

The Survey

Reporting Wildcat News Since 1922

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Junior Prom

Written By Alexandra Turner, Staff Writer

Edited By Riley Tully, Co-Editor-In-Chief

Prom is a part of high school that we all look forward to, from kindergarten and elementary school until our high school years leading up to the big day. Even as parents, prom is a special night that we get to remember for the rest of our lives. We get a meaningful night to dress up and spend time with our friends. I had the opportunity to meet with Mr. Barquero, the junior class advisor, and I was able to discuss the plans for junior prom this year. I asked him a few questions and here are his answers:

Q: When will the prom take place?

A: The prom will take place on April 23, 2022, which is the week after spring break.

Q: Where will prom be located?

A: Prom will be at the West Hills Country Club in Middletown. We chose this venue because it is close and most accessible. Due to covid, this year there were a lot of issues trying to get a venue close-by, so this was the best option. At prom, there will be catered appetizers, a photo booth, and a dance floor all set up there.

Q: What are the COVID rules going to be?

A: We will be following the CDC Guidelines.

Q: How much will the tickets cost?

A: They will cost about \$145.

Q: Is there any other helpful information that we should know?

A: Millpond Cleaners on Ronald Reagan Boulevard will give Warwick students 15% off tuxedo rentals. Please check your email for additional information (permission slips, prices, dates, etc).

This year is the first since the start of COVID where we, the students, are able to feel some normalcy. For the past two years, the juniors at WVHS have not had the opportunity to have a prom, so this year is especially memorable. Our student government is working hard to organize our prom and everyone is so excited to make this year special.



All photos courtesy of West Hills Country Club

Silver Lining - Class of 2022

By Maya Bieling, Co-Editor-in-Chief
Edited by Luke Hammel

On December 31, 2021, while many were preparing their New Year's Eve plans and excited to welcome 2022 with open arms, I couldn't help but think, this is it—it is my graduation year. Graduating from high school is one of the first big milestones of many to come. For this year's WVHS seniors, our time here was short with only one full school year unaffected by COVID—freshman year. While that feels like forever ago at this point, I couldn't tell you where all that time went. We've all heard it before, but I don't think I have ever believed it to be more true than right now, time flies!

For as long as I can remember, the countdown until we get to lead independent lives has been in the back of our minds as a class. As bittersweet as it may be, the countdown has turned from counting years to counting months faster than I would have ever imagined. In just a few months, we will have the next few years of our lives decided, whether it entails going to college, getting a job, or taking a gap year. Soon, we will be walking onto the football field in our caps and gowns, excited for our names to be called and to be handed a diploma. Lastly, in just five months, many of us will be expected to pack up our childhood rooms, say goodbye to friends and family, and move to a dorm with someone we've most likely only met online. Sounds like fun, right? While yes, this may be a sad time of year, realizing that it is "the end of an era," we are about to experience the best years of our lives.

Senior year is full of a lot of "lasts times" and "goodbyes," and we have already gotten through half of the school year. That includes going through our last first day, celebrating our last homecoming week, waking up early on a Saturday for our SATs, completing the college application process, asking teachers for letters of recommendation, and going through both Thanksgiving and winter break. I guess what I am saying is that our time is valuable, especially now, so let's make up for all that covid has taken from us by having the most normal senior year this school has seen since 2019. Let's enjoy being in person and take advantage of the last few months we have together because before you know it we'll be walking out of these doors in June and moving on to the next chapter of our lives.



Next Up in the Election...

Here at Warwick Valley High School, there is an activity suitable for everyone. There is the Drama Club for those students who want to perform on stage, the Interact Club for students who want to volunteer, and many more. One that you may not have heard of is the Youth In Government program, which is for students who are interested in political processes. This program also helps students with social and life skills.

Mr. Kevan Ottochian, a social studies teacher at the Warwick Valley High School and the WVHS Youth In Government advisor, was a former student member of the Youth In Government program and is pleased with how the program has been going this year. Due to the many challenges that schools are still facing because of the COVID-19 Pandemic, all of the program's events have been virtual. While this can be disappointing, the students made it work and enjoyed every moment of the wonderful experiences provided to them through this program. When asked about the program, especially during this unordinary year, Mr. Ottochian said:

The Youth in Government program offers students the chance to learn firsthand about the democratic process. It exists in almost every Orange County high school [and] has been in existence for over 75 years. During this school year, WVHS members participated with respect and professionalism in mock virtual conventions. The Platform and Steering Conventions showcased our unit's strong abilities to debate and collaborate, which led to several members being nominated to run for mock political offices. As a former member of the WVHS Youth in Government program and the current advisor, I am very proud of those candidates and wish them the best of luck in the upcoming general election, which will take place across all Social Studies classrooms throughout the county. Thanks to Mr. Cecconie and the WVTA Video Production team for putting together all the speeches from the nominated candidates. If any student wants to join our successful program to learn leadership, public speaking, and collaboration, please come to see me in Room 121. We have an exciting spring season ahead!

Not only is Mr. Ottochian excited by how the program is going, but so are the students. At the beginning of the school year, the students had the opportunity to participate in the platform convention. They were able to join planks, and within their planks, they were able to create policies and ideas about their topics. These planks were then presented and voted upon by students in the Youth in Government

programs all across the county. Shortly after this, students were able to take part in the Steering Convention, where they ran for mock government positions against students across the county. Then, the top two candidates made videos of their speeches which will be presented in all Orange County high school social studies classes at an as yet undetermined date. After students across the county vote, the winner will have the chance to shadow the official that currently holds their new position.

Students have had a positive experience this year in Youth In Government, and they have had many opportunities that they may not have had without the program. When asked about why he participates in Youth in Government, Junior and Vice President of Youth in Government, Jonah Campbell, said, "I participate in YIG as a method to improve upon my public speaking skills and debate interactions. Mr. Ottochian's efforts as Warwick's advisor have been more beneficial in that respect, as he's helped me and many others develop our political identities through his dedication to the program." Jonah's reasoning for joining Youth in Government is a common theme throughout many of its members.

Sophomore and President of Youth in Government, Paxton Honerkamp, had a few things to say about his experience with Youth in Government and the benefits that come along with being a part of this program: "Youth in Government sharpens the policy-making skills, public speaking skills, and overall leadership abilities of America's future leaders. This year's conventions were massive successes, with students from all around the region exchanging ideas, introducing new perspectives and building up political identities of the students who participated. The best days of this program still lie ahead, as we will expand our political debates, as well as provide opportunities to connect with local officials through community-based projects. Overall, this school's Youth in Government program provides one of the best hands-on political experiences accessible to students of this school."

All in all, from the experience of members and advisors, Youth in Government is a program that welcomes all people regardless of their political views and encourages people to step out of their comfort zones and try something new. If you're interested in improving upon your public speaking skills, debating with others about politics, increasing your political and government knowledge, improving your self-confidence, or this program just intrigues you, you can contact Mr. Ottochian at kottochian@wvcsd.org. Bring a friend, and go join the program where America's future leaders are being born.

Written By Lena Jodry, Staff Writer
Edited By Jenna Mosier, Co-Editor-in-Chief

Sprucing up Spring



March is here, and you know what that means? Thundering storms, mild temperatures, and spring is getting ready to put on her brightest display of color after sleeping all winter. That's right, allergy season is lurking around the corner but so are plants. March is the month greenhouses help produce many germinating sprouts, and among them are a few with the ability to deter deer. So if your house is constantly getting ransacked by our four-legged, two-pronged, car high-fiving friends, these plants will come in handy.

Marigolds are often used to decorate gardens while simultaneously keeping deer away. These are one of the most well known flowers that deter animals due to their really strong smell, which at times even make my eyes sting. Basically, marigolds smell so bad that the deer won't eat them unless they have no other options.

Herbs like lavender, basil, rosemary, oregano, sage, and thyme repel deer for the same reason as marigolds. Since deer noses are highly sensitive, and some can even have up to 297 million receptors inside the nose, it's not a surprise that they want to stay away from strong scents.

Black-eyed Susans are flowers that tend to stand out more due to their brightly colored leaves and the signature black "eye" in the middle. The reason deer avoid these charming flowers is because they are covered in fine, coarse, hairs.

Bleeding hearts sometimes can seem more like a bush than a flower but are still stunning nonetheless. These don't absolutely burn deer noses like the others do, but the sap is something the deer find unpalatable. In fact, this plant is an alkaloid and could probably kill the deer, or yourself, if ingested.

