A winter landscape featuring a dense forest of evergreen trees heavily laden with snow. The sky is a mix of soft pinks, oranges, and purples, suggesting a sunset or sunrise. The overall scene is serene and cold.

# The Survey

Reporting Wildcat News Since 1922

**JANUARY 2023**

# *Lo-Fi Beats: Why are people listening to it?*

Maryjane Lancer, Staff Writer  
Brent Secord, Editor

Low Fidelity music, also known as Lo-Fi Beats are a type of music that can focus the mind and help with sleep and homework. Lo-Fi Beats have been around since the 1950s but have become more popular since the COVID-19 pandemic. Low fidelity music originally referred to homemade music or music that has imperfections as well as background noise. This style of music became prominent because it was inexpensive to produce. Low Fidelity music was seen as more authentic, and this made the genre become popular in the indie, punk, and hip hop communities. As time went on, this style of music became calming with energizing beats without words or real instrumentals in the tracks; all the beats come from a soundboard. Lo-Fi beats are easily found on platforms such as YouTube and Spotify. When searching for Lo-Fi the listener can type in things like “rainy day” or “cafe ambience” to find the perfect effect they are looking for. For years people have been studying, reading, and working to these beats.

Lofi beats are a more modern option compared to classical/instrumental songs. Classical music has always been a popular genre to study and work to as it can help with focusing as well as taking in information. In some cases, instrumentals put the listener to sleep. Not listening to anything can make your mind susceptible to distraction and drowsiness, so Lo-Fi can keep listeners focused on tasks without the tired feeling arising. Another commonly used sound to study to is brown noise. This noise is a constant hum to block out any and all noise to avoid distractions. However, if you're the type of person who needs to be bobbing your head or tapping your foot to something to focus, brown noise might not be the right choice when compared to Lo-Fi beats. Lo-Fi mainly consists of jazz chords and drum loops; when the beats are playing the low hums and tempo encourage the frontal lobe of the brain to focus and boost its activity. This was shown in a study conducted by Vaughn College to test the efficiency of these beats. The beats keep listeners engaged in what they are doing. In my personal experience listening to a Lo-Fi beat playlist for studying works the best when you have to do work simply don't want to do.

# Owen Tillinghast

Written and Edited By Robbie Fosh

Owen Tillinghast is a senior student athlete from Greenwood Lake. Owen is an honors student who plays baseball and works a part-time job. I recently had the opportunity to sit down and talk with him. We talked about baseball, school, and his job, and how he is able to balance it all.

## **What made you start playing baseball and how long have you been playing?**

My grandpa, who played baseball with me since I was super young, signed me up for T-ball when I was around four, so I've been playing for around 13 years.

## **Do you just play baseball for the school or do you play travel ball as well?**

I play for a travel baseball team called Northeast Pride in addition to playing varsity baseball.

## **Do you want to play baseball after high school?**

Possibly. I tore my meniscus at the start of summer playing baseball right as the recruiting process was starting.

## **Where would you be looking to play baseball?**

[I'm not] really positive. Maybe a D2 or D3 school like the University of Scranton or Saint Joseph's University in Brooklyn.

## **You currently have a job. Where do you work? How is it?**

I work at CVS in Greenwood Lake. I've been working there for about a year now and I like it a lot.

## **How are you doing in school this year? Are you taking a lot of AP/honors classes?**

I'm doing really well. I'm taking AP Government and three college level classes. I am also a member of the National Honor Society.

## **Have you had any trouble balancing out school, your job and baseball this year?**

This year the balance has been pretty easy. In the past I've struggled with being able to balance everything, but now I have been able to perfect the style of time management that best fits me and all of the things I do.

## **Out of the three, what has been the most difficult for you this year?**

Probably baseball because it's a sport that you have to practice every day [in order to avoid] major setbacks. [However,] due to my meniscus being torn, I haven't been able to practice the way I want to due to surgery, but I've spent time that I would be in baseball in physical therapy and exercises to make sure I'll be ready for the season. In addition to that I'll have to work harder to make up for the training time I've lost.

Being elite in multiple difficult areas isn't easy. Owen is able to balance baseball, his job, and his senior year of high school at a high level without faltering at any of them. It was great to have this opportunity and to be able to sit down with Owen and discuss all of this.



# Recent Grad: Shaaz Rizvi



Written by Kaitlyn Peconie

Edited by Lena Jodry

Recently I had the chance to sit down with Warwick Valley High School Class of 2022 graduate, Shaaz Rizvi. Shaaz is currently a freshman in college, adapting to the new college environment. His experience here at Warwick definitely helped with his transition into college. As many upperclassmen are preparing for this shift, I was able to gain some insight on what to expect.

**Q: What college are you attending and what are you majoring in?**

A: I go to the University at Buffalo and I'm majoring in aerospace engineering, for now. I'm looking to change my major into something business or data analysis-related.

**Q: The Class of 2023 here at Warwick is in the midst of hearing back from colleges and making decisions; what was your experience with making your final decision?**

A: I remember when I heard back from the University at Buffalo. I was in South Carolina. I was by myself riding a bike at the beach and I stopped for a minute. I checked my phone and I ended up seeing the acceptance letter. I always assumed that I would end up there because my sister goes there as well. Since I had visited the school multiple times, I was familiar with the area and knew it would be the right fit for me.

**Q: What teacher(s) had the biggest impact on you throughout your high school career?**

A: I've known Ms. Maynard since seventh grade, and she was always there for me. We started the Studio Music Club together. I remember my senior year when I was doing Senior Project, I had to pick a mentor for my album, so I obviously chose her. She helped me with the process of making my album. She was a very big presence throughout my high school career and she still is now, especially with my music.

**Q: You are an alumni and co-founder of the Studio Music Club here at Warwick run by Ms. Maynard. Are you currently working on any music or producing at college?**

A: Yes, I'm constantly making music. Making music has always been a hobby of mine, and I see myself doing it on the side for sure. I haven't been able to produce as much as I've wanted to because of midterms coming up, and I've been adjusting to busy college life.

**Q: How was transitioning from high school to college life? Did you face any struggles?**

A: It was really tough and I didn't think it was going to be as tough, for me at least. You don't know what to expect and I didn't really realize I was in college

until a month after I was in it. When I went to college I was dealing with a lot of other things, and somehow college was the last thing on my mind. So I was in the dorm, I was in the classes, and I was just not thinking about it; I was completely on autopilot. I'm not sure if that was good or bad because just now I am starting to get settled in and starting to actually live college life. I feel like I'm in it now. You really can't imagine it— being in a dorm, and being responsible for yourself. It's a completely different experience and it's something that you're not going to get right on the first try. “

**Q: What is your favorite part about college that's different from being in high school? Have you joined any clubs and was it easy to find new friends?**

A: Quite literally everything is different in college compared to high school. I think the biggest part is making your own decisions. High school consisted of a lot of rules to follow, and those rules guided you into making the right decisions. In college there is no one telling you what the right decision is. You are left to make it on your own even if it isn't a fun one. I really wanted to join some clubs and I had very specific ones I wanted to join. I haven't gotten to it yet, but I have plans to join the aviation club or boxing club. One of the first things I did was look for a club similar to the Studio Music Club, because I really wanted to keep making music in college and work with people. I realized there isn't something similar that exists here, so I was considering making one possibly next semester or next year.

**Q: Do you have any advice for the Class of 2023 and future graduating classes?**

A: Follow your heart and at the end of the day you'll end up where you need to be. Don't worry about it because once you get there you'll feel at home and adjust properly.

Especially being a senior myself, having the opportunity to learn about Shaaz Rizvi's experiences was very beneficial and encouraging. His perspective will hopefully bring knowledge to the juniors and seniors. Although the process of transitioning from high school to college may include some stress, it will all work out in the end.

