

Why the Dodge Demon is the best muscle car

Tannon A, a student at Hurricane High School claims the Dodge Demon is the best muscle car

“The Dodge Demon has the fastest 0-60 time.”

The Dodge Demon, just the name is scary. The looks, or the performance? With this 6.2L supercharged V8 it makes 1,025 Horsepower with the newest 0-60 time (1.66 seconds). Dodge knew what they were doing. Dodge knew who they are selling to. Leaving its competitors in awe. Its biggest competitor the Ford Mustang, the Mustang has been very close to Dodge many times before in speed and horsepower. Dodge has always won, the Mustang tried its hardest even modified ones were still behind a stock Hellcat (*The Most Powerful 1*),

Many car enthusiasts were wondering why a Mustang is the biggest competitor when the Chevy Camaro is faster than the highest spec Mustang. The reason for this is modifying a Mustang makes it faster for cheaper. Lots of car enthusiasts prefer Mustangs over Hellcats, the reason this is is because Mustangs are cheaper, loud, and decently fast. Therefore car enthusiasts think it's better.

The reason Mustangs aren't better. Mustangs have had lots of generations and in the 60s sold over 1 million of them. The Mustang is a pony muscle car. Whereas the Hellcat is a straight muscle car. Mustangs are also used as drift cars. A Mustang made by Hoonigan was made into all-wheel drive and made 1,300 horsepower from a Mustang. This made the Mustang

popular. A Lot of people like this Mustang but it isn't a true muscle car.

The Chevy Camaro. The highest spec of the Chevy Camaro is a 650 hp 6.2L v8 engine. Chevy didn't know what to do when making this V8-powered ZL1. The Camaro is very aerodynamic (*2024 Chevrolet Camaro 1*). The camaro looks very clean and sounds just as good. Chevy thought they did good, they did. Turns out it wasn't good enough. They did get more horsepower than the new dark horse Mustang, but less than the Dodge Demon.

The issues with the Chevy Camaro. Many reports of Camaro owners have said their Chevy is breaking down after 700 miles. Most said it was their transmission, others said it was from the engine (*2024 Chevrolet Camaro 1*). Nonetheless, Chevy is losing money from this issue and giving more reasons to go to the new 2024 Mustang Dark Horse.

The reason the Dodge Demon is the best. The Dodge Demon doesn't have transmission issues, nor does it have its engine. It is aerodynamic and has a crazy power-to-weight ratio. The Dodge Demon has the world's fastest 0-60. (*The Most Powerful Muscle Car in The World 1*) That is why the Dodge Demon is the best muscle car.

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Benefits of Cooking

By Alondra A

Learning how to cook has many benefits along with it. When people learn how to cook they learn new techniques that can help them make foods that might be more healthier than food from a restaurant. People that don't know how to cook will be wasting money on food that they can prepare themselves.

“Some people like to cook with their family, making it a memorable time”.

Dishes made in restaurants tend to have more ingredients that are heavier in salts, fats, and additives. When cooking at home people know what they are adding to their food and know what ingredients they don't need to add to the food. Another thing is that when cooking people learn about healthier ingredients that they can use to substitute for others that might be unhealthy.

Cooking can also help people eat fewer calories throughout the day. When people prepare their own meals they are able to see what they are eating. Dishes prepared at home also tend to have more nutrients in them and have fewer calories. When people cook at home they are part of the entire process from the store to the plate.

A great benefit of learning to cook is that people can become part of the process and have fun while cooking. This is something that could make cooking more enjoyable for people. Because they know what they are adding to the food and understand what goes on in the process.

Being part of the process makes people want to cook because they get to experience what goes on and what happens during the process of cooking. They also

learn many new things that could help them be better cooks and try new things.

Some people like to cook with their family making it a memorable time. A writer said, “Food is usually met with smiling faces and a desire to come back” (Gomstyn 1). When people cook at home they are able to share the experience with friends and family and be able to have fun during the process and even get a treat at the end that they can share. Cooking can also help people make more bonds with each other that can make their relationship stronger.

Learning to cook can also keep people entertained whenever they might feel bored. This can make people feel like they have a distraction instead of being bored.

Cooking at home can also be cheaper than going out. According to an article, “It is almost five times more expensive to order delivery than it is to cook at home” (Eric 1). Knowing that food in restaurants is more expensive makes it less likely that people will dine out and would much rather have a meal at home.

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Narcotic Babies

By Saxton B

Neonatal Abstinence Syndrome (NAS) has major negative effects on infants. Neonatal abstinence syndrome (NAS) is a term for a group of problems a baby experiences when withdrawing from exposure to narcotics.

Growth and Development

This can have a serious effect on the child's health and nutrition, as well as abnormal brain development. Infants with prenatal opioid exposure are at risk for premature birth, lower birth weight, and a smaller head

circumference (Neonatal 1). These likely result from the influence of maternal opioid/drug use on placental function and nutritional transport, which in turn may lead to fetal growth restriction (Yen, 1). In addition to the specific difficulties of withdrawal after birth, problems in your baby may include: poor intrauterine growth, premature birth, seizures, and birth defects (Neonatal 1). As shown, NAS has multiple negative effects toward the infant's growth and development.

Brain Development

NAS also has negative effects on mental development. Amplitude electroencephalographic (aEEG) recordings in opioid-exposed neonates showed increased discontinuity and low voltage recordings, as well as reduced or absent sleep-wake cycling; all these factors were associated with the severity of withdrawal and the need for pharmacotherapy (Yen 1). Opioid-exposed neonates have been found to have abnormal VEP including altered morphology, decreased amplitudes, and prolonged peak times (Yen 1). Narcotic birth has a major toll on brain development.

“It was rough. Especially not getting to touch him, not getting to love on him and try to bond with him and nurse him like we had planned because for nine months that's what we had planned,” she said. (Mom Shares Her Story 1)

“When the baby is born and the cord is cut the baby's supply is gone and the baby begins to have signs of physical withdrawal,” Carla Saunders said. “The things you would normally do to console a baby - feeding, diapering, holding -- those kinds of things don't work. The baby will cry through them and sometimes even get worse” (Mom Shares Her Story 1).

“She does not get relief; she spends the next few days in bed going through withdrawal from alcohol, methamphetamine, and pain medication. So does her baby. The most recent time the mother had abused these substances was the same night she gave birth” (Menzel 1).

She met her baby only once, when the nurses showed her how much pain the infant was in. “I made my baby so sick they had to take it away,” she wrote. “I never saw it again” (Menzel 1).

Saxton B is a teen at Hurricane High. Saxton wanted to write about a hardship that he had to go through. However, even with NAS being a challenging experience throughout his childhood, this has not stopped him in his pursuit of happiness.

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Wolf dogs, yay or nay?

Trinity B is a 10th grader at Hurricane High School who isn't afraid to let their opinions flow about the irresponsible breeding of these beautiful hybrids.

Wolf hybrids, also known as Wild-dogs, are notorious for having behavioral issues. They're beautiful creatures, but should they continue to be bred? No, while Wolf-dogs are magnificent, the way they're being bred currently should be stopped.

By the age of two, 90% of Wolf-dogs have to be euthanized².

Throughout history, wolves have been seen as signs of strength and many have sought this strength in their own pets through wolf dogs.

The reality of the situation is not as pleasant as someone might think. Many who own Wolf-dogs are unprepared and many Wolf-dogs end up returned or sent to various resume facilities. In some heartbreaking cases they end up as dangers on the streets.¹

Careless backyard breeding of pets has always been an issue and with the rise in popularity of the Wolf-dog, they too have fallen prey to the whims of people's greed.

Many Wolf-dogs are bred in abominable conditions with little care for unsavory genetic or behavioral traits that are passed on from irresponsible breeding. Wolf-dogs are often priced for their 'Wolf content' using flawed systems if not an outright lie about their wolf percentage to try and fetch a higher price.

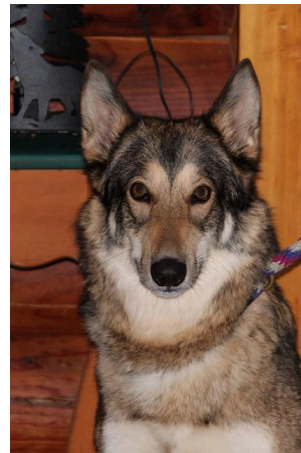
While dogs and wolves have lots of similarities anatomically, their behaviors are quite different.

Take how wolves act with humans compared to how dogs act with humans for an example. Wolves tend to shy away from human contact if not outright fear them, dogs tend to enjoy the companionship of humans even over the companionship of other dogs.

These conflicting behavioral traits lead to highly unpredictable behaviors in wolf-dogs. Even their behavior as puppies can't always be a good predictor of their behavior in adulthood. With

enough practice and knowledge of the specific wolf dog, you may be able to predict the behavior of an individual, but not of the breed as a whole.¹

Unfortunately, owners without the proper knowledge about Wolf-dogs and their care needs tend to lead to these animals living in poor conditions. By the age of two, 90% of Wolf-dogs have to be euthanized.²



This is the sad reality that many Wolf-dogs face. They're too wolf to be most people's pets, and too dog to live in the wild. Wolf-dogs have been bred so irresponsibly and so frequently that many of these beautiful creatures have only the option of suffering in unsafe conditions or being euthanized.

¹Willems, Robert A. "The Wolf-Dog Hybrid." *Animal Welfare Information Center Newsletter*, 1 Jan. 1994, pp. 3–8. *SIRS Issues Researcher*, <https://explore.proquest.com/sirsissuesresearcher/document/2268037428?searchid=1700235127&accountid=169371>.

²*Wolf-Dog Hybrids Are Becoming More Popular — and That's Not a Good Thing*. <https://www.eastbaytimes.com/2023/11/14/wolf-dog-hybrids-are-becoming-more-popular-and-thats-not-a-good-thing/>.

Lebron James' Legacy

Asher B, Hurricane High Sophomore looks into the impressive impacts of Lebron James.

Lebron James is an amazing human. Many people know of his impressive physical feats. Being an NBA all-star and champion multiple times it's hard not to have heard of Lebron. While many people know about his life on the court, his life off the court is just as impressive.

Physically, Lebron is just one of a kind. Standing at an impressive six feet nine inches and weighing 250 pounds there aren't many people like Lebron. On top of this Lebron is in peak condition. Being able to have a vertical of 44 inches and a 40 yard dash time of 4.6 seconds Lebron really separates himself as one of the best athletes in the world. Continuing, Lebron has cemented himself as an all-time NBA player. Winning four championships and four MVP's while just recently breaking the most career points scored Lebron has had massive impacts on the NBA.

"Inspired by his own life, Lebron has made it his goal to help others."

While Lebron's NBA resume is very impressive, his backstory before becoming famous is just as inspiring. Lebron was born to a mom that was only 16 and his whole childhood he and his mom struggled with poverty (Medarametla 1). Lebron and his mom moved around a lot before finally his coach was able to help pay for their rent (Medarametla 1). From there Lebron started to excel in sports and really start gaining publicity for his skills on the football field and basketball court. After

deciding to focus on just basketball his senior year of high school he was able to be drafted the following year and the rest is history.

Since gaining wealth and fame from his sports career, Lebron has made impacts on so many other lives. Inspired by his own life, Lebron has made it his goal to help others. One reporter said it was his goal to donate 10% of his wealth to causes and communities (Reynolds 1). One young person even said she probably wouldn't have gone to college if it weren't for Lebron's donations (Reynolds 1). Lebron's foundation has provided a school in his hometown and free housing to families (Reynolds 1). Lebron's impact has gone past that of the sports world to helping people in real life.

Lebron's impacts have been felt by many all over the world. From inspiring little kids to be great athletes and sports players to actually helping kids gain an education and have a home Lebron has had a positive impact on many. While still performing for millions of people on the basketball court Lebron spends countless resources on bettering the lives of others. With being an impressive athlete Lebron still proves that he's an amazing human being.

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What are the most sustainable energies?

Cooper b a student at hurricane high school shares information about energy sources.

“The efficiency of the solar system drops”

The most sustainable energies are coal and nuclear energy. Some may say that solar, wind, or, hydro are the most sustainable and cleanest energies but i disagree. Starting with solar power “solar energy can still be collected during cloudy and rainy days, the efficiency of the solar system drops” (vourvoulias 1). Solar energy along with some of the other types of energies we are going to talk about are all weather dependant. When cloudy the solar panels produce much less power and even when there is full sun on the solar panels it doesnt completely pay for your electricity bill it only makes it cheeper tho some states will pay you to put the solar panels up on your home if you dont have that option putting solar panels on your home is very expensive taking many years to actually save you money.

Wind power like solar is weather dependant having to have windy conditions to actually get the windmill to produce electricity. They also are the cause of noise pollution in many towns people complain about the whooshing noise and how they make the veiw of the town look crappy. “Wind turbines can be noisy when operating due to both the mechanical operation and the wind vortex created when the blades are rotating” (Marsh 1).

Although Hydro power is both renewable and constantly flowing depending on the dam or river but not very many dams or rivers have hydro power plants in them in the U.S. instead they are



used for irrigation or flood control (Where Hydropower Is Generated 1). Having more hydro power dams would be beneficial for our country but they are very expensive because you have to build them within the dam.

Coal and nuclear power plants produce constant energy but throughout the U.S. they are getting shut down some say that nuclear is unsafe because of what happened at chernobyl and it is also said that coal power is a big cause of pollution and global warming when they have filtration systems in the exhaust of the coal plants to filter any CO2 out of the exhaust when being released back into the environment. Coal power plants have electrostatic precipitators that usually remove 99% of the ash and doesnt produce any heat (Particulate Control technologies 1). So in reality it is not a contributing factor to global warming or air pollution at all. Having a consistant energy source means that there is always energy being produces so you wont have to worry about the grid blacking out unless there is a super bad storm or powerline comes down.

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The History of the V8 American Muscle Car

By Mack B a car enthusiast attending Hurricane High School

“The man who made and patented the v8 engine, Leon Levavasseur, was French”

The American muscle car has been a staple part of American history. Car enthusiasts love them for their power, speed, and looks. Cops like them because the power-hungry enthusiasts can be irresponsible and break the laws, giving the police a job. However, one of the most interesting parts of the muscle car is its history.

To understand the history of these beautiful cars people first need to understand what a muscle car is. A muscle car is generally described as an American-made, two-door car with a coupe body shape and a powerful engine usually a v8.

A coupe body shape is a type of car body with a sloping rear roofline two doors, and under 33 cubic feet of interior space. The first coupe body made was a horse-drawn carriage. The carriage builders tweaked the traditional coach design to make it easier to get in and out. American automakers started welding metal roofs onto open vehicles creating the “coupe”. Most coupes are designed to be shorter, with just 2 seats to allow more maneuverability. (“Sedan” 1).

A v8 engine is an engine with eight cylinders for more horsepower which makes the car faster. The man who made and patented the v8 engine, Leon Levavasseur, was French and he made it for airplanes. He initially studied fine arts but realized that he liked engines more so he switched to engineering. The engine he made featured

eight cylinders perpendicular to each other and he called it the Antoinette engine. After his airplane engine failed, because the aerodynamics were wrong, he went on to make speedboat engines.” By 1904 every winning and record-breaking speedboat had an Antoinette engine in them”(Irimia 1). In 1906 Leon put one of his Antoinette engines in a car for a car show in Paris. In 1910 De Dion-Bouton introduced a 7.7-liter V8.

In 1914 Cadillac put their first V8 engine into the Type 51 car but this was not the first muscle car because it was not a coupe style car. Many people consider the first American muscle car to be the 1964 Pontiac GTO because it was a coupe-style body and had the muscle of the v8 engine. GM had a ban on the auto show so the GTO was put together in secret and got on the roads to become a very popular car. The 1949 Oldsmobile Rocket 88, and the 1955 Chrysler 300 were V8-powered cars but they were full-size sedans, not coupes.

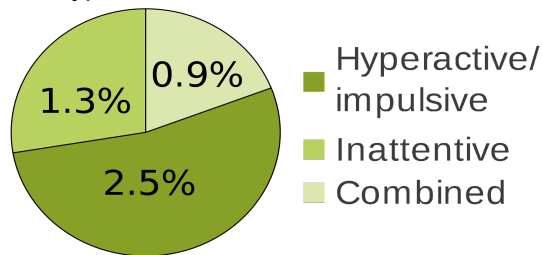
So depending on what type of enthusiast people are would determine what is the first American muscle car. Either way, the V8 engine revolutionized the car industry and became a staple in car history.

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Sedan vs. Coupe: What's the Difference? | CarMax. 30 Mar. 2017, www.carmax.com/

ADHD Awareness

ADHD is often considered bad or faulty but that's not the case. People with ADHD are capable of incredible things. ADHD tends to make the person or people who have it really creative, energetic, and courageous, resilient, and hyper-focused.



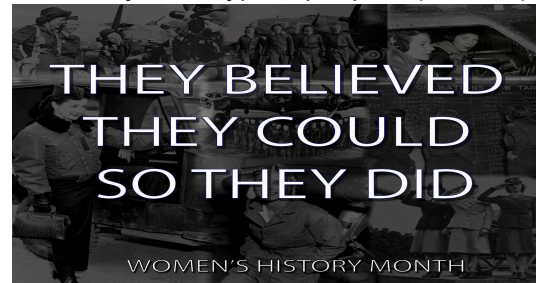
As a sixteen-year-old girl people often ask what tends to be the biggest struggle with having ADHD. They never ask what is good about having ADHD. Even though ADHD is a struggle sometimes. There are a lot of good things that have come out of it.

One day in August of 2023, a math teacher gave the class a math problem. She had given the same math problem to all of her classes. She had sent the groups to the white boards to work. All the groups had finished the problems and she was coming around to check the problems. She stopped at one bored in particular and looked at it for a long time. She then called the entire class over to the board. She explained that the student who had done this work was the first student to think like this from any of her classes. She then explained that this student was very unique and an out-of-the-box thinker. After the class was over she pulled the student over and told her how proud she was. She said "Cadie I am very shocked at how you looked at this problem. None of my other classes had thought of it that way," That day the student left feeling accomplished.

People with ADHD also tend to have great conversational skills and spontaneity. A person with ADHD is always evolving, and they are continuously learning. "They tolerate and appreciate new ideas, movements, visualizations, and concepts, and they can be emotionally sensitive." (Sherell 1).

ADHD is not a bad thing it is actually quite fascinating and helpful. "Self-awareness: The

treatment for ADHD often includes therapies that encourage self-regulation (the ability to manage emotions and behaviors). Because of that, people with ADHD learn their triggers and patterns and how to control them better than many neurotypical people." (Burch 1).