Lily of the valley is a personal favorite of mine. Not only are these flowers beautiful, but they can easily make any room smell like high-quality shampoo, obviously not the harsh chemically smelling shampoo, but the fresh and sweet smelling kind that doesn't make you cringe or gag. Deer also avoid these little cuties because, like the bleeding hearts, they are extremely poisonous. So, just to clarify, please do not attempt to ingest this plant!



Rebecca Kleinman, Staff Writer

Interview: Patrick Beauvais

Written by Aiden Steng and Rocco Silvis
Edited by Gabriel Chermak

When you think of the jobs that make up the fabric of a high school, you often think of teachers, administrators, and bus drivers. However, custodians are another essential group of people who impact the smooth functions of every public school. We recently had the privilege of interviewing Warwick Valley High School custodian Patrick Beauvais, and our newfound insight was remarkable. This is what Patrick had to say:

What is your job title, and what do you do?

I work as a custodian engineer at Warwick Valley School District. I fix things, clean, and make sure the school is safe for kids and teachers.

How long have you been working here?

I have been working at WVHS for six years.

Do you work anywhere else besides WVHS?

I work in Monroe Woodbury School District as a custodian engineer as well as WVHS.

What are your hobbies outside of school?

I listen to all types of music--any type of music, as long as the lyrics make sense.

What is the best thing about your job?

The best thing is to [maintain] safety for the kids and teachers. I get joy when I make the best [environment] for the kids.



Aiden left, Patrick center, Rocco right

Patrick's character is truly charismatic; he is a caring man who serves as one example of many who is responsible for the necessary duties of making sure that students are safe and that schools can remain sanitary for all. With hard work and dedication, Patrick challenges himself every day to better himself and keep everything as clean as it can be. Following this interview, these same philosophies have been instilled in us as well.

Interview: James McCullough

Written by Tyler Ellis
Edited by Gabriel Chermak

In Warwick, athletics matter. The town strongly supports its high school teams, including a lesser-known sport in varsity swimming. I decided to take a deeper look into what the swim team offers for our students and town by interviewing one of my classmates, James McCullough. James is a first-year swimmer for the Wildcats and is enjoying his first and final year on the team.

When asked what his favorite part of being on the swim team was, he responded with, "the nice splash on the water when he dives in the pool in the beginning of the race." While this was not the exact response I thought I would get, it was definitely interesting. James said he was recruited to join by other swim team members, Aiden Corrigan and Kyle Sass, both veterans. Finally, I asked James if swimming in college was an option. He said, "No, it's not for me, but it definitely is for some of these guys."

Most people know how to swim in the pool or at the beach but don't really know how hard it is for the swimmers to compete every day. It is a great form of cardio and a good team sport to watch you and your teammates progress and get better. The team also gets a pretty good turnout for the meets. If you are interested in a winter sport next season, maybe consider the swim team.

Life of a Musical Theater Kid

Olivia Holland

Student by day, musical theater performer by night—in a path paved by herself, Olivia Holland remains superior. She is actively involved in many school clubs relating to music or politics, but that doesn't stop her from stepping out of range and performing in musicals. Holland spoke with The Survey about her career in musical theater and how she's striving for the extraordinary.

When did you start doing musical theater?

I started doing musical theater in third grade, and my first show was *Into the Woods*.

How did you discover music and theater?

The show *Wicked* really inspired me, because I loved watching the [actors] on stage have so much fun. There was so much energy and joy. It made me want to be a part of that.

What's your daily schedule like regarding musical theater?

After school, I have Drama Club from 2:30 to 5:30. On weekends, I normally have rehearsals on Saturdays from 12 to 5 and on Sundays from 11 to 6...all for different shows.

What plays are you currently involved in?

I'm currently in *Little Shop of Horrors*, *Heathers the Musical*, *The Lightning Thief*, and *Legally Blonde the Musical*.

What's a struggle you find when performing?

I used to struggle with going on stage and singing. I would get freaked out from having to perform in front of people, but after years of practicing and learning how to be myself on stage, I have grown into [the experience] more.

What advice do you have for people planning or starting their careers, specifically concerning musical theater?

Personally, the best advice anyone has ever given me is to just go for it. So, my advice is to not overthink it; be yourself because that's what the directors tend to look for. They're not looking for you to be someone else. Use what you know you can do and what you can bring to the table.

What does musical theater mean to you?

Musical theater has become such a huge part of who I am, and I've met some of my closest friends through doing it. It's just something I'm so passionate about.

Do you plan on pursuing a career in musical theater?

I'm not sure if I want to pursue it as a career yet, but I definitely want to keep on acting in the future.

What other extracurriculars are you involved in?

I'm currently vice president of the sophomore class. I play viola for Chamber Orchestra, and I am an alto for Meisters. I participate in Youth in Government, Model U.N., and Debate Club. [Being interested in politics and government], I have taken the United Nations Based Courses for Girls Interested in Politics at the U.N., and I play with Wire Choir and Ukulele Club. I've also been involved in *Odyssey of the Mind* for eight years. My team has won the international championships twice and has gone to the international championships five times.

Even with a busy after-school schedule, Olivia is still motivated to be on top of her game. Including her music electives, she has a full honors schedule. Olivia Holland is truly an inspiration to many and is bound to do excellent things in the future.



Written by Abby Gatdula
Edited by Maya Bieling

An Upgrade for the Animals: Interview with Suzyn Barron, Warwick Valley Humane Society President

*Molly Hewitt, Staff Writer
Dennis Wilson, Editor*

The Warwick Valley Humane Society is rebuilding its facility which, according to Suzyn Barron, the Humane Society's president, is well overdue. Below is an interview that I was fortunate to have with Suzyn in which she thoroughly describes the ins and outs of the expansion.

What was the driving force behind building a new and improved humane society?

"The building was over 53 years old, and I have been with the organization for the past 31 years, and I was extremely tired of repairing things that would break, or like a leaking roof. The windows don't open, and there were a multitude of issues there...We had outgrown the facility."

Where does the funding come from for a project like this?

"We applied for and received a New York state grant in the maximum amount of 500,000 dollars in 2019, and we have been funded with private grants as well as private donations... However, we are still short of what we need to reach."

What is the number you need to reach?

"Initially it was 2.1 million, but we got it below the 2.1 million to 1.991."

What is the expected completion date for this project?

"We are hoping to have the project completed within a year."

If you could tell the town of Warwick about the Humane Society's biggest needs, what would they be?

"A new building, desperately, which we are getting... We really need people to be more responsible. We need our community to understand that in freezing temperatures animals should not be left outside. We need an anti-tethering law where dogs are not subjected to being tied outside for hours on end. We need people to be more responsible neighbors and not have their dogs continuously bark so the neighborhood is affected by it. We need people to abide by the town ordinance violation for dogs that are off leash and running loose in the neighborhood. We need people to speak up when they see an animal being neglected or cruelly treated."

How many animals, or what capacity of animals, can the new Humane Society keep?

"We did not build this building in order to take in more animals because more animals means more expenses, both veterinary and daily care, and it means more staffing. But my intention with the new building was to give the animals that we can care for space and a better environment...so we are going to try to keep our numbers even to what we have, which is 18 dogs comfortably and probably under 100 cats would be very helpful."

What is the variety of the animals you have on average?

"Well, unlike some other places around Orange County, we take in all pets. So you're talking about dogs and cats naturally, but we have rabbits, we've had guinea pigs, hamsters, gerbils, iguanas, birds, and we are hoping that our new facility will be able to help us take in even some of these smaller animals."

Do you have volunteer opportunities or community service options for those who want to help out? Can high school students volunteer in order to earn community service hours?

"Yes, but with the current COVID situation we have restricted the number of people in the building. Right now we are in a small storefront so space is limited here, so we work by appointments only. We are accepting volunteers, hoping that they can give their time whether in the morning to help us clean or in the afternoon to socialize and it would be by appointment only. That would also be for community service. Community service is a little different; adult volunteers usually help us more on the exterior of the building so right now we don't have any of those opportunities available. As for high school students it's a little tough because we close at four o'clock so it doesn't give anyone a real opportunity after school to get here and do any hours. We normally accept anyone that is over 18, anyone else because they're under 18 would have to be accompanied by an adult."

"We hope this new facility will be able to service the Warwick Valley community a lot better than we've been able to in the past."

After speaking with Suzyn Barron, it was clear that this new building is an essential upgrade to the Warwick Valley Humane Society. I hope that this interview can inspire the people of Warwick Valley to become more proactive in supporting, not only the humane society, but also all of the animals of Orange County.