# To Switch or Not to Switch

Written by Molly Hewitt, Staff Editor  
Edited by Lena Jodry, Managing Editor

When entering the college arena, students are faced with the big decision of what major they should choose. Countless students are unsure of what path they want to follow; this confusion leads to more people changing their major than not. According to one study by [withfrank.org](http://withfrank.org), approximately 80% of students change their major before graduating. With the extremely high college expenses placed on the students and families, the financial aspect of college is extensive. Paying the numerous costs of majoring in a subject that a student is not that interested in is a waste of money most families can not afford. However, there are many options to make the right decision in furthering your education and conserving money. Students who do switch their majors often have enough credits to graduate but are not ready due to the extra time they need to spend studying their new major. Students who take summer high school programs at various colleges or universities are given the opportunity to try out different studies and majors before they commit to one in college. Summer programs are offered at a number of different universities, whether they are fully-remote or allow you to dorm as a high school student on campus. This provides students with an opportunity to learn about a certain topic before committing to it in college.

Students can easily switch majors, and society should normalize students dipping their toes in the water of different career fields before entering into a certain field. Nonetheless, students should try to prevent this change, not only to save money but valuable time as well. College students are prone to struggle in a major they are not passionate about, deteriorating mental health and putting a strain on their well being. Emma Samberg, a college student at SUNY Geneseo, said, "I am switching from physics to choral studies because it reflects me more as a person and what I want to pursue in the future, but the negative effects of it are going to be having to restart a lot of credits and classes I already had finished. I am willing to put the work in though because singing makes me much more happy than physics." Emma is a perfect example of someone who is choosing to pursue what is actually right for them instead of sticking with a major that they are not happy with. Subjects such as math, engineering, and education are majors that are most commonly switched out of. While many colleges do not recommend switching majors after the second semester of junior year, that should not make those wishing to change after that stated time feel conflicted or stuck. Even if you do decide to switch your major, choosing to study what makes you happy in your career choice is extensively more important than worrying about wasting time or money. Though this should not be the common path taken by most college students, there should be more options for students to experiment in future endeavors.

# Portfolio: A Pathway for Artists

Written by Milo Shaw-Smith Gendelman

Edited by Nate Constable

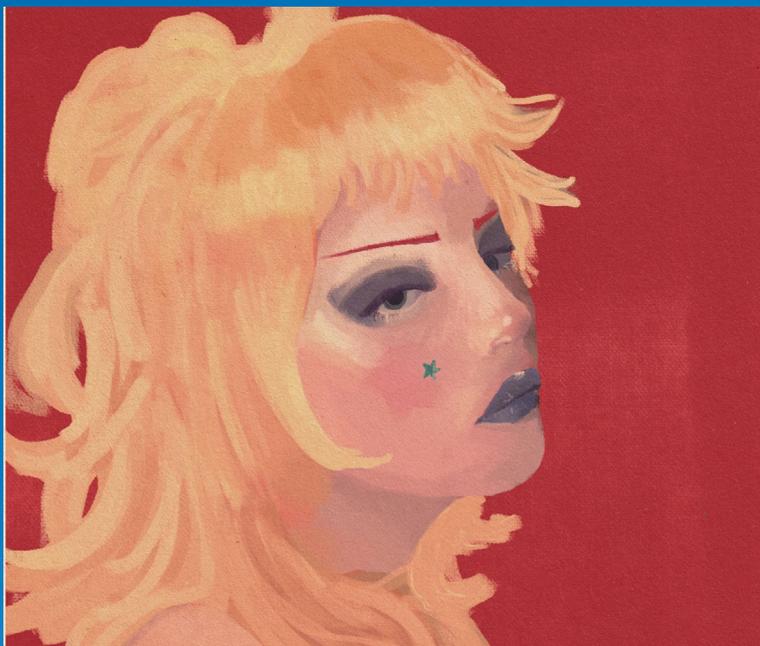
Warwick Valley High School is chock-full of talented artists. Some are only casual. They paint for a hobby, to pass the time, or discover an artform they may have never seen before. But a significant part of the artists are pursuing it as a full time career. There's no better place to find these talented artists than in Portfolio, an art class led by Mrs. Spano. Portfolio is an art class catered to those working on their personal archive of their artwork. These portfolios are then reviewed by Colleges through a process called "portfolio review," in which admissions councils and professional artists from each school review students' artistic track records.

"Portfolio is a class of self motivated upperclassmen working at a college level to independently develop their portfolio with the goal of entering higher education or art careers," said Madeline Balsamo, a senior participating in Portfolio and Art Club hoping to pursue a career in the arts. "It's a very student driven class; a lot of the projects are formed around what the students really feel like they need to do." Mediums do vary throughout the class, which appeals to the needs of each student in the program. As our conversation went on, I began to wonder how higher education was handled in the art world. How did talented artists get their work shown and their applications sent to art schools and

universities they may be interested in attending? The answer wasn't so simple.

"Every year portfolio students meet with college admissions officers through a process called portfolio review. This is made possible through the art effect program and consists of three days of meetings in which students get a chance to personally meet with professional artists and college recruiters in order to showcase their own curated portfolio." This process is a great way for students to get a foot in the door at prestigious schools and potentially find colleges that may appeal to them. While this is a great opportunity, it can also be incredibly stressful for the students. The pressure of getting your whole catalog of art organized, and being your own best showman to try and impress those you meet with is no easy task, but rest assured that all of our talented students have been well prepared to make the best impression possible.

Portfolio is a tool, created to be used by artistic students to their own advantage, a safe space to train their art and imagination, all while building a prolific and professional college application. In the end, artistic ambition is common in a school like Warwick Valley High School, and classes like Portfolio help students to cultivate that ambition and creativity into a career, providing them with the resources they need to make great art in and out of a school setting.



*"Portrait Study" by Madeline Balsamo*



*"Sanctuary" by Madeline Balsamo*

# The Spirit Spectacular

Written by Alexa Borner

Edited by Ally Turner

Not everyone gets the chance to hop on a plane and fly down to Disney to perform in front of thousands of people. Fortunately, through lots of hard work and dedication, I was able to have this exhilarating experience. In August, Warwick's cheerleading team went to NCA camp. At camp, you can be nominated to try out for the All American team. After being nominated, I was so excited to hopefully accomplish every cheerleader's dream, but I was also very nervous anticipating my tryout. I practiced the cheer that we had to try out with over and over again. On the last day of camp they announced who made the All American Team, and I was ecstatic! I earned this title along with other cheer and dance athletes at camps across the country. We then qualified to participate in special events through Varsity, a cheer company. These events take place in a variety of places such as London, Hawaii, Philadelphia, and Disney. The weekend before Thanksgiving, 600 other athletes and I had the experience of a lifetime at the Spirit Spectacular Parade. Specifically from Warwick, Ava Sheils, a junior, and Olivia Silva and myself, seniors, all took the flight down to Florida.

About a month before the parade, Varsity sent uniforms, shirts, hair ribbon, and pom poms to our houses. The uniforms were red and green in the theme of Christmas which made me so excited for the holiday season. We packed our bags and our trip began on Thursday, November 17th when we flew down to Orlando. Throughout the weekend when we weren't cheering, we got to spend time at the parks in Walt Disney World which was a blast because who doesn't love Disney? We were required to learn the parade choreography independently before we arrived in Disney to avoid taking up extra time at practice, which definitely wasn't easy. Most of the time we have to learn 30 second dances, yet this was around two minutes, and we had to learn by watching a video. All participants were required to stay at Coronado Springs Resort because our practices were held there. At practice, we were assigned a NCA or UCA staff member to be our group's buddy for the weekend and they put us into around 50-60 lines per team where we learned different ripples to create an overspreading effect. The 600 participants couldn't participate in one parade all at once, so as an alternative we were split into two groups. Team Mickey performed on Saturday and Team Minnie performed on Sunday. My friends and I as well as the other New York participants were placed onto Team Mickey, so that meant it was almost Parade Day!

