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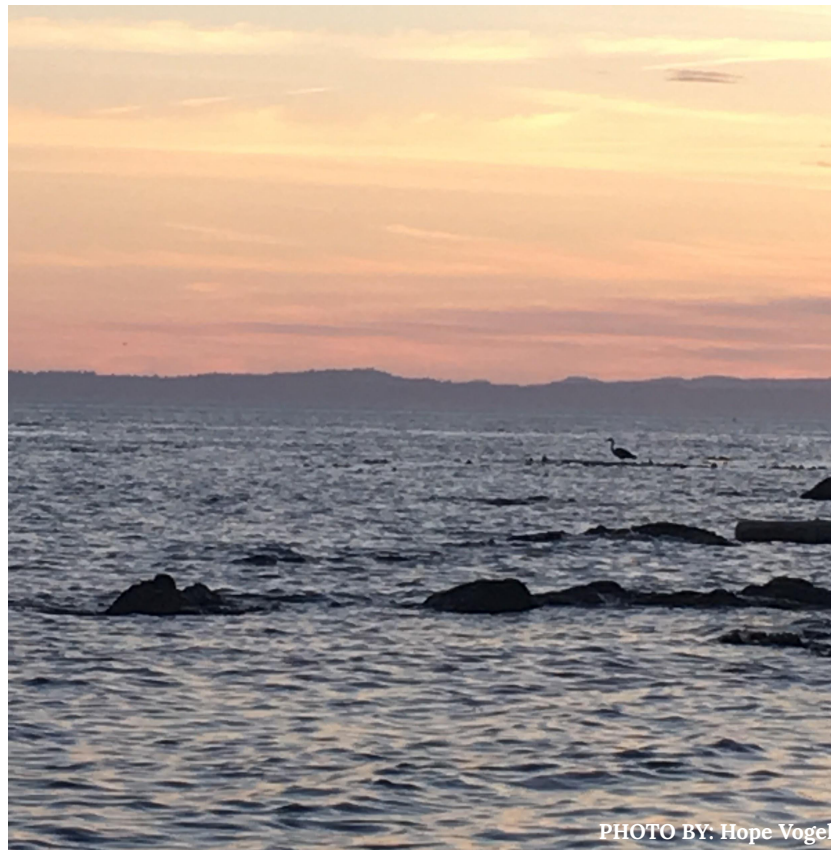
Melissa Torres

Local Orca Whales in Critical Condition Pollution is Killing Off Their Food Supply

BY AYLA RIDWAN

The Southern Resident Killer Whales, who reside in the Salish Seas, are now a critically endangered species. Vessel noise pollution and waste pollution along with other pollution sources and a lack of available food are endangering the species. The Washington State government is currently working on legislation to help ensure the species' safety.

In March 2018, Governor Jay Inslee put together the Southern Resident Orca Recovery Task Force to address many of the problems the Southern Resident Killer Whales face. The task force has three groups, the Prey Work



Sunset at Lime Kiln Point State Park

Group, Vessels Work Group, and Contaminants Work Group.

Also up for state senate vote are three bills that address the protection of Southern Resident Killer Whales and their food source. House Bill 1579 implements recommendations of the Southern Resident Killer bulkheads or rock walls. Hydraulic projects include any building or other work that takes place in or

near the water.

The second bill, Senate Bill 1578, will reduce threats to Southern Resident Killer Whales by improving the safety of oil transportation. This bill will increase tug escorts for tank vessels including and addresses the stationing of an Emergency Response Towing Vessel (ERTV) in the San Juan Islands, as an oil spill in the San Juan Islands would...

Continue on NEWS 2

Captain Marvel

REVIEW BY MELYSSA TAYLOR

The newest addition to the Marvel Cinematic Universe, *Captain Marvel* is paving the way for more strong female characters in the future. Does it benefit the MCU?... I had no clue what to expect when I walked into the movie theatre... However, I was not disappointed when I walked back out at the end.

FIND IN REVIEWS

Raising Puppies

BY JACK KNAPIK

Almost everyone loves puppies... There is a special kind of love for puppies that people hold, a feeling that can make anyone melt on just the sight of one.

However, most people may not have the experience of owning or raising a puppy on their own... Those who have had a recent experience of raising a puppy may have different view or opinion when they see puppies, knowing the true horrors that they can cause.

FIND IN PETS

Backpacking

BY OLIVIA MONIN

My travel quest was backpacking for three weeks across three major mountains, the Cascades, Mount Rainier, and the Olympics... The entire journey was a big change for me spiritually, emotionally, and in learning my own strengths and how far I can push myself... to spend twenty-one days in the wilderness, I had the slightest thought If I would ever see civilization again.

FIND IN COLUMNS

Horoscopes

BY CHIARA POWER

This month would prove great for your love and relationship...

This month would prove really important for you...

This month may prove amazing for your physical and mental health...

This month would be a rollercoaster ride...

You may get some seasonal flu-like fever or skin rashes during this month...