So when people think of ADHD they think of a bad thing. The fact is it's not a bad thing yes sometimes it gets annoying. Sometimes it is the not focusing properly other times it's having too much energy. These things can be bad but they also are benefits to ADHD. People never know what a "bad day" with ADHD might look like. What other people see as bad others tend to see as good. As a whole people need to be more aware of ADHD and the pros and cons of it.

Cadie B is a 16-year-old girl who has ADHD and is super energetic. She is always looking for a fresh perspective on things and is never afraid to get involved. She is interested in writing, basketball, wrestling, and soccer. She loves to be outside when it is nice out. Her favorite hobbies include singing, art, and writing. She is very happy to share information with people through her writing.

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Christmas Benefits

By Quincy B

Christmas Movies

Christmas movies are fantastic, many would say these holiday movies are better than the rest. There is no better way to start the holidays than knocking out some Christmas movies. Sometimes around Christmas time you may have to stay inside because of the weather conditions. Christmas movies are just calling your name. The amount of options there are to pick from is outrageous. The Grinch, Home Alone, Violent Night, and Elf are some of the more popular movies that many enjoy watching. A quick internet search will reveal that "Christmas movies are surprisingly controversial. Love them or not, holiday films can reflect some of the greatest societal tensions." (Rodriguez 1).

"Bonding with family is very important throughout life"

Gifts Everyone loves when it comes time to open gifts. Many also like spending time shopping for others and finding cool things to give to people close to them. Watching family and friends open their gifts gives off positive energy and makes the day so much better, especially if they like the gift.

Opening gifts is always enjoyable: a fun experience or maybe something you have been wanting for a long time. The tensions rising as you're in bed sleeping the night of Christmas eve.

Decorations

During the holidays many decide to decorate their houses and yards. "Our philosophy on holiday decorating has

always been "the sooner the better." (VanSchmus 1). This may be for personal joy or maybe just for others to see, but the decorations are always beautiful. When Christmas time rolls around family and friends enjoy putting up decorations around the house to get into the Christmas spirit.

Family

Bonding with family is very important throughout life. Families don't always live close to each other or get to see each other very often. Christmas time is a holiday where many families come together to visit with one another and have a good time. Over 3 billion Christmas cards are sent out each year, when you get the opportunity to spend time with family you should make it count. The time with them always makes people happier and they often form stronger relationships. When coming together you should take advantage of every moment, Christmas season makes this pretty easy.

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Family Communication

A Hurricane Sophomore named KANUA B has looked into the subject and has some tips and solutions that could help you or others with their relationships.

Some families have had the problem of miscommunication such as frequent arguments, physical harm, emotional disregardment, and even a divorce just from a lack of communication.

Communication in relationships: Why is it so hard? Communication is a hard thing to do with others due to the fact that trying to find the issue is a very difficult thing to do because "While a couple may need a few practical suggestions, it's not always as simple as giving people a script to follow or a few tips. The reason that communication suffers can be many and it is difficult to understand exactly what's going wrong." (Geiger 1)

What is communication? "communication allows to you explain to someone else what you are experiencing and what your needs are. The act of communicating not only helps to meet your needs but also helps you to be connected in your relationship. Communicating clearly in a relationship. Talk to each other. No matter how well you know and love each other, you cannot read your partner's mind. We need to communicate clearly to avoid misunderstandings that may cause hurt, anger, resentment, or confusion." (Relationships and Communication 1).

The writer has seen when people have good communication it tends to, Avoid or reduce conflict, Improve relationships, Helps

build and maintain clarity, and finally, Improve overall mood. Communication is something that isn't taught by many parents and is a fleeting conversation that parents have with their kids, this does not include the fact that some parents don't even know themselves.

Communication is something that should always be done and not such an easy task to maintain, but over time and effort, you can build the healthy relationship that doesn't include any resentment, anger, sadness, or confusion (Relationships and Communication 1).



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Ai Art

By Jaimee C, someone who is passionate about art.

Artificial Intelligence, or Ai as some refer to, has developed over the years in extraordinary ways. But Ai is not always good. For example Ai art. Ai has to learn from others and to learn how to draw, Ai takes art and creates Ai art.

“Ai art has no soul that the artist has with their art, they just create, steal, and profit from Human Artist”

Most of the

artists that Ai learns from, do not consent to let the Ai learn from them. Someone can tell the Ai to draw like a certain artist, and then supply the Ai with some sample of the artist's works, then the Ai can draw just like that artist. This is upsetting for many artists out there, because they have spent many years studying and practicing to perfect their craft, and to have Ai just do it in 5 seconds is disheartening. “AI Art takes jobs from human artists, designers, illustrators, and uses their work without their consent or compensation to create what it calls “new work”. It also devalues the years of practice, unique vision, skill and experience that human artists work hard for”(Vicki Fox, Ai Art).

Ai art can take away an artist's livelihood. Artist's job can include commissions, animation, storyboarding, character design,ect. Ai art is less expensive, and quicker than that of a human. If Ai art continues to grow then eventually Ai can take over, so that humans won't be needed anymore.

Many artists do commissions for people, which is how they make money to

live, but if Ai can do it quicker and less money then more people will use that then actually pay the artist. The writer wants to be an animator, but it might not be a possibility in the future from how fast Ai is improving. Ai has already been instrumented into animation, but with the help of humans, but soon they won't even need humans there at all.

The human touch that Ai art doesn't have. When art is done by a human, they usually spark an emotion in you, whether it be by the story behind the art or the actual art itself. Artists put a lot of passion, time or energy into their art. But with Ai, they have no emotion in them the same way that a human can. They don't have the spark that a human can bring into their work.

They don't have the passion that a human would normally have in their art. Humans have to have an idea for their art to even begin their art, with an Ai they bring no creativity to it so there is no meaning to it. Ai art has no soul that the artist has with their art, they just create, steal, and profit from Human Artist. “While AI art offers exciting possibilities, it also has its limitations. One of the primary criticisms is that AI-generated art lacks the human touch and emotional depth that is often associated with traditional artwork” (Didier Hope, Why).

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2 OF THE GREATEST LEGENDS

By Brandon C, a student who serves at hurricane highschool, and is a huge fan of Cristiano Ronaldo and Lionel Messi

In soccer, a great rivalry had begun between Cristiano Ronaldo and Lionel Messi, attracting fans worldwide. These exceptional players have placed the attention of their audiences with their incredible skills and remarkable goal-scoring abilities. Let's dive into their fascinating journey and explore the defining moments that made their rivalry epic.

The Early Encounters:

Back in 2007, "They've also both earned numerous individual honors, with both of them regularly competing with each other to be recognized as the best player in the world in a given season¹." (Savage 1). Soccer fans took notice of these as two rising stars showcasing their immense talent, eager to prove themselves as the best.

The 2009 UEFA Champions League Final:

The awaited clash between Manchester United and Barcelona in the 2009 UEFA Champions League Final intensified. "In the second El Clásico of the season, Messi scored his 40th goal of the season in a 2–0 win²." (Wikipedia 1). Barcelona emerged victorious, and Messi's exceptional header goal left fans in amazement, highlighting his agility and acrobatic skills.

El Clasico: From 2009 to 2018, Ronaldo and Messi faced off multiple times each season in the iconic El Clasico matches between Real Madrid and Barcelona. These encounters were marked by intense competition as both players showcased their skills

"Talent without working hard is nothing."

and contested who was better. Their encounters on the field became legendary, as they consistently topped the goal-scoring charts in La Liga and the Champions League, making their names in soccer history.

The rivalry between Ronaldo and Messi has produced countless unforgettable moments that have left an unforgettable mark on the sport. In 2010, both players achieved mind-blowing hat-tricks on the same day, leaving spectators astounded by their brilliance. They also faced each other on the international stage, representing their respective national teams, showcasing their impact beyond their club careers.

Messi showcased his finesse and playmaking abilities by scoring three goals, while Ronaldo's sheer power and goal-scoring prowess led him to net two remarkable strikes. Ronaldo and Messi showed incredible skills and never gave up. They were really good at what they did and always tried their best. Everyone could see how talented they were, and their performances left a lasting impact.

The Ronaldo-Messi rivalry has a special place in the hearts and minds of soccer fans around the globe. They are incredibly skilled, and determined, and always strive to be the best. Even though people may argue about who is better, their rivalry has left a lasting impression. Their amazing matches will be remembered as one of the greatest rivalries in football history. They have inspired many players and entertained fans for a long time.

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Old Cars Are Better Than New Ones

By Jonathan C. An older car enthusiast.

Many say old vehicles are better. Some say they are the same. Others say newer cars are better. Older vehicles sound better than newer cars. Old cars are better because they are easier to work on, handle better on the road, and look better.



sharp turns, and gently pressing on the gas moves it.

One teen who owns an older truck says that "Driving an older truck is way easier than driving a newer one because when you turn then let go of the steering

Initially, old cars are better because they're easier to work on. Some say "That old cars are more simple and easy to fix/work on than new cars ("New vs Old" 1). One teen agrees that old cars/trucks are easier to work on because there is more space to move around under the hood compared to a newer vehicle.

Others argue that newer cars are easier to work on because it is easier to get parts for them. When a person works on an older vehicle they can easily get their hands around the engine to get to the part they are trying to get to.

The writer thinks that older cars handle better on the road. Older cars have a smoother ride while it cruises down the road "There were many cars back in the 90s and before that handled rather well too" ("New vs Old" 1). Some people say older cars handle better as they drive down the road as it is a smoother ride, steering is easier on

Old cars are super simplistic

wheel it smoothly goes back".

Some say newer cars look better some say older ones look better. The writer thinks older cars look better because "Older cars look nicer compared to new cars of the modern age" ("New vs Old" 1). Some car enthusiasts think older cars look better. Car enthusiasts think this because when you look at an old classic Chevy Nova they can recognize it compared to newer cars to where you see a 2012 Honda Civic Coupe and a 2012 Kia Forte Koup.

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How do Movies Impact Society?

Macee C is a student at HHS who is interested in movies' impact on society and how each genre can add to the impact.

Movies and the movie industry itself has had a massive impact on society for many decades. But what exactly is their impact?

Like almost everything, there are both pros and cons when it comes to the new technology. The earliest movie recorded was in the year 1888 by French artist and also inventor, *Louis Le Prince*. The film is known as the "Roundhay Garden Scene". This had a very big impact on the movie and film industry. Over time, the technology got greater and greater to where we are now.

When it comes to movies and film there are many different genres for people that have different preferences. The most common genres include adventure, action, drama, comedy, horror, romantic comedy, thriller, musical and documentary.

How do these genres specifically effect

people as a community. According to statistics in the 1920's the most popular genre of movie was silent comedies, Westerns, talkies (which were films with sound), and epics. Because of this actors and actresses relied on over exaggerated facial and body movements to really portray the story line (A Century Apart 1).

Now it is 2023 and movie trends have changed. Superhero movies, action, and the use of CGI are more commonly popular amongst this generation.

Just like emotions change due to personal experiences, movies and also give you the same feeling even though you are not experiencing something in real life. Movies can either improve your feelings or they can make you feel more unhappy.

A student at HHS claims "Watching funny movies are is my favorite thing to do when I am sad

because they always make me laugh".

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Benefits of physical activity

There are many benefits to being active! Being active can help reduce stress and increase to brain's health.

By doing physical activity you are helping your body's muscles and bones become stronger. Your day to day activities become easier for you. Your body weight will be easier to manage as your health increases. "Only a few lifestyle choices have as large an impact on your health as physical activity" (Cdc).

Not only does being active increase your brain's health, but it also helps your heart. This healthy lifestyle defends your body from cancers and disease. Overtime exercise has shown to be linked to a longer lifespan. "The benefits of exercise can compound over time, meaning that the more you exercise, the greater the benefits you may experience" (*20 Amazing Benefits Of Physical Exercises For A Healthy Life*).

Constant exercise does not only improve your physical health and appearance but additionally improves your mental state. Your heart has an easier time pumping blood when you take care of your body. This in turn increases your brain's function and memory. "Exercise is known to promote the growth of new brain cells, as well as enhance blood flow and oxygen delivery to the brain, both of which are essential for optimal brain function" (*20 Amazing Benefits Of Physical Exercises For A Healthy Life*). This isn't the only area in the brain that improves. Exercise is a great treatment for anxiety and depression. Lots of research shows that by doing 150 minutes of exercise a week can effectively decrease the symptoms of anxiety and depression. (*20 Amazing Benefits Of Physical Exercises For A Healthy Life*).

It also helps you manage body weight and reduce the risk of disease. Michael C. strongly believes that becoming or staying active is very important and should be part of everyone's day to day activity.

Additionally exercise can help with diseases and sicknesses. One example is lung disease. No matter what kind of exercise you're doing, your lungs are being put to work, and this increases their strength so that they can fight against lung disease. It also helps reduce your risk of chronic conditions like obesity, type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia. (Physical Activity Helps Prevent Chronic Diseases | CDC)

Clearly exercise and being active has many benefits all around the body, whether it's increasing your body's health and ability to fight diseases, or it's building your muscle mass and physical strength. It can even help with your mental health.

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Extra Taxes?!

By Aaliyah C who takes her stance on tampon tax

Imagine if everyday essentials like soap or razors carried an extra cost. The tampon tax unfairly targets women, placing an unnecessary financial burden on a natural and unavoidable part of life. It's time to challenge this discriminatory practice and ensure fairness in our tax system.

“it is the government's job to balance their budget, not people who menstruate”

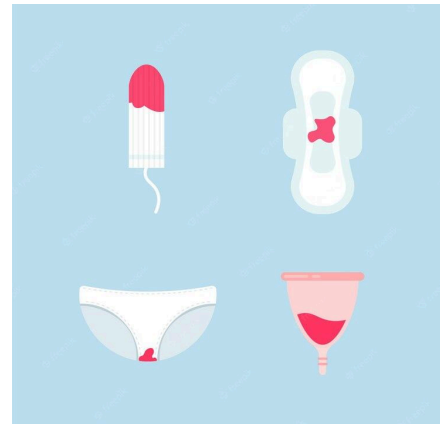
What is tampon tax? Tampon tax refers to the sales tax rate that a state, county, and/or city government collects on the retail purchase of all menstrual products. In the US it ranges from 4-7 percent on top of regular tax which ranges from 10-37 percent. This means that people who buy menstrual products pay 14-44 percent tax.

Who is supporting this and why? In Deborah D'Souza's article she explains it very well. Deborah says that “the government estimated that cutting the diaper and tampon tax would eliminate about \$55 million in revenue from the more than \$200 billion budget” (D'Souza 1). This means that the government is collecting taxes from some people to be budgeted and spent to serve all people.

However, it is the government's job to balance their budget, not people who menstruate. A California state assembly woman countered that argument by saying “Budgets shouldn't be balanced on women's backs” (D'Souza 1).

Tampon tax is discriminatory towards women. But, did you notice it said ‘diaper and tampon tax’? Take note that there are other unfair tax charges beside tampon tax;

such as, pink tax and diaper tax. These extra tax charges are



discriminatory towards women and children. However, this article is not going to delve into this problematic legislation in the US.

Much like toilet paper, menstrual products are a necessity for mostly women between the ages 12 through 50. Toilet paper, on the other hand, does not require extra tax. People all around the world use toilet paper every day, much like half the population uses menstrual products 7 days a month.

Also, don't be fooled by the name, tampon tax is not just for tampons. Tampon tax can be applicable to all other menstrual products. Menstrual products are a necessity. This tax discrepancy largely disadvantages women for a process out of their control.

To sum up, tampon tax is the extra tax collected on menstrual hygiene products. The government is in support of keeping tampon tax to avoid balancing their budget with the lack of money made from menstrual products. Tampon tax is discriminatory and needs to be addressed by our society and law makers.

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Social media

(The impact on all social media platforms and how it is).

There are different things about social media. It can help grow small businesses or big companies for them to become popular, when used responsibly it can help learn to think critically and build the skills they need for the future. (["Social Media Overview - Tufts Communications and Marketing"](#)).

Teenagers on social media:

Some teenagers who have spent time in online groups: ("said that the groups helped them meet new people. feel more accepted and to work through their feelings") but there are also bad things on some platforms, it can sometimes lead users to be depressed about their life by comparing their life to a fancy, rich person. (["How Using Social Media Affects Teenagers - Giving Compass"](#)).

Platforms:

They are like an influential person that records get ready with me on instagram or tiktok then sometimes they will get a huge following on that account and they can make alot of money by collabing with different companies or big companies. And they will make a video on how that product was amazing or bad. But you need to make some content to blow up that video you made. (["Social Media: Definition, Importance, Top Websites & Apps"](#)).

Networking:

Is a way to contact your family members or friends to tell you about different things that happened. But in the year since the phone has been invented all of your contacts and phone numbers you use is your phone for

social media. Like in dm's it's a way to contact someone through social media.

Tech terms:

A collective term for websites and applications that focus on communication, community-based input, interaction, content sharing and collaboration. the use of technological innovations in the circulation of storage in your iphone and in everything.

Privacy:

Refers to the personal and sensitive information that people can find out about you from your accounts. It could put your personal info online and you wouldnt know about it on who put that out. but you can have privacy guards to protect everything you have online. You can put some of your accounts private so they woudnt know anything about it. Cyberbullying , social anxiety and exposure to content that is not age appropriate.

Marketing:

Using social media like x or instagram and tiktok lives it could promote your product to sell and let people know what you sell and facebook.



By Kate C

Soccer is better than American football

Matdix C. shares his opinion on why soccer is better than football.

Soccer is better than American Football. Yes, that's right. It might seem a little crazy to say but there are plenty of reasons why it is true.

From when soccer was created it was adopted by the world and has quickly become the biggest sport in the world. It has influenced cultures, families, and communities. Want to know why? It's because of how easy the sport is to understand. People can turn on their TV and watch a game and understand what is happening. It's simple, that's why many countries play it exclusively.

Soccer is also one of the easiest sports to get into. One of the best things about soccer is that anyone can play no matter who you are. People can also play soccer anywhere and anytime. As long as you have a ball you can do all kinds of things. People can juggle, or pass with a friend, you can even just sit there and dribble around anywhere you want.

Soccer is also the most creative sport. There are all kinds of tricks you can do with just a soccer ball. All sorts of players have tricks named after them because of how good they are. An example of this would be Diego Maradona, creating a

move called "The Maradona". There are also a number of moves not named after people that work. Some examples would be a Scissor, a Pull Back, Reverse Scissor, and The Stepmover.