On Saturday morning, all participants were required to attend another practice but this time, only for an hour. It may sound silly, but this practice was for learning how to walk corners. Throughout the park, there are many corners you have to turn during the parade and this isn't the easiest in a group while you're trying to perform a routine in the midst of it. After that practice, it was time to get ready. We headed back to the hotel room and did our makeup and hair. Once we arrived at Magic Kingdom,

we met with our buddy groups, and then it was time to head backstage. Being backstage at Disney was something no one ever thinks they'll do. We were told not to record or take any pictures backstage because they wanted to "keep the magic alive." We went behind a gate and waited by all the other floats in the parade until it was our time. We rehearsed a few times and then headed out. We started on one of the backsides of the park and then walked a continuous path through the park. They had ropes lining off the main walkways so that people couldn't interfere with the parade. The second we started our routine, my smile never left my face. Watching people video from the sides and little girls jumping up and down watching brought me so much joy. It was so cool to see pictures of myself cheering down Main Street with Magic Kingdom in the background; that was something I've always dreamed of. After the parade, most of the cheerleaders stayed in uniform and there were multiple little girls that came up to cheerleaders asking for pictures, or if they could hold their pom-poms. It was sincerely the cutest thing ever.

Ever since I got named as an All American in 8th grade, it has been my dream to participate in one of these special events. My parents always told me my senior year we would, and it was definitely well worth the wait! I will remember this experience for the rest of my life, so if you ever get the chance to participate in this, I 100% recommend doing it if you ever get the opportunity!



# Warwick Performs at Radio City Music Hall



By flickr4jazz - <https://www.flickr.com/photos/flickr4jazz/3051638324/>, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=10471188>

Right before the Thanksgiving break, the Warwick Valley High School honors choirs, Treble Choir, and Meistersingers, took the stage at the Radio City Music Hall to perform their very own holiday music mashups. For around two months prior, the choirs worked on creating their own 5-minute mashups with holiday music during their lesson periods. After each lesson period finalized their mashup, music educators from around the district voted on the best one, and then the winner would be taught to the rest of the group. The time leading up to the Radio City performance was filled with excitement and anticipation for all involved, since we would be performing on the same stage as performers ranging from Stevie Wonder to Olivia Rodrigo, with a 6,015-seat theater.

When the big day finally arrived, Treble Choir performed first, at the 11 am show, with the Meistersingers performing later in the day at the 2 pm show. During the bus ride for the Meistersingers, everyone was dressed and ready to perform. The bus ride felt like a lifetime, with everyone thinking about the big performance they were about to experience. When we arrived at the theater and got off the bus, we all heard the vibrant sounds of New York City, and for the first time for some, the hour-away performance became real. The usher of the theater led us into our warm-up space and showed us around the theater on our way there. We all warmed up and practiced our mashup a couple of times. After we were all ready, we got our stuff and headed closer to the stage.

Standing on the side of the audience, one of the tour guides of the backstage tours of Radio City Music Hall told us all about the history of the iconic theater and all of

the cool experiences that have taken place there. After, he answered any of our questions that we had. Some included details of famous performances, some more history of the theater, and even some details about the ghost stories. Then, we waited for a few minutes until the stage manager came and brought us to a staircase that led us onto the stage.

Walking up those stairs, the anticipation grew inside of us as we looked out into the audience and saw many seats filling up. Once we were all lined up and got our starting pitch of the mashup, we started. All of our hard work and dedication paid off, and we successfully performed our mashup. Following the mashup, we took a bow and slowly made our way off the stage. It was such an exhilarating moment and it gave us all a rush of adrenaline. We made our way through the audience into our seats, where we all enjoyed watching Radio City Christmas Spectacular with our friends.

All of us are filled with joy about our performance and about the amazing privilege we just experienced by performing on this stage. Not many people get to experience this, and the fact that we got to do this with our friends and our families in the audience made it even more memorable. After we watched the show, we got to enjoy the rest of the day in New York City with our friends and family, which made for a perfect ending to an unforgettable day.

Hopefully, both the Treble Choir and the Meistersingers will continue to have this experience for the years to come, and more students get to experience the wonderful feeling of performing at Radio City Music Hall.

Written by Lena Jodry, Editing Manager  
Edited by Sierra Roberts

# BLONDE:

## Hollywood's Exploitation of Marilyn Monroe



Written by Ariana Perez

**The late Marilyn Monroe** continues to be one of the biggest American

icons of the 1950's to this day due to her great acting ability and timeless beauty. Born June 1, 1926 and passing away August 4, 1962, she made her short 36 years on Earth memorable and impactful. Her great range for acting and singing made her a bombshell of the time; thanks to her seductiveness and the remarkable control she had over her body, she captivated the audience in every scene she walked in. She starred in many iconic roles that are remembered till now, like Lorelei Lee in the acclaimed 1953 film *Gentlemen Prefer Blondes* and 1955's *The Seven Year Itch*. Monroe played the idealized "It Girl" and would act the iconic part where her white dress rose up due to the subway air.

Sadly, the industry and media characterized her as the "dumb blonde" of Hollywood after she played that part incredibly well in most of her movies, but it was definitely not who she was at all. In fact, her great talents and intelligence for picking movies displayed in such a short amount of time demonstrate the big star she was and continues to be. She was the victim of years of abuse and exploitation in the industry by men that thought they knew better than her and who continuously broke her spirit. A spirit that is a consequence of the famous life of Hollywood, that comes along with drug abuse, which sadly Marilyn succumbed to. This led to her demise in 1962, when the autopsy stated she died of an overdose.

Unfortunately, the mistreatment of Monroe didn't end with her passing, but has continued to be prevalent for decades. From inaccurate portrayal of her on the big screen to novel adaptations that are completely opinion based, but there is a latest offender that has managed to surpass the limit in every aspect. Netflix took a big shot at the famous Hollywood icon with a fictional biography named *Blonde*. Based on the 2002 novel by the same name written by Carol Oates, the movie hit the screens of Netflix viewers on September 16, 2022. It is fair to say, it left an impression on millions of watchers around the world with mixed opinions about the three-hour-long film. It is fair to say that most of the audience has been left outraged at the portrayal of Monroe on screen because of its excessively graphic nature.

With Ana de Armas in the lead role and Andrew Dominik leading the project as director and screenwriter, they told of the real negative events of Marilyn's life and how they led to her early death. Dominik told interviewer Christina Newland he took his time with adapting the novel in a way that would convey a certain objective: "... there was a story I was interested in telling, which is about how childhood drama shapes an adult's perception of the world, and I could sort of see that within *Blonde*" (BFI).

However, the long-film disappointed in that aspect as it doesn't stay loyal to any of the goals it wanted to tell; the life of an icon who was haunted by demons, but left a huge impact in the industry. Instead of introducing and developing Marilyn as a human being with whom the audience can connect, the film focuses on what Marilyn looked like in her famous pictures. We are left with just images of an unreachable star that faced challenges. We learn nothing about her, just the continuous tragedies that followed her life. There is no filter; scenes explore sexual assault, abortion, and abuse and are just there more for the shock value rather than exploring Monroe as a individual with the way these events may have affected her. The movie is only interested in showing the actress in a distressed state, scene after scene where she experiences a type of abuse, making it feel exploitative as there is no time to digest what is happening. Not to mention, we see her crying in different unnecessary aspect ratios, going from black and white to color to assimilate the 1950's era as, again, the movie focuses on looking good rather than telling a deep story.

Unfortunately, *Blonde* is not the first time Marilyn has faced being portrayed in a certain light, even 60 years after her death in 1962. Her presence is still felt in modern society through the endless references to her lavish and cavalier style and footprint on the industry. However, her legacy hasn't been represented in the most ideal way. Many tellings of her life have been based on rumors and opinions, and Andrew Dominik was the latest offender to do that.

# The Fall of Ticketmaster

Written by Jenna Mosier

Edited by Kaitlyn Peconie

Ticketmaster is generally known as the world's most trusted ticketing platform. However, recently Ticketmaster's reputation has been tarnished. I'm sure you've heard of the traction that pop star, Taylor Swift, has received after announcing The Era's Tour coming this spring. Swift's traction has been unlike any before with 3.5 million people pre-registered for the "TaylorSwiftTix" Presale (which occurred on November 15th). According to Ticketmaster, this was "the largest registration in history." Only 1.5 million of the 3.5 million "wanna be" verified fans got a pre-sale code, while the other 2 million were left on a waiting list. Now, here's where the story gets interesting. While Ticketmaster's platform was expecting 1.5 Million, 14 million people were active on their website during the presale due to unsuccessful planning and ineffective setup. So, 14 million people got onto the presale, causing the website to crash for the true verified fans. Put simply, many of the people told that they would have exclusive access to tickets, did not. As you can imagine, this upset many fans. In addition, many were irritated that Ticketmaster sold tickets to other ticketing platforms first, causing prices to skyrocket. CBS News stated that tickets were selling for as much as \$22,500 on StubHub. Taylor's followers were *not* happy about the situation, and they took to social media to complain, gaining the attention of many local and public figures.