FIND IN ENTERTAINMENT

Teachers Departing FHHS

This Year Seniors Won't Be Alone Saying Goodbye to FHHS

BY JACK KNAPIK

Some of the staff and teachers here at Friday Harbor High School have been here for many years, however, eventually everyone has to leave at some point. Three teachers of the school will be leaving or retiring in the next year or two, teachers that have been here for a while and one only here very recently. The three teachers are Greg Sawyer, Beth Spaulding and Mallory Higgins, teachers that have all been involved and part of the school community for quite some time.

Mr. Sawyer, the history teacher of Friday Harbor High School for 22 years, plans on retiring after school in the summer of 2020. Being around the longest out of most the school staff, he is ready to slow things down and live a life of relaxation.

"My energy is low, it becomes harder to recover each day, and I want to start living at my own pace."

Sawyer has always loved working as a teacher, the feeling of being involved in the students lives, saying his personal favorite thing is seeing or being contacted by students

who have graduated or are in college, talking about how much Sawyer was able to help them learn.

"I love to see kids grow up, mature, the job never seems boring to me, not to say it doesn't get tedious at times, but it's better than working in restaurants or construction."

Sitting in with his second to last year of teaching, Sawyer is ready to live life with the option to do what he wants when he wants, but wants to make his last years as memorable as possible.

Mrs. Spaulding, with with her love for math since a young age,



Photo By Hope Vogel

is one of the three math teachers of the school, and has been working as a teacher for 28 years, working in Friday harbor for 20, making her also one of the staff members around for the longest time. Like Sawyer, she has plans on retiring, however she plans on retiring this year at the beginning of the summer, making this her last year of teaching. She recounts

year.

Ms. Higgins, only being here for three years, has become well known among all students as the physics teacher. However, instead of retiring, has another plan. She taking a job, and an opportunity to travel, to work in the United Emirates. Working for only about six years, she still has plenty of opportunities and adventure ahead. Higgins

her favorite thing about teaching her in Friday Harbor, is being so connected with the community, with students and families, and noticing how much we as students are connected as well. She is also proud of how much extra curricular choices we have to work with, such as scholarships and internships.

Ready to also escape the tight and restricting schedule, Mrs. Spaulding is ready to move on and spare extra time in her life for her love of tennis, but not without first enjoying the and witnessing the development of her students throughout the

is very excited to teach a new curriculum, much like the AP courses available at Friday Harbor however slightly more advanced and different, being in another country, it will be different than what she is used to.

Though excited for her travel, she will miss several things here on the island from the relationships she has formed with her coworkers, and the unique fun of having small classes and fun projects. Though still young into her career compared to some others, Ms. Higgins has a plan and adventure in the making for as long as she teaches.

Nobody can work or stay in one place forever, and all teachers at some point will move on in one way or another, and it's up to the students to make those memories last. From the experienced teachers who have been around for years, to the ones just starting out and going on adventures, every teacher will move on eventually to relax or take up new opportunities.

AP EXAM SCHEDULES

MAY 6

8am- AP US Government and Politics
12pm- AP Environmental Science

MAY 9

8am- AP Chemistry

MAY 10

8am- AP US History (Practice April 26 after school)
8pm ET- AP Studio Art is last day to submit portfolio and should be turned in prior to May 10. More information on College Board website

MAY 14

8am- AP Calculus

MAY 15

8am- AP Language and Composition (Optional Practice Date: May 10 after school)

MAY 16

8am- AP World History

FIND MORE IN STUDENT LIFE

Golf, a Sport for Everyone

BY ISAAC BRUMSICKLE

... golf can help with many things in everyday life. It teaches patience like no other sport and develops integrity because nobody is keeping track of how many whiffs it takes for the ball to get on the green beside the person swinging. Golf can even be helpful for future careers because everyone knows business deals go down on the course.

FIND IN SPORTS

Watchdog Program

BY HOPE VOGEL

On March 18, a meeting at Friday Harbor Elementary School started a Watchdog Program and began a conversation about increased adult supervision during recess and overall school hours. One key concern is about a minor sexual offender newly released in our community and residing near the elementary school...

FIND IN NEWS

Orcas

continued from NEWS 1

An oil spill in the San Juan Islands would devastate the Southern Resident Killer Whale population.

The third bill is Senate Bill 1580, which covers whale watching guidelines in boater education. This bill will require the distance from approaching Southern Resident Killer Whales to increase from 200 yards to 300 yards and 400 yards from behind. It also establishes a "Go Slow Zone" where vessel speed is reduced to seven knots within one half of a nautical mile of a Southern Resident Killer Whale. It will also require a limited-entry whale watching license program for the inland waters of Washington for all whale species by January 1, 2021.

According to Stephanie Buffam of Friends of the San Juans, all current people with whale watching licenses will be able to keep the license. It will be set up as a sort of three strikes you're out system. If you violate any of the whale watching guidelines or the Marine Mammal Protection Act, you can lose your license.