Mental Health Days for Students?

Connor O'Regan, Editor
Edited by Andrew Reda

5:55 AM. You wake up five minutes before your alarm. You just did three late assignments and essays last night. Your bus is coming in 35 minutes.

“Do I really have to go?”

“Yes,” your parents say. “If you’re not excused then you have to!”

Most parents do not want their kids’ attendance records skewed if their children are not sick. But what if their children weren’t feeling well in another way? Mental health days for students have been proposed in recent years as mental health awareness has been on the rise. Since 1949, May has been recognized as mental health month. And during that time, the government has made efforts to make mental health relief programs such as “Active Minds,” and there has been a recent surge of support for students to have personal days for themselves.

The Pros

Although schools provide resources such as guidance counselors and mental health check-ins, some people believe the problem is too personal to share; simply having a couple of flex days when they choose is the right thing to do. When students have little control over the work they are given, maybe giving them a little control over their attendance will help them do better in school. Also, there may be some students who do have an excuse to miss school, such as to go to a funeral, but don’t want even an excused absence mark on their record. However, with these extra excused days, students may feel less stressed about their perfect attendance if they were using the time to take care of themselves.

The Cons

Although students may need the break, how many of them would start to abuse it? Let’s say a student decided to use all five days in a row. The amount of makeup work owed would probably get overwhelming and cause a bigger problem. And even with this allowance of days, would people only use five? At this point students may say, “Well, I feel like I need more.” At this point and with snow days and delays, would it even help or would it hurt them? Maybe missing five extra days would leave people alone when they could potentially be near helpful school resources such as a guidance counselor or a teacher.

Conclusion

Illinois schools, for example, have now made it a law for students to have five excused mental health days. With this in place, it will be the only way to see if this is an effective method or not. Although some students may actually appreciate and need it, some students may overuse and abuse it. With a majority of students believing it’s worth a shot, at least students who actually need it have a bit more control over their mental health.





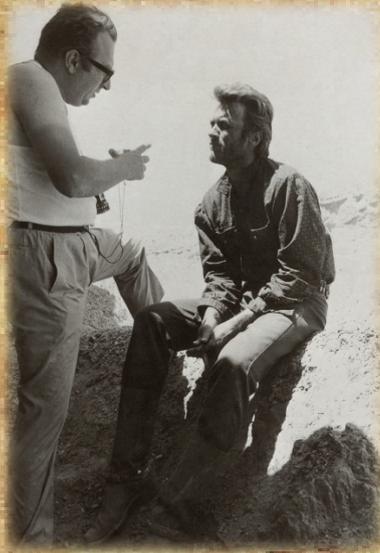
Attention seniors

**check your email for the
senior edition questionnaire!**

DUE 4/5!

A FISTFUL OF ITALY

An In-Depth Look at the Spaghetti Western Genre



Leone on the set of *The Good, the Bad, and the Ugly* *todocoleccion*

“PRELUDE”

A whimsical whistle soars in the distance as the silhouette of a poncho-laden figure wanders into frame. With every step, the faint chime of a set of spurs grows louder and louder in the agitated silence. The standstill is suddenly broken by the startling toll of a colt revolver. The unfortunate entity on the receiving end crumples to the earth and is reduced to nothing but a shell, which once harvested a living soul. With the blink of an eye, the poncho-clad vagabond vanishes in the smoke as the clobbering rhythm of a pale stallion dwindles, leaving in its wake a scene of disturbing tranquility.

“THE GOOD, THE BAD & THE LEONE: HOW AN ITALIAN VISIONARY REDEFINED A GENRE”

“Where life had no value, death, sometimes, had its price. That is why the bounty killer appeared.” These are the words of esteemed Italian director Sergio Leone. Leone, famous for his films including *A Fistful of Dollars*, *For a Few Dollars More*, *The Good, the Bad & the Ugly*, and *Once Upon a Time in the West*, among others, cemented himself as one of the most influential writers and directors in cinema history. Often credited for the genesis of the “Spaghetti Western” genre, Leone made a name for himself with his low budget, epic tales of adventure, mystique, and bloodshed. Leone’s signature close-up shots, accompanied with a strategic silence, build the tension of his culminating story, keeping the viewer on the edge of uncertainty. When the silence is finally broken, every word and every shot are integral to the development of the narrative. Needless to say, not a second is ill spent throughout these illustrious escapades.

Though several Western films were made prior to the early 1960s throughout Europe, the genre would ultimately be defined by the 1964 film *A Fistful of Dollars*. An adaptation of the 1961 Akira Kurosawa samurai film *Yojimbo*, the film stars an up-and-coming Clint Eastwood as the “man with no name character,” a character he would continue to reprise in Leone’s following efforts. Despite the moniker given to the character, Eastwood is referred to by many different names in the three films in which he appears: he is referred to as “Joe” in the first film “Manco,” in the second, and “Blondie” in the third and final installment); regardless, the film would be completed in only 11 weeks, and released to considerable success in Europe. It wouldn’t be until January of 1967 that the film would hit U.S. audiences, which would prove critical for the trajectory of the film and its genre. The rest of the “Dollars Trilogy” would be subsequently released in the U.S. throughout 1967, having already been released in Europe years prior.

The dark tone struck a nerve with American audiences who were used to the more traditional American Western formula, in which the hero was clearly defined with a high moral standard. This new foreign interpretation had heroes who were severely flawed, if heroic at all. Because the films took place near the Mexican American border, they brought a new perspective of the West; one where the end didn’t always justify the means. Leone had a unique approach to filmmaking in which

many of the actors on screen are from all over the world and aren’t even speaking the same languages as each other; yet this never halts the story, and not a drop of emotion is sacrificed. For international releases, the films would be dubbed over in their respective languages, showing how the syncretism of these films would reveal the universality of their stories.

“THE ECSTASY OF GOLD: ENNIO MORRICONE AND THE SOUNDS OF THE WEST”

The long stretches of silence left by Leone, serve as the perfect backdrop for the complementary score of famous composer, Ennio Morricone. Whether it be the thunderous tribal rhythms of pounding drums, or the triumphant trill of a full orchestra and choir, Morricone has crafted some of the most well known scores and compositions in all of film and music history.

Given the low budget nature of these films, Morricone was left to his own devices when it came to the composition of the music. Often consisting of instruments like the trumpet and electric guitar, Morricone incorporated sound effects into his compositions, such as gunshots, whip cracks, and the now infamous whistle, as heard in the soundtrack for *The Good the Bad & the Ugly*. As Leone’s films increased in stature, so did the accompanying music. Many of the seeds that would ultimately become the score for *The Good the Bad & the Ugly* were planted in *For a Few Dollars More*, and would be elaborated upon to epic proportions.

Morricone would continue to work with Leone throughout his career, providing the score for the entire “Dollars Trilogy,” as well as the works that would follow, such as *Once Upon a Time in the West* and *Once Upon a Time in America*. Morricone would go on to work on the soundtrack for several more iconic films, including John Carpenter’s *The Thing*, Brian De Palma’s *The Untouchables*, and Quentin Tarantino’s *The Hateful Eight*, with Tarantino citing Morricone as his favorite composer. He was awarded three Grammy Awards, three Golden Globe awards, and an Oscar for his contributions to cinema before his death in July of 2020 at the age of 91. Morricone’s legacy lives on through the music he masterfully crafted, and it will continue to be celebrated through the films in which they live.

“ONCE UPON A TIME IN NOTORIETY: THE LEGACY OF A HOLLYWOOD OUTLAW”

Upon its inception, the Spaghetti Western was not the most popular genre among critics. Many of the western films released from Europe, and the American films that would try to follow in their footsteps, were denounced by critics. The press condemned the violent and dark tone expressed in these movies and boiled it all down to senseless killing. The term “Spaghetti Western” itself was used disparagingly by the press, labeling the films inferior to the American Western films of the time. With the advent of home video systems and various forms of syndication, the Spaghetti Western would receive a resurgence in popularity as they were discovered by a whole new audience. For the same reasons they were once chastised, they have now become quite sought after, with some of the genre’s films being considered some of the greatest films ever made. Filmmakers of the likes of Spielberg, Scorsese, Tarantino, and Clint Eastwood himself have expressed their adoration for Leone’s films and their influence. Long after his death, Leone will always be remembered as one of the pillars of writing and filmmaking; he has truly managed to captivate audiences for generations to come. In the words of the man himself, “I’ve always believed that true cinema is cinema of the imagination.”