While I'm sure that Ticketmaster was aware of their criticism, I bet that

they weren't expecting a possible legal battle either. Ticketmaster combined with the company Live Nation in 2010 which caused a lot of skepticism. After the recent Taylor Swift fiasco, many are passionate about Live Nation Ticketmaster being a disastrous monopoly. An antitrust nonprofit organization, American Economic Liberties Project, recently established a campaign called "Break Up Ticketmaster" with the hopes of breaking their antitrust violations. In addition, politicians such as Tennessee Attorney General, Jonathan Skrmetti, and North Carolina Attorney General, Josh Stein, have stepped in. Skrmetti and Stein launched hearings and investigations on Ticketmaster, while looking for violations of antitrust laws. Skrmetti says, "It's my job to ensure that the consumer protection laws and antitrust laws in Tennessee are being honored."

The local struggle over antitrust laws is just the beginning of Ticketmaster's worries. This issue is going as far as the federal level! U.S. senators, Amy Klobuchar and Mike Lee, publicized that soon in the future, "A U.S. Senate antitrust panel will hold a hearing on the lack of competition in the industry." Clearly, Ticketmaster's misdoings have grabbed the attention of many.

After all of the social media and public drama, I am very interested to see what will happen to the Ticketmaster case. Will there be a lawsuit? What will the outcome be? Will Taylor Swift's fans ever get justice? We will soon find out!

# Emma Chamberlain: Unaltered and Unedited

Emma Chamberlain's fame has skyrocketed since the age of fifteen, and some say she is the most influential celebrity of her generation. She is breaking the mold of how celebrities portray their lives through media, and here's why.

Emma Chamberlain grew up in San Francisco as an only child, but for the past six years she has been living in Los Angeles. Emma's parents divorced when she was five, causing her to live with her dad for all of her childhood. She grew up with a passion for cheerleading and the community around it. She has said to have spent all her time around cheerleading: reading about different cheer activities, practicing routines, and spending time with her cheer friends. This led Emma to connect with other cheerleaders around the world through what later became the biggest element of her career: social media. This start to social media sparked her interest in creating and editing YouTube videos, which quickly gained a mass following after people saw how funny her editing style was. Emma then dropped out of high school to continue this passion.

Lots of influencers and celebrities glamorize their lives to the public, making unattainable impressions of having perfect bodies, families, and ultimately, lives. Social media companies encourage this unhealthy behavior, with face filters that clear up acne, ultra-realistic photoshop capabilities, and an endless amount of scrolling through other people's lives, glossing over any unattractive realities. This can cause people to hate their own bodies and lives because of enormous comparison over the so-called, "perfect" lives influencers post.

Although some might say that these celebrities are being genuine, I believe that these influencers glamorize their lives on social media. Emma Chamberlain is breaking this false mold by displaying her own imperfect body and skin, normalizing depressive episodes, and bringing light

upon deceptions of how celebrities live. Her following increased; people saw her as a breath of fresh air to the impossibly perfect lives and bodies that other influencers seemed to have. Other influencers started to copy her real, authentic way of showing the public her life. Although it is still a problem, there are many more celebrities and influencers that post what their real, unglamorized, imperfect life is like, thanks to Emma Chamberlain.

Emma not only shows her authentic life through her youtube channel, but also displays it through her podcast, *Anything Goes*, that explores what the name implies,



anything! She talks about pet-peeves, her style, personal stories, and what's on her mind. But most often she normalizes and gives advice to the unattractive parts of life, such as depressive episodes, body-dysmorphia, and loneliness. This podcast is not afraid to shed light on dark situations and expose how normal lives really are. An example of this comes from one of my favorite

episodes of the podcast, "Existential Crisis." In this episode, Emma explains her personal experiences with being severely depressed and how it may feel. She then gives advice on how to potentially get out of this mindset and dark part of life. For me, these podcasts are extremely comforting. They are letting me know that I am not alone in feeling sad at times and how to feel better. The podcasts are insightful to all walks of life and give carefully thought out advice. Although my favorite episodes are where Emma talks about deep topics, I also enjoy the lighthearted episodes. Hearing her funny personal stories, lists of things she loves, and opinions on outfit choices can be a breath of fresh air to her heavier topics.

With the impact that celebrities and influencers have on society, Emma Chamberlain is brightening the future of what a "perfect" body and life should look like. With other influencers following her stride, maybe soon deceptions of celebrities' lives will be a thing of the past.

Staff Writer: Alexa Keys  
Editor: Ellie Ladouceur

# WHAT'S IN A NAME?

Written by Ally Turner  
Edited by Alexa Borner

Everybody has a name. Oftentimes, we look past the real meaning of our names, why we have them, and how our parents decided on them. From early times, evidence from archaeological studies suggests that most early names had some association with the person it was given to. Whether it is cultural, traditional, or has some other hidden meaning, everyone's name has always been uniquely given to them. By now, it seems a right of passage for celebrities to name their children obscure names. After reading about all of these unique names, it's as though each celebrity couple is competing with the others to find the most bizarre name. There's no denying the curiosity we face when hearing these names for the first time. Parents must go through some thought process when picking their child's name, right?

The Kardashian family is the first to come to mind when it comes to obscure names. Dream, Stormi, Mason Dash, Reign, Saint, and Chicago are all names that the Kardashian/Jenner family chose for their sons and daughters. They each have their own unique meaning. There are many theories about how Stormi, Kylie Jenner's first daughter, received her unique name. The most interesting theory put forward is that Stormi is named after the butterfly effect. This scientific theory suggests that small things can have large effects on a complex system. For example, a butterfly flapping its wings could cause a storm or typhoon. This theory is prevalent with Kylie and her daughter's father, Travis Scott. They have matching butterfly tattoos, and Travis Scott also has a song called "Butterfly

Effect," which makes this whole idea come together. Another unique name is Kulture Kiari, Cardi B and Offset's daughter. The name has been publicized since their daughter was born. Although, the couple has never fully explained the meaning behind the name they picked. Before they released the name of their baby in 2018, Cardi stated that she would let Offset make the official announcement since he named her. According to EliteDaily.com, "Many fans believe it is a tribute to Offset, his family and his career." Offset is part of Migos, which is a trio comprised of himself, Quavo, and Takeoff. In 2017, the group released an album called *Culture*, then in 2018, they released *Culture II*.



Hola.com



Today.com



People.com

Alicia Keys and Swizz Beatz, also named their two sons such unique and beautiful names. Their firstborn is Egypt, who is named after Keys's trip to Egypt. After taking this trip alone earlier in her career, she spent time away from home to reflect. She sailed down the Nile and saw temples, tombs, and the pyramids. This was a very developmental time for Keys, and according to her, "it was powerful" (SheKnows.com). When she got home and her husband found out she was pregnant, he said, "Egypt was such an important time for you. That really changed your life. Wouldn't that be amazing as a name?" (SheKnows.com). Once he said that, the name was set in stone.

We all have names which hold deeper meanings that are unique to us. A lot of thought and meaning goes into the names that parents choose, and it is interesting to learn about your own story and why your parents chose yours.

# The Rise of Jaden Velez

Written and edited by Jacob Gibel

Jaden Velez is one of the many student-athletes at Warwick Valley High School. He is an up-and-coming star on our varsity basketball team. He is a 6' 7" beast in the paint who is expected to dominate in the post and help the team have a successful season. Because he has faced some challenges, Jaden has been working very hard outside of school with a tutor to help him improve academically. This has taught him some valuable lessons. Likewise, when he was cut from varsity basketball his junior year, he was unable to play for the school. This is what Jaden said when I asked him about how this affected him: "I was tight. I was mad. I worked harder the next year." This is just another example of the struggles he has faced and had to overcome to try to achieve his basketball dreams.