On March 20, Deborah Giles, Ph.D who works for the University of Washington Center for

Conservation Biology and is the Research Director for Wild Orca and Stephanie Buffam, Director of Friends of the San Juans, gave a presentation on the Southern Resident Killer Whales in which she said there are currently 74 whales left. When the Southern Resident Killer Whales were added to the endangered species list in 2005, three threats were identified. The Southern Resident Killer Whales food source, Chinook salmon, is declining. Actual and potential pollution and oil spills were also identified as a threat. This includes industrial lubricants such as PCBs and agricultural chemicals like DDTs. These were banned in the 1970s, but are still very prevalent. The last identified threat was vessel impacts, their presence and noise. In the past 100 years, the size of Chinook salmon has decreased significantly. A picture, taken in Astoria, Oregon circa 1910, shows two men holding salmon rumored to weigh 116 pounds and 121 pounds. With salmon this size, an orca would only have to eat 3 to 4 fish a day and have all of the nutrients they need. Today, salmon

weigh anywhere from 10 to 15 pounds and Southern Resident Killer Whale need around 300 pounds of salmon per day. This means that each Southern Resident Killer Whale needs 20 salmon per day. If each whale left gets the food they need 365 days a year, they need 547,500 Chinook salmon per year.

The Exxon Valdez oil spill of 1989, almost completely wiped out the AT1 transient Orca population in Alaska. There are currently 7 of the whales left, leaving this a population of animals that are functionally extinct. The Exxon Valdez oil spill's effect of the AT1 population is an indication of what would happen if there was an oil spill in the Salish Sea.

"This entire region would be devastated and we absolutely would lose our southern residents," Dr. Giles said during the presentation. "There is just no doubt in my mind."

Southern Resident Killer Whale fecal samples have been collected in the Salish Seas using a scat detection dog. The fecal samples allow researchers to identify

the species, sex, reproductive status, stress hormone levels, nutritional status, toxicant levels, disease state, parasites, and prey genetics. Using this information, researchers have found the PCBs are very prevalent in the Southern Resident Killer Whales. It has also found that many of the female Southern Resident Killer Whales are getting pregnant, but that 70% of these pregnancies are lost before the calf is born or right after the calf is born. This is directly connected to the availability of food.

"This is a different statistic than what we have talked about for the last 40 years," Dr. Giles said. "This is saying these females are getting pregnant. They're not able to hold them. They're just not having enough food, so this is very tightly linked to their nutritional status."

The legislation going through our state government will help to protect the Southern Resident Killer Whales. The research being conducted about these whales will help to reinforce the need to protect the species.

The Office Supply Store Fire

Local Business Burns to the Ground
BY OLIVIA MONIN

Office Supplies Plus, a well known and long standing office supply store in Friday Harbor, burned down Thursday, March, 7.

Emergency responders got an anonymous call reporting a recreation vehicle fire was occurring. When the responders arrived at the



PHOTO BY: Ed Kilduff

scene the fire had jumped to the trees and to the propane tank attached to the Office Supplies Plus building. All customers and employees on scene were safe. Unfortunately the day this occurred happened to be windy, being windy, for the San Juan Island fire crew made it quite complicated and took additional time to put out

As of the past week, excavators and a clean up crew have been sorting through the rubble and cleaning up the devastating mess left over from the Office Supplies Plus.

As an update, all that is known is that clean up crews have entirely cleaned the whole area and right now nothing is being built or touched.

Watchdog Program

A Watch Program Started Back Up at Local Elementary School
BY HOPE VOGEL

FRIDAY HARBOR ELEMENTARY SCHOOL -- On March 18, a meeting at Friday Harbor Elementary School started a Watchdog Program and began a conversation about increased adult supervision during recess and overall school hours. One key concern is about a minor sexual offender newly released in our community and residing near the elementary school. The Wolverine does not use the names of minors not affiliated directly with the school.

Parents expressed concern about their child's safety but Bryan Leighton, the lead person trying to bring the program back, clarified that the watch program was not created because of the sexual offender, but instead, it was created 2 to 3 years ago by Carl Marino, who calls it the Watchdog Program. Mr. Marino created the program to help out the teachers during recess or in the class to watch the kids; to make sure there is no bullying happening, that kids are playing nice, and to make sure they are safe. The program is also to encourage dads to be involved in the school system. The program is not exclusive to just



fathers, any and all volunteers are happily welcome, but it is something that fathers seem more inclined to help out with. In addition, encouraging parents to engage in the school system, it is to help teachers out when it comes to watching over the kids,

"It is a lot for one teacher to do." Mr. Leighton said, "Parents should step up to help their children's teachers out. They have a hard enough job already."

Mr. Leighton explained that this island is pretty bad when it comes to gossip, especially when it involves the younger kids.

"It's important for freshmen, or seniors, to say something if stuff happens that seems sketchy," Leighton said. "Tell someone, talk to the principal, call the sheriff's office to get the facts or voice your concerns. Try

not to spread hearsay information, but actual facts and the truth. It's really the community's responsibility to look for the facts."