While soccer is not the most popular sport in the US it still is pretty popular. Studies show that 21.6% of US sports fans watch soccer (Most Popular Sports 1). Other studies have shown that in May of 2015 there were around 24.4 million people registered playing soccer. Compared to

"People can play soccer anywhere and anytime."

football with a measly 5.23 million people playing (U.S. Americans 1).

Soccer also is the best for getting people into shape pretty quickly. While doing drills and running around people are burning calories and losing weight. Whether people are running around trying to get the ball or getting back on defense or even dribbling to score a goal people are slowly getting into shape. People playing soccer are often in very good shape because they want to be able to play and not get too tired.

Out of all the sports people can play, that's why soccer is the best sport to play.

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USE YOUR VOICE FOR GOOD

By Ayla C

For decades celebrities have attracted lots of attention, good and bad. From controversial political statements to negative influence over fans many stars seem to get a bad rep. But what about the ones who chose to use their platforms for good?

For most people this actress needs no introduction, from her role as Katniss in the Hunger Games, to Mystique in the X-Men series, Jennifer Lawrence has made quite a name for herself, and unlike many other celebrities Lawrence chooses to use her platform in a positive way. When getting ready to play Katniss Everdeen in the Hunger Games series many people wanted her to lose weight for the role and start dieting. Jennifer refused, saying, "I don't want little girls to be like, 'Oh, I want to look like Katniss, so I'm going to skip dinner.' ... I was trying to get my body to look fit and strong — not thin and underfed."

Emma Watson is another star who chooses to focus her energy and influence in a constructive way. After seeing huge success when she played the role of Hermione Granger in the Harry Potter series, she chose to use her platform to promote something she had been interested in from a very young age...feminism.

Watson chooses a different approach to feminism though. Instead of focusing on the anti-men side of it she chooses to simply promote equality for both sexes. In a speech she gave for a UN HeForShe

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campaign in 2014 she talked about the negative association with the word feminism saying, "it is not the word that is important but the idea and the ambition behind it". Watson

addressed something that has been misunderstood for a very long time, that feminism was not just about women, that men also have something to gain or lose.

What about teaching young fans about persisting and never giving up? JK Rowling is an amazing example of this. Rowling is the author of the Harry Potter series, but before the books were ever released she faced many financial and mental health problems. However, Rowling pushed past these obstacles and went on to create one of the most well-known franchises ever, proving that no obstacle is too great to overcome.

"I don't want little girls to be like, 'Oh, I want to look like Katniss, so I'm going to skip dinner.' ... I was trying to get my body to look fit and strong — not thin and underfed."

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Participation Trophies In Sports Are Ruining Children!

McCoy D, a sophomore at Hurricane High School and a dedicated athlete, shares how participation trophies are affecting our children.

Participation trophies are creating false hope in our children. "There has been a philosophy to eliminate failure through the use of participation trophies" (Williams 1). By giving everyone awards for achieving nothing, it leads children to believe that they have accomplished something.

"There will always be winners and losers in life, and nothing will change that" (Williams 1). Not everything a person does should be rewarded.

Currently in North Carolina, state politicians have introduced legislation to enact a statewide ban on youth sports awards "based solely on legislation" (Gay 1). The government of North Carolina states, "Participation trophies are a gateway to sloth and entitlement, since they teach children that they will be rewarded not for effort or accomplishments, but simply for showing up" (Gay 1).

How is a child supposed to understand a world with clear winners and losers, if they are treated to shiny hardware for attendance?

"When we give out participation trophies, we ruin the kids for the real world" (Williams 1). Children must be the best to earn the prize. This failure can be used to motivate them for future events.

Are we sending false messages to children that by playing on the team, they will get a trophy regardless of what they bring to the team?

"Some parents think that trophies are uplifting and foster a sense of belonging" (Barker 1). Although everyone has their own opinions, giving out trophies for no apparent reason is causing children to not prioritize putting in effort. Kids these days are only

focused on the hardware and not the hard work!

If a person is really dedicated to something and they become the best then they will earn the reward but no one deserves a treat for their attendance.

According to one teen, "I was talented

enough to start and I believe that participation trophies are given to people

who participate and aren't talented enough. Rather than a participation trophy, there should be a dedication trophy for those who put everything they can but aren't good enough."

Kids these days need to realize that there is good and bad in this world, and they have to learn to take the good with the bad. As said by one author, "If you are the champ then you would be the one to get the trophy. (Bush 1).

"Kids these days are only focused on the hardware and not the hard work!"



"The idea was if we give kids trophies, if we tell them they're wonderful, if we tell them they're special, they're sort of develop a sense of fearlessness and then they'll actually be more willing to do difficult things, and actually, we now have about twenty years of research that shows that's not true," said Ashley Merryman.

Ways to deal with ADHD Without Using Medication

By Ellie D.

Diets Can Help Ease ADHD

There are many ways to handle ADHD without using medication. Many people struggle with ADHD and some don't like the idea of using medication to help their symptoms.

Luckily there are diets that can help ease ADHD. One study shows "In the case of this study, the most stringent diets consisted of rice, turkey, vegetables, pears, olive oil, ghee, salt and drinks with added calcium and water. During the first two weeks of the diet, other foods were added, including lamb, butter and small portions of wheat, corn, potatoes, some fruits and honey." (Murez) Eating good nutrition can help calm ADHD and result in inattentiveness, hyperactivity and impulsiveness.

A test performed claims "The study included 79 boys between the ages of 8 and 10 who had ADHD. The team found that 63% of the kids had a least a 40% decrease in ADHD symptoms after the few-foods diet." (Murez) Some of the symptoms they looked at included: struggling with school, Being easily distracted, trouble remembering, and many more.

Fruits and vegetables Role In Helping ADHD symptoms for children

Why may diet be so important in ADHD? "Eating a healthy diet, including fruits and vegetables, maybe one way to reduce some of the symptoms of ADHD." ("Fruits and Vegetables Play Important Role

in ADHD Symptoms in Kids") Researchers believe that ADHD is connected to low levels of some neurotransmitters in the brain and vitamins and minerals play a key role in helping the body make important neurochemicals and in overall brain function.

One experiment results showed "kids who consumed more fruits and vegetables showed less severe symptoms of inattention, said Irene Hatsu, co-author of the study and associate professor of human nutrition at The Ohio State University." (Fruits and Vegetables)

ADHD is not knowing what to do, but about doing what one knows - Russell Barkley

Also, the stress of parents who can't afford enough food for their children can create tension that could lead to more symptoms for children with ADHD. "The MADDY study is one of the first to look at the relationship between ADHD symptoms and diet quality among children in the United States and Canada, Hatsu said." (Fruits and Vegetables) That's important because Western diets are more likely than many others.



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Why My Cat is My #1 Opp

Ashton E, a owner of two cats and is in high school

The writer has two cats. One is nice, sleeps next to him, is kind to him, and is all around cooler than the other one. His other one is mean, he likes to tease him, he glares at him, and he qualifies as his #1 opp.

Pippen (the mean cat) seems to choose the people he likes and who he doesn't like, and the writer happens to be the one he doesn't like. There is quite a bit of a "coincidence" that all the people that he likes happen to be the ones that feed him, but let's talk about that later

One reason the teen thinks he probably doesn't like him is because one time when Pippen was a little kitten he was in the writers room, he started meowing and meowing because he wanted to go into his hamper, so the teen put him in the hamper. And then the writer forgot about him. The writer doesn't think he's liked him ever since.

Some people may say he's a territorial cat and that he doesn't like him because they feel their territory is being invaded. "Some cats are unusually territorial, and may never adjust to sharing their house" (Paws 1). That is not true because he has a brother (Arlo, the nice cat) that he gets along with perfectly well and never has any altercations with unless Pippen happens to really like one of Arlos toys.

Other people may say it's just the cat's personality. That is also not true because he is nice to everyone besides

the writer, so he's probably just picking sides on who he thinks will give him more food.

So people may ask why the writer doesn't feed him, and there is a simple answer to that. Cat food is gross. "Give the cat a food treat while they are calm during the trigger situation" (RSPCA 1). He's tried giving him treats every day but the cat is already fatter than a chug jug so the writer decided to stop.

The writer has been trying to

"The writer doesn't think he's liked him ever since."

convince this cat to like him for the past two years and Pippen never seems to even want to warm up with the writer. Therefore, the writer has decided that he is going to give up on him and let the cat be his #1 opp. Afterall Arlo (the better cat all around) likes the writer so he's okay with it. So if anybody else has a cat like Pippen, just give up and feed him because that's all he wants.

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Has hard rock lost relevancy?

By Roberto E

Hard Rock peaked as a genre of music in the 1980's, but nowadays it's mostly died down and lost its throne in the world of music. Guitar in modern music has lost importance. By the early 2000's, it became easy for indie rockers to score attention with blandly loud, distorted rock that might cause seizures. (James Frere, pg.1) This started the downfall of the guitar in music, people started to get lazy because they could make successful music with little to no effort, this got rid of the complexity you can hear in bands like Metallica, Guns and Roses, Sound Garden, Radiohead, etc. Due to this the guitar lost its flare and started to blend into the music and didn't stand out too much anymore, eventually a lot of songs started to move away from guitar as it faded from its peak. Hard rock is not what springs to mind when you think of oppressed groups, but throughout history, despite its popularity, it has received a great deal of dismissive criticism, and today there is not much of a hard rock scene left. (Jones Frere, pg.1) Additionally, these amateurs in the rock industry dumbed down what so many prideful creators enhanced, these bands prided themselves in accurate playing, singing in tune, and making records sound huge with studio tricks. Hard rock still has a huge audience and many people who still love creating it, however no major bands seem to still want to make it.

Modern songs with guitar

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Many modern songs and bands still use guitars such as most country music and bands such as Joy Again, but if you look into the tabs for these songs you'll see that the guitar parts are really just for the background and don't shine through the lyrics. Of course there is still much music with complexity, but none of it is unique, for many it sounds generic and like a lot of other music that they've heard. This may be a factor of the fact that guitar has been in the music industry for a very long time, so were bound to hear a lot of tunes that sounds similar, maybe it's a good thing that guitar is phasing out of relevancy for music, maybe it's needed to hear more unique sounding flows in music?

Should we still be using the guitar in modern music?

Nowadays the most popular music is rap and pop, which will rarely ever use guitar unless sampled. The technology behind music today is mostly computer generated beats and this allows for a unique sound for our era of music that differentiates it from music of the 1980's, music today is probably the most unique it's ever been due to all the possibilities these modern creators such as Kanye West, Childish Gambino, and Tyler the Creator have. Guitar will always have a place in music history, but pretty much irrelevant and overused by today's standards, people can always rest easy knowing we'll always have some sort of guitar in media with country and indie rockers.

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Is Lying Bad or Good?

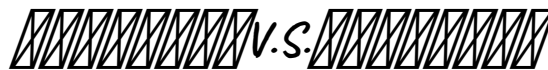
By Harlee F.



Aristotle



Plato



Everyone's been in a situation where they've lied, no one's perfect. But is lying truly bad? Or is it just situational?

First, let's start with what lying is. There are two definitions from Webster, "to make an untrue statement with intent to deceive" and, "to create a false or misleading impression" (1).

The first definition is more one purpose to just deceive others, but the second one has more room for interpretation.

A misleading impression can be seen multiple ways, perhaps someone is trying to make themselves look better, or protect another person from punishment.

Now that there is a definition, what do experts and philosophers think about lying?

An article by Oxford Academic talks about how Aristotle taught that "Falsehood is in itself mean and culpable," (Curzer 1). He completely despised the idea of lying, and openly taught against it.

However, an article by The University of Chicago Press talks about Plato's views and teachings on lying. He taught that "lies are sometimes beneficial" (Baima 1). This shows that Plato spoke on how lying can be good rather than entirely bad.

Now that we have two ancient philosopher's views on lying, which is

correct? After all, they have very separate views.

An article by the Santa Clara University sums it up pretty well saying, “actions, including lying, are morally acceptable when the resulting consequences maximize benefit or minimize harm” (Mazer 1). This means that if a lie is meant to help, it is actually immoral to not lie!

It is slightly ironic to think that not lying can be immoral, but if it can help, then it is understandable for someone to lie.

This would mean that Plato is correct in his statements, but does it mean that Aristotle is wrong? No of course not, Plato only adds to what Aristotle taught. Aristotle taught about how lying is bad, and sometimes it is.

Both philosophers have equally good points, lying can be used for good, or for bad, it is how the person uses it. For these reasons, lying is neutral, neither one side or the other. Not entirely evil or good.

Lying isn't a one purpose tool, it has many uses and can't just be defined by one side of the spectrum. Lying is an idea, and people shape the idea into whatever fits their purpose. Perhaps it's used for good one day, and bad another.

A hammer isn't just used to pound in nails, it can also be used to take out nails, the same goes with lying.

So again, lying isn't necessarily wicked or ethical, but it is a complex human trait that should be cherished as part of who we are.

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The mental challenges in baseball

Jack F, a sophomore high school baseball athlete, shares how baseball is more than a physical sport.

Baseball is far more mental than physical. One of the greatest baseball players to ever play said "Baseball is 90% mental and the other half is physical"-Yogi berra. Batting 300. Out of 1000 is good in the world of baseball, that means failure 7 times out of 10 and that is better than most, batting higher than 400. Is nearly unachievable. Failing more than succeeding is so hard mentally and baseball players go through that every time they play.



It's the love of the game that keeps them wanting to play and wanting to succeed. Having that little taste of success in baseball is one of the best feelings ever. "Imagine playing in the major leagues and you are playing third base and you miss a game winning ground ball. your teammates are frustrated with you and feel terrible about it"(Fonseca 1). Failing is a major part of baseball, it is mentally draining. People thrill for the success of hitting a home run or making the game winning catch.

Pitching is one of the hardest things to do in sports, they have to throw a ball from 60 feet away to a batter that can hit the ball more than 90 miles per hour, risking getting hit by a comebacker. Pitchers have to be able to hit their spots, throw curveballs and not walk batters. "There's nothing better for a pitcher than to get a player out that he's already allowed on base. Whether it be through a double play, catching someone stealing, or picking off a man at first, it's a great way to get out of an inning"(F, J 1). It is even better than a strikeout because it cleans up your mistakes.

The Benefits of Playing Soccer



Mentally preparing for a game is very challenging and it causes a lot of stress.

Thinking about the next at bat, the next grounder, and the next pop fly. Striking out or missing a game tying grounder hurts more mentally than physically. Going up to the plate with two outs and it's the bottom of the 9th and there is a runner on third and down by one and striking out is the worst thing to do in that situation thinking about it before the at bat it will get in your head strike out.

Going to school and then having practice then going home and being tired and staying up till 12 am just to finish



homework and doing that again and again. On game day you have school then you have to go practice before the game then you go play the game and get done at 9 and then you go home and do homework till midnight.

'Baseball is 90% mental and the other half is physical"- Yogi berra

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Sienna G, a soccer player for Hurricane High School, shares the benefits of playing soccer.



John Wooden once said, “A player who makes a team great is more valuable than a great player” (“Quote Fancy” 1). Soccer is a very valuable sport. Soccer can teach way more in life than just how to play the game.

One reason that soccer is a valuable sport is because it can teach you to work in a team. “A successful team beats with one heart” (12 Soccer). If you work together as a team you have better opportunities to score. You can not play soccer without a team. Every position has it’s own job. For example, the goalie is supposed to stop the ball from getting in to the goal. They can use their hands to help accomplish their job. Micheal Jordan once said, “There is no I in team but there is in win” (40 Inspirational). This means you have to work as a team to win. You can’t play alone.

Another reason soccer is very beneficial is soccer keeps you healthy and in shape. In soccer, you run a lot so it keeps you in shape. You can run up to six miles per game. Playing soccer makes you stronger, it increases your bone and muscle

strength. Soccer builds up your endurance. It can also teach you coordination.

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Why we should keep manufacturing manual transmissions

By Amelia G

Amelia G is a sophomore in Hurricane High. She loves to work and drive manual transmission vehicles. She loves history and math. She enjoys hanging out with her friends. She hopes to graduate high school and pursue a career being a Veterinarian.

Everyone knows someone who has experience of driving a manual transmission before. My family has been driving stick and they passed it on to me. Driving a standard gets you closer to the vehicle, and people that do drive manuals know that from experience. But there aren't a lot of standards left anymore. They are being replaced with electric and automatic vehicles. And soon, there won't be any left.

First of all, manual transmissions save money. They save gas mileage because you are in charge of the transmission. When you're driving an automatic, you can hear the transmission go for you and sometimes it takes a second to get into the next gear, and that's using some gas. "While some drivers regard this as unnecessary, others relish the added control that a stick shift provides (Why Drive)."

Stick shifts are also cheaper than automatics because they are not as popular and cheaper to fix than automatics. "Manual transmission cars, on the other hand, have a much lower chance of failure, and if something does go wrong are usually much cheaper to fix. Manual transmissions are generally less expensive to maintain in the long run than automatics (Staver)."

Another reason is driving a stick means you are less distracted from other things because you're focused on the clutch more. From example, a teen drives to school and to work. She is driving a manual

transmission and she is focused on not stalling the vehicle. She comes to a stop and sees a line of cars. She has to wait, so just in case she does stall, she won't stall in the middle of the road and then get hit by another vehicle. She's choosing to be safe by not taking a risk. "The premise is that when people have to use a clutch and shifter, they are forced to focus on driving. There is less room for error with a manual vehicle. (Staver)."

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Cheering for cheer to be a sport

By Coralyn G

Many people don't see cheer as a real sport, but cheerleading is a very difficult sport to be a part of. In the Webster dictionary, it defines a sport as an activity involving physical exertion and skill in which a team or individual competes against another.

Shaneace Virgil, a former Golden Girl, speaks her opinion of the subject, "Cheerleading

encompasses many different aspects --- from physicality to showmanship," Virgil said. "Cheerleaders are required to weight train, condition, practice and perform under time constraints just as other sports such as football, basketball or track" (Virgil 1). Comparing cheer to other sports can show the similarities and differences of athleticism.

While talking to other athletes from my school that participate in sports considered cheer as a sport because of how hardworking and dedicated they are.