After seeing a few of the difficulties that Jaden has been facing through his basketball journey, you're probably wondering what motivates him to keep going and continue to strive for his goals. His motivation is his mom. He wants to be able to support his mom financially, which playing professional ball would allow him to do.

The reason he chose basketball in the first place is because of his brother. As a child, Jaden would watch his brother play basketball and want to be just like him. Jaden then started training with his brother and his basketball career began.

All the work he has put in has helped him get to the level he is at today. He has played for some of the best AAU teams in New York state and he's gotten the opportunities to compete against some top prospects in highly regarded tournaments. Jaden was also a superstar for his modified basketball team as he won MVP during his 8th-grade season. Then when he got to high school, he was one of the star players for Warwick's JV basketball team during his freshman and sophomore years. And now he has become a highly regarded basketball prospect. Some schools he has an interest in playing for are Ithaca College, SUNY Oneonta, SUNY New Paltz, and Dutchess Community College. Jaden is hoping to make his commitment soon as he continues to look at all his options for college basketball. Jaden hopes that he'll be able to play professional basketball overseas once he finishes playing in college. Overall, Jaden's dream is to one day make it to the NBA.

Jaden's life isn't all about basketball though; he is also trying to pursue a rap career under the name Jay Fuego. Jaden knows that basketball isn't a sure thing, so rapping is another option if basketball doesn't work out. Jaden uses a program on his phone to record himself over a free beat that he finds on the internet. He has already recorded a few songs and some of the people that have heard his music thought his music was pretty good and that he should continue doing it. He has also made a few songs with Ray Fuego, who is also an aspiring rapper.



# Twitter Blue: Good or Bad Idea?

Written by Julianna Graff, Staff Writer  
Edited by Riley Tully, Managing Editor

Everyone who has social media knows about the infamous blue check. If somebody's username has a blue check next to it that means the account is verified. The blue check is most commonly associated with celebrities. Their accounts are verified to let people know it is actually them and not someone pretending to be them. Now Elon Musk has added a twist to this on Twitter called twitter blue. Twitter blue allows anyone to be verified as long as they pay \$7.99 a month. This has caused a disruption in the social media world. Leaving everyone wondering if this is a good idea.

Twitter Blue is a premium subscription users can get on Twitter. The main offering that grabbed people's attention was that anyone could be verified. When you pay the \$7.99 your username will have the famous blue check. Although this idea sounds fun at first, it has caused so much chaos. Since anyone could be verified there was a huge identity issue. A company called Eli Lilly that sells insulin was being impersonated. The imposter took to the fake Eli Lilly twitter account and posted, "We are excited to announce insulin is free now." Some people would look at that and not believe it for one second. However, some people believed it since the tweet came from a verified account. After that Eli Lilly's stock price dropped and the company lost a lot of money. This is a prime example of how this new feature is dangerous.

The only feature that could save Elon Musk's idea is the gray check mark he introduced. The gray check mark represents that the account went under review and it has been verified as authentic. The issue people had with this was that the "official" feature was doing the same thing the original blue check was meant for. Shortly after releasing the gray check mark Elon Musk deleted the feature. It was causing too much confusion for users since some people would have two checks. Just when the situation couldn't get any worse, it did. Musk laid off half of twitter's staff after they criticized his plans, and then 1,200 full time employees quit due to long hours of high intensity. Elon's new plans for Twitter put a lot of strain on the company. With all this he decided to disable twitter blue and rework it. Elon Musk took to twitter and said, "All verified accounts will be manually authenticated before check activity." He hopes the new launch will lessen the number of people abusing the subscription. Musk plans to use a new color coded system. According to CNN Business, "The new system will have a gold check for companies, gray check for government entities, and blue for individuals, whether or not they are celebrities." The problem with this new system is that celebrities that are not affiliated with companies or the government are still in jeopardy. The only feature that could help them is that if someone changes their username the check goes away. So if people get Twitter blue before changing their name to whoever they plan on impersonating it won't work out. However, it is unlikely that trolls will forget to do the most important step.

All in all Elon Musk's new plans for twitter have caused more trouble for himself and the company resulting in a loss of money and a lot of angry users. As more people analyze the situation, it makes it harder to believe this is Elon's best idea.



*The New York Times*



*Twitter*

# The power of your smile

Written by Sienna Thurber  
Edited by Latrell Willis

Do you look at the glass half empty or half full? It's a question that's been asked for decades. Being optimistic has always been a good quality trait to have. In fact, recent studies have shown that being happy can do a lot more than we think, it can actually help us live longer.

Being happy is the ultimate goal for most people, spending a majority of their lives searching for their purpose in life and looking for something that makes them feel good about themselves. When you're happy you tend to treat yourself in healthy ways such as exercising and eating right. However, being lonely and unhappy can have just as big of an impact on your body as smoking and drinking. That's why it can be so important to do things that make you genuinely happy. There are many things you can do, whether it's spending time with people that you care about, or traveling to places you've never gone before. You could listen to music, go on a walk, paint, or read. No matter what you're doing, focusing on what makes you happy should be your number one priority. For example, according to Helen Fields with *Science*, "Those in better moods were 35% less likely to die in the next five years when taking their life situations into account." In other words this quote is describing how people can live longer if they are more content with their lives, barring those with mental illnesses and life complications. Additionally, it

is actually possible to prevent aging and reduce cognitive decline in old age by simply being happy.

From the day we are born we begin to age and it's an unbreakable cycle. Kristen Rogers from CNN writes, "Living life to the fullest starts with paying attention to your body and mind." Paying

attention to your mental health is just as important as focussing on anything else in your life. High levels of stress and anxiety can affect your sleep, food choices, and alcohol consumption. Taking a few minutes out of your day to focus on yourself can be a major factor in staying energized. Some things you can do include practicing a new cooking/baking recipe or reading a new

book. You could practice journaling every day to practice consistency. Anything you can do to lower your body's cortisol levels can help resist aging. That's why you need to take care of your physical and mental self throughout your whole life.

To conclude, not everyone can be expected to be happy all of the time; however, thinking more about your life in a positive way can do nothing but help you. People that enjoy life and the interactions around them have a more promising life expectancy. Eating and exercising right, creating comforting relationships with your friends and family, and taking care of yourself can help you be more optimistic about how you view your life.



# Weird Dreams ...Why?

Written by Madison Pacelli

Edited by Molly Hewitt

Have you ever had a long day and later that night have an even longer dream? School and work related stress and anxiety play a key factor in how you sleep and dream. For example, getting a bad grade on a test you thought you did great on can cause you to have a nightmare later when you sleep. Every dream you have has a deeper meaning even if you don't realize it. This is called latent and manifest content. Both of these have been studied for many years and can help explain why and what your dream really meant. Manifest content is the read storyline and characters of your dream and Latent content is the hidden and deeper meaning of your dream. The scents you smell and images you see are the first parts of your dreams that you remember once you wake up; that is your manifest content. Your unconscious thoughts are the major reason for the latent content of all of your dreams. If you are having a weird feeling about a new coworker but you don't know why, that feeling is your unconscious mind. Anxiety, stress and your unconscious thoughts are the writers and editors of your dreams.

Anxiety dreams and stress dreams may differ from each other, but the real question is, "What do these dreams mean?" When you dream that you are nude in public, you may be thinking about revealing a secret or weakness, or if you're being chased and you feel that you can't escape the horror, it means that you may be anxious for an upcoming event that you're wishing to avoid. Stress dreams on the other hand are focused more about the time aspect instead of emotion. Stress dreams can leave lingering anxiety going throughout the next day. Many common stress related dreams include your teeth falling out or even just missing an important event. Your teeth randomly falling out can symbolize a current loss of a relationship, job, or even a death and also often occurs in people who grind their teeth at night. When you miss an important event this could represent your reality and the worry of missing something the next day, such as a flight, an exam, or first day of work. Stress dreams are usually always caused from the buildup of your day-to-day life, when you hold in emotions they pile up whether you realize it or not.