This whole situation has made one thing clear to the community, more eyes are needed on the elementary school grounds. With all the questions it has also been a good reminder that "there is a system to find facts that are open for the public to avoid hearsay rumors and that being a body is valuable in situations like these".

The meeting was really at heart to bring in more volunteers, not about the sexual offender, to get this program working at full force again with more parent involvement. Ideally, parents would be around at all times while children are at school, but as of right now there are maybe a dozen to twenty parents volunteering.

Global Student Walkouts

FHHS Students Participate in a Global Walkout on Climate Change.
BY CHIARA POWER

Somberly leaving class on March 15 at 9am, more than 30 Friday Harbor High School students walked out of Friday Harbor High School and gathered on the Courthouse lawn to protest climate inaction.

FHHS students were not the only ones to walk out; the Youth Climate Strike was a world wide event with an estimate of 1.4 million youth attending, according to Wired.com.

The peaceful protest was full of posters with pleas and statistics. After about 30 minutes the large mass of protesters marched down Guard St. onto Spring St. The crowd dispersed back to classes after an hour.

The mission of the youth climate strike was to demand massive change worldwide including ending any fossil fuel infrastructure projects, educating k-8 students about the cause and effects of climate change in K-8, preserving public lands and wildlife, keeping



PHOTO BY: Chiara Power

water supply clean, and declaring climate change a national emergency, according to the official US Youth Climate Strike website <https://www.youthclimatestrikeus.org/platform>.

"The government is not taking enough action," says Ayla Ridwan, who has been a part of multiple strikes and marched attended at the strike and one of the organizers of the Friday Harbor strike. "Reports say we have 11 years to reverse the effects of climate change before we are doomed."

Ridwan played a crucial part in the organization of the Friday Harbor Youth Climate Strike. She created the Facebook event and shared it with her friends. Spreading the event through word of mouth and social media, there was only one week to organize the strike.

"[Social Media] is the best way of communicating" said Ridwan.

There is another strike being held on May 3, 2019. For updates and details on times please visit <https://www.youthclimatestrikeus.org/>

SPORTS



Golf, a Sport for Everyone

By Isaac Brumsickle

Whether it is your first time swinging a club, or you have been playing for years, golf is a sport that anyone can have an exceedingly great time playing. The high school golf team is a great opportunity for anyone that is interested to learn a sport that they can play for the rest of their lives. Golf is also just a great time all around. Getting to play and compete with friends, hang out at the golf course, and improve your game all bring the satisfaction that is unmatched. Being able to spend lots of time outside during the spring is also good for the mind and body, and there is no need to worry about hard practices or conditioning whatsoever.

If players are worried about being embarrassed or humiliated because they have never played golf before, they should know that anyone who has ever played golf started somewhere, and have all done the same things as any beginner. The head coach of the golf team, Jack Rice, helps beginners grow in the sport by teaching them the correct techniques and etiquette to be great golfers. Personally, Mr. Rice has brought me from shooting 84 in my first match, to shooting in the low 50's consistently. Mr. Rice is a retired professional golfer, as well as a Vietnam veteran, and he makes the game much more fun with his lively personality and great skill. Another bonus of joining the golf team is that players are able to play golf for free during the weekends, and in the summer can pay just \$5.00 to play a round whenever they see fit. Normally, it would be up to \$40 to play during the regular season, which makes the \$5.00 round notably significant.

Off the course, golf can help with many things in everyday life. It teaches patience like no other sport and develops integrity because nobody is keeping track of how many whiffs it takes for the ball to get on the green beside the person swinging. Golf can even be helpful for future careers because everyone knows business deals go down on the course. Golf is truly a sport that is in it for the long run, in life, and on the course.

FHHS Sports Highlights

By Jacqui Olsen

Baseball - The 2019 Baseball season went off with a victory against Lynden Christian with a 9-8 win, the game went into extra innings but the boys were able to take over the inning and hold the other team and bring home the win. The boys have played a total of 4 games with a 3-1 win/lose count. The team split a doubleheader win with Mount Baker and took a 10-0 win over the Sultan Turks. The next two games for the baseball team will both be home games held at the Friday Harbor baseball field located over by the water tower on Lampard Road. The first game will be held this Tuesday, April 23 at 3:15 pm. The Friday Harbor Wolverines will be playing against the Orcas Island Vikings(2B). The second game on the following Friday, April 26 at 3:45 and 5:45 pm, will be against The concrete Lions(2B).

Golf - The boy's Golf season starts off this season with a win over Grace Academy(1B) with a final score of 207 for Friday Harbor and 258 for Grace Academy. The boys have played a total of 4 games, three of them were wins with one loss to Lummi Nation. The girl's golf team for Friday Harbor started off the season with a tied game with Grace Academy, the girls currently have two tied games with two wins over Orcas Island Vikings(2B) and the La Conner Braves(2B). The rest of the season for girls golf the games will be away, the boys will have a couple more home games in the following weeks. The next home game for the boys will be this Thursday April 25th against Lummi Nation(1B) at 4:15 pm.