"People don't see the sweat, blood, tears and even chunks of hair that have been collected on our mats"

exhausting. Kallista Larsen, a current cheerleader at Hurricane High, adds to the conversation for her teammates during a team rant, "It gets annoying when all our hard work just gets looked over. It's like all people see us as just supporters of school sports. They don't see the brutal bruises we have collected from providing safety to our

team and breaking several flyers falls. They don't see our group chats getting spammed with ideas to make our competition routines better. People don't see the sweat, blood, tears and even chunks of hair that have been collected on our mats"

The writer participated in going to state with her home school. Her team had the opportunity to sit and watch other teams for hours. One team in particular, Crimson Cliffs stood out to her

whole team. Pyramid in their routine shocked everyone. The flyers loaded on to their groups and grabbed to brace a flip. Grips slipped from each other, but unknowingly the main group who initiated the flip still sent the flyer soaring through the air. An injury occurred, but the girl who landed ungracefully on the stiff mats stood up and the whole team was determined to finish the routine with no more slip ups. The author of this article will never forget the amazement and acceptance that followed after hearing "CRIMSON CLIFFS STATE SHOW CHEER" announced on the loudspeakers. Even when a major slip up that cost an injury it didn't lose their ability to still take state. Later her team found out the flyer who got hurt broke her fibula and continued to finish the routine for her team.



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THE IMPORTANCE OF SISTERHOOD

A BOND THAT LASTS FOREVER

For as long as forever, the bond of girls joining together and women lifting each other up has been a feeling all females have relied on and enjoy. This feeling is sisterhood. Sisterhood is helping your friend through a breakup. Sisterhood is sharing lipgloss in the bathroom and sharing clothes everytime you're together. Sisterhood is doing each other's hair. Sisterhood is the affection and loyalty that women feel for other women who they have something in common with.



effect. Female bonding helps to manage stress. When women are stressed, we tend to respond by reaching out to other women for support. In doing so our brains actually

release a feel good chemical, oxytocin. This chemical instantly reduces anxiety, improves focus and

concentration and encourages us to bond” (Watlington 1). Having someone who has your back and is there for whenever you need them, in itself, is calming. To know you always have someone when you need them

“To be able to laugh and do things together that you both love creates a certain kind of happiness that you can only ever feel with your girls”

Sisterhood is the bond between girls, not always related by blood. Sisterhood is important. Not only does this bond bring us joy internally but studies show the science behind it, “A sisterhood can have a calming

and to have someone who knows your situation and understands. The love and bond given when personal emotions are shared is a bond that can never be broken. A bond that even sometimes can’t be found in

your own family. Sisterhood also provides a sense of family in a social aspect. The love and comfort that we accept from those of our blood might not always be available and so with the love of girlfriends can make us feel loved, safe, and accepted for who we are. Additionally, the impact of these bonds can be physical too, “Studies have found that as women age, we are less likely to develop physical impairments and more likely to lead a joyful life when we have lots of friends. Therefore, not having close friends or confidants is as detrimental to our health as smoking or carrying extra weight” (Watlington 1). Having fun and spending time with your girlfriends is about the best feeling in the world. To be able to laugh and do things together that you both love creates a certain kind of happiness that you can only ever feel with your girls. Doing fun activities or even just simple things together can bond you more as you dig deeper into each other's lives. As you can see, the impacts of sisterhood range from all over. Women friendships can benefit your life in ways family, technology, or even

spouses. Nurture your relationships and show love to your sisterhood. Because those are the friendships that can last a lifetime.

Know the Author

Breanna G

Breanna was born in Riverside, California. She currently lives in Hurricane, Utah and is a sophomore at Hurricane High School. She has 2 sisters that are her best friends. Her sisters, family, and friends mean the world to her.

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Artificial intelligence is sneaking up on us faster than we assume.

Carly H, a sophomore at Hurricane High School, shares insights on AI and its increasing dangers.

As websites like ChatGPT, OpenAI, and Midjourney continue to grow, the stress around artificial intelligence does as well. The advancement in artificial intelligence should be paused or slowed down, if not stopped completely.

One young woman expressed her worry about losing her job. "Among us was a lawyer, two doctors, a bookkeeper, two engineering students, a year 12 student and a journalist... We sat contemplating the fact that if we don't adapt, our jobs could eventually evaporate in favor of AI" (Baldwin 1). People should not have to deal with the constant stress of whether or not a robot will take over their job.

Despite the argument of jobs, another overwhelming concern is creativity of people, or lack thereof. "...humans, at our core, need to create... whether it's writing, carpentry, music or coding – the desire to create is as primal as eating" (Baldwin 1). The beauty of creating is the emotion, thought, and effort put into it. With AI, it's nothing but some typing and a few clicks of a button. It completely destroys creativity in its entirety.

Although, with creativity comes mistakes, the one thing artificial intelligence cannot do. "One day, AI will likely be coded to make mistakes like people – but even this will be a travesty, a ghastly mimicry of human nature" (Baldwin 1). Even in the scenario AI was coded to have mistakes, they would never be genuine, only purposeful mistakes.

When talking about artificial intelligence, plenty of hypothetical scenarios are brought to attention, but what happens

when they are no longer hypothetical? Elon Musk was sued and taken to court as a result of someone crashing and dying whilst using Tesla's self-driving feature. Musk had said on video that a Tesla was safer self-driving, rather than a person driving. After being taken to court, his lawyers claimed the video was deepfaked, and none of that was true, which was proven false (NPR 1).

"..most of us have in our pockets devices that can record what's happening around us... What happens when we no longer believe what they see?" (Bond 1).

As a society, getting to a point where we can no longer trust video, text, statements, or anything digital, is detrimental. Courts may become much more complicated, as well as jobs, businesses, and overall the reputation of people.

Coming together as a whole and stopping the advancement of artificial intelligence should no longer be just a fantasy, but a very actual reality.

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Everyone Should Run A Marathon

By Brandon H

Everyone should have a goal of running a marathon in their lifetime.

“The journey to the finish line of a marathon is like any great one – it’s long, it requires a lot of effort and pain, there will be setbacks and failures – but there will be a transformation involved, and the reward at the end directly correlates to the amount of effort you put in.”

For one thing, marathon training creates good habits. Training for a marathon properly means setting training targets and sticking to them. It also means a huge commitment in terms of your own time. This requirement for tracking your progress, and committing to training plans trickles down and can positively influence both your personal and professional life.

“It’s been demonstrated that willpower acts like a muscle, and the more you exercise your willpower, the more you have available. When you stick to a marathon training plan, you’ll probably realize you have more enthusiasm for making good habits – such as eating well, and scheduling your time more effectively.”

For another thing, marathon training will improve your overall health. Running regularly strengthens your heart. It also improves your immune system and increases muscle strength. In addition, longer runs push your body to strengthen

fast-twitch fibers in the muscles to combat fatigue and build strength and power.

Another reason you should run a marathon is because long runs build mental strength. Long runs play a big role in helping you hone your mental toughness and develop a coping system to deal with running day-after-day, mile-after-mile, in tough conditions. Running a marathon will also help you with stress reduction. “Research shows that running may help alleviate symptoms of mood and anxiety disorders. Regular exercise, such as running, was found to be moderately more effective than no therapy for reducing depressive symptoms” (Luff 1).

While running a marathon you have fun benefits such as traveling. “Traveling to a new destination for a marathon can be a special way to experience a city or country that you have never been to before” (Luff 1). Another fun benefit is bragging rights. Once you cross that finish line, you’re a marathon finisher and will always be one. No one can ever take that away from you.

Lastly Running a marathon isn’t just good for your body and mind, it can also help feed your soul. Joining a running group is a great way to meet new, like-minded people. You can also convince a friend or family member to train for a marathon with you. Training together and traveling to the race is a fun way to bond and spend time together.

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Kobe Bryants Work Ethic

Stories of kybe bryant work ethic arguably the best player of all time aka "The black Mamba" and how he helped so many people as an nba player.

By Diego H

He would not be outworked

Kobe bryant was the hardest working player. Recalling his time playing against the Lakers, Jay Williams, knowing that Kobe Bryant was on the team, decided to train earlier than his teammates to get a head start. When he arrived at the court he found Kobe, by himself, hard at work and drenched in sweat from training. "He looked like he had been there for over an hour" (Kobe bryants work ethic 1). Jay watched him for another 30 minutes giving his all.

He was the first to arrive last to leave

Bryant would show up for the scheduled 7 a.m. practice at 5 a.m. After high school practice, he would routinely make his teammates stay to play games of one-on-one to 100 points. Lakers head coach Byron Scott would find a sweaty 18-year-old rookie Bryant in a darkened gym, two hours before practice, doing individual shooting and dribbling drills. He routinely outworked the NBA's best players.

Mamba Mentality

The alter-ego helped Bryant cultivate his own philosophy. Simply stated, Mamba mentality means "just trying to get better every day." It's the "simplest form of just trying to get better at whatever you're doing" (mamba 1). Sure, it's not mind-blowing as far as philosophy goes, but it is practical and actionable.

In his Mamba Mentality autobiography, Bryant explains in more detail the importance of mastery and the lessons of failure. He explained by saying "If you want to

be great in a particular area, you have to obsess over it. A lot of people say they want to be great, but they're not willing to make the sacrifices necessary to achieve greatness. They have other concerns, whether important or not, and they spread themselves out.

Influence

In 2003, after a

season-ending loss to another team, Kobe 'mentioned in an interview clip that he would "push myself to exhaustion" after being asked how much harder he would work in the offseason. He also had the humility to admit defeat and that the opponents performed better. In multiple interviews after his victories, Kobe shared that he never forgets his losses and uses the painful memories to fuel him. In business, entrepreneurs should not lay the blame when faced with any setbacks but instead analyze the situation as it is to gather feedback to improve our way of working.



"It is in those times when you get up early and you work hard, those times you stay up late and you work hard. Those times when you don't feel like working. You're too tired. You don't want to push yourself, but you do it anyway." — Kobe Bryant

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Why Hobbies change when you age

By Joseph H on Nov/ 29/ 2023

This article is about how and why people have their hobbies change or why they get more hobbies.

It is normal for people's hobbies to change when they age. When people get older they typically have hobbies that are more relaxing than when they were younger.²

Experiences that people have can have a big impact on a person's hobbies and interest, to open doors to new Opportunities To follow new found passions.¹

Some people only need one experience for their hobbies to change.¹

For Adam, it was a trip to Papua New Guinea to walk along the Kokoda track in 2014 that sparked his thirst to get more out of life. He also came to the realization he could no longer continue in a job he wasn't finding rewarding. This 'spiritual journey' changed Adam's perception on life and his future – to the point where he would have traveled anywhere and done anything to turn his dream into reality. Adam's spiritual journey turned his life upside down, from working and earning a full-time wage, to studying full-time, working two days a week and volunteering for one. It was a big life change and challenge – but the result was a reward that Adam believes is something 'too great not to give 100%'.¹

When change happens instead of fighting the change you should embrace the change to.¹

Response abilities have a part to play. When people get older they often have more response abilities which make it so they have less time on their hands to do the hobbies that they love.

Money can affect hobbies too, hobbies that people have that are more expensive they may have to get rid of because of financial problems.

As people age they have new opportunities for things that they can do like driving, owning guns and traveling to different countries.³

When people retire they often have more time for hobbies that they have picked up and they may pick up even more hobbies to do in their spare time.

People's careers can change their hobbies because if someone likes their career their hobbies will be similar but if someone doesn't like the career that they have you can expect their hobbies to be different.³

The author is Joseph H. He is a sophomore in high school and wanted to know more about why people's hobbies changed as they got older and what influenced their hobbies.

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The Great Marathon

An award winning high school Cross Country runner, Treson H, gives insights on the difficulties of a marathon

Marathons are one of the most impressive things a human can do. As 4-time Olympic gold medallist Emil Zatopek once said, “if you want to win something, run 100 metres... if you want to experience something, run a marathon”. It’s easy to run something super short but distance is extremely hard. Marathons are one of the most difficult things a human can do.

“If you want to win something, run 100 metres... if you want to experience something, run a marathon.”

26.2 miles is a crazy distance for a human to run. “Generally, a healthy adult with minimal running experience can run about 1-2 miles without stopping” (Dameron 1). Running is difficult and marathon runners can run more than 10 times as far as the average human. Also, there are people who run “Ultra Marathons”. These are races that are a couple hundred miles long.

Marathon runners have sacrificed so much to be able to do what they do. Marathons are unique because it’s impossible to do one without preparation and training (Why Exactly 1). Just like many hard things, marathons require a huge amount of dedication and preparation. With this kind of determination, humans could accomplish many magnificent feats. And could be extremely successful.

The training of a marathon runner is crazy. “The weekly running distance in the mid-preparation period is in the range 160–220 km for marathoners” (Haugen 1). This is equivalent to 100-140 miles. More advanced high school XC runners run around 30-40 miles a week. That’s over three times as far.

The mind game. It takes an extreme amount of mental toughness to run huge

distances. “Top-class athletes are armed with high levels of self-confidence, dedication, and focus, as well as the ability to concentrate and handle pressure” (Running 5). Running starts to hurt and when it hurts, the first response is to stop. The body tries to run from discomfort, the body hates being uncomfortable. Marathon runners have trained their minds to do the opposite. They have trained themselves to embrace the pain and to keep going even when it’s unbearable. To be great, train your mind to embrace discomfort.

Anyone with discipline will rise to great heights. Marathon runners have to be disciplined every day. Without discipline they wouldn’t get up every morning to run dozens of miles. Instead they would say “how about we watch a movie instead of go run. Mike Todd once said “The greatest version of you is not the I can do anything version of you. The greatest version of you is the disciplined version of you. The greatest version of you is the version that has parameters. “No, I don’t do that”, “I don’t drink that”, “I don’t go there with these people.” The desire to be great requires discipline.

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Lessons Basketball Can Teach You

By Callie Jo H.

A coach said, "Motivation is the single most important factor in learning and perfecting basketball skills" ("Basketball Coaching" 1). Playing basketball can teach you many lessons in life.

Basketball is entertainment. One of James Naismith's famous basketball quotes says "The invention of basketball was not an accident. It was developed to meet a need. Those boys would simply not play "Drop the Handkerchief" (Medrut 1).

"I've failed over and over and over again in my life. And that is why I succeed"
-Michael Jordan

Another effect basketball has is a growth mindset. Kobe Bryant was in a meeting when he said one of his most famous quotes saying, "Everything negative-pressure, challenges- are all an opportunity for me to rise" (Medrut 1). This quote is one of the most popular because it shows people that even though they are famous they still struggle but they push through it. Another example of growth mindset was the GOAT himself saying, "I've failed over and over and over again in my life. And that is why I succeed" (Motivational Basketball 1). Even though you fail as long as you keep pushing toward your goal you will succeed.

Teamwork is a great thing that basketball teaches. Mike Krzyzewski once

said, "There are five fundamental qualities that make every team great: communication, trust, collective responsibility, caring, and pride. I like to think of each as a separate finger on the fist. Anyone individually is important. But all of them together are unbeatable" (Medrut 1). Many people think that they can do everything by themselves but it takes the whole team to work together to win a game. Bill Russell also said, "Create unselfishness as the most important team attribute" (Motivational Basketball 1). To add to that quote, what it basically is saying is even though some players score 45 points a game putting trust in teammates can boost the score.

Basketball is a challenging sport to master but once mastered can be exciting. Micheal Jordan was being interviewed when he said one of his most famous quotes saying, "Maybe it's my own fault. Maybe I led you to believe it was easy when it wasn't. Maybe I made you think my highlights started at the free throw line, and not in the gym. Maybe I made you think that every shot I took was a game-winner shot. That my game was built on flash, and not fire. Maybe it's my fault that you didn't see that failure gave me strength; that my pain was my motivation. Maybe I led you to believe that basketball was a God-given gift, and not something I worked for every single day of my life. Maybe I destroyed the game. Or maybe you're just making excuses" (Medrut 1).

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What's Wrong With the School System.

After conducting her own survey at her school Teslyn now explains the three main things in school that affect teens mental health.

School has a negative effect on teens mental health.

Social

The social aspect of school is a big factor. There is a standard to look and act a certain way. Many teens have a desire to be accepted by peers. When that doesn't happen it can be a devastating blow to their mental health. Additionally, school is a breeding ground for bullying. Statistics show that teens who were bullied are 9 times more likely to attempt suicide. Furthermore, school worsens existing conditions of anxiety in students. Constantly worrying about group projects, or having to share their answers to the class. Many teachers have little to zero regard for the comfort of students when it comes to assignments like these.

Overwhelming

School is overwhelming. One author put it very well saying "Between Homework, extracurricular activities, socializing and after-school jobs, high school students don't have enough time to replenish" (Staff 1). With the amount of work received from each class students can't help but lose sleep trying to keep up which in turn affects their mind. Everything piles up; it feels almost like drowning.

Academic pressure

To many, school feels almost like a competition. Who can get the highest score, who has the best grades, who can get done the fastest. Trying to keep up is exhausting. "For some students, academic pressure triggers perfectionism, which can have a negative impact on teen well-being" (Staff). With the stress of taking high stakes testing, pressure to pursue extracurriculars, and attend college and excel in all of these. It is too much to ask of one person yet it's expected and feels almost required to be perfect. "When facing academic stress, adolescents and young adults are more likely to develop anxiety or depression" (Casali).

"It is too much to ask of one person yet it's expected and feels almost required to be perfect."

After conducting a survey at my own school I found that everyone agreed school has an effect on their mental health. Additionally 18/20 people said school had a **negative** effect on their own mental health. What is wrong with the school system? It's the fact that even with teens crying for help "the world doesn't stop for you".

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Teslyn H.

How to Become a Better You!

By Chloe J

Striving to be a better you today than you were yesterday is the main point in this magazine article. If you are struggling right now and you want to restart and have a fresh start. There are a few things that you need to do that will help you be happy.

1. Quit bad habits
2. Self care
3. Kick toxic people out of your life
4. Spend more time with family and loved ones
5. Spend more time in nature

There are always going to be steps on how to do something...its like a recipe. You need to start with 1. Quitting bad habits if that includes physical things like vaping, spending money on unneeded things, doing things that hurt your body. Mental things like thinking negative thoughts about yourself or others, being stressed.

The next step that will help is 2. Self care...you need to love yourself and take care of your self first. "Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, increase happiness, and more."

After that comes 3. kick the toxic people out of your life. It might be your boyfriend or bestfriend. If they are causing you stress then they can leave. If they arent going to treat you the way you deserve to be treated than they arent important anymore.

Next, 4. Spend more time with family and friends. "When we're surrounded by caring individuals who understand and empathize

with us, we feel more secure and capable of overcoming difficulties. Research has consistently shown that maintaining strong social connections can significantly reduce stress levels, promote mental well-being, and enhance overall resilience." spending time with people that you love and that love you will help you the most.

Last but definitely not least 5. Spend more time in nature. Studies have shown that nature can heal and cure you. It is helpful when you are stressed. It helps when you are struggling. Just go for a walk everyday and dont worry about what people might be thinking/saying.