There are many ways to prevent these kinds of dreams. For instance you could make the areas in which you sleep more welcoming and calm. You can do this by turning off all lights or distractions. Studies have shown that you will have a 100% guaranteed better night's sleep if your room is on the colder side. Even journaling every morning and writing down what you dreamt about will help ease your mind. It's good to be curious about your dreams and to know the patterns your brain is producing. To expand on that, you can even write an alternate ending to your bad dream, a better ending that stems away from the bad. Doing this can get rid of the anxiety about why that dream happened in the first place.

Weird dreams happen to everyone and are quite common. Stress and anxiety are a daily occurrence for many, but there are easy ways to not let it affect every aspect of your life. Dreaming for some is a way to escape reality but it is difficult when your mind uses your thoughts in a negative way. Regulating your emotions and balancing yourself will allow you to have a much better sleep.

# TO CRUISE OR NOT TO CRUISE...?

Written by Lucia Meehan  
Edited by Sienna Thurber

When the term “cruise” pops up, what concepts follow it? Many associate it with relaxation, respite, a getaway from the fast-paced world we call the 21st century. However, until 2020, it was rarely associated with a contained, inescapable area and perfect habitat for the fast spreading and destructive wake of a disease: such as COVID-19. And as much as we have returned to our daily lives and put the pandemic on the back burner, it still suspends over us and unsuspecting vacationers.

A cruise has its many benefits aside from being a chance to slow down and see different parts of the world. Many have a generally decent fare that includes the amenities sought for on these excursions, which can be desirable for a large family that wants to keep the budget low. A lot of cruises also hold many forms of entertainment for all different ages and kinds of people, which can keep the sometimes stressful planning of agendas off the list of “to-dos.” Unfortunately, this is not all cruises have to offer, and the other consequences aren’t exactly attractive. Cruises are extremely overcrowded, despite the huge mega-ships being built by large corporations that try to keep up with the amount of consumers. In an article from [ecobnb.com](http://ecobnb.com) by Alessia Framba, “The World Tourism Organisation predicts that by 2030 the international flow of tourists will exceed 2 billion.” As the population continues to grow at an astonishing rate, more people, and more jobs consequently results in more people looking for a simple getaway that doesn’t require much planning. However, everyone seems to be having this same thought. And although COVID-19 seems moreso in our past, the overcrowding passengers are doing quite a favor to the elusive virus.

The Majestic Princess is a royal class cruise ship that is a part of Carnival Corporation & plc and holds a capacity of 3,560 passengers/ It recently arrived in Sydney Australia, as reported by *The Guardian*, with 800 positive COVID cases. In an

Axios article, Ivana Saric reports, “...nearly one in five persons on board tested positive, per the BBC”, as well as “NSW Health Assessment is that the COVID-19 risk level for the Majestic Princess is now Tier 3, which indicates a high level of transmission.” And certainly no one wishes to be sick in the middle of an ocean or body of water where not much help is available. Despite these overall dangerous risks of outbreaks, certain cruise lines are setting examples for others, Viking being one of them. Lois Alter Mark with USA Today explains how, “Viking is the only cruise line requiring daily PCR testing and the only one to put their money where their mouth is and build their own onboard labs to get it done.” Taking actions like this sets them apart from other cruise lines who have been slacking with all the restrictions being lifted, ultimately facilitating the continued spread of the virus.

Apart from all the risks on the surface of these travel vessels, there are still other factors underneath it all that most seem to ignore. By this, I allude to the detrimental effects all leave on our environment and the water ecosystems. Sylvia Ombellini on [ecobnb.com](http://ecobnb.com) reminds us that, “[Cruise ships’] CO2 emissions can be up to 1000 times more than a train journey,” and “[contribute] to more than a quarter of total emissions of nitrogen oxides in port cities and coastal areas.” These statistics are something travelers who do not want to contribute to the mass global warming and ecological problems hurting our earth should take into account before choosing a method to relax on their time off.

Personally, I am one who does not fantasize about the cruise concept; however, its popularity has taken this age by storm, and most people I meet often plan these types of vacations with their families. Overall, it is important to plan ahead and take into account the safety factors of certain cruises before booking your next holiday, but do not let it put a complete stop on enjoying much deserved time off!

# The Best Fast Food Restaurant

Fast food is one of the biggest markets in America. There are tons of different types of fast food out there, but which one is the best? First, there needs to be criteria. Is the best fast food defined by most affordable or just best tasting? Now I would say the best would clearly be the perfect blend of both. Most peoples' minds would go to the most popular places like McDonalds or Chick Fil A. Those are good choices, but I want to shed light on a couple of "sleepers" in this massive industry. For example, a chain like Shake Shack doesn't really bring the affordable aspect, but in terms of taste it is known for its burgers and of course, their one-of-a-kind shakes. On the flip side, if you're looking for more of an affordable meal and are willing to risk that of quality, one options would be Wendy's. No, Wendy's isn't the best quality to most, but Wendy's is cheaper. Now, I've shown examples of affordable foods and also expensive but quality foods. If I had to choose a medium in between the two, I think the best fast food restaurant is McDonald's. Now, I know McDonald's is not the most creative answer, but honestly, if we're going by the set criteria, McDonald's does it the best. If you want to look at the affordability, there's not much better than McDonald's, and everyone knows whether it's chicken sandwiches or chicken nuggets, at the end of the day, kids still ask their parents if they can stop at McDonald's, not Shake Shack or Wendys. Respectfully, I have to give it to McDonald's.



# THE PROGRESSION OF A GOLDEN CAREER (EVERYONE KNOWS I LOVE STEPH CURRY)

Written by Shane Micallef, Staff Writer  
Edited by Ava Sheils, Staff Editor

Stephen Curry is, without a doubt, one of the best players of the 2010's. With his impressive 4 championships, 2 MVPs, 8 All-Star appearances, Finals MVP, and 2 Scoring titles, he has been an unstoppable force in the league for quite some time. Ever since his first MVP and finals run in 2015, the fans can't help but consider him the best shooter and one of the best all around point guards of all time.

The only problem early on in his career was his constant injuries. People worried it was his ankles that would stop him from reaching his full potential. After overcoming some difficult injuries at the start of his NBA journey, the sky was the limit for Steph.

In 2015 and 2016, Curry won back-to-back MVPs of the league, one of which was a unanimous decision. To go along with the award in 2015, he and the Golden State Warriors brought home a title. The next year, they became the record holders for best regular season record when they went 73-9. Unfortunately, they lost in the finals but still portrayed an incredible display of winning while being led by the best player to do it that year.

In the 4 year span from 2015-2019, Curry solidified himself as the number 1 point guard in the NBA. The numbers he put up during this time were never seen before. Steph shot 50 40 90 in 2 of those 4 seasons, which means 50 percent on 2 point attempts, 40 percent on 3 point attempts, and 90 percent from the free throw line. This is something that only the elite shooters accomplish. He also made at least 300 threes in 3 of those 4

seasons, including 402 threes in 2015. Absolutely incredible. His dominance was unlike any other and there was no sign of him slowing down. Unfortunately, early into the 2019-2020 season, Curry suffered a broken hand injury which would prevent him from playing for the majority of the year. With 8 weeks out including additional weeks to practice and fully recover, Steph spent very little time on the court. It was shown that season that the Warriors are much less of a team without the leadership and talent of Curry.

Now, the next 2 years after the season of injury are ones to remember. Talk about a bounce back. In 2021, Steph finished the season with a scoring title, averaging 32 points per game, the most in his career. He ended up coming in third in MVP voting. After missing all the time he did, to come back and do that, was unreal. Fast forward to the 2021-2022 season and it is nothing short of greatness. Steph ended the season with a Western Conference Finals MVP, a championship title, and Finals MVP. It was simply amazing to see how one player could completely flip the script of a team. From losing 50 games in 2020, to winning a championship 2 years later, Steph put the Warriors on his back and now they are back at the top.