WRITTEN & EDITED BY, HARRISON ROGERS

“An American Treasure”

Written by Jenna Foire & Edited by Laura Kaplan

After nearly eight decades of fame, Betty White, “America’s Treasure”, has passed away, but her legacy will live on forever. Throughout the 1950s, 1960s, and 1970’s, Betty White appeared on sitcoms, game shows, and comedy specials, and even starred in her own show, *The Betty White Show*, in 1952. During this time, Betty White became a household name in entertainment nationwide.

During the 1970’s, White continued to play a starring role on multiple shows and made many guest appearances. In the 1980s and 1990s, Betty White’s career took off when she landed a leading role as Rose Nylund in *The Golden Girls*. This hilarious show ran for nearly a decade and brought laughs for all who watched it. Some of my earliest memories consist of me and my sister watching *The Golden Girls* with my mom. The girls’ bond always made me feel a sense of comfort growing up. Although these women were in a completely different demographic than me, their bond and comradery made people really con-

nect with them and enjoy watching their show.

White took on even more roles throughout the twenty-first century. She starred alongside Sandra Bullock and Ryan Reynolds in *The Proposal* and joined Valerie Bertinelli and Wendy Malick in the comedy *Hot in Cleveland*. Betty White has had an enormous effect on her entire industry and even holds the record for “Longest TV Career for a Female Entertainer,” according to *Vulture.com*. Although she is best known as an entertainer, White was also a huge advocate for animal welfare. She donated her time, as well as hundreds of thousands of dollars, to the Los Angeles Zoo, beginning in 1966. White cared not only for animals in the zoo but animals all over the world, big and small.

Betty White was loved by people everywhere, and she showed love and compassion toward everyone up until the time of her death. Although she is not physically here with us anymore, Betty White’s legacy and impact on the entertainment industry and the world will live on forever.



Saint Patrick's Day

Edited by Alek Grzegorzewski

Traditions of Saint Patrick's Day

Traditions bring people a sense of comfort and belonging. They give people a chance to celebrate the things that matter in life. They reinforce values such as unity and family togetherness.

Saint Patrick's Day is an Irish holiday that is celebrated with a ton of traditions. Food is one of the many ways that people honor Saint Patrick's Day. Corned beef and cabbage is more of an Irish- American tradition. Historically, Irish bacon was the first choice for meat but was changed to corned beef in America because it was more affordable. Cabbage became popular because it was also more affordable and easily available (Grannyrobertson.cookbook.com).

Fashion and decorations are other ways that people recognize Saint Patrick's Day. Another tradition is rocking shamrocks. People decorate and dress up in the shamrock design. In the early 1600's, people even wore them to church, and by 1796, they became the official Irish national symbol. Irish cleric Caleb Threlkeld said, "This plant is worn by the people in their hats upon the seventeenth day of March yearly, which is called St. Patrick's Day... It being a current tradition, that by this Three Leafed Grass, he emblematically set forth to them the Mystery of the Holy Trinity" (Parade.com).

Finally, the leprechaun is a symbol of luck for the Irish. The story goes that leprechauns are part of the "fairy family." As far back as the eighth century, Celtic legends began about tiny, two-foot tall water-dwellers who hid in underground caves or tree hollows. Perhaps just tales to us, these stories were commonly believed in Ireland. This is one of the reasons the leprecaun is so popular in Irish culture today (Trafalgar.com).

All of these traditions and symbols are very meaningful and they foster special bonds. People look forward to holidays all year long, and for Saint Patrick's Day it is a way to celebrate the culture and heritage of the Irish Nation.



Written by Julia Cimino and Ava Sheils

The Story Of St. Patrick's Day

St. Patrick's day is a commonly celebrated holiday, but most people don't know what the tradition started with. St. Patrick was known as an apostle of Ireland and lived in the British Isles in the fifth century. People believe that he was kidnapped and brought to Ireland to act as a slave. When he escaped, he believed God was directing him to serve a church in Ireland. He ended up doing many years of evangelical work there and over time greatly contributed to the establishment of Christianity in Ireland. The Christian churches ended up throwing a feast on March seventeenth, which is believed to be the day of his death, to honor him. Even though this holiday has changed throughout the years, people still have a great time celebrating it. Now there are other traditions like parades and wearing green to show pride in the Irish culture and honor the history behind how this day came to be.

Written by Phoebe Paddock



VICTORIA'S SECRET

Back on the Runway

Sienna Thurber, Staff Writer

The Victoria Secret runway show is a fashion show that takes place in different locations around the world that famously features its fashion launches and top models, the Angels. It was a very important factor in the brand building for the company and was a grand marketing success. In 1995, supermodels including Adriana Lima, Tyra Banks, and Heidi Klum were the first to showcase VS fashions. The first televised runway show for the brand was on ABC in 2001, and later, viewers could tune in to CBS from 2002 to 2017.

The runway show had been a big success and fun advertisement for almost two decades. However, as the world is forever revolutionizing, the runway show and models displayed were less appreciated. Not only did their ratings plummet to their lowest in the show's 20 year history, but many began to support the decision to stop airing the show. And as of that 2018 display, the show has been canceled causing the internet to go wild with its opinions. In fact, one point of disagreement had to do with the idea of inclusivity. VS models tended to be similar in terms of physical appearance. However, according to Victoria's Secret CEO Martin Waters, they have been "rewriting its playbook." The brand has been reconstructing its model choices with women who represent all body types, ages, and cultures. In addition, their stores even feature varied looking mannequins that better represent the different women

who shop there. While many users agreed that it was time to make changes, many fans of the show felt people were being too sensitive. People argued that models worked hard to earn their spot on the runway and by canceling the show they deprived them of their right to their jobs.

Besides what people on the internet have to say, according to Martin Waters, Victoria's Secret Chief Executive, they are, "planning to one day bring back its iconic fashion show — but in a culturally relevant way. Our intent is to get back into the fashion show business." He cautioned, however, "we're not in a hurry to announce when that will be or how that will be." This is a huge announcement in the brand's industry and can change many things for the company. Coming out with a new showcase that highlights equality could be an all time high for the company. Martin wants to bring back a show with fun and elaborate designs and a show that is inclusive to the whole world. For example, women who want positive change, like Megan Rapinoe and Priyanka Chopra, will be featured on the stage.. However, the business did say they are in no rush and want to focus on their online status for now. Waters says, "It's all about digital and social" in terms of keeping up with the new online world. Still, Victoria's Secret has been a major part of society over the past 20 years and the brand hopes to make it back on the leaderboard of entertainment.

BORDERLAND:

UNDERSTANDING THE RUSSIA-UKRAINE CONFLICT

Written and Edited by Gabriel Chermak

Realizing Ukraine's national identity and its geographic role in Europe are the two keys to understanding why, as of this printing, 150,000 Russian soldiers are stationed on the borders of Ukraine, waiting for the order to invade. Ukraine is Europe's second-largest country by area, and it lies east of Poland, north of the Black Sea, and west of Russia. "Ukraine" literally means "borderland," which accurately describes Ukraine's role in European history as the border between the East and West. Ukraine has struggled for a national identity through its history, although what identity it has developed has been preserved.

Ukraine's national identity was founded and influenced by the many cultures and empires that ruled over geographic Ukraine over its history, making Ukraine a cultural fusion of its many past and present geographic neighbors. The most formative time in Ukrainian national identity was between the fourteenth and eighteenth centuries, while its western neighbor Poland and its eastern neighbor Russia played tug-of-war over geographic Ukraine. The western Polish half of Ukraine had access to Europe, meaning Western Ukraine developed a more Western culture and identity. In contrast, Eastern Ukraine was isolated from the developments of the Renaissance and creative movements of Western Europe. Thus began the lasting difference in national identity between Eastern and Western Ukraine; Eastern Ukraine's identity is closer to Russia and Asia, while west Ukraine is closer to western and central Europe.

By the seventeenth century, Austria-Hungary controlled the Western half of Ukraine, and the Eastern half of Ukraine continued to belong to Russia. Now an Empire controlled by king-like Tzars, Russia began its first attempts to eliminate Ukrainian identity. These attempts, known as Russification, prompted two responses from Ukrainians: to assimilate to Russian culture or to resist and maintain Ukrainian culture. Russification was most successful during the final two tzars' reigns, from 1881 to 1917. Ultimately, the Ukrainian elite assimilated to Russian culture, while the peasant majority maintained Ukrainian culture. Conversely, the Austro-Hungarian empire, occupying Western Ukraine, strengthened and encouraged Ukrainian nationalism. This duality furthered the cultural differences between each half of Ukraine, a distinction that would play a significant role in today's conflicts.