There are so many things that you can do to help yourself. They arent hard and they arent going to happen over night. You need to put in the effort.

One teen said that they were struggling with a lot in their life at the time. They didnt know how to help themselves. Using these steps really helped them. They arent completely "fixed" but they are definitely better.



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SOCIAL MEDIA HAS A NEGATIVE EFFECT ON SOCIETY

By Brynlee J

Social media has a huge affect on others.

Social media is the biggest platform for cyberbullying. Teens have been cyberbullied and harassed online, many times. Not just teens have been through this, adults have also experienced this. Around 41% of adults have personally experienced online harassment.

Mallory was one of many whos cyberbullying stories ended in a tragedy. Mallory was 12 years old in the 6th grader, who ended her own life because of the harrasment she received online.

Cyberbullying is becoming more and more populuar as the online platforms progress.

19% of students who have been cyberbullied say that the experience negatively affected their feelings about themselves ("Cyberbullying Statistics" 1).

Cyberbullying ranges all over the world, thanks to the social platforms. Overall, social media has impacted teens, adults, and almost every age negatively, because of the cyberbullying that goes along with that.

This is especially a problem for the victims whose brains are not fully developed.

The University of Rochester Medical Center, explains that the teen brain isn't fully developemed until around 25 years old (Health Encyclopedia 1).

Alot, of teens now, have such a strong mind towards how other people view them. Because of this, they will do the same for other. People make someone feel that they need to be something/someone else, and then the next person also sees that. It eventually just turns into a giant cycle. Many teens will have this mindset of thinking that they need to be better at something or own something that is the latest trend. Social media is not helping this mindset.

Many social platforms such as Snapchat, Instagram, Tik Tok, and many others have filters. These filters can go from making you skinny, wider, tanner, and even change your hair color. Although, these can be fun to view yourself in different ways. It may effect your mind and other minds of the viewers that are watching your stories, exc. The minds of young adults/teens have been affected by this.

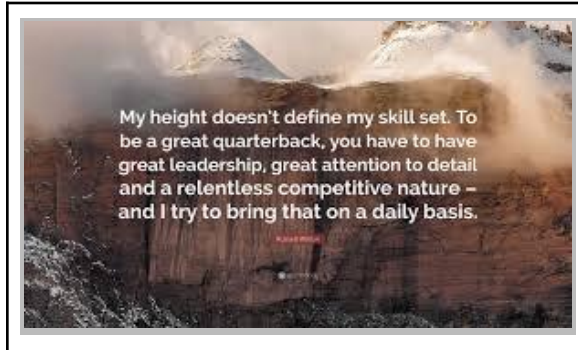
Alot, of people get jealous really easily. And they will do what they have to, to end up getting exactly what they want. Such as a big one, surgery. And sometimes it's not enough having just one thing changed. This will never let people see the true beauty in others, and in themselves. This will lower their self esteem. Low self-esteem can cause depression, pernament changes in life, and suicidal thoughts.

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Russel Wilson is a dangerous quarterback

Talon Q J. Talks about why Russel Wilson is a good quarterback, a good role model and a leader. Talon Jolley is a diehard Broncos fan and knows what Russel Wilson is capable of.



The crowd is going wild. Russel Wilson is about to win a Super Bowl his rookie year. We talk about the Hall-of-Famers and this is Russell Wilson's chance to put his name in the great hall of fame. Russel Wilson is an amazing Quarterback. One reason Russel Wilson is such a good quarterback is because of experience and movability. An article states "Wilson has spent more than a decade in the NFL winning, thrilling, and turning his underdog story into an iconic tale"(Brewer 1). Russell Wilson has so much experience in the NFL when Russel Wilson first got drafted he was 75th overall this was in 2012 and expectations were not high.

Russel Wilson did the opposite and found a way.

The same article says "With a Houdini act that may take him to the hall of fame, He redefined the modern-day possibilities for quarterbacks under 6 feet tall"(Brewer 1). Russel Wilson is 5,11 short for a QB he can barely see over his Offensive line that's why everybody expected him to crash and burn. Russel Wilson today is considered one of the most dangerous dual-threat quarterbacks. Russel Wilson is also a great quarterback

because in the 12 seasons he has played he has scored 327 touchdowns and thrown for 42,000 yards that's a lot. Russel Wilson has also only thrown 102 interceptions, low numbers. When you sit down on the couch to watch Russel Wilson play you know it's gonna be exciting.

Russell Wilson led his team to 2 Super Bowls by moving out of the pocket, making plays happen, and dodging tacklers. In the first Super Bowl Russel Wilson shredded apart the Denver Broncos defense like it was nothing. The Seahawks scored 43 points in that game, allowing Denver to score only 8. Largest numbers in history for an underdog team. Russel Wilson threw for 206 yards 2 touchdowns and no interceptions. That's unbelievable.

Russel Wilson is also a good role model for his family and his teammates. Russel Wilson led Bible study in 2019 with 30 college professors, always treating his teammates with respect and refraining from swearing.

Russel Wilson is also an amazing quarterback because of how he reacts to pressure. Russel Wilson has been under a lot of pressure this year because of the Denver Broncos O-line. but even with him being under pressure he had only thrown 4 interceptions and has thrown 20 touchdown passes.

Russel Wilson also can take over a game and be insanely good if his team is losing. Russel Wilson will run with the ball. He will also call audibles if a play isn't working out. Russel Wilson has had 31 fourth-quarter comebacks which is a lot.

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Music In School

By Jett J

(Jett is a sophomore in Hurricane High school who enjoys hanging out with friends and food.)

Almost everyone loves listening to music, most use it in their everyday lives, so why is it not okay to listen to music in school? Listening to music in school should be more widely accepted.

Many different kinds of music fit many different kinds of people, and can affect different people in different ways, this can be both positive and sometimes negative, this is what worries schools. Schools ban students' own music in school to prevent distractions (Peete 1).

Most could argue the other way. One Stanford study shows that music helps students focus (National University). While this argument shows different kinds of music do different things, most have shown to be beneficial. It is easier to focus when you're in an environment that you like which usually starts with the music the person is interested in. While teachers are worried about distractions not only to the student listening to music but the people around, it is easily avoided by having headphones and that should not be an issue.

Music can change the world-Beethoven

While music is different for everyone it does the same thing, it puts them in a good mood which makes it easier to study. Most people would agree if they are

happy and in a good mood they work better, faster, and more efficiently. One particular student was saying how listening to music does the opposite of distracting, it gets them zoned in because they would rather listen to music than the kids around them talking. While most classes have problems with talking when work is supposed to be done, music could change that. If everyone had headphones it would be easy to ignore everyone else and get work done.



Some teachers try to dodge around kids listening to their own music by playing soft classical music throughout the class period, but when music affects different people in different ways why should everyone have to listen to the same music? To get benefits from listening to music it would make sense for teachers to let their kids listen to what they want freely as long as it does not bother anyone else. This way, everyone is happy with headphones on or if a student doesn't like to listen to music they can be happy too by having quietness in the classroom.

In the end, people don't live under a rock anymore, music is everywhere and it would make sense for schools and districts

to just accept it. And who knows, maybe the teachers would be happier too.

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MVP Race

By Brigham K

Patrick Mahomes, Joe Burrow, Lamar Jackson, Jalen Hurts... These are the names you think of when you think of the MVP race right? What if told you none of these players should win it?! What if I told you the player is a rookie?! Playing on the second worst team in the league last year. The player I'm talking about is none other than CJ Stroud.

"Stroud's 2,626 passing yards are the second-most in the NFL entering Week 11 and his 15-2 touchdown-to-interception ratio is easily the best in the league"(Svoboda). CJ is one of the best QBs in the league with just the stats. But take away the stats and look how amazing and calm he looks in the spotlight. "With 46 seconds left needed TD down by 4. Throws for a TD with 6 seconds left. CJ threw for 470 yards and 5 TD's! This kid is a STAR"(Grubbs). CJ is clutch! And he is only a rookie!

CJ Stroud has the MVP caliber stats too, 63.7 completion percentage, 3,266 passing yards, 19 touchdowns, too only 5 interceptions, and a 100.8 passer rating. Compared to another MVP candidate Jalen Hurts, 67.6 completion percentage, 2,697 passing yards, 18 touchdowns, too **10** interceptions, and a 94.9 passer rating. And if you take in the fact that Jalen Hurts has a much much better line than CJ, and he has been in the league 3 more years!

Nevertheless, There is opposition, and many believe that a rookie who doesn't have the best record shouldn't win the MVP.

For one thing, the Eagles have a 10 and 1 record and the Texans have a 6 and 5 record. Also there has only been one rookie to win it, and that was over 50 years ago. And even with these oppositions, CJ Stroud should still be the frontrunner for winning the MVP. Being a rookie brings more pressure on him and he has turned the second worst team in the league, into playoff contention.

CJ Stroud should win the NFL MVP, he has changed the entire organization of the Texans, He has elevated his teammates, and he has MVP caliber stats. With all of the hate and the bust talks, he has risen above all of it and should be the second player in NFL history to win the MVP as a rookie.



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Tennis is a very mental game

A high school tennis player Bradyn K writes about the mental challenges of tennis

Some people watch tennis and think it's easier, anyone who's tried to know it to be quite challenging, no matter the opinions may be, tennis is a mental game just as much as it is physical.

An example of a player who uses good mental strategy is Iga Swiatek. Iga provides an interesting take on the mental game by using tools to help her. They work on visualization. And to give her brain a workout, Abramowicz will use flash cards and puzzles to test Swiatek's cognitive reaction time. To de-stress (Gregory 1). This may not be necessary for everyone but it shows how you have to exercise the brain and have a good mental state to be successful in tennis



There are many aspects of tennis that go into playing the actually physical side of tennis can be very challenging as it is with players needed to run around the court during the whole match getting only little breaks. The mental side makes it a whole different game you have to think of all the possible shots that could be hit to you, the pace of the game and difficulty is controlled by you when you have mental advantage against the other. Coaches often say when you walk onto the court thinking the other player is going to win you have already lost the match. Players have to be

able to walk on that court and have the state of mind of already winning the game in order to be successful in tennis.

Another aspect of tennis that can be challenging is serving there can be players who can become pro players and one of the only reasons is because of the serve they have. Serving is one of if not the biggest part of tennis it both starts the point but it can also finish it right away. Serving can also finish a players game if that player double faults one time it can shake up the gameplay an example of this is in a game between peda krstin and Alexander Bublik was down sets 6-1 and was servicing he then went on to double fault seven times still coming out with the victory his mental game had to be very good in order to fail that much and still come out on top (Tennis 1).



Another example of this same player let his emotions get the best of him and smashed three rackets in one game and ended up double faulting 14 times! Which is a horrible game for a pro tennis player ans started the down fall of his carrer because he was not able to keep control of his emotions.

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School versus Insomnia

Wells L, a high school student doing a last minute language arts assignment at 12:00 in the morning, dives into sleep deprivation, insomnia, stress, and their affects on school.

Lack of sleep makes completing tasks more difficult. The national library of medicine says, "Exposure to sleep deprivation impairs attention on simple tasks and increases distractibility". With that said, the requirements of school are such that any impairment to cognitive ability would make students' workload even worse.

Besides making learning more difficult, lack of sleep affects their ability to learn those subjects. The Institute of Medical Psychology and Behavioral Neurobiology says that "Sleep is vital to ensure normal human cognitive performance. Not obtaining enough sleep diminishes a wide variety of cognitive functions such as attention, language, reasoning, decision making, learning and memory". With the absence of memory or any understanding of the subject combined with higher difficulty in staying focused on the assignment, these previously normal assignments have become seemingly impossible.

That's not the worst that school gets with lack of sleep, it still gets worse. Motivation to complete a task is just as important as the knowledge needed to complete the task in the first place. The national library of medicine has also said that "increased sleepiness was associated with a decreased motivation". If a student doesn't have any motivation, knowledge, attention span, then there is nothing left to fuel the effort to complete the assignment at all.

Lack of sleep has been the main villain of this article so far, but the solution is not as easy as simply getting more sleep. Baylor college of medicine says, "High levels of stress impair sleep by prolonging how long it takes to fall asleep and fragmenting

sleep. Sleep loss triggers our body's stress response system, leading to an elevation in stress hormones, namely cortisol, which further disrupts sleep." School can cause stress, which will then cause sleep loss and poor academics. Poor academics and sleep loss will cause more stress, further disrupting sleep, and even further worsening academics. This creates a vicious cycle that can tear apart any unlucky

students that become part of it.

All of this is made even worse by insomnia.

Nhlbi.nih.gov says,

"Insomnia is a common sleep disorder. With insomnia, you may have trouble falling asleep, staying asleep, or getting good quality sleep. This happens even if you have the time and the right environment to sleep well." A medical condition that worsens peoples sleep will never mix well with conditions that already worsen sleep. That same source also says, "Short-term insomnia may be caused by stress." If students can contract insomnia from stress, then the viscous stress and sleep loss cycle previously mentioned is all the more terrible for any students that fall victim to it.

With everything said, a good night's rest is all that stands between students' mental health, sleep, and grades, so don't feel any pressure.

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"The worst thing in the world is to try to sleep and not to"

Women weightlifters

Rachel L, she found interest in weights so she wrote about the life of women weightlifters.

Women weightlifters are some of the strongest people on earth not just because they look like they could pick anyone up and throw me across a room but because of the struggles and challenges they face. Did you know that if a woman exercises for more than 5 hours a week or less than one it increases their chance of infertility ("How Much Is Too Much Exercise" 1). Although their physiques are freaking amazing they're risking their ability to have kids.

All the hours of intense exercise these women get training messes with their bodies and it can mess with their hormones. Some women even lose their periods because of the hormone imbalance. It can also intensify their mood swings.

Females not having the same amount of testosterone also makes it harder to build muscle like men. Guys have 20 times more testosterone than girls (Handelsman 1). That's why women have to work so much harder compared to men.

The trans women in weightlifting are a big challenge to women because they have more testosterone.

Testosterone helps you build muscle and trans women are men so they have the testosterone of a man so they build muscle faster and stronger.

There's girls who are scared to start lifting because they don't want to get bulky. They're scared of what guys will think of them if they gain muscle. Some girls think that being intimidating is a good thing, guys don't want to mess with you.

Arnold Schwarzenegger once said "the meaning of life is not to simply exist, to survive, but to move ahead, to go up, to conquer." What I'm getting from this quote is that people can't get anything done just sitting around doing nothing, nothing will change if you don't try.

All weight lifters are strong but I feel women suffer more because we are pressured to be pretty to be kind. People objectify girls more; they expect us to be super feminine. Women weightlifters when they gain muscle when their physique is getting nice sometimes they start hating their bodies. It's called body dysphoria. It's a mental health condition where you're constantly worried about your appearance. You recognize your flaws more.

Guys in the gym will tease girls for lifting light weights and that makes women insecure but if the guy would do the math and find out that most of the girls would be lifting more than them if they were the same weight and had the same muscle mass.

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Hitting a baseball is harder than most people think

By Lincoln L, a Multi sport athlete at HHS that says hitting a baseball is the hardest thing to do in all sports.

Hitting a baseball is the hardest thing to do in any sports and heres why. In the video "Deion Sanders explains why MLB was harder than the NFL" Shannon Sharpe asks Deion sanders said to be "the best athlete of all time" "of all the sports you played football, basketball, baseball, track and field what was the easiest for you" Deion says "easiest sport was football".

Also, in the video Shannon Sharpe asks Deion what what the hardest sport he played was and Deion Sanders says baseball. Additionally, another thing said in that video was " that ball does some thangs to you dude" (Deion). This shows that baseball is a very mental sport.

This writer says that a sport where a batter can fail seven out of ten times and be one of the greatest players of all time is a very hard sport to play. Imagine a basketball player being 30% from the free throw line, they would be a really bad shooter right? Yes exactly, baseball is the only sport where you can fail seven out of ten times and still be a very good hitter.

In the article "Hitting a baseball is the hardest skill to pull off in sports. Here's why." the author says "There are few aspects of life where you can fail seven out of 10 times and still be considered great at what you do"

Lobel says "With a 30 percent score on the MCAT, you wouldn't get into medical school. But in baseball, if you get a hit 30

percent of the time you step up to the plate, you might be headed to the Hall of Fame—and that's because it's perhaps the most difficult thing to do in any major sport.

For one, the physics are extreme. The velocity of the average fastball in the Major Leagues is more than 90 miles per hour. When the ball whizzes in at that speed from less than 60 feet away, the hitter has about 150 milliseconds to decide whether they want to swing. That's literally the blink of an eye.

And even though a hitter has that 150 milliseconds to decide whether to swing, the ball is only in the hitting zone for less than 10 milliseconds (Rynston 1).

Sports fans should understand that hitting a baseball is the hardest thing to do in any professional sport and people can't just be good at it without years of hard work and practice.

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Befriending the Underdog

An article about the importance of connection in an addicts life by Eve L

The tragedy that is called addiction is more common than some may realize. Think about it, though. You probably have known someone who has abused substances. A Pew Research Center survey found that 46% of American adults say they have a family member or close friend who is addicted to drugs or has been in the past (Gramlich 1).

As sad as this is, the fact is still there, and those who make up that 46% can help. How?

When someone is an addict, or simply uses drugs- something and often an illegal substance that causes addiction, habituation, or a marked change in consciousness (Mer 1)- they need connection. Research shows that "Human beings crave connection, bonding, and love. When meaningful connection is missing from our lives, an addiction may begin to fill the void." (Ascher 1)

When we connect with someone, endorphins are released, specifically oxytocin, serotonin, and dopamine. These endorphins are also released when using substances.

When making this connection, one can see why those who struggle with substance abuse have a lack of connection. They include the same chemicals that are released in your brain!

"When some drugs are taken, they can cause surges of these neurotransmitters much greater than the smaller bursts naturally produced in association with healthy rewards like hearing or playing music, creative pursuits, or **social interaction.**" (NIDA 1).

So, what is there to do? Ask those loved ones who struggle to hangout, or even, simply, give them a hug. One may not notice how much they need physical connection until they receive it. So don't make them wait. Be that change. Start up those chemicals in their brain.

Many people who are addicts haven't had that kind of love, people with PTSD are two to four times more likely to develop an addiction than the general

One may not notice how much they need physical connection until they receive it. So don't make them wait. Be that change.

population McCauley 1). Even if there is no trauma involved, always remember, they are human too, and they need love and support just like everyone else.

Remember this, 76 percent of addicts in America said addiction had at least some effect on their relationship with their family (Sparks 1). If a loved one is struggling, know that they know they've affected your relationship, but that does not mean they do not want it.