And to think I was done. Curry is continuing to shine early on in the 2022-2023 season. Averaging 31 points, 7 assists, and 7 rebounds, while shooting 50 40 90 once again. This man has been one of the best for a long time and I am so excited to watch the rest of his golden career.

Written by Harrison Neil  
Edited by Jackson Mitchell

# Matt Ryan

## Delivering Food to Delivering Buckets

Not everyone takes the same path to get to the NBA. Players come from all walks of life to get to play the highest level of basketball in the world. The Los Angeles Lakers found a diamond in the rough with Matt Ryan, who had an unlikely start to his NBA career. This Lakers sharpshooter's stock has been on the rise within the league, which has brought attention to his very unusual story.

Matt Ryan is from White Plains, New York and played high school basketball at Iona Prep in New Rochelle, New York. He went on to play D1 basketball at Notre Dame, Vanderbilt, and eventually Chattanooga. In his best season at Chattanooga, he averaged 15 points, 5 rebounds, and 2 assists. He graduated in 2020 and entered his name into the NBA draft. He went undrafted and felt like his dream of playing in the NBA was over.

After college, he began working as a landscaper at a cemetery and served as an UberEats and DoorDash delivery man to make some extra cash (Guinto). In his free time he coached an AAU youth basketball team. Ryan spoke about his story in an interview and stated, "I was fresh out of college. I had nothing." He kept working out and stayed ready for a chance in the league.

In 2021, he got the call of a lifetime. The

Cleveland Cavaliers gave him a roster spot on their Summer League team. Then the Denver Grand Rapids, the Denver Nuggets' G-League team, offered him the opportunity to play on their team permanently. He made the most of his chance, averaging 19 points while shooting 39% from 3 in 16 games. He then was given another shot with the Maine Celtics, the Boston Celtics' G-League team. In 14 games with the Celtics, he averaged 20 points while shooting 45% from 3. On February 28, 2022, Matt Ryan's life was changed forever. The Boston Celtics signed him to an official NBA contract. Matt Ryan said in an interview, "It's pretty emotional. It's been a crazy 11 months." He made his debut on April 10, 2022 and served as a bench sniper for the Celtics during their NBA Finals run this past season.

This season Ryan was picked up by the Los Angeles Lakers. He served a bigger role than he had in the past because of the Lakers' extreme lack of shooting on their roster. On November 2, he hit a game-tying buzzer-beater 3 pointer for the Lakers, which brought large amounts of publicity to Matt and his story. Though he was recently released from the Lakers' roster, I think his days of delivering McDonald's are over for good.

The Uber Eats logo is displayed in white and green text on a black background.

*cbs.com*

# MINOR LEAGUE MISTREATMENT - CHANGING THE SYSTEM

Written by Jackson Mitchell  
Edited by Charlie Figueroa

This year, according to Baseball America, 64,556,678 fans attended Major League Baseball games, and all 30 teams raked in a combined total of 9.56 billion dollars. Despite this massive amount of revenue, almost none of this money was distributed to minor league players, and most are unaware of the unfair treatment and inadequate pay for minor league affiliates. Out of these 9.56 billion dollars created in major league revenue each year, the average minor leaguer is paid within a range of \$4,800 to \$14,000 a year (Comparably.com). Athletes can barely make ends meet, so they must also work while training seven days a week while in-season. In response, players are beginning to organize against the MLB in protest of such unfair treatment.

Before becoming a major league player, professional baseball players play in one of the many minor leagues including Low A, High A, Double A, and Triple-A. Nearly all of the 206 minor league baseball teams are associated with major league team affiliates, yet they see almost none of the major league revenue. Because players are not being paid year-round, they are forced to work alternative jobs in the off-season to make a living. Bleacher Report writer and former player Dirk Hayhurst stated, "At its lowest levels professional baseball is exploitation." Recently the MLB was pushed to adjust the minimum wage for Single-A baseball players from \$290 to \$500 a week, a measly sum that adds up to \$6000 a year. The MLB also

rarely includes stipends for housing, taxes, clubhouse dues, or insurance, bringing down their already small wages to next to nothing. Oftentimes, the lack of wages and mistreatment of minor leaguers is not addressed because minor leaguers are under the illusion that this is only temporary and that they will soon be in the majors. However, only 10% of the over 7,000 MiLB players make it to the big leagues.

Until recently, minor leaguers lacked the representation needed to make a discernible change. However, in September of this year, minor leaguers began to join the Major League Players Organization following the MLB's recognition of the union's representation. Recognition of this union allowed for better pay, housing support, rest days, and less travel. According to USA Today, "63% of MiLB players earned over minimum wage, and players also receive health care, tuition assistance, housing, meals and per diem during the season." While this is a definite positive change, there is still much work to be done. Major league teams should do a much better job of distributing their massive incomes to their minor league affiliates. The minimum salary of an MLB player was \$555,000 a year as of 2019 (92.5 times the amount of the minimum MiLB salary.) The MLPO (Major League Players Organization) has been fighting hard for better treatment of minor league players, but it seems that for now there is a price for MiLB players chasing their dreams.

# THE RISE OF NY

Written by Declan Tobin  
Edited by Alek Grzegorzewski

In the last decade, after the Giants' Super Bowl win in 2012, they have struggled to have a winning season, the last being in 2016. Along the way, they have had their ups and downs when it comes to player transactions. In 2019, the Giants switched from two-time Super Bowl champion quarterback Eli Manning to rising star quarterback Daniel Jones, who is now in his fourth season. For Jones, a rocky start to his career was definitely impending as soon as he was drafted sixth overall in the 2019 NFL annual college draft night. At first, people were angry with the pick because Jones was not as highly rated as other quarterbacks in the draft class, like Dwayne Haskins Jr, who was taken several picks after Jones by the Washington Commanders and was much more highly rated than Jones. NFL analysts say if it were not for the Giants, Jones would have fallen to either the second or third round of the draft. But even with the draft scandal of Jones, the 2019 Giants still had something to prove.

With the 2019 season being Eli Manning's last, he won the QB battle over Jones to start in the season opener against the Dallas Cowboys. Eli continued to start over Jones in week two. The Giants were blown out the first two weeks of the season by the Cowboys and then the Buffalo Bills. By week three, head coach Pat Shurmer recognized that the Giants needed a change at QB, and it looked like Eli Manning's time was up. Daniel Jones started in week three against the Tampa Bay Buccaneers. Jones scored two touchdowns rushing to help the Giants beat the Bucs, and the Giants morale was at an all time high. In week four, Jones won again against the Commanders, who had Dwayne Haskins Jr., or the player that Giants' fans hoped they would've drafted. But Jones proved himself clearly better by beating the Commanders by three touchdowns. Sadly, this was very short lived, as the Giants won only two more games, making their record 4-12. The next two seasons were sadly the same, as the Giants went 6-10 in 2020 and then went 4-13 and finished last in the NFC East in 2021. During the 2022 offseason and presea-

son, the Giants made lots of huge moves. First off, they fired the old head coach Joe Judge and brought in former Buffalo Bills' offensive coordinator Brian Daboll for the head coaching spot. They also brought in new GM Joe Schoen. These two new staff members already started to make a huge impact on the Giants and the city of New York. When the New York Rangers hockey team was in the NHL playoffs in the spring, Daboll attended every home game in support of New York. Then came the NFL draft in late April of 2022. The Giants had two first round picks, and drafted Kayvon Thibodeaux fifth overall and Evan Neal seventh overall. These two players would immediately be thrown into the starting lineup, where we start the 2022 New York Giants journey. Week one was certainly a doozie for the Giants, but they managed to pull off a win against the recent one seed, the Tennessee Titans in Tennessee, after the Giants converted a two point conversion and forced a missed field goal to win by a measly two points. This was the first time the Giants won their week one game in over four years.

Next, the Giants had their home opener against the Carolina Panthers, where they won by a field goal in the closing moments of the game. Not only did the Giants win their home opener, but they were two and zero to start the season, the best start in over half a decade. The Giants lost to the Cowboys in week three, but came back with four straight wins, then had a heartbreaking loss to the Seahawks in week eight. Since week eight, the Giants have been one and two but look to pick it up in the remaining weeks of the season.