Softball - This year 2019 fastpitch softball team starts off the season with a team of 23 players, all full of ambition and the goal to carry each other to state. The fastpitch team made it to state three years in a row, the upperclassmen of the team have made it a point that they want to place a higher rank this year than they have in the past. Though state seems far to most people Head coach Brian Lambright has made it a point that the girls get well conditioned so they can last a full two days at State and still be ready. The season started off with a 13-8 win against Lynden Christian, the lady Wolverines have played a total of seven games with a 3-4 win/lose count. The upcoming games for the softball team will be this Tuesday the 23, and the following Friday the 26. The team will be playing the Orcas Island Viking(2B) on Tuesday at 3:15 pm and against the Concrete Lions(2B) at 3:45 and 5:45 pm on Friday.

Tennis - 2019 girls tennis team starts off with a large team of 26 players, the team had their first game on Tuesday, March 26 against South Whidbey(1A). Friday Harbor lost the match with a final score of 1-4. The Tennis season has started later than the rest of Friday Harbor High School sports, makes sure to support the girls. Tennis will have an away game this Thursday the 25th against Granite Falls(1A) at 3:15, the next home game will be the next day against Coupeville(1A), games start at 4:30 pm.

Track - The boys track teams start off with a league meet at La Conner where the following teams gathered, La Conner(host 2B), Concrete(2B), and Mount Vernon Christian(1B). The highest scoring team was La Conner with a final score of 177, Friday Harbor ended with a final score of 47 placing them in last place. The last meet was held at Friday Harbor where Concrete won with a total of 90 points where the other teams including Friday Harbor ended with a score of 0. For the girl's track team, at the La Conner league meet the girls were able to place third with a total of 73 points. The boys and girls won't have any other home games but make sure to check online for future events.

Come support Friday Harbor sports events, all dates and places can be found on the athletics schedule on the Friday Harbor High School home page in the athletics section.

Sports Photos



Photo by Jennifer Ayers



Photo by LeeAnn Russel



Photo by LeeAnn Russel



Photo by Allie Fleming

Sport	Date	Opponent	Time	Place
Baseball	Fri, Apr 26	Concrete	3:45	Home
	Fri, Apr 26	Concrete	5:45	Home
Softball	Fri, Apr 26	Concrete	3:45	Home
	Fri, Apr 26	Concrete	5:45	Home
Track	Wed, Apr 24	Lummi Nation	3:30	Away
	Sat, Apr 2	BCS Invite Bellevue Christian (Host) Chelan Friday Harbor Forks Montesano Vashon Island	10:00	Away
Tennis	Fri, Apr 26	Coupeville	4:30	Home
	Tue, Apr 30	Coupeville	4:30	Away
Golf	Tue, Apr 30	Lopez Island	3:00	Away
	Fri, May 3	FH Invitational	9:00	Home

STUDENT LIFE

Balancing Life, School, and Extracurriculars

Advice from co-valedictorian Lucy Urbach

By Hope Vogel

Stay up late doing work, wake up too late for food, lack the energy to focus in class, lower grades, work, home, dinner, procrastination of homework for an hour stress nap, homework, reading, college scholarships, sleep, repeat senior year. I had hoped to avoid this kind of schedule, but I had fallen into it myself. Balancing all of these things can seem daunting, and to be honest, it is sometimes. I am still figuring out how to balance everything, or at least how to enjoy taking time to do things that I want to do, like a sport, without worrying about everything else that happens to be on my to-do list.

For you juniors reading this, or anyone else already stressing about their senior year, don't be intimidated by it. You will get through it and your last year of school will fly by. Some seniors somehow have developed the ability to balance having a life with everything senior year has brought, and just what school has brought in general. The 2019's co-valedictorian Lucy Urbach has been in plays and sports and evidently excelled in school.

She said, "Participating in in plays every year and joining tennis was an opportunity to do something outside of academics that allows me to have a different outlet for my interests. As for balancing with homework, since it's only a couple of hours each day it isn't too difficult to just do it after, although I typically am able to finish most of my homework during school."

So apparently the lesson is, don't procrastinate in class. Use all the time you can get at school to get most of your school work done. This can help to have downtime at home. It is harder to do for some people to have the motivation to use their extra time in class to bust out their homework when doing so much outside of school, but pushing past that initial lack of motivation can get a prize of simple relaxation time at home and in turn give time to destress for the rest of the evening.

"It can be difficult, especially when there's a lot going on as far as actual schoolwork goes because then I need to spend whatever time I'm not at rehearsal/practice doing all the projects teachers seem to like to pile on all at once," Lucy said.