In conclusion, everyone needs love, and those with an addiction(s) need love more than ever. No one wants to be lonely, connection is a needed feeling. If someone doesn't receive that, they are more likely to turn to substances. If a loved one is struggling, support them the best that you

can (while still staying safe). Befriend the underdog.

Resources for you or a loved one struggling with addiction:

SAMHSA National Helpline

1-800-662-4357

More services from SAMHSA

<https://www.samhsa.gov/about-us/who-we-are/offices-centers/csat>

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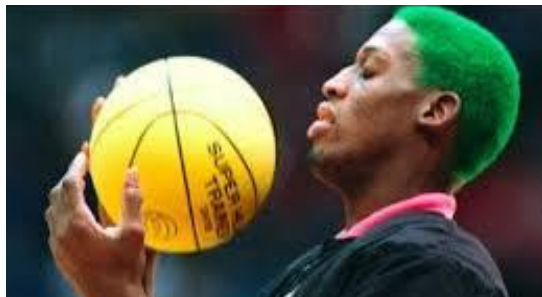
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Dennis The Menace

Carmyne L, Sports enthusiast and Basketball shares facts about Dennis Rodman.

Dennis Rodman was the most

extraordinary Basketball player. Many people look at the “shooters” in the NBA. Steph Curry, Luca Donchic, Ja Morant, all amazing players that show out often. Special chemistry helps win and develop a team. Dennis Rodman offered a position in



the NBA that not many in modern day basketball can fill. Dennis Rodman, while being an exceptional player, was definitely the most extroverted player in history. Getting in trouble with the law, breaking NBA rules and conduct daily, and changing hair monthly was all a part of Rodman's character.

Dennis Rodman did not

come from a privileged household. He and his mom were struck with low income as well as the absence of a father figure¹. This caused Rodman to act out in many ways as a type of retaliation towards his failed childhood. He often got in trouble in school and it carried on for a while longer. He also had to relocate a lot because of military Connections. Because of these reasons Rodman's future was not very clear. He still continued in education and graduated High School. After graduating he began working

“Dennis Rodman is Extraordinary”²

as a janitor at Fort Worth Airport in Dallas². It was there he began to have a growth spurt stretching from 5 '11 to 6'7. He began to give basketball another try. Rodman averaged 17 points a game and 13 boards. Despite Rodman's slow and careless form, he was recruited by Oklahoma State University².

It was then Dennis Rodman's career began a huge recognition. People were left stunned from his rebounds and backboard slashing. He was quickly noticed for improvement in such little time and was seen by the NBA.

He began his starting years with the Pistons, a few years later being traded to the bulls. The biggest moment in basketball history. The “Dream Team” of the 1996 Chicago Bulls with Rodman being on the starting lineup³.

The Bulls dominated the NBA. Rodman was as unstoppable as ever. Paired with greats including: Micheal Jordan, Scottie Pippin, Bob Love, and more. The bulls reigned for years. Rodman felt comfort in his team and in the NBA. With this realization Reckless Rodman began².

Rodman, having many encounters with the police, never arrested for his actions had only been

jailed once for stealing². Though Rodman inches at the law he had begun to abide. Another way he risked his career was the changing of his hair. In the beginning he was paid 5 million by the spurs to prevent him from dying his hair³. Rejecting



the offer, an icon was formed. Dennis is now being the most well known player not only for his gameplay, but also a staple of individuality.

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Importance of physical activity

By: Tanner M

Weight Management

Being physically active will help you manage your weight. When you workout or stay active you are burning calories and by burning calories you will lose weight and be more fit.

Reduced disease risk

Exercise reduces your risk of disease by strengthening your heart and by improving your circulation. Because of improved circulation your cholesterol levels will go down and make you less likely to have a heart attack.

Strengthen bones and muscles

Being physically active and exercising will strengthen your muscles, by making you stronger and helping you to do everyday tasks easier. By exercising, over time your bones will strengthen, making you stronger and by reducing your risk of bone diseases. "Exercise is important for building strong bones when we are younger, and it is essential for maintaining bone strength when we are older" (orthoinfo.org).

Reduced blood pressure

"Exercise lowers blood pressure by reducing blood vessel stiffness so blood can flow more easily" (honorhealth.com). By improving circulation and blood flow throughout the body your blood pressure will be reduced over time. You will be more healthy and feel better.

There are many benefits of physical activity including mental and physical health improvement. Physical activity will help you have more confidence and feel better about yourself.

Improved brain health

Good blood flow helps the brain do its job by getting all of the essential nutrients throughout the body. It also increases production of molecules important to brain function, including memory. Exercise produces proteins in the brain that keep brain cells healthy which will keep you healthy.

Pregnant woman should exercise

Exercising while pregnant can keep you healthy and is good for the baby. It will keep your heart and lungs healthy. Physical activity while being pregnant will improve your mood. It will also help with nourishing the baby and making she/him more healthy.

Lung and Heart health

By improving your circulation by doing physical activity your body will naturally strengthen. Your lungs and heart are hard at work while being physically active and bring oxygen to your body. This will strengthen the tissue around you lungs and your heart making you more healthy.

Strength

By being physically active you will have more strength. Your body will be stronger and you will be able to do more things with more strength. By being physically active your body will grow stronger and you will be able to do harder things you couldn't do before.

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Coaching Is Affecting Athletes Everywhere

By Austyn M.

Adults have a major impact on athletes' wellbeing. To start, athletes' mental health is drastically affected by coaching. Thelma Horn, professor at Miami (Oh.), states, "Particularly between ages of 16-18 the coach becomes the primary figure." This shows that athletes will view a coach as a parental figure in their life. Athletes' age is crucial for coaches to consider.

Young athletes are molded by coaching. Former NFL player Alex Smith mentioned in his documentary Project 11, "If it wasn't for my high school coach believing in me as a quarterback, I wouldn't have made it here."

Parents must be cautious with coaching their own child. Larry Lauer, PHD at Michigan State University, talks about the difficulties of coaching your own child, "...conflict is due to the parent's and the child's inability to separate the coach and parent roles" (Lauer 1). Parent coaches deal with keeping a team, and their child satisfied by defending their self esteem.

Athletes' self esteem and confidence are affected by coaches. Professional athletes

including Kawhi Leonard and Russell Westbrook have been affected by poor coaching. For example, Russell Westbrook's statistics in 2018 looked like 22.9 points, 11.1 rebounds and 10.7 assists with legendary coach Billy Donovan, while later on in his career, Westbrook later played under coach Darvin Ham Sr. 12.3 points, 6.5 rebounds and 5.2 assists. Westbrook had lost confidence in himself due to poor coaching and not being used correctly.

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Wrestling, the toughest sport

By Asa M

Wrestling the hardest sport. “Once you’ve wrestled, everything else in life is easy.”(The Blinkist Team-Blinkist 1).

Wrestlings matches

Wrestling matches are not only a strength game but as well as endurance, “It would take the future champions 5 matches over the course of the 3 days to bring home the national title...For athletes who lost and ended up in the “wrestle-backs”, they could have needed as many as 9 matches to come all the way back to take a measly 3rd place.” (Wojcik 1)



The average time for a wrestling match is two minutes, for three periods, so that would mean six minutes of back to back wrestling with hardly any breaks and that's not including the possibly over time periods. If wrestlers tie it's another minute for a sudden death match, and if no one still scores it's another 30 seconds. Meaning wrestlers could be doing seven and a half minutes of wrestling.

Although it may seem easy to wrestle for six minutes straight, it's not. Most High School wrestlers spend an hour and a half to two hours of wrestling practice on average. 20-30 minutes of that will be conditioning, which usually consists of running and more running. All that can add up to 12 hours a week of practice.

Now if wrestling wasn't hard wrestlers wouldn't spend all this time

practicing and conditioning for a six minute match, because in other sports like XC, they will usually have an hour to and hour and a half practice, but a lot of that is stretching, then when they actually do run it's usually close to 4-6 miles. Now although it is hard when they actually run at a meet it's generally under 20 minutes of running, in highschool, so not only do they practice less, but they run more. Meaning, wrestling is harder because wrestlers have to practice a lot more for shorter matches, because the matches are so mentally and physically exhausting.

Injuries

Wrestlers are commonly faced with injuries in practice, and in matches. Such as cauliflower ear, concussions, dislocated limbs, and one of the worst matburns. Now not only are all of these painful, but some of them mean no wrestling for a while.

Wrestlers who have faced a dislocated

limb generally can't wrestle for a couple weeks, but some can't wrestle for a couple months, depending on the

severity of it and the joint that was dislocated. Concussions are also a problem for wrestlers, especially ones who have to do computer work for school or work, so not only are they not able to wrestle, but they can't look at anything digital. Concussions can also take up to a month to fully heal.

Wrestling is the hardest sport. “Once you’ve wrestled, everything else in life is easy.”

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To Read

The Author, Lincoln O, a sophomore at Hurricane High School, writes about the damage COVID-19 did to students' reading levels and how helping kids to read will help future generations grow.

Every individual in the United States, and even in the world reads. Whether it is from reading a text, billboard, court case, or even a book, they read.

Yet college students aren't reading at the college level. Even high school students are struggling to find their footing at the direct academic level after years of disruptions (Schermelle 1). The COVID-19 pandemic put a strain on education and it is affecting college students and their work.

A sophomore at Hurricane High expresses that her mother, Dr. Clark, a college professor at Utah Tech University, shares her anger and frustration with other teachers around the internet about the reading levels of her students. Dr. Clark, explains that college students can't read modules at a 7th grade reading level.

"She says she doesn't know how teachers, as well as myself, are going to last with the new generations of students coming from high school not knowing how to write and read at a decent level then demanding a passing grade," her daughter states. "Honestly, I don't know how she and other teachers handle it."

Most high school sophomores during COVID-19 arrived at college with lower ACT scores than in previous years (Fawcett 1).

When COVID-19 hit the U.S., schools shut down and students were forced to work at home. While this kept these students safe, most decided that instead of using integrity with the situation, they would play video games and not prioritize their schooling.

Another student expressed that her teacher, because of the online schooling, gave out certificates congratulating the few students who finished all the assignments posted on Canvas. She said she was one out of three who received the credential. She gives that credit to

her mother who from an early age encouraged her to read. "Reading to young children is proven to improve cognitive skills and help along the process of cognitive development" (Bureau 1).

A person's brain is fully developed around the mid-twenties and to help it grow and be smarter in that time, parents should encourage and even work to have their kids read more in their younger years.

Youth may rebel and might want to read only 150 pages for a book report, but learning and stretching out into the vast millions of books waiting to be picked up will help all generations with their knowledge of the world.

So teachers, students,

parents-read! Reading allows anyone to escape for a while and grow beyond even J.K.

Rowling's imagination. Don't fall behind in schooling. Reading isn't a chore, isn't a burden, but a learned privilege that shows the world the wonderful creations of worlds that can change the way everyone thinks, acts, and works.

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"The COVID-19 pandemic put a strain on education and it is affecting college students and their work."

Side Effects of Vaping

By Jackson P

E-cigarettes were introduced to the US in 2007. Since that time, vaping—inhaling the nicotine-laced vapor created by electronic smoking devices, or ESDs—has exploded in popularity, especially among young adults and teens. ESDs are credited with helping people quit smoking, which has the potential to prevent the millions of deaths caused by cigarette smoking each year worldwide. However, the devices have come under attack from anti-tobacco groups, which claim that ESDs have adverse health consequences and encourage nonsmoking young people to use tobacco products. (Wilcox 1)

"ESDs are battery-powered devices that heat a liquid until it turns into an aerosol—a gas that has tiny droplets of liquid suspended in it. There are many types of ESDs, and the products go by many different names. Cig-a-likes are ESDs that are made to resemble cigarettes. Popular brands like blu and NJOY—both manufactured by tobacco companies—can be found in stores that sell tobacco products. Vape pens, which are about the size of a magic marker or cigar, deliver more vapor than cig-a-likes and are refillable. APVs (advanced personal vaporizers), or mods, are about the size of a small flashlight (tube mod) or a pack of cigarettes (box mod); they have replaceable batteries and other upgrades such as variable heat settings and digital readouts. APVs are mainly used by experienced vapers (people who vape) who want the maximum amount of vapor in each inhalation. All of these devices tend to be

referred to as e-cigarettes by the media for convenience, though vapers usually use the term e-cigarette to refer to cig-a-likes. ESDs also go by the name electronic nicotine delivery systems, or ENDS. However, since some people enjoy vaping e-liquid with zero nicotine, the acronym ESD is more accurate." (Wilcox 1)

"The liquid that is vaporized in an ESD is called e-liquid. E-liquid is usually made up of four ingredients: propylene glycol, vegetable glycerin, liquid nicotine, and food-grade flavorings. Propylene glycol and vegetable glycerin are used in many food products, and both produce a smoky vapor when heated. Nicotine is a naturally occurring insecticide produced by plants in the nightshade family, such as the tobacco plant. When smoked or vaporized, nicotine acts as both a stimulant and a depressant—in small doses it makes the user feel alert; in slightly larger doses it has a calming effect. Nicotine is highly addictive, but inhaling nicotine is relatively harmless and may have some health benefits. However, when ingested or absorbed through the skin in large doses, liquid nicotine is toxic. Consumers can usually customize the amount of nicotine, propylene glycol, glycerin, and flavorings in their e-liquid." (Wilcox 1)

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Why It's Important to Stay Active

It's only natural to start getting concerned about gaining weight, and if you're not concerned you should be! Obesity is a great problem today and there are different fun ways to stay active and maintain a healthy lifestyle. There are so many pros to staying active, it will make you wonder why you didn't start sooner. KARINA P shares the positive things about staying active.

Staying active and looking out for your health is very important and brings good physical and emotional health benefits. Having a hobby such as a sport, going out for walks, exercising at the gym, etc; improves physical capacity (absence of body movement) and performance.

Not only that, but it also makes you feel much happier. This happens due to hormones that decrease pain, and increase pleasure; which ends up resulting in a general feeling of positivity and well-being. It also brings you more energy, promotes quality sleep, helps fight depression, lowers the risk of getting chronic disease, and so much more. These are many things most people already struggle with, and beginning to do active things would be a great solution to this problem.

It is important to realize, high schools have sports teams and it is highly recommended for parents to include their kids in sports and join their school sports teams. Looking at it from a wider point of view, you get hit with the realization that high school sports are the reason as to why many kids get a scholarship later on in life and have a good opportunity for a better future, all while staying active and getting a proper education.

On the other hand, older people can't join high school sport teams for obvious reasons. Although, that doesn't mean that there's nothing left for them to do. In most communities, there are special events held for older people and middle aged adults.

There are things such as marathons, gardening, hikes, dancing, aerobics, and so much more! Sometimes, it's even allowed for children to accompany adults in those events. This builds a strong relationship with physical activities. It will make it much more likely for those kids to grow up enjoying things such as sports and staying active on a regular basis, not only that, but it also builds social skills that will be needed later in life.



"If you don't like something, change it; if you can't change it, change the way you think about it." - Mary Engelberit

The Pressures of Dancing

By Sidney P. A Hurricane High School student shares the unwanted pressures to dance.

People should not feel pressure to dance. Not everyone likes dancing. It is not that they are insecure or self-conscious, they just hate it.

You do not have to dance at a party to have a good time. It may seem like someone is not enjoying themselves because they are not dancing, but it is quite the opposite. People can't understand that not everyone likes dancing. There is so much pressure to dance and for what? "It feels like an acid bath."(Starmach 1). People do not know the dread that fills a person being pressured by friends and family at parties, weddings, etc.

It is not a freeing act of self expression. They have no desire nor intent to dance. It is not fun, it is not enjoyable, and it is not loved by all. Someone could be the best dancer in the world. They could get compliments by everyone and still absolutely hate it. It does not matter how talented they are, you should not be forced to like dancing. Someone could be the most entertaining and loved performer and still hate performing.

There is huge social pressure to dance which is good for the people who love to do that. There should be a little push for those people who want to get out of their comfort zone. But not everyone wants that. Not everyone feels that dancing is a way they can express themselves. "I don't know how to explain to them that I just feel really stressed and uncomfortable dancing and I really, really, really don't like it... but it seems so hard to do without coming off like a party pooper who takes himself too seriously,

especially when everyone's just trying to have a good time."(I Hate Dancing 1).

Not only is there pressure to dance socially, but there is also pressure in professional dancing. For one, ballerinas have it the worst. Pointe shoes cost 90\$ to 170\$ and only last an average 2-4 weeks. Why do they cost so much? Being a ballerina costs a fortune and not to mention how hard it is on the body. Overtime, ballerinas have extreme pain in the hips and ankles. People should never force themselves to dance if they do not want to let alone let other people.

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The Little Boy from Rosario

By Ian Puga

In the History of soccer, many have tried to reach the same level of greatness as the little boy from Rosario: Lionel Messi. (Ahmed 1)

At the age of 11, Lionel Messi was diagnosed with a growth hormone deficiency meaning he would have to pay for a special treatment to help him grow. (Ahmed 1) Growing up poor was of no help so he had to pay for this treatment by playing soccer at the Newell's Old Boys Academy. Despite this Messi became one of if not the best soccer player in the world and his journey there was no easy feat.

After word had gotten out of the skill of Messi, FC Barcelona, one of the biggest clubs in Europe invited Messi to a few preliminary drills. Carles Rexach signed him a contract on a napkin that a waitress gave him because he could not let him get away. He started his professional career at 17 playing alongside Ronaldinho and Carles Puyol. Messi went on to have an amazing career trying to prove himself and make himself great.

Messi became one of the greatest players and with that comes comparisons.

Lionel Messi and Cristiano Ronaldo have been compared most of their careers, some saying Messi was better and some saying Cristiano was better. They both served each other as stepping stones in the journey to become the best. When one of them succeeded it pushed the other to succeed as well. They both shared the spotlight for over 15 years.

Messi became one of the best players in soccer. He got golden balls and golden boots but the one thing he could never accomplish was to win a world cup. Until in 2022 he played with Argentina and made it to the finals and won in penalties this became one of the greatest accomplishments in his life. Overall, Messi was become one of the most successful soccer players in the world.

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Technology's Effect On The World

By Peyton R

From the beginning of this world to the modern day, technology has helped humans with many different things. It has created things like electricity and clean water which most humans now rely on.

The advancements in computer technology in the 20th century greatly changed the way we live. "With that the development of the Internet led to instant communication and access to information around the world" (Big Tech). Although these changes have helped civilizations advance, it has also created new problems. "The long-term decline of global poverty was primarily driven by increased productivity from technological change" (Technological Change).