The definitive turning point in Ukrainian history was World War I. The Austro-Hungarian empire dissolved because of the war, and Russia left the war early to deal with domestic issues. Consequently,

Ukraine was free for the first time in modern history. However, this independence was short-lived, as soon after, the Russian Empire had become the Soviet Union and between 1917 and 1920, it gradually absorbed the majority of Ukraine. Initially, the USSR was tolerant of Ukrainian culture and national identity. However, this soon changed once Joseph Stalin became General Secretary of the USSR. Stalin quickly suppressed Ukrainian culture by destroying churches and repressing Ukrainian nationalism.

Many Ukrainians were further disillusioned with the USSR by the Great Famine. From 1932 to 1933, Stalin artificially caused famine within parts of the Soviet Union, attempting to kill peasants that retained Ukrainian identity. The famine was estimated to have killed 3.5 million Ukrainians.

Eventually, the USSR collapsed, and in 1991, Ukraine became independent. In 1994, Ukraine, Russia, Great Britain, and the US signed the Budapest Memorandum. This agreement stated that Ukraine would dismantle its nuclear arsenal. In exchange, each signing country would respect Ukraine's sovereignty and borders and refrain from using force on Ukraine.

The agreement was soon broken. The first suspected breach was made by Russia in 2004. Ukraine's presidential election was rigged towards Viktor Yanukovich, who was closely associated with Russia. The other candidate, Yushchenko, was poisoned as part of an unsuccessful assassination attempt. Although nothing has been proven, many have traced this rigging and assassination attempt to Russia's Vladimir Putin.

In 2010 Viktor Yanukovich was elected Ukrainian president, thanks primarily to the Eastern Ukrainian population, which largely votes in favor of Russian-friendly candidates, a remnant of their closer ties to Russia. Many accused Yanukovich of being a puppet president of Putin. His presidency culminated at the end of 2013 when he began to simultaneously backtrack on Ukraine's attempts to join NATO while attempting closer allegiance with Russia. In response, protests, known as Euromaidan, began. Under Yanukovich, the Ukrainian government struck these protests down in deadly protest suppression methods. Soon after, Yanukovich was ousted from Ukraine and exiled to Russia.

The following year, Vladimir Putin used this civil unrest to invade the Ukrainian peninsula of Crimea, a potential asset to Russia. Crimea provides naval access to the Black Sea, from which warships have

access to Europe and Western Asia. In early 2014 approximately 25,000 Russian troops invaded and annexed Crimea. To legitimize this annexation, Russia held a referendum in Crimea. According to the vote, 97% of the Crimean population wanted to be part of Russia, although the UN decided the vote to be illegitimate. The Crimean annexation held little resistance militarily or politically, although several countries, including the US, condemned the action.

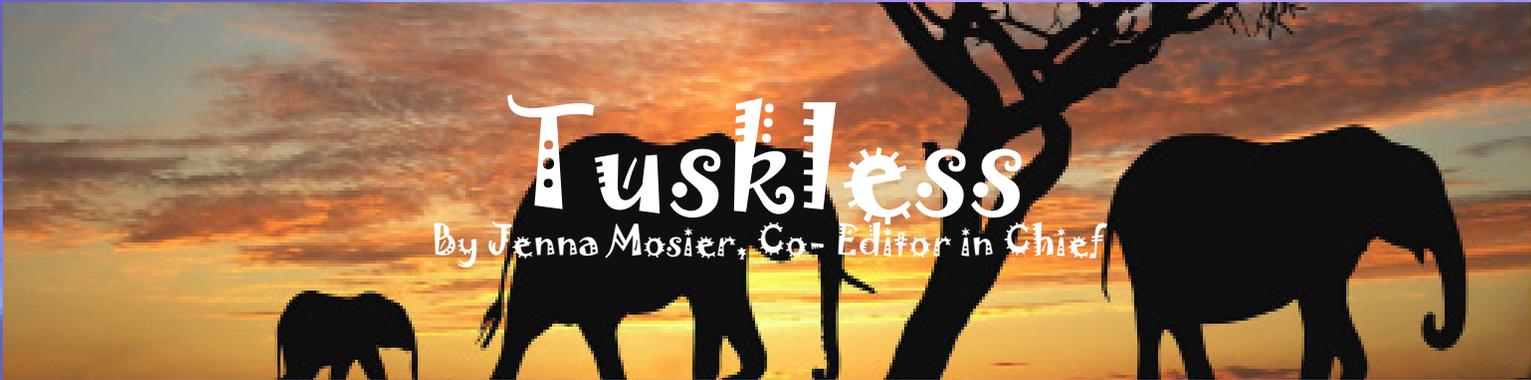
Concurrently, in the Donbas region of Eastern Ukraine, two cities—Donetsk and Luhansk—declared independence and were backed militarily and economically by Russia. These two regions' populations felt more culturally Russian than Ukrainian. Their consumption of Russian propaganda, as described in James Verini's "In the Trenches of the Ukraine's Forever War," increased their Russian identity and distaste for Ukraine (Nytimes.com). In the Donbas region, volunteer militants have been in a stalemate against Ukrainian military forces for the past several years.

These tensions between Ukraine and Russia, which stalled, have increased rapidly in the past year. In March 2021, 100,000 Russian soldiers and military equipment amassed on the Ukrainian border. By June, some soldiers were removed; however, over 100,000 soldiers were again mobilized in October and November. Over December 2021 and January 2022, Ukraine made preparations to defend itself from possible invasion. Ukraine's capital, Kyiv, is currently being evacuated. Additional soldiers are being mobilized to Ukraine's East.

Member nations of NATO and the UN have begun to give weapons to Ukraine and offer naval support. The US and Spain, for example, sent warships to the Black Sea. And the US has 8,500 troops on "high alert," ready to be mobilized. However, Germany, an ex-facto leader of NATO, has been reluctant to offer aid, which has caused backlash from Ukraine, the mayor of Kyiv saying, "What's next, pillows?" after Germany sent 5,000 helmets to Ukraine.

Ukraine's value as an asset to Russia is uncertain. Ukraine is noteworthy for its agricultural value and its coal mines, but some believe Ukraine's value is more political than economic. Putin could be attempting to restore the geographic boundaries of the former USSR.

Whether or not Russia invades Ukraine is unclear; however, ally nations take Russia's advances seriously, and war is undoubtedly possible.



Tuskless

By Jenna Mosier, Co-Editor in Chief

When you think of beautiful and strong creatures, what do you think of? I think of elephants. One of the reasons for this characterization is the large tusks that they have. These tusks are used for digging, lifting objects, gathering food, stripping bark from trees to eat, and defense. What would you say if I told you that, recently, some elephants were born without tusks? And what would you say if I told you that the greed of human nature is what caused this? I already know the answers to these questions; you would be heartbroken.

Why would humans want to hurt these wondrous creatures? A main root of the problem comes from war. For example, during the Mozambican Civil War from 1977 to 1992, many elephants were killed so that their tusks could be used to make weapons. This killed about 90% of the tusked elephants according to National Geographic. Further, the female tuskless population went “from 18.5 percent in 1970 to 50.9 percent in 2000” (*Washington Post*).

Another reason for the change has to do with poaching. Poachers cut the tusks off of elephants to

sell them for a very high price. The ivory is extremely valuable and is used to make items such as piano keys, billiard balls, and other items for consumers. Since many of the elephants with tusks were killed off, the tuskless elephants were left to reproduce. This led to the main population of elephants today being born without tusks.

Ivory international trade was actually banned by the The Convention on International Trade in Endangered Species of Wild Fauna and Flora in 1989. Regardless of the ban, however, the United States, Thailand, Vietnam, Japan, and the Philippines still participate in the trade. According to Michigan State University Animal Legal and Historical Center, “It is estimated that as much as 70% of ivory is [also] imported to China, where carved ivory items are popular and considered a symbol of status.”

Governments have tried to ban and stop the trade of ivory; however, it has not been completely effective. There are still way too many tuskless elephants being born, and there needs to be a stop to elephant poaching.