To get through the especially stressful moments Lucy suggests drinking tea and to just try and focus on one thing at a time. This brings up something that I learned late in the game... being able to prioritize what is most important for you, so know what things to do first when dealing with them one at a time, and to be able to recognize your limits. I learned this halfway through my senior year when I was trying to balance school, work in the food industry, and having a life outside of both. I learned that I do not handle some stress as well as other kinds, that I had a limit to when my stress affected more than just my mood and began affecting my grades. This stress I already had, added to the stress of the food industry. I was working as a busser/hostess at the San Juan Brewing Company. It was a great place to work, but I was not built for the type of stress I get from trying to work in the food industry which had a less flexible schedule than retail work. I recognized my limits and prioritized what I believed was more important which resulted in having less stress. Lucy also strongly encourages to prioritize getting everything done long before the deadline before relaxing when you have the time

"I procrastinated a lot this year and it caused a lot of unnecessary stress," she admitted.

She said she never wished she'd opted out of an extracurricular activity since she "enjoys them because then for a couple of hours a day she doesn't have to think about school, which can sometimes take over everything. So it's nice to have various things going on" Lucy said.

She has opted out of certain things before, but never started an extracurricular activity and then wished she hadn't. So, be sure to choose things **you want** to do. No matter how much you want to be

TOLO

By Kenny Hallock

The dance took place at 9 pm on March 22 in the Friday Harbor High School commons. There were quite a few kids in the room especially for one of the more informal dances.

This years TOLO was an interesting experience. TOLO is a dance where it is tradition for a girl to ask a guy to the dance instead of the other way around. In other schools this dance is called different names like Sadie Hawkins or Girls Choice. This idea started in 1937 because of a comic strip put out by the cartoonist Al Capp in his famed Li'l Abner strips. Sadie Hawkins is a young girl that had a huge crush on a guy in her school. There was a dance coming up for them and he had not asked her yet so she made the choice to ask him. The



first Sadie Hawkins event took place on November 9 1938.

At the beginning of the dance there were only about fifteen people in the room. By about 9:40 a lot more people started to show up, and as the dance got very exciting.

"That was the best workout that I've had in awhile," Kaden Ritchie said when asked about the dance.

There were many adults at the FHS dance to supervise.

These adults include Kevin Cullen, Fred Woods, Kevin Kindelberger, Gordy Waite, Gregory Sawyer, Liz Varvaro, and one of the local deputies. Mr. Cullen was the DJ for the dance and did a phenomenal job and even played all of the songs that the students had requested. Mr. Waite and Mr. Sawyer were in charge of the entry fees for the kids attending and because of them almost all of the kids were able to

enter easily. Mr. Kindelberger was the man in control of making sure that none of the kids got hurt and made sure that we were not doing anything that violated our safety. Without any of these staff members the dance would not have gone as smoothly as it did.

By the end of the dance almost everyone was sweaty and losing their voices: a sign of a good dance.

Students Adventures Beyond the Water Line:

Time Spent Off the Rock

By Athena Baker

Kai Di Bona: Kai's most memorable adventure was the time she went off island to GERE-a-Deli her favorite cafe known for their bagels.

"I ordered a white bagel with cheese, eggs, jahelpenos, ham, and onions" she said remembering her usual order.

The place also sells sweet and savory pastries.

"That just warms your palate" Kai said. After that she visited a music store in Anacortes that she can't recall the name of. The store sold laviuous instruments from violas to trumpets as well as pianos.

"They even give music lessons".

She enjoyed herself for the trip and spent time looking through the wide variety of instruments before going back home on the fairy.

Autumn Vogel: Last year Autumn decided to spend her spring break in Alaska with a close friend. She described the icy terrain by saying, "there was snow everywhere and it was

so cold."

Every now and then she and her friend explored the town and saw many new sights.

On one of her trips outside the house she stayed in she got to witness a eye catching sight. It all started when her and her friend went on a bike ride into town. When they arrived they got to get their energy out by walking though the area.

After their afternoon in town they rode home. On their way there they saw a flock of bald eagles surrounding a unknown object.

They later got to see that they were eating a mutilated animal, "I think it was a rabbit" Autumn adds.

Near the end of the trip Autumn recalls getting a bad cold from the weather. This caused her to stay inside for the rest of the trip to get better.

Melyssa Taylor:

A few years ago Melyssa traveled to Montana and spent time with her grandpa. She and her grandfather stayed active by hiking and camping in the woods for three days.

"We called the camp, grandpa camp" she said.

Over the visit they got to learn new things and partake in many activities. Some of the things they got to do were shot bebe guns together and see an old ranch that her grandpa visited frequently when he was younger. One day they went to town and bought vegetables such as beets and cucumbers to try to pickle. Melyssa recalls that they bought their cucumbers from local amish farmers. Together they got to successfully pickle things for the first time.

Though this trip she learned that "It's extremely important for kids are age to go out and experience the wilderness." she exclaims.

She believes that the trip taught her a lot of valuable tricks. She enjoyed experiencing the wilderness and getting a chance to explore.

Melyssa even had so much fun that she said, "I plan on going back this summer" since she isn't going on her yearly trip to South Carolina.

Pets

The Reality of Owning a Puppy

By Jack Knapik

Almost everyone loves puppies, even if it's not your thing there is little doubt that when you see a puppy you get excited. There is a special kind of love for puppies that people hold, a feeling that can make anyone melt on just the sight of one.