So is technology a good thing for us or not? Well yes technology has created things like global poverty, but it has also done a lot of good. For example, it has created many medicines to cure diseases that were thought not to be possible.

Technology has also created things people use every day including cars, phones, computers, even buildings, and much more.

Furthermore, About half of adults (52%) say technology has had mostly positive effects (Pew Research Center). This shows that adults, and even some parents believe that technology has some positive effects. Their top reasons for this are having easy access to information and communication, positive effects on health and medicine, improvements to people's jobs, and increased access to knowledge (Dyopath).

Speaking of communication, communication can help children develop critical social skills, such as empathy, cooperation, and compromise. It can also help children learn how to express themselves better. And with practice, children can become confident communicators—both online and offline (Mrs. Myers).

This tells us that technology involving communication can positively affect young children and help them with certain skills not just online but also offline in the real world.

In conclusion, technology has created some problems but it has also done much good. It has also been working towards fixing the problems it has created making it a positive effect on the world overall.

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Baking, the end solution

By Emily R

Although some may think otherwise, baking is an amazing hobby and helps you in many ways.

baking is an amazing hobby because of how it teaches you patience in life. Patience is taught to you in many ways like when baking bread which can take "2-12' hours or longer (*Sourdough Bread: A Beginner's Guide - The Clever Carrot*). This is just one good that takes a lot of patience when it comes to baking.

In baking you can also bring other joy and happiness from the creations you make. Whenever people eat food, especially when it is delicious, you will almost always see a happy smile on their face. When baking you can also feel just as happy seeing your food turn how you want it. Baking can also do so much for not just yourself but for others.

In baking you can also get a very accomplished feeling when you make something you've put so much effort into and when it finally tastes just how you want it to. Just like how one aspiring baker feels when she is in the kitchen listening to music and tasting everything along the way. She states that when she bakes she feels like she's in her own world and she escapes from the pressure of school or family.

Another way baking is an amazing hobby is that it is a great alternative to sports. We all know that many people in this world are not the most physically active but a lot of those people like myself do want to do something other than sitting in our room watching a show or sleeping. That is why baking is such a good choice for an activity, it gets you up and active and you are actually participating in something. Baking also can give you the same advantages as if you were in any other sport.

Furthermore baking releases stress and is a very calming thing to do. One way this is true is that it "influences positive socialization, self esteem, and quality of life" (Farmer et al.). When people as a society feel better about themselves in these ways it also allows them to feel that calm and you feel less stressed about the everyday things all of this is what baking does.

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Cristiano Ronaldo is the Best

By Ezequiel R

inshorts.com/en/news/7-yrs-since-ronaldos-40yd-freekick-vs-arsenal-1462420920121.

Cristiano Ronaldo Dos Santos Aveiro is the best player ever. He's the all time top scorer in the sport of soccer, even though when he started to play he played as a midfielder and not a striker, also he didn't have a good team with nice players like other players do when they start their soccer career.

His highest jump was measured at 2.93 meters, recorded when he netted a header for Real Madrid in the UEFA Champions League 2012-13 against his former club Manchester United. Even in the latter parts of his career, his fitness levels allowed him to leap above everyone else. (Nag 1).

Ronaldo recorded the speed of 34.20 km/h in the field with only team-mate Aaron Wan-Bissaka marginally quicker (34.59 km/h) during the entertaining victory over the Magpies. (Marshall 1).

Cristiano Ronaldo on May 5, 2009 scored a long-range freekick from 40-yards out against Premier League rivals Arsenal in the Champions League semifinal second leg at the Emirates Stadium. Taking a freekick following an Arsenal foul, Ronaldo beat former Arsenal goalkeeper Manuel Almunia with his knuckleball freekick, helping United seal the tie 3-0 on aggregate. (Sharma 1).

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Mental Illness: What Should and Shouldn't Be Medicated?

Emma R is a student from Hurricane High School with an interest in exploring the study of human behaviors and mind.

Medication for mental illness can be helpful if used correctly. However, it can also be very, very harmful, especially with how much it is being used nowadays.

As one can see, the side effects of medication can outway the benefits.

First of all, medication is just being slapped onto people because of labels that doctors have given them. Whether the labels are correct or not, this can be harmful because it just pushes the real problem to the side. Sure, a patient might not feel anxiety anymore, but no one put in any effort to figure out where the anxiety came from. The problem isn't solved.

Of course, there are some situations and illnesses where medication can be extremely helpful, like when a person with schizophrenia takes medication to bring them back into reality. This way, they can function in normal society and be able to talk to a professional to figure out the root of the problem.

However, in some situations, medication may bring more harm than good. Say a patient has insomnia, so their doctor gives them antidepressants to help them sleep better. Sure, they get more sleep, but now they are more unfocused, hyper, and unstable than they used to be. As one can see, the side effects of medication can outway the benefits.

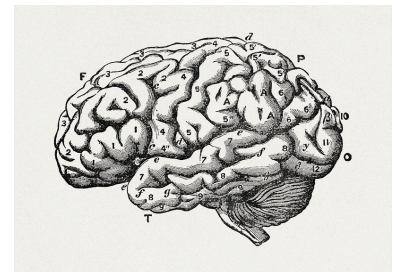
Of course, if someone has a problem with mental illness, it is important for

“people to work with a health care provider or mental health professional to develop a

treatment plan that meets their needs and medical situation” (NIMH: Mental health 1). That treatment does not always have to be medication. However, it is very important to choose wisely what the patient will be taking, if they will be taking anything at all.

Some people just aren't ready or responsible enough for medication, as “Although powerful, mental health drugs are designed for specific conditions and it is important to take them as directed” (Managing Mental Health 1). Medication is created to change something about your body. Medication for mental illness is made to alter your brain chemistry, which can make changes that cannot be undone.

In conclusion, though medication for mental illness can be very helpful, it can lead to unwanted side effects, and ends up putting the main problem to the side.



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Golf Is Amazing

The author Olivia R, golfer and student at Hurricane High School, writes about the many reasons why golf is a wonderful sport. A few are fitness benefits, playing anywhere you go, and no skill requirements.

Most people envision Scotland when they think of golf. Some individuals think that it is a boring old man sport. Others think it is entertaining to play and/or watch. In more than 200 countries, there are about 50 million people that play golf (S.R. 1). Golf is a super fun and amazing sport.

“Success isn’t achieved by perfecting a person’s game, but by practicing and striving to improve while accepting the challenges”

Golf has many health benefits both physical and mental. In the article “Health Benefits of Golf”, it states, “...by

the time you’ve completed the entire course, you would’ve walked anywhere between four to five miles” (“Health Benefits” 1). If a person plays golf, they will be able to get all their steps in and it would take only a couple hours. The article also talks about how it can reduce stress in one's life due to being around nature and physical activities.

Additionally, individuals are able to play either by themselves or with friends. If individuals want to go out randomly one afternoon by themselves, they are able to. They can also get a group of friends or family members to all go out and play together. No matter what age a person is, they can play. Anybody can go out with their 40 year old dad, 76 year old grandma, or 13 year old brother. There are no limitations to playing golf with people.

Furthermore, people are able to play for fun or competition. There are many ways to play against people. A person can choose if they want to go against their friends, be on a team, or play professionally. In the article “Is Golf a Sport?”, it states, “Golf is a game you can play competitively or not, by yourself or with others...” While playing professionally can be more challenging, it is still a lot of fun.

Another reason why golf is a great sport is no matter where an individual lives they can play golf. Golf courses are all over the world, and are pretty easy to find. People are able to travel to many beautiful places to play the sport. Anyone can play no matter if they’re in Utah, Scotland, Japan, or anywhere else in the world. Whether individuals are on a golf course or just in their backyard, they can practice their skills.



In addition, people don’t have to be perfect at it to play. Success isn’t achieved by perfecting a person's game, but by practicing and striving to improve while accepting the challenges (Cross 1). No matter the skill level, individuals can play and get better as they practice. Even if people have disabilities or other challenges making it hard to play, they are still able to have fun. Golf is a very inclusive sport for everyone.

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Is It Unfair to Limit Teens'

Hobbies?

Jenna S., a student at Hurricane High School, shares her opinion on parenting techniques that limit teens after school activities.



It is not unusual for teens to go out for clubs, sports, fine arts, and many other extracurricular activities. These hobbies can be fun, enjoyable, and very beneficial to teens' health.

However, it is also common for parents to limit what extracurriculars their child can and cannot do, often worrying about cost, grades, and availability of time. This can have a significant impact on a teen's development and overall well-being. As it turns out, these after-school activities can be very beneficial to a child's health.

“Parents may be depriving their child of valuable opportunities to learn and develop these crucial skills.”

Why do Parents Worry?

Involvement in sports, particularly in competitive sports, can be very expensive. Parents may be concerned that the financial cost of participating in sports, such as equipment and travel expenses may become too burdensome. This can also be true for extracurricular activities such as music lessons, drama classes, and science clubs, which may involve costly equipment, and fees. Many families may set budgets or set money aside for their child's extracurriculars, helping the cost become more manageable.

Some parents may also limit their child's involvement in after-school activities due to concerns about academic performance. They may believe that participating in these activities will take away from their child's ability to focus on

school work and maintain good grades. However, students who are involved in extracurricular activities achieve higher levels of academic achievement ([Christison 1](#)).

In addition, with a tight or busy schedule, it can be difficult for some parents to make time for sports or extracurricular activities. They may simply not have the availability to take their child to and from after-school events.

What's Wrong With Limiting Teens' Hobbies?

Limiting a child's participation in sports and other after-school activities can have negative impacts on their development. Teenagers rely heavily on social interactions to help them develop important social skills such as teamwork, and problem-solving. By limiting their participation in sports and other school activities, parents may be depriving their child of valuable opportunities to learn and develop these crucial skills.

Participating in sports and other after-school activities can also help teenagers develop important life skills such as goal setting, time management, and communication. These skills are critical for success.

Should We Allow Teens to Make Their Own Decisions?

“Decision-making is an incredibly important skill that teens must develop before they can be truly independent ”

(“How Independent Should... 1”). Allowing children to make their own decisions when it comes to school activities can be incredibly empowering. It’s important to remember that giving children the opportunity to make choices, not only prepares them for the real world but also helps them develop critical life skills that will serve them well in the long run.

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The Life Within The Game Of Baseball

Parker S, a sophomore at Hurricane High School and a huge fan of the game of baseball, shares the many life experiences within baseball.

Baseball has been a sport since 1869 and has grabbed the attention of many kids, teens, and adults. It's a sport where you are working constantly to fail more than 70 percent of the time. It's a sport of very little success. The best people that are the best in the world only succeed 30 percent of the time and that is really hard to do. This sport is so hard on you mentally that people aren't capable of continuing to play the sport. Even though the sport of baseball is really hard and isn't for everyone. People that love this game have a lot of good life lessons and experiences while playing.

Baseball is one of the only sports with as many life lessons as it has. The biggest life lesson in baseball is how much you fail. In life, you will fail so much but in the end, you will eventually succeed. This is why baseball is a good life lesson for everyone because if you can be successful in baseball but also understand the failure, you will have an amazing life. "Baseball should be thought of as more of a game with many life lessons. Baseball is a game. A game that should be fun and played to win. But the life lessons it can teach you, 1000% outweigh one's physical ability, how many trophies or rings they win,

how many homers they hit, how many guys they strike out, how hard they throw or where the game takes them. End of Rose highlighter" (Baseball Dudes 1)

Baseball is also a sport where you spend time with your teammates and you learn how to make good relationships. While spending time with your teammates you have to learn how to work together as a team. That's a good life skill to have in anything that you do.

It'll also help you to be better at making relationships with your peers.

**Baseball isn't
just a game. It's
a life's work in
building
character.**

"Life is like a game of baseball. We all have our own individual innings, and it's up to us to make the most of our at-bats. Whether we strike out, walk, hit a single or home run,

all the decisions we make in life affect the outcome of the game" (Sig 1). People need to see the game more like this because it will help them be better and will help their team. If people were able to be better at seeing this they would be more successful in life.

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Hunting is not immoral

Kalyb S, avid hunter, describes how hunting is more than just killing animals.



Some people believe that hunting is a bad thing to participate in. Hunters believe that it is a good thing to carry out because, Hunting helps with population control, It provides a sustainable food source, and it promotes sustainable land use practices.

“One teens family uses all of the meat from the animals they kill”

One reason that hunting is a good thing is because it helps with population control. Author Steinar Brandslet quotes “Regulated hunting can have a positive effect since it reduces the number of animals before winter, so fewer animals need to compete for food”.(Hunting can be good 1). Therefore hunting can have a positive effect on other animals, by killing animals you are decreasing the amount of competition the others have to fight for food and other resources.

Steinar Brandslet also quotes “By harvesting a number of animals through fall hunting, we reduce the population density and can avoid the amplified effect of poor winter grazing conditions. Hunting results in better conditions for the animals that survive the hunt. More animals will survive the winter, and a greater number will produce calves the next summer” (Hunting can be good 1). This means that by reducing the

number of animals during fall and winter conditions, there will be a greater amount of new animals born in the next season.

Another reason that hunting is a good thing is that hunting can be a clean food source for many people. One author wrote “For many people, hunting is a way to obtain high-quality, organic meat that is free from hormones and other additives.” (Geoghega 1). This is beneficial for many people who care about their health and what they consume. Having a sustainable food source with no preservatives and other chemicals in it is much better than some store bought meat. One teens family uses all of the meat from the animals they kill, rather than just trophy hunting. The head is a plus however.

Another example about how hunting is a good thing is it helps promote sustainable land use practices. “Out of control animal populations can often impact agriculture in the area as well, as they take over the land humans rely on for their operations. Hunting helps balance the ecosystem by managing and monitoring predator and prey species, making it more sustainable” (Lodge). Clearly, hunting helps make the land more sustainable by eliminating some of the competition.

Dog kill shelters should be illegal

Even though some dogs may be aggressive or very old, every dog deserves a chance to be adopted.

Mr. Winograd, an author and executive director of the national No Kill Advocacy Center, has said he heard shelters use a lot of excuses for euthanizing dogs. They say that there's a lack of space, not enough money, and too many animals that nobody wants. But he doesn't believe any of them (Boyd 1).

Traumatizing to the employees

The employees must feel a lot of guilt as they are putting down healthy animals and it has to feel demoralizing for them having to do it. Killing the dogs can bring some very stressed-out workers who feel like this is wrong. Some workers have reported having nightmares about it. They also find themselves scanning and analyzing a dog to see if it's healthy enough to avoid euthanasia. It completely breaks them.

Unfairness towards Pitbulls

Pitbulls are the #1 dog breed that gets euthanized in kill shelters the most because of people's fear and not wanting to adopt them. They also are the dog breed that gets sent to the shelter the most as owners get wary of them. A student said that her parents sent their pitbull to a shelter because her other family members told them about pitbulls being vicious to children, they were afraid for their new baby that was on the way (Anonymous 1). They sent

that dog to a death sentence because Akita Rescue has said "72 hours to find a new family from the moment you drop it off". The dog only has about 4-7 days to be adopted before they get put down.

Old dogs are usually stuck there

Senior dogs commonly end up at the shelter when their owners, who are normally elders, pass away, and if there are family members they don't take the dog, so they get sent to a shelter. It is usual for old dogs to not get adopted at shelters as everybody wants a puppy who will live longer, so they are stuck at the shelter for 72 hours until they get put down. Old dogs also get abandoned the most and they get caught by pet control and taken to the shelter.

"72 hours to find a new family from the moment you drop it off."

By Jakki S.

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Dual Wielding VS Double Bladed Lightsabers

Ariana S, writer and avid Star Wars fan takes a look at the differences between double bladed and dual wielding lightsabers.

There is a strong debate on which lightsaber is the best. Specifically, if it is better to use double bladed lightsabers or the method known as Jar’Kai, dual wielding sabers.

Now, both methods are extremely effective with the right training. However, it is frowned upon to use double bladed sabers because it is seen as a power grab which is associated with the Sith.

Jar’Kai users are seen as strong fighters and wise Jedi on account of Jar’Kai being a very difficult fighting style to learn.

Double bladed sabers are much more dangerous to use, both for the opponent and the user. If the user is untrained or inexperienced, they can harm themselves and others with their sabers.

Not only is it more dangerous, but it is also more difficult. Having two weapons in your hand makes it near impossible to use the Force, which is a massive disadvantage in battle.

Jar’Kai comes with a unique set of challenges, such as tracking two weapons instead of just one. Splitting your focus is a skill that takes years of practice to master in battle. Not only do you have to worry about your opponents, but you also run the risk of injuring yourself with your own weapon if you lose focus.

Double bladed sabers, also known as saberstaffs, were originally built by ancient

Sith. They designed this weapon with the intent to cause more damage at once.

Even though saberstaffs were designed by Sith, several years after its invention, Jedi came into possession. Although it is uncommon, Jedi continue to use saberstaffs to this day.

Saberstaffs have even been used in conjunction with Jar’Kai. The former Jedi Master Pong Krell utilized this method during the Clone Wars.

Skilled warriors, such as Krell, can wield two or more double bladed lightsabers thanks to his four arms. General Grievous is also physically capable of this, but he has never actually implemented this skill in combat.

While all Jedi are capable of fighting with two lightsabers, few are truly considered masters of the craft. Padawan Ahsoka Tano is a well known user of Jar’kai, though she didn’t fully master it until she grew up.

Although she wasn’t a master of the craft, Ahsoka was still able to hold her own in a duel against strong opponents due to the effectiveness of her fighting style.

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Teamwork Impacts Lives

By Adelaide S

Knowing how to work as a team and interact with others is so important. In the workplace if people know how to work together they can achieve great success and strong relationships with each other as well. Teamwork can lead to an improvement in life because working with someone builds friendships. Teamwork impacts lives and will lead to success.



Teamwork influences lives

Teamwork can influence the way people act. When a person hangs out with a group of people the group will affect that person's actions and thoughts. If somebody looks up to or likes a certain person and is constantly hanging out with them, they will start acting more and more like them, obviously the person will still have their own personal traits but still can be influenced by other people. It's important to be able to work with others. For example in the work space people usually have co-workers and should learn to get along with them.

Working in a team strengthens relationships, and people accomplish so much more when they work together. Alone people can do so little, together people can do so much. Building relationships can help people in their personal lives as well, not just in a workplace.

Overall, teamwork impacts people and it is important to work as a team. Teamwork influences people's lives and actions. Working together improves efficiency and productivity and is key to growth and success.