The Giants have gone from team zero to one of the best teams in the National Football League, and fans are very excited to see the Giants they knew from the 80's, 90's, and early 2000's. The Giants are looking forward to making a playoff push and winning some more games.



# Super Bowl Predictions

Written by Brent Secord  
Edited by Harrison Coard

As we approach the end of the NFL season, we have some standout teams that look to be making a run for the Super Bowl. For every team, it is the end-all goal and even making the trip is an extremely astonishing accomplishment. The NFL is broken up into two conferences, the NFC and AFC, with 16 teams in each. Within each of the conferences, there are four divisions; North, South, East, and West with 4 teams in each division. The top team in each division is automatically entered into the playoffs, and the remaining teams have to compete to earn a "wild card" spot.

## NFC

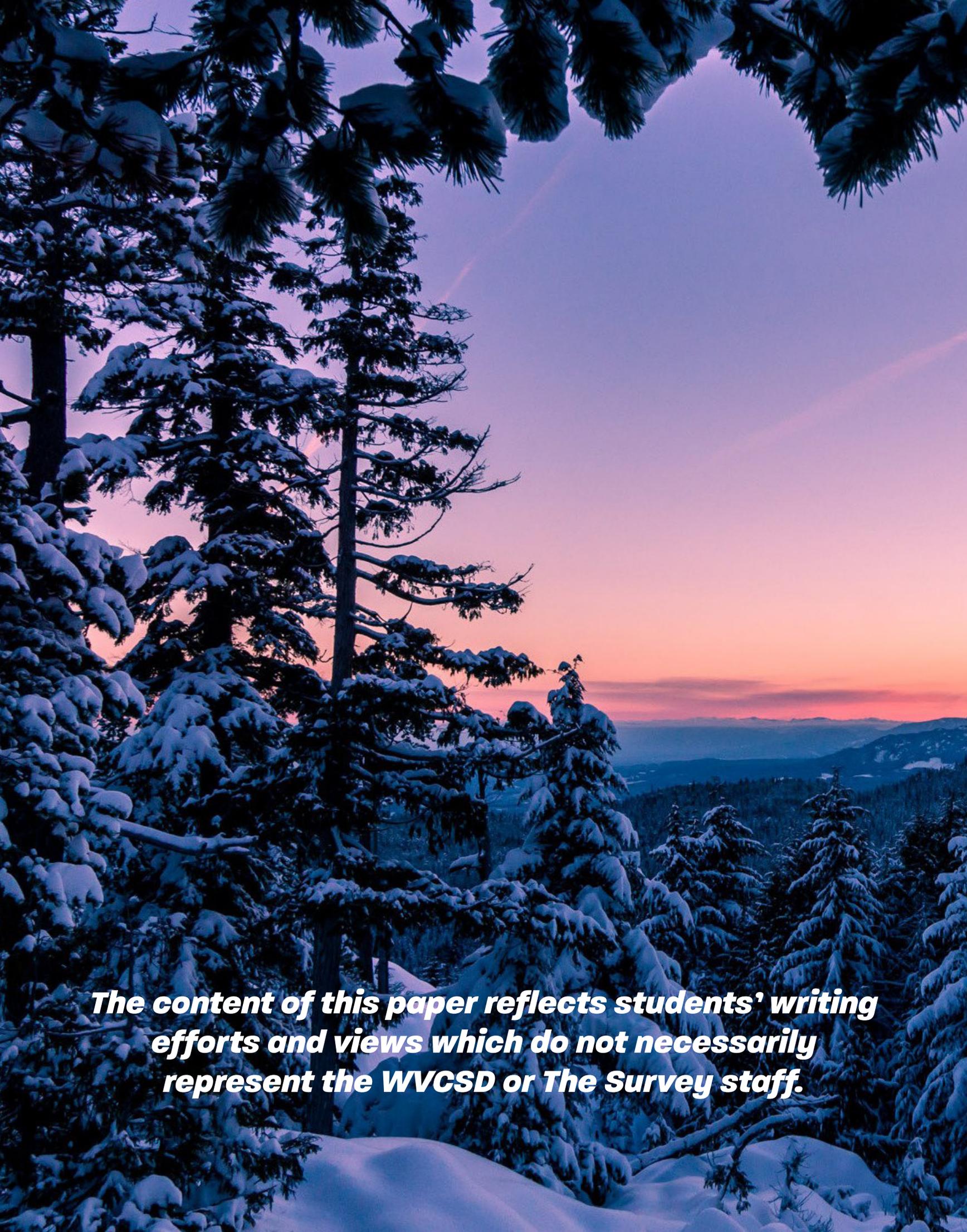
In the NFC, there has been a clear standout team, the Philadelphia Eagles of the NFC East. The Eagles went undefeated for eight weeks, longer than any other team in the NFL. It would fair to think they are going far in the playoffs. The Vikings of the NFC North division are the uncontested winners of their division and have been looking dangerous as ever as their star-receiver Justin Jefferson is having a breakout season. With just one win shy of the Eagles' record, the Vikings have proved themselves as one of the top teams in their conference. Moving to the NFC West, the San Francisco 49ers began the season with a rocky start. Still barely being able to maintain their top spot in the division, the 49ers made a crucial trade, acquiring star running back Christian McCaffrey. Christian McCaffrey has been the cherry on top of their already dominant offense, and the future's looking good for San Francisco. Finally, the last division leader is the Tampa Bay Buccaneers of the NFC South. Even with the worst record out of all the division leaders, the Buccaneers are led by 7-time Super Bowl Champion Tom Brady, so you can never count them out. Brady spent the first half of the season dealing with marital issues, but since those are now settled, Brady's main focus will be on adding another ring to his collection.

## AFC

On the other side of the NFL, the AFC has been in a dogfight to stay on top. In the AFC East, all four teams have made a case for themselves, but the Buffalo Bills are currently on top. The Bills have been injury struck for the beginning portion of the season but have been healing up and showing how dominant they are. Led by star quarterback Josh Allen, the Bills are hungry for their first Super Bowl ring and are looking as dominant as ever. In the AFC West, The Kansas City Chiefs have been dominant, clearly winning their division. With the best current record in the AFC, and their QB/TE duo of Patrick Mahomes and Travis Kelce having a record-breaking season, the Chiefs are an extremely scary team to face in the Playoffs. Moving to the AFC North, the Baltimore Ravens are currently leading their division. The Ravens may not have the prettiest record, but all four of their current losses came from one-score games, meaning they were only a few points from winning each of them. Led by 2019 MVP Lamar Jackson, the Ravens are not a team you want to blow off come playoff time. Finally, the division leader of the AFC South, the Tennessee Titans. Last year, the Titans had the best AFC record even after losing their all-star running back Derrick Henry to injury. With an early playoff exit last year and Derrick Henry back from injury, the Titans are hungry for redemption of what could've been last year.

## Final Prediction

While it is almost impossible to predict a Super Bowl winner as we are due to watch some amazing upsets occur, the Buffalo Bills in my opinion are due to win it all. Last year, for the past two years, they suffered devastating losses to the Chiefs, one of them being just one game away from the Super Bowl, and the other being in overtime. In the offseason they made some much needed adjustments to their lineup, adding Hall of Fame defensive end Von Miller. The Bill's All-Star corner Tre'davious White had torn his ACL the season before, so his return will be a momentous boost to the already terrifying defense. On the other side of the ball, aforementioned quarterback Josh Allen is having no trouble connecting with his primary receiver; Stefon Diggs. Stefon Diggs currently is top 3 in both receiving yards, touchdowns, and receptions. These Buffalo Bills are the epitome of an underdog story, and there is no better time for them than now as all the players are in sync with each other and have enough playoff experience to maintain their composure during the inevitable playoff games that come down to the final seconds. That being said, my pick for the Super Bowl winner this year is the Buffalo Bills.



***The content of this paper reflects students' writing efforts and views which do not necessarily represent the WVCSD or The Survey staff.***