However most people may not have the experience of owning or raising a puppy on their own. Many kids' families may have owned a puppy when they were younger, but don't recall the experience of having to take care of it. Those who have had a recent experience of raising a puppy may have different view or opinion when they see them, knowing the true horrors that they can cause.

I am now one of those people who see puppies differently, as my family and I are currently in the process of raising one. Don't get me wrong, I am not saying I hate my dog or other puppies, I'm just saying that I know how much trouble they can be. I love my dog, but there is only so much you can handle before you don't want to deal with it anymore. It's like listening to a song that you love, only to begin hearing it wherever you go, and you don't want to listen to it anymore because it's become annoying.

It all started with the day my mother brought the puppy home; a small, all black pomchi and chihuahua mix, we decided to name her Osa. I played with her all day long, excited to have a new puppy in the family. It began to feel like a norm in everyday life. However that norm began to include things that puppies do, such as using any space she likes in the house as a bathroom, trying to eat anything she can find, know on wires and couches, and whine every time nobody gave her attention. However the worst part is whenever my mother isn't around, the puppy goes ballistic, starts frantically running around the house, never sitting still for more than two seconds, and whines and barks as high pitched as she can. My mother once left for work for the evening, leaving me alone with the puppy for about 3 hours, and since then, I no longer think of puppies the same.

This process of raising a puppy has been torture filled, however as the puppy grows up, she has began to learn more and calm down, becoming less frantic and much more fun to be around considering she has been trained more. However I will forever be scarred by the amount of trouble a puppy can cause, and never again will I be able to see puppies the same way, and that can go for anyone who has raised one. So to anyone who is planning on getting a puppy, be prepared, it's no easy road. You will have to deal with a tiny machine of trouble, however, it will be worth it in the end as you watch them grow up and become loving dogs.



Once she has calmed down, she is much easier to deal with. She sort of looks like a fruit bat.

Pet Lookalikes



Our first pet lookalike comes from Hope Vogel, featuring her pup Thunder.

How much do you look like your pets? Submit a picture of yourself and your pet for the chance to appear in our school paper! Submit entries to bionphelps@sjisd.org. Winners will be published in a future issue of the school's paper!

Good Pet Award

By Athena Baker

The first ever GOOD PET Award Winner

Twinkie



"My dog comes to play rehearsals and sits in the folding chairs to watch." - Chiara Powers.

Second Place Winner

Bear



"My dog bear [does] a funny thing [...] he will ram his head into the cabinet whenever he's hungry." - Jazzmin Serrano

Third Place GOOD PET Award Winners

Ziggy and Scooby



"My dog Ziggy (left) tries to play with Scooby (right). The two of them end up lying on the floor howling at each other." - Ayla Ridwan.

Pet Horoscope: Are You a Beta Fish, a Black Cat, or a Chameleon?

Aries:
(March 21- April 19)

Golden Retriever: You are fun and enthusiastic about life and all it's opportunities. Your passion can be a little overwhelming at times but your energy makes you fun to be around. You love going out late and taking over the

Cancer:
(June 21- Jul 22)

Tabby Cat: Loyal and lazy. You love taking naps and staying home but your temper fluctuate by the minute. You can pet me but not if you want to keep your hand. You are not interested in the hardships of others as you have enough on your plate.

Taurus:
(Apr 20-May 20)

Tortoise: You are a bit of a stubborn thing. You only do what works for you when it works for you. That is not to say you aren't friendly. You love your close friends but you are not into the big party scene. You would much rather stay home and got to bed early.

Leo:
(July 23-Aug 22)

Hedgehog: Sensitivity is your strength and your weakness. You are understanding and comforting but people tend to use that against you. Though you may be tiny you do tend to pack a punch if anyone crosses you.

Gemini:
(May 21-Jun 20)

Black Cat: You look scary but you are actually one of the most friendly pets around! You love having a few really close friends to spend your time with. While you are super loving you can be a little nosy and under-foot.

Virgo:
(Aug 23-Sep 22)

Chameleon: You are a hider. You can mask your emotions and read a room. Withall the hiding you do you are an observer which helps you find things really well. You tend to be very chill and take things as they come.

Libra:
(Sep 23-Oct 22)

Pit/Lab Mix: You get a RUFF time because you always look sad or scared but really you just want to cuddle and go on long walks. You love your close friends and become really attached. You are really gentle but you can convince yourself of things that are unrealistic and proceed to panic over them.

Capricorn:
(Dec 22-Jan 19)

Parrot: You are a talker! Weather it is to others or just to yourself you can always be found having a discussion. This makes incredibly self reliant but you don't mind some company to gossip with you.

Scorpio:
(Oct 23-Nov 21)

Snake: You are super resourceful and passionate. You will always help someone out if you are in a pickle. However, you also have a massive temper that you have trouble controlling. If someone pisses you off you become quite conniving and mean. If they stay on your good side you are a sweetie.