Alone people can do so little, together people can do so much

Teamwork is key to growth and achievement

To start with, teamwork is key to growth and success and helps people achieve their goals and objectives. For example "When a team works on a project as one unit, the sense of accomplishment people experience expands beyond our individual achievements" (Yale 1). The saying "strong as ten men" is true when others are working together the reward will be much greater than an individual would receive. Teams tend to have more success than individuals. If there's a team of two volleyball players and play them against a team of six volleyball players who will most likely win or have the advantage? The team with more players. Another example "Teamwork can fulfil the human desires for belonging and contributing to something greater than ourselves. This is yet another reason why developing teamwork skills is worth everyone's investment" (Yale 1). This shows how contributing to something motivates us and will push us to get our own desire completed. Overall, teamwork leads to growth and helps us accomplish our goals.

Adelaide S is a sophomore at Hurricane High School. She is on the Hurricane High School volleyball team and an involved student in many extracurriculars.

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Traveling the World

Luke S is a student at Hurricane High and loves to travel the world and has lots of tips and tricks for traveling.

Traveling the world is one of the greatest things many have experienced, going to sunny beaches, hiking the tallest mountain in the world, and sailing the ocean. These are only a few of the things you can do while going to see the world. The average amount of money contributes 1.9 trillion dollars per year to the global economy (Musick 1). Some of the best places i've been to are Italy and Hawaii, in Italy my favorite place was Florence because of the amazing architecture and all the gelato stores and shops.



One of the downsides was that it was unbearably hot throughout the trip. Another one of my favorite places was Venice because there is so much of it in movies and videos, and finally getting there was a dream come true, but we did get left behind our tour boat. We were able to make it back though.

The next best place to visit in Hawaii. The beautiful beaches and lush mountains and jungles are a must when

visiting the islands. "Currently, the U.S. state's tourist numbers for 2023 are on pace to match its all-time high. In contrast to its population of about 1.4 million, Hawaii normally attracted about 10 million visitors each year, prior to the pandemic" (Steps to tackle 1). One of the best things to do when planning trips is to do it when the weather is good. It seems like common sense to plan a trip when there is good weather, but not doing so can make or break your trip. Another thing to look out for is pickpocketing and scams. Look up videos to see the most common scams in the locations you're visiting to avoid getting scammed. To protect yourself from pickpocketing find hard to pickpocket backpacks or clothing items with zippers. Traveling the world is one of the greatest thing one person can do so make the most of it,

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Can Looks Actually Have an Effect on Someone's day?

Cora S., a sophomore at HHS, knows all about good and bad hair days.

Makeup and Hair

Women spend hours putting on makeup, doing their hair, and getting dressed and ready for their day. But why do they care so much?

We'll ask any women in your household why they take so long to get ready. And they will most likely say something along the lines of, I needed to look good. Even though you could just be going to the grocery store. And why is that?

Confidence

It's not always about what others might think of a woman's looks, it's also about taking their time to feel good in their skin, and express their unique style while also feeling confident and fabulous.

How can it affect your day

A poll of 2,000 women, participants averaged three bad hair days a week and reported feeling depressed for about 7 and a half hours when their hair was just not working with them (Owens 1). This just shows that when a woman doesn't feel confident that day because maybe she had a bad hair or makeup day, it can affect her mood throughout that whole day.

Insecurities

Another big reason women take so long to get ready especially teens is because of insecurities. Most teens struggle with feeling like they need to look a certain way to meet the standards of others. And that might take

them some extra time to try and cover those insecurities that they think need to be fixed or covered. And when they are not given enough time to get ready they can feel even more insecure about themselves than before.

Need for New Clothes and Makeup

If you live with women you might have noticed that whenever they go to the store they end up in the beauty section. Why would they ever need anymore makeup or another shirt? Sometimes a girl might feel like they need to change their wardrobe up or change their makeup to fit the occasion or just to switch things up a bit.

The history of cosmetics

The history of cosmetics spans at least 6000 years. Some historians can even date back to the African Middle Stone Age 100,000 years ago, where they used red mineral pigments on their face. (Bath and unwind blog 1)

Overall

So as you can see a woman's hair and looks can determine their whole day. Speaking from experience if I were to have a bad hair day then the rest of my day I would feel insecure and I would just overall have a bad day all because of my hair.

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Max Verstappen

A upcoming great in

By Caydin T.

A loud stadium. People are chanting as their cars race by at 210 mph on the track. As the last lap takes place, Max Verstappen overtakes Charles leclerc and wins the Las Vegas Grand Prix. Formula 1 is full of excitement, and Max Verstappen is possibly the greatest upcoming racer in the sport.

Max Emilian Verstappen was born in Hasselt Belgium and grew up with his parents (Jos Verstappen and Sophie Kumpen) separated at a very young age. His sister, Victoria, went and lived with their mother, While Max lived with his father. Since his father Jos Verstappen was a former formula 1 driver, he taught Max the way of F1 while he grew up. Max then began his big journey with racing at the age of 8 (“Max Verstappen”).

As Max grew older he became a champion, in single seat Formula 3--Karting. Max loved this so much, he did it until he was 17, when he signed his first contract with Scuderia Toro Rosso in Formula 1. He won his first ever race in 2015 at the Australian Grand Prix, taking first with flying colors. In 2016 he signed his second contract to Red bull racing where he- will be staying until 2026 (“Max Verstappen”). It’s incredible that he became good so fast and so young.

Since 2016 Max has competed in 185 races, gotten on the podium 98 times and won 54 Grand Prix. He currently takes Number 3 in-



all time greats of Formula 1, as he states “I always try to get the best result out of it, I'm not there to just sit second or sit third.” This just shows his absolute dedication and perseverance towards F1 (“Max Verstappen”).

Even though Max sounds amazing, he has had his fair share of loses, As in 2021 in the opening lap of British Grand Prix, Lewis Hamilton collided with him sending his car in an upward position flying. After this incident Max said “Mistakes can happen, and they happen to the best of us.” Even though he wins, and loses, Max still has a great attitude toward Formula 1 showing his unmatched mindset.

Max has had his absolute fair share of pretty much everything when it comes down to Formula 1. So of course after his contract ends with redbull, he plans to leave the race and give bigger opportunities to Sim racers, not just to have the experience in racing, but to have the actual experience in the car. As he states “Hopefully, in a few year’s time, I can have a way of getting sim racers into a real race.” That is why Max Verstappen is the best upcoming great in the world of Formula 1 racing. I truly love his attitude and personality towards racing.

“I always try to get the best result out of it. I'm not there to just sit in second or third” (“Max Verstappen” 1).

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The up's and down's of Wakeboarding

Afton W is a 15 year old boy who loves being outside and especially the lake.

Imagine a sport that a person can jump carve and get the biggest thrill of your life. Well wakeboarding is great for that person. Wakeboarding is really dangerous, but also they are really fun.

Many people think wakeboarding is the most dangerous water sport out there. They would be correct. Some of the most common injuries are knee, back, arm, and neck injuries (Quadri).

But as you could imagine this doesn't stop people from

doing it. Wakeboardings is a sport that is perfect for people who love extreme sports, the outdoors, water sports, and adventure. Wakeboarding is a challenging sport that requires balance, strength, and coordination (Staff1).

Many teens say it is really fun because of all the time a person can spend with your friends. Wakeboarding is definitely a individual sport. Although that doesn't mean that you can't have family and friends out on the boat. Some of the best memories the writer has ever had has been on the boat with family and friends.

Many people don't know how good the wakeboard community is. Or just the lake community in general. Most will agree that being on a lake is one of the best ways to relieve stress. But also the people are so kind and willing to help in anyway possible.



The writer agrees that wakeboarding can teach very good life lessons. Although, the life lessons taught can be through very painful experiences. Most of the things taught in wakeboarding is how to get through things, maily injuries. Being able to get through those hard times will teach many important life lessons.

While being on the water people will get very good life skills. Water is a really cool and fun thing but at the same time it is very dangerous. One teen says that most of the skills he has learned from being on the water have been in scary situations.

Most everyone can agree that wakeboarding looks really cool. Many will say thats why they do it. When the rider is in the air it feels really cool. One teen says when he's in the air he feels like there is no worry in the world. And to him that is one of the coolest and best feelings in the world.

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Nebraska Volleyball

Eliza W, a sophomore at Hurricane High School and a huge fan of volleyball, shares how the girls of the Nebraska Volleyball team changed women's sports

Nebraska is changing the world of volleyball. Later this year on August 30, 2023 Nebraska volleyball changed not only women's volleyball but women's sports in general. Nebraska broke the world record for a women's sporting event attendance by packing 92,003 fans in Memorial Stadium (Record Breaking 1). Before they broke the record, there were 91,648 people at a soccer game in Barcelona (Biggest women's 1). This is a big moment for volleyball and women's sports. It's crazy for that many people to gather together for a women's volleyball game.

Additionally, the Husker volleyball program has sold out 306 consecutive regular season matches. Not only is that crazy, but at BYU, a great volleyball school on average only has about 3,170 fans (Women's volleyball 1). They are also in the top five for the most people attending their game. Nebraska is almost doubling the amount of people who are coming to their games.

Nebraska is leading the attendance with 8,172 people attending their games. (Women's volleyball 1). Not only are they leading in attendance, they have led the nation in attendance every season since moving into the Bob Devaney Sports Center in 2013.

Additionally, they are leading in attendance. Nebraska has one of the best volleyball fans in the world; it's in part because the program

continues to produce champions (Husker Volleyball). Not only do they have great fans, they have a great volleyball team. I think their fans play a part in them being so good, but it all comes down to skill. This year Nebraska is asserting their dominance by crushing all of their competition. Their record is 25-0 this year. This means they haven't lost a game. They are ranked number one. This takes great skill but will take so much mental strength. Nebraska has won 5 national championships in 1995, 2000, 2006, 2015, and 2017 (NCAA 1). Nebraska is working really hard to win the national

championship this year. Some people may disagree, but Nebraska should win the championship this year because of their hard work and dedication.

Nebraska's volleyball team is usually sweeping the competition. This year there has only been 15 sets that they have lost.

They have swept 16 games (University of 1). This shows they are a hard-working team, they are resilient and just a great team in general. This also shows how dominant they are.

In comparison to a professional football team, Nebraska had way more people attend their game. The New England Patriots recorded an average home attendance of 65,878 spectators in 2023 (New England 1).



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The Importance of Wrestling

By Dashden W

Wrestling can often be seen as just another sport or activity for a student to do. Most people might lack or discard knowledge of the sport and for that reason it may seem of no importance.

However, wrestling has many benefits such as acquiring important values and helping you to become a stronger person physically and mentally.

One benefit that comes through wrestling is full body developing. A study from the French Wrestling Federation mentions that wrestling uses all members of the body. The body is in full motion when in a match, countering moves and attacking opponents. The cardiovascular system is improved along with increased motor skills (The Benefits of Wrestling 1).

Additionally, Individuals can be mentally benefited because of wrestling. The sport requires athletes to be incredibly focused, this means they will have to react quickly and perform premeditated movements.

When dedicated to the wrestling lifestyle, athletes find themselves becoming more self-disciplined and confident. The environment of wrestling also educates and encourages the value of sportsmanship no matter the outcome of the match (Wrestling 1).

Student athletes such as wrestlers are often in contact with students, teachers, and their opponents. As a result of this communication and social skills come into a great deal and improve throughout the time that they are wrestling.

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Death of Music Education?

Chanden W: Sophomore at Hurricane High School in music education

INTRO:

The human population has been arguing about things for our entire existence over many different topics. One very recent and popular topic is whether or not we should stop music education. There are many ways to argue against Music Education, but as long as musicians are around, no one should be stopping it.

MUSIC ED IS EXPENSIVE:

Music Education is expensive due to instrument and music management. Not only that but also the construction of rooms with good sound systems and acoustics.

These things are obviously very difficult to manage and would certainly lose schools a lot of money. However, are we really going to get rid of music education just for the sake of having more money?

People listen and enjoy music all of the time! They just don't understand that music is a part of their everyday lives and if it was gone, they would definitely notice. But that's okay as long as we get more money, right?

MUSIC ED IS A DISTRACTION

FROM ACADEMICS:

Another argument is that it is a distraction from the more important things that they need to learn. However, according to researchers from the music education board say that it actually "improves cognitive functions and academics" (The most common... 1). Music stimulates parts of the brain

"There are many ways to argue against Music Education, but as long as musicians are around, no one should be stopping it."

that pretty much no other thing does. When these parts of the brain are stimulated, it actually improves cognitive and academic performance in other classes.

MUSIC REQUIRES TOO MUCH COMPETITION AND RIVALRY:

Music education does indeed include competition for first chairs. But this competition isn't anything unhealthy, it's the normal competition that happens in everyday life.

Humans were made to do hard things, and if that means getting a first chair, then so be it. It's not likely that people will end up killing each other over a first chair.

MUSIC IS NOT A REAL CAREER OR HOBBY:

Seeing people talking about this one is very painful to all musicians. The actual definition of a hobby: an activity done regularly in one's leisure time for pleasure. That sounds exactly like music to me.

Also, there are many different careers that you can go into for music. How are people taught music? Not to mention the music for film and television.

Music can be like "[A] rocky road full of people telling you it just isn't a realistic endeavor" (The most common... 1). But musicians don't need to care what people think. They will want music education no matter what, and nobody can stop them



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Wrestling is a super grueling sport.

Titan W is a wrestler from Hurricane High school, he loves most sports and participates in a lot of them he enjoys school and loves writing even more.

Sports are a very common thing in our society, and are very important to a lot of people. Wrestling, not being one of the more popular sports is still really good for people, as well as still being super fun.

Wrestling conditioning is notoriously demanding, pushing athletes to their physical limits. Wrestlers often endure grueling practices, where fatigue, dehydration, and physical exhaustion are part of the daily grind. However, it's precisely this level of commitment that separates champions from the rest (Wrestling Conditioning). This is so true for wrestling athletes.

One teen said, that wrestling is the hardest sport hes ever done conditioning wise, it was just so grueling and nonstop running, pushups, situps, and handstands. That can be really hard for people that arent in the best shape and it makes alot of people want to quit.

A wrestler's strength training program focuses on functional strength, targeting major muscle groups to build power and explosiveness. Compound exercises such as squats, deadlifts, and Olympic lifts are staples. Combining these with cardiovascular exercises enhances overall conditioning.(Wrestling conditioning).

Building wrestling-specific conditioning is a gradual process. Wrestlers should gradually increase the intensity and duration of their workouts over time, allowing their bodies to adapt while minimizing the risk of injury. A well-structured training plan that balances strength, endurance, and technique is key.(Wrestling Conditioning). Wrestling is super hard but some teens love it and it is really good for them.

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The Importance of Participating in Sports

By Wyatt W.

Sports are commonly seen as nothing more than a form of entertainment or a game for kids. Many even believe that sports are nothing more than a distraction from school work and other more “important things” in life.

However, playing sports is very beneficial to the development of children, teens, and even adults.

“Kids, teenagers, and adults should be encouraged to play sports for the many physical and mental benefits.”

One benefit of participating in a sport is increased academic performance. A study from the University of Kansas found that high school athletes had better attendance, higher graduation rates, better assessment scores, and lower dropout rates (Krings 1).

Student-athletes also perform better in school because, from a young age, they have been taught skills that are both helpful in sports and school. Things like discipline, repetition, memorization, and perseverance can be used in a school setting.

Teamwork and problem-solving skills are also valuable things taught by sports. From a young age, athletes must learn how to work with others to achieve the same goal: winning. This teamwork will be used for the rest of their lives in things like group projects in school, working in a job,

and serving in their communities as adults. Teamwork is even used in friendships and relationships.

Athletes also develop great problem-solving skills. Athletes must learn to solve many problems to improve in their sports. They have to constantly learn from their mistakes to improve. They also must problem-solve as a team to figure out what may be going wrong and how to win more.

Improved self-esteem is another great benefit of playing sports. Adolescents who participate in sports experience a lot of positive reinforcement for performing well (How Playing Sports 1). This is great for their overall mental health and self-esteem. This also pushes them to want to work harder and continue improving.

Athletes also gain many friends and valuable relationships through sports. This provides a sense of community and belonging to those who participate in sports.

Sports are also a great way to reduce stress. Exercising releases a chemical in our brain called endorphins. Endorphins are considered one of the “happy chemicals,” and promote feelings of happiness and well-being.

Participating in a sport is also just a good way to have fun with friends and can help take participants' minds off of whatever may be bothering them.

Finally, what may be the most obvious benefit of participating in sports, is the physical health benefits. “Sports help improve cardiovascular health, burn calories, raise metabolism, and improve strength and mobility” (Why are Youth Sports 1).

Playing sports can also improve sleep quality and prevent obesity which is becoming a growing problem among youth.

Kids, teenagers, and adults should be encouraged to play sports for the many physical and mental benefits.

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Basketball is a fun and engaging sport to play

Nathan W, a sophomore at HHS, has experienced the thrill of basketball.



Even kids play basketball

Most people think basketball is not

a valuable sport. Others may think otherwise. Some don't like to talk a lot about basketball values. Policymakers have to choose if basketball should or should not be a valuable sport. Even though some may disagree, basketball is a valuable sport.

Basketball is an enjoyable sport to play. People can make excellent friends playing basketball because even though others are going against others, people still compliment their shots. For example, if the person shoots a three people would say, "Hey man good shot". Basketball is an outstanding and productive sport because people get the sunlight they need and it's a fun thing to do if people have nothing to do. They can even go outside and practice dribble moves if they don't have a basketball hoop to shoot on.

Basketball works by having only five players per team on the court. In NBA, basketball each team can play a maximum number of five players on the court. If a team breaks this main rule, they will lose possession of the ball. Sometimes this inadvertently happens, particularly at low levels of the game, when substitute players check into the game and others don't leave the court in time.

The NBA is enjoyed by younger audiences outside of the US (McMurray 1). This is one of the reasons why basketball is a fun and valuable sport to play. Even kids are playing basketball for fun.

Basketball teaches about good sportsmanship and being a good team player and can be a good social sport (Basketball 1). One example of being a good team player is not ball hogging which means not keeping the ball 24/7. People have to be a team players and pass the ball every now and then. The reason for playing basketball is to have fun and score the most points with teammates.

Basketball is a great way for kids to get active and have fun (Basketball 1). Even other articles are giving reasons for kids to be more active outside and to have fun. Kids have more energy than teenagers so they can play forever and not get tired. But make sure kids get water so they don't get dehydrated.

The basketball competition performs far better than baseball earning US \$175 million annually from its non-US media rights agreements (McMurray 1). Basketball produces more money than any other sport because of how fun the game is. So in that case, basketball is a valuable and critical sport because it is fun, you make good friends, and it's a productive way to spend time.

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