New Ocean Coral

By Ellie Ladouceur, Staff Writer

Just a few months ago in November of 2021, a new coral was discovered off the coast of Tahiti. According to [livescience.com](https://www.livescience.com), divers identified it as *Pachyseris speciosol*, which is an “encrusting plate-like coral.” The reef is almost two miles long and is made up of rose shaped colonies each six to seven meters wide. Finding this 180 ft below the surface left the divers confused, as that is abnormally deep for a tropical coral reef. Typically a reef is found no further than 80 ft below sea level; however, this is actually a major issue as the coral is more prone to climate change. Corals also face threats of plastic, chemical pollution, overfishing, sediment run off, ecotourism, and worst of all, greenhouse gasses. These factors can lead to a condition called coral bleaching that not only strips the beauty

of the reef but also hurts the ecosystem and animals that depend on the coral.

Luckily there are many simple ways we can help prevent this. It starts with something as easy as recycling. Simply reusing plastic bags or buying fewer plastic water bottles takes nearly no effort but can have a huge impact on the plastic pollution problem. Other preventatives include conserving water, finding alternatives to herbicides and pesticides, and using environmentally-friendly transportation such as biking and walking to help reduce greenhouse gas emissions. There are also many non-profit organizations that help rebuild and care for coral reefs that are always looking for donations. We can all take part in helping to protect this beautiful new ocean life.

Money Pit: College Sports Recruiting

Written by Jackson Mitchell and Brent Seord

Edited by Alexander Eberlein



According to TheConversation.com, travel sports have risen from local startups to a 15 billion dollar industry in the past few decades. Travel sports teams have the common goal of getting student athletes recruited and preparing them to play in college or professionally. As a result, colleges have used travel teams to make money through the use of showcase tournaments and camps. It is common for players to spend thousands of dollars a year on recruiting camps alone. On top of this, many spend hundreds a year on recruiting websites such as Sports Recruits and NCSA. These websites contain athletic and academic information about recruits as well as videos that allow college coaches to get an overview of the athletes before they see them in person. Although college recruiting camps and websites are an excellent way to gain exposure and meet college coaches, universities often use camps to make money rather than recruit players.

With the development of college recruiting as a commercial business, organizations have been created with the specific goal of bringing college coaches together. For instance, Showball Baseball Camps allow athletes to perform in front of hundreds of college coaches across the country. They have even held camps abroad Europe. In these camps, coaches provide active feedback and are given access to the students' contact information. However, such two-day camps can cost \$1000 or more. Other individual college camps are held every year and often cost upwards of \$300 for just one day of work. A fall camp for the University of Pennsylvania charged \$500 over two days, and the coaches had very little engagement with players.

Another obstacle kids must overcome in order to become recruited is the NCAA Dead Period. During the Dead Period, coaches are not allowed to have any in-person contact with players or their parents/guardians. Coaches are also not allowed to visit the student's school to watch them play during the Dead Period. However, although face-to-face communication is not allowed, you can still contact coaches over the phone/email, so not all recruiting comes to a stop. Along with this, one of the only other ways to communicate with a coach is at college recruiting camps, adding to the price of the recruitment process.

Despite all the restrictions and heavy price tags on college recruiting, kids are still able to reach out to coaches in order to increase their interest level. Along with attending numerous recruiting events and camps, athletes should send coaches they are interested in an introductory email along with their current coaches contact and some highlights. This will enable coaches to get to know athletes on a personal level, and shows their interest in their school. A follow-up phone call discussing an athlete's interest could also go a long way as well as responding to any recruiting letters; those could be deciding factors in the long run. Finally, maintaining a relationship with coaches is crucial in receiving offers.

Crunching Numbers: T

Could you hit a 95 mile per-hour fastball? What about stopping a penalty shot with the game on the line? There are some aspects of sports that athletes find routine, while others find them almost impossible. Some sports just revolve around pure athleticism. For example, Sumo wrestlers are very talented athletes, but usually you don't see them sprinting back to play defense on the basketball court. Some activities like chess revolve around logic rather than brute strength or speed, where one wrong move could cost you the match. Likewise, all sports have their own factors that make them seem harder than others.

One of the most challenging aspects in baseball, even in sports as a whole, is hitting a baseball. For example, Hall of famer Ty Cobb is one of the best players to ever step up to the plate. Cobb spent 24 years in the big leagues and had over 11,000 at bats. In his career he batted a .366 average. In the eyes of the game, this is unbelievable. But this means he only had a successful at bat 36% of the time according to ESPN. In the eyes of baseball, if you have a career average of .300, you might be heading to the hall of fame. Fastballs clock in at

90 miles per hour, on average, which means it takes only four-tenths of a second for the ball to reach home plate from the pitcher's mound. Accounting for the 5-6 foot stride of the pitcher and the speed with which the brain recognizes the ball and sends the signal to the body to swing, a hitter has 150 milliseconds to act and even less to actually hit the ball since it's in the hitting zone for only 10 milliseconds. This is the equivalent of a close up photo finish at the Kentucky Derby (Professor David Kagan, California State University). Along with this you would be swinging a round object at another round object while it's coming at a high velocity. The "sweet spot"

on the baseball is about one-fifth of an inch in diameter. If the batter makes exact contact with this spot on the ball, the result would likely be a home run. If the batter misses this one-fifth of an inch the batter will end up hitting a ground ball and praying to beat it out. According to Paul Sajda, professor at Columbia University, this is like trying to hit a bullet with another bullet. Hitting a baseball is more than how fast you can get your bat into the zone and make contact. The biggest factor is deciding when or when not to swing. Pitchers have an average amount of 4 pitches. Some of these could include a 90 mph fastball, 80 mph change up, or a breaking ball that can reach the high 70's. It's important for the batter to rec-

to fit into specific weight classes that are different from their natural body weight. Within the final 48 hours before a fight, competitors can lose up to 30 pounds in water weight by dehydrating themselves, excessively working out, and spending long periods of time in saunas during recovery sessions. If that isn't enough, these fighters will also change their diets to be high in proteins and fat and low in carbs and salts. Along with this, some fighters even go to the extremes and sleep wrapped in plastic suits to burn sweat. Then, once they reach that final weight and step on the official scale, they only have 24 hours to rehydrate themselves and gain that weight back before fight time. One example of this comes from

UFC fighter Conor McGregor. When McGregor entered the UFC, he fought at his natural weight of 155 pounds. He then became champion in 2015 and his popularity grew at this same weight. Then in December 2015 McGregor signed to fight José Aldo for his title and had to drop down to a lean 145 pounds. At first this would seem to be a large obstacle for McGregor as it can be dangerous to cut weight when you are already considered to be light in

the eyes of the sport. However, this would not stop him as he would win by KO in the first round (UFC Analyst, Chamatkar Sandhu). Additionally, the amount of conditioning that MMA fighters have to go through is unrealistic. Unlike other sports like basketball or football, when the fighters get tired you can't just call a timeout. In order to have success in MMA, fighters need an almost unlimited amount of stamina. They have to defend themselves while not showing signs of exhaustion until the round is over. Then once the round ends, fighters only get a minute's rest. Also, during MMA training an average 170

Could you hit a 95 mile per-hour fastball?

What about stopping a penalty shot with the game on the line?

ognize each pitch's velocity, and how it moves.

Another challenging sport is mixed martial arts (MMA). Compared to other forms of martial arts like boxing, wrestling, and jiu-jitsu, some mixed martial artists spent years mastering their sport. With the sport evolving, fighters are starting to bring up new techniques in each style in order to have an edge on their opponents. Fighting MMA is as challenging mentally as it is physically due to the thousands of combinations that could happen in a matter of seconds. On top of this MMA fighters go through weight cuts that make it seem like their body weight can magically disappear. Fighters cut weight in order

The Science of Sports

CHARLIE FIGUEROA, STAFF WRITER

pound fighter can burn up to 650 calories per hour (Burned-calories.com).

Then there is stopping a penalty as a soccer goalie. Often compared to hitting a baseball, stopping a penalty kick is all about timing. A professional soccer net is 8 feet tall by 24 feet wide. That's about two-thirds the size of a school bus. That leaves the goalie with 192 square feet to defend. In addition, the ball is spotted 36 feet away from the goalie. On average, the velocity of the ball when hit can reach up to 70 miles per hour. The ball reaches the net in 400 milliseconds, which is less than half a second (Cork Gaines, Insider Sports). According to ESPN, the goalie will

need about 100 milliseconds for the keeper to process the kick in the air and another 100 milliseconds to decide where to jump and send the signal from their brain to their muscles. When added up, the ball will already be halfway to the net. Then it takes a goalie 700 milliseconds to jump and at this point the ball will already be in the net. With this, professional soccer goalies use their own skills, and hints given by the penalty taker, to guess before the ball is kicked. Teams study tendencies of the opposing teams penalty takers to help facilitate their goalies in preparing for the game. And with one misjudgement, the goalie will send himself flying in the com-

pletely opposite direction of the ball. And to make this even harder, some of the world's most elite players like Lionel Messi, Cristiano Ronaldo, and Zlatan Ibrahimovic can reach velocities of up to 80-95 mph after striking the ball, further proving why making saves is one of the most challenging things in sports.

