and am still deep diving into knowledge of the Beatles. Well, I hope you have fun reading this book, and remember, nothing is stopping you from your full potential; all you have to do is believe in yourself!

Chapter One

Emily was walking back from the water tower. The only sound in the quiet night was her jeans brushing against each other. The faint smell of her perfume lingered on her clothes as she went down the hill to her identical townhouses. As Emily walked up the stairs to her home she was surprised she actually got away with hanging out with her friend Mimi, who her mom disapproved of.

"Where were you, sweetie?" Emily's mom asked with a knowing look. She knew where Emily was and what

Emily was doing. Emily, oblivious to her mom knowing, answered, "I was just at the water tower with Mimi!" Emily froze, noticing her mistake.

"Oh really? I'm so flabbergasted you would disobey me." Emily's mom said with a sarcastic gasp.

"M-mom I...you weren't supposed to know..." Emily said with a scared look.

"Well, you know I'll have to not let you out of the house anymore...again!" Emily's mom said with such glee it made Emily clench her fists.

"Whatever." she mumbled. "What did Mimi do to you anyway?!" Emily snapped and glared at her mom.

"What do you mean 'what did Mimi do to you'?! She's a bad influence and you know it!" Emily's mom snapped back. This was going nowhere. After what seemed like ages of arguing, Emily gave in.

"Fine! Take away all my privileges! Why do I even try to compromise with you anymore?!" Emily went into her room and slammed the door, tears staining her pink cheeks. Sniffling and exhausted, she climbed the ladder of her loft bed and looked at her phone lazily. The time read 11:15. Tomorrows the day she goes back to her Dads. Needing something to break the silence Emily played The Beatles. Maybe if she listened to them enough she'd travel back to the 60s..

[Chapter two will be on its way!]

MISTY COPELAND TAKES HER FINAL BOW

by Mira Oswald, grade 7

Misty Copeland became the first African American Principal dancer at the American Ballet Theatre in 2015, one of the best companies in the world. She broke many barriers in ballet like proving that African American dancers can become the best in the world, you can become professional even if you start at an older age, and that anyone can do ballet.

Copeland took her final bow on October 22, 2025 at the David H. Koch Theatre at Lincoln Center during American Ballet Theatre's Fall Gala after her 25 year career. Many people came to celebrate her including Oprah Winfrey, Debbie Allen, and her husband and son. That night she also performed pieces from some of her major roles that she had performed years earlier like a pas de deux from "Romeo and Juliet." She also danced to the songs "That's Life" and "My Way" by Frank Sinatra.



Misty Copeland's career was very important because she created more diversity in ballet. She has also written many books and given speeches. Some books by her include, *Firebird*, *Life in Motion: An Unlikely Ballerina*, *The Wind at My Back*, and more. Even though she is retired from being a ballerina, she is going to continue giving speeches, writing books, and continue her programs like "BE BOLD" and the "Misty Copeland Foundation." Misty Copeland broke barriers in ballet and made history.



Art by Avannie Anderson, grade 6