Aquarius:
(Jan 20-Feb 18)

Betta Fish: You are a lone ranger. You don't have a lot of connections and you don't really mind. You tend to float above it all with your aloofness. You have inherit wisdom and are a great listener. Commitment is not your strongest point.

Sagittarius:
(Nov 22-Dec 21)

Horse: You are very generous and study. People can lean on you for anything and you will be there for them. You do however, make a lot of promises you can't keep due to your impatient nature.

Pisces:
(Feb 19-Mar 20)

Geko: You are an artistic and colorful being. You love all things musical and colorful that inspire your inherit wisdom. You do tend to be over-tusting and see the absolute best in people even after they prove they are untrustworthy.

Are You Ready To Be a Pet Owner

By Allie Flemming

There is nothing more exciting than the prospect of getting a pet. Whether it is a horse, a puppy, or a goldfish, it is important to ask yourself, "Am I ready to be a pet owner?"

In order to be ready to bring a pet into your home, there is a number of factors that you should take into consideration. First of all, you need to do your research. It is important to closely consider the type of animal that you want, and to realistically decide what will work best for your family. If you live with somebody, you need to take the needs of everyone into account when looking for a pet. For example, if you have small children, make sure to get a pet that is compatible in a house with children. In addition, it can be quite overwhelming if you attempt to take on a lot of responsibilities that you aren't at a place in your life that you can achieve them. Always do research on animal breeds to determine what you are looking for, and what your ideal pet is. It is unlikely that you will find a pet that checks off everything on your list, but once you develop an idea of what you are looking for, it will be much easier to figure out what will fit into your lifestyle. Once you are sure you are ready to get a pet, start looking into the details. How much will this animal eat per week? How big will they get? Do they have any potential health concerns that you should be aware of? Do you have a veterinary?

After you have taken all of that into consideration, you have become that much closer to making your dream of having a pet a reality. This is the time in the process where you need to think about the logistics. It is time to take your personal schedule into account. Many animals require lots of care and attention, and to be a responsible pet owner, it is your duty to provide them with that. If you know that you work long hours and will not be at your house for most of the day, it is absolutely necessary to think about how your pet will be cared for. If you happen to have family or friends who could stop by and care for you pet, then great. However, if that is not an option, you will need to make arrangements for someone to come care for your pet. If you can not guarantee that your pet receives the level of care and attention that it needs, then you are not ready to be a pet owner.

The next step is the preparation. It is important to make sure your house is pet-ready. If your pet is going to be free in your house, you will need to babyproof everything. That means no exposed wires, poisonous foods or plants, or other objects that could be potentially hazardous to your pet. In addition to safety, pets tend to get into things or chew them up. You will need to make sure that anything that can be chewed up or chewed through is carefully closed or put away. You will also need to make sure that you have supplies for your pet. This includes a leash, collar, information tag, toys, food and water, bowls, and bedding. If your pet is not up to date on its vaccines, make sure to make a veterinary report as soon as possible.

Even despite careful budgeting, dutiful selection, and responsible tendencies, it is still possible that you might be ambushed by unexpected expenses. For example, you made need to replace items that your pets have broken, or pay for unexpected veterinary trips and services. If you set aside an emergency fund for this kind of stuff, the stress of the unexpected will subside greatly.

Overall, animals need love! Make sure you have set aside time in your schedule to bond with your pet. When you first bring an animal home, it can be stressful for them to be in a new environment. In order to make the transition as seamless as possible, set aside time to be with your new pet. Whether it be playing with toys, going on walks, going to the park, or snuggling, this bonding period will allow your pet to build up a trust and love for you that will be critical to their health and happiness. Bringing a new pet home is a big change for everyone, and is stressful on both the person and the pet. It is important to stay patient throughout the process, and above all, show your animal that you are happy to have them in your home. The first couple days will be the foundation of your pet and owner relationship for the future, and it is important to build a strong one.

When the Best Part of a Trip is Who You Bring: Pet Adventures for Adventurous Pets

I got my dog when I was five years old and I have never had a closer friend. We do everything together. My dog was a rescue dog. She was found with her sister inside of a cardboard box in a Walmart parking lot. My dad said that he did not want a puppy because it was too much work. However, as soon as my mom and I saw how cute this dog was we had to buy her and take her home. My dad was right, a puppy is a lot of work but she was worth it.

When I was ten years old I got really mad at my mom and I decided that the best choice was to run away, and of course I have planned the whole thing out. I packed two backpacks of things that I would be needing for the rest of my life. One of the bags was filled with food for me, my dog, and two boxes of dog treats. The other bag was full of clothes, two sleeping bags, for me and Daisey, my dog. The last three things that I brought were three gallons of water, my dogs water bowl, and a leash.

I had no clue where I was going to go so all I that I did was walk as far as I could. Which me only being ten years old was only about half of a mile.

Oso many times so I figured that it would be easy to do myself. Wow! I was very wrong about that. The hardest thing about setting up the tent was that I had forgotten to