In conclusion, some aspects of sports take a lot more skill than others. Some sports require keen knowledge about the game, while others require peak fitness for athletes to find success. All sports require talent, whether it's mentally or physically.

FASHION OVER FUNCTION IN WOMEN'S SPORTS

KIERA LARNEY, STAFF WRITER

Lacrosse has become a popular sport over the years. It is played all around the world by athletes today and has even become an Olympic sport. Lacrosse was originally started back in the 1800's by Native American Indians looking to pass free time. Back then, wooden sticks were used to play the game. However, lacrosse has evolved much more in recent

times. From wooden sticks and coconuts as balls to expensive customized sticks made out of plastics and metals, the game is always growing. However, one part of the game that still continues to re-

reflect past values are the girls' uniforms. Girls' lacrosse uniforms typically consist of a tank top and a skirt, though different teams allow varied options such as tank tops, pinnies, or short sleeves, and skirts or shorts. Why do some teams still wear skirts though? While older travel programs that have been around for generations usually require their teams to wear skirts, newer programs permit the use

of shorts. The best answer to explain why women are still wearing skirts is tradition. Most female athletes in lacrosse don't mind playing in skirts; however, some have worries about the message skirts are expressing. Back in the day, skirts expressed feminine, clean, and proper values a woman should represent. The skirts were provided to female athletes

uniforms for years. Women's beach volleyball is also an Olympic sport. Their uniforms consist of a bathing suit top and swimsuit bottoms that are only 10 centimeters wide (smaller than an iPhone width). These bottoms can be very uncomfortable to some women when playing, and have caused them to receive body shaming comments as well as hate from

the Internet. Similar to women's lacrosse, the ladies in volleyball worry about the message that is being expressed. There isn't any advantage being given with less fabric on the uniform, because if that was the case, men would

MANY FEMALE ATHLETES WANT TO BREAK OUT OF THE "FEMININE ROLE" THEY HAVE BEEN PLACED IN AND TREATED AS THE STRONG, TOUGH COMPETITORS THEY ARE.

to keep them in their "gender role" and help them seem less masculine. However, female athletes all around the world believe wearing skirts sends the wrong message. Still, no permanent changes have been made to the skirt rule and it's likely that skirts will continue to be a vital part of a woman's uniform in lacrosse. Women's Lacrosse isn't the only sport to have dealt with uniform issues. Women's beach volleyball athletes have struggled with their

also be wearing smaller bathing suits to boost their performance too. Many female athletes want to break out of the "feminine role" they have been placed in and treated as the strong, tough competitors they are. As our world continues to change and develop, society may soon stop placing women in specific roles and allow their uniforms to grow with them.

NBA Title Contenders

Written by Haukken Thompson and Keiran Currao
Edited by Jacob Gibel

We are a couple months into the NBA season, and some of the top contenders are starting to emerge. Currently, we believe that there are two title contenders per conference. The East is a bit more balanced than the West, but both have a few that could make it.

First, we will start with the contenders in the Western Conference. The perennial contenders are the Warriors. They have won three championships in the past seven years. They missed the playoffs last year, but Curry, Klay, and Wiseman were injured. Klay is back this year, and they drafted very well. It was more of a reload year, rather than a rebuild. As of January 25th, 2022 the Warriors are second in the Western conference behind the Phoenix Suns. We strongly believe Curry can lead his team back to the finals. He is an MVP candidate this year, and he's possibly having the best year of his career this year. The only problem we see with the Warriors is that they are not a deep team really. They have a few good rookies on the bench but struggle with experience in that aspect.

The next team that's contending is the Phoenix Suns. They made it all the way to the NBA finals last year but ended up losing to the champions, the Milwaukee Bucks. They basically rose up out of nothing last year. Prior to last year they hadn't made it to the playoffs since 2009. They were able to do this thanks to the dynamic duo of Devin Booker and Chris Paul. They are the perfect match for each other stylistically; Booker is a great scorer, and Chris Paul is an amazing passer and defender even at 36 years old. As of January 25th, 2022 they have the best record in the entire NBA. Our concern about them is even though the Suns have the best record, they just don't pass the eye test like the other contenders do.

Now onto the championship contenders from the Eastern Conference. First up, the defending champs, the Milwaukee Bucks. The Milwaukee Bucks answered many questions last year about their ability to perform in the playoffs. Many doubted the fact that Giannis Antetokounmpo could lead his team through star studded teams such as the Brooklyn Nets. How-

ever, he proved all the doubters wrong and the Bucks virtually brought everyone back in the offseason. They also brought a few more role players such as Grayson Allen and Wesley Matthews. They both add some grit factor and three point shooting. They have proven that they can be the best team in the NBA and with almost the same roster this year, they are my title favorites.

Now onto the aforementioned Brooklyn Nets. There is no doubting the talent on this team. Kevin Durant is arguably the best basketball player on the planet and one of the most skilled scorers in the history of basketball. James Harden* is a top 10 player in the NBA; he gives you 23 and 10 on any given night. Their talent is undeniable, but there are some looming questions that need to be answered. First off, the elephant in the room, what will happen with Kyrie Irving? When Kyrie is playing, he's a top 3 point guard in the NBA and one of the most electric guards we've seen. However, his beliefs about the Covid vaccine have been a subject to public scrutiny. In the beginning of the year, he wasn't playing at all and missed over 30 games. It has gotten slightly

better as he has returned to the team, but he can only play at certain away games given the cities' vaccination requirements. So our first concern is, will Kyrie be a consistent contributor to this team? Next, will they be able to stay healthy? Their downfall last year was when Kyrie Irving was hurt, and James Harden was virtually playing on one leg with his hamstring injury. This year James Harden has had on and off injuries and Kevin Durant is out for a significant amount of time. If they can answer these questions for us, we'll be very confident, but for now they're our second contender.

These are our current contenders per conference. We believe, of course, there are other teams that could quite possibly make a surprise run like the Suns last year. It's also still early so some of these teams may get derailed by injuries or poor play. You never know what may happen in sports.

*James Harden has since been traded to the Philadelphia 76ers.



Jonathan Bachman, Getty Images



Erik S Lesser, EPA



Mary Altaffer, Associated Press



Darryl Webb, AP Photo

NBA DRAFT PROSPECTS

Harrison Coard, Staff Writer
Kieran Currao, Editor

Although the 2022 NBA draft class is not nearly as packed with stars like the 2021 class, it is clear that there is still lots of talent. Unlike years past, where the top 5-10 picks have been known well before the draft, this draft has lots of variability between the prospect evaluations in the draft. However, this class does have a clear “3-headed monster” of Tier 1 prospects: Jabari Smith, Chet Holmgren, and Paolo Banchero.

Chet Holmgren - Chet Holmgren is a 7-foot-1, five-star NCAA Basketball recruit currently attending Gonzaga. Chet stands as one of the most talented players in the draft. Holmgren has little to no weaknesses on offense. He can score on fastbreaks, shoot the three-ball efficiently, drive to the basket, and finish with authority. He is also a terrific shot blocker. Although a very special talent, most of the skepticism concerning him is about his weight, since he only weighs about 195 pounds. However, this won't stop Chet from being one of the top picks in the 2022 NBA Draft.

Paolo Banchero - Out of Duke University, Paolo stands at 6'10" 250 pounds, and seems to be the safest bet for the number one overall pick. There are not many players of Banchero's size who can offer what he does offensively. He can initiate offense with the ball in his hands or play as the handler or screen setter in the two-man game. He is extremely comfortable at the elbows, baseline, and on the block.

Jabari Smith - Smith is a 6'10" 220 pound power forward out of Auburn University. Smith, a five-star recruit, is the highest rated commit in the history of Auburn Basketball. Many around the league agree that Smith has a good chance at going number one overall. "He's an incredibly natural shooter with legit size, he has terrific scoring instincts, and he has few bad habits at an early stage of his development. He is a very focused player for his age and doesn't turn 19 until May," according to Sports Illustrated Journalist, Jeremy Woo. He is helping to lead Auburn to their highest ranking ever in the AP poll.

Although these three are considered the Tier one prospects, the draft is not until July so there is still plenty of time for other players to receive exposure and make names for themselves. We are extremely excited for the draft.

Chet Holmgren

Paolo Banchero

Jabari Smith



The Changing Tides In The NFL

Written & Edited by Patrick Gardiner

As we move forward from the playoffs and approach championships, one thing is definitely certain in this period of uncertainty. Things are changing in the National Football League. After the stunning once-in-a-lifetime Kansas City Chiefs vs. Buffalo Bills game in the divisional round, it's safe to say that the league is in good hands. Patrick Mahomes and Josh Allen put on two explosive performances that lead to three lead changes within the last two minutes of the game. Although he came up short, Josh Allen put on a spectacular display of his athleticism with two 4th and long conversions. Sporting News.com reports, "Allen completed 27 of 37 passes for 329 yards with four touchdowns and no interceptions, while Mahomes completed 33 of 44 passes for 378 yards, three touchdowns and no interceptions." Both of these studs put up ridiculous stats, and truly shook up the world. Patrick Mahomes, however, came out on top proving that 13 seconds is too much time for Mahomes and the Chiefs boys. On that same token, we also learned that 14 seconds is not enough time for Dak Prescott to stop the clock.

With the losses of the Steelers, Packers, and the Buccaneers this past two weeks, who are led by past Super Bowl champs and first ballot Hall of Famers Ben Roethlisberger, Aaron Rodgers, and Tom Brady, we are now witnessing a new era of dominance in the NFL. This revolution is led by a truly new breed of quarterback. We are seeing the decline of strictly pocket passers like Peyton Manning or Tom Brady or running quarterbacks who rely too much on their body like Cam Newton or Robert Griffin III.



Peyton Manning- Lenny Ignelzi Associated Press

Instead, a new kind of quarterback has emerged, the uber-athletic, super accurate, and high football IQ young players such as Josh Allen, Patrick Mahomes, Lamar Jackson, and Justin Herbert. Not only are these young guys able to throw dimes and make huge plays, but they also have the capability of taking off with their legs, perfectly merging the mobility of guys like Cam Newton and the accuracy of old school QBs. Although some young successful primary pocket passers like Joe Burrow and Mac Jones have shown elite play, they still have the capability of being mobile quarterbacks. Both have thrived in systems that have allowed them to be pocket passers and have shown degrees of mobility, especially Joe Burrow, who is pretty much the king of Cincinnati. I'm pretty sure if you want to purchase any sort of license in either city now he has to personally sign off on it. Jokes aside, Burrow has shown the ability to make plays on the

run, mostly because of his O-line's utterly worthless protection of him. Perhaps it's just young legs still able to move, or maybe it's a new part of their game that will add them to the likes of these new "Super-QBs." Nevertheless, it's unlikely that Bill Belichick will allow Mac Jones to run in his Patriot system, and Joe Burrow has that nasty ACL scar on his left leg as a reminder to be hesitant with mobility. Now, let's take a deep dive into the super human athletes who are going to dominate the league for the next decade.



Lamar Jackson- Photo by Kevork Djansezian/Getty Images



Josh Allen- Adrian Kraus The Associated Press



Patrick Mahomes AP Photo/Jensen Behnken

The California Kid

The sophomore sensation Justin Herbert has proved that his rookie year was no fluke. Straight out of Oregon, Justin Herbert made a big splash in the NFL, looking like a seasoned vet as a 22 year old. Standing 6'6" and weighing 236 pounds, he is a big presence when he takes off on his feet. However, he also has a rocket arm that can truly whizz the football downfield. Although his Chargers offense narrowly missed the playoffs, his explosive offense truly was something to marvel at, throwing for 5,014 yards and 38 touchdowns. With lightning fast receivers like Keenan Allen and thunderous defensive weapons like Joey Bosa, the Chargers are definitely in contention for the next few years.

The New Era

Despite having a troublesome season after his Ravens caught the injury bug, Lamar Jackson is definitely in the conversation of amazing young quarterbacks. Although he has received criticism for being a 'running back' and only using his legs, this simply is not true as he really hasn't had many weapons to rely on. Lamar stands at a lean 6'2" 212 pounds which allows him to make shifty plays for big gains. He astounds with his scrambling abilities but also can deliver downfield with his arm. The past three years he has thrown over 2,000 yards, and with the exception of this year due to injury, he has rushed for over 1,000 yards. Lamar's Ravens narrowly missed the playoffs this year but will be back with a vengeance in 2022, especially since there have been rumors of Antonio Brown joining his squad due to a recent Twitter post of AB's, which would completely solve Lamar's target issue.

Josh Allen

Not only is he now the messiah to the people of Buffalo, but Josh Allen is quite literally built different. Standing 6'5" and weighing around 240 pounds with monster sized hands, the guy is already a one-in-a-billion athlete. With a cannon for an arm and the grit to make plays with his legs he is a true threat to any defense. In his most recent game against the Chiefs he sidelined a linebacker simply by running into him. That's how big of a force he is. Recently on the Pat McAfee podcast, Allen said this about contributing more to the team's power rushing this season; "It just kind of happens. As I've gotten heavier I've gotten more athletic and faster which is weird... I'm bulked up right now and I'm able to move pretty good. Whenever the team needs me, I'll be there." Talk about a team player. This season despite a slow start, he threw for 4,407 yards and rushed for 763 with 36 touchdowns and an average QB rating of 92.2. Bills fans originally were wary after drafting Josh from non-power 5 University of Wyoming as he struggled with turnovers his rookie year, with more interceptions than touchdowns. However, he has made the jump to one of the more accurate QBs in the league with the past two games having zero turnovers or incompletions. He has quickly put to bed the criticisms of his accuracy. In his recent game against the Patriots, he led the Bills charge to the NFL's first ever perfect game with no punts, no turnovers, no incompletions, and no field goals kicked scoring on 7/7 touchdown drives. Josh Allen is the poster child for letting QBs develop at their own pace. He gives franchises like the Bears, Jets, and Jaguars room to breathe for their young unpolished quarterbacks, Justin Fields, Zach Wilson, and Trevor Lawrence. Josh Allen is the all around perfect quarterback with a rocket arm and the legs of a full back. Although this playoff loss was heartbreaking, Bills fans should rejoice that they got their guy, as he is going to keep excelling and growing, because guess what? This guy is only 25.

The Grim Reaper

With 13 seconds left on the clock to bring his team into field goal range, Andy Reid, Head Coach of the Kansas City Chiefs, told Mahomes, "When times are grim, be the Grim Reaper." Unfortunately for Bills fans, he did just that, with a huge missile to Travis Kelce which ultimately led to a field goal and overtime win. Everyone already knew Mahomes was the whiz kid, famous for leaping throws, and threading the needle into the haystack to his explosive targets. However, after his most recent Super Bowl loss, the league figured out how to beat Mahomes thanks to the Buccaneers' defense's blueprint: blitz the weak offensive line. When the season started roughly, fans were quick to say the Chiefs had lost their magic, and Mahomes was done. However, Mahomes went back to the lab, and quickly became his old self again doing bigger and bolder Mahomesian things. In 2020, Mahomes led the Chiefs to a come-back Super Bowl win against the 49ers while being a human highlight reel along the way. He makes miraculous passes while getting sacked, scrambles for big gains, and makes huge plays. Since 2018, Mahomes has thrown over 4,000 yards every season, and averaged a QB rating of 106.4. During this time he threw 151 touchdowns and only 36 interceptions over those four seasons. Love him or hate him, Mahome's magic will be a mainstay of the NFL for some time.

Going Forward

Nobody knows what the future holds for these young quarterbacks. Will they go down the route of RG3 and Andrew Luck and exit the league in a few years? Or will they have the long term success of Aaron Rodgers or Tom Brady? What interests me, however, is how will the game play of these quarterbacks evolve? What comes to mind is the evolution of basketball players like Micheal Jordan or Kobe Bryant, who came into their league as explosive athletes with incredible abilities who eventually nurtured and developed a wide variety of skill based moves to make up for their aging bodies. As these quarterbacks move forward, will they rely on more skill-based play? Or will they be able to keep up this incredible pace? Regardless, the league is definitely in their hands now.

A photograph of a field of yellow cosmos flowers. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a clear blue sky with soft, white clouds. The lighting is bright, suggesting a sunny day. The overall mood is cheerful and vibrant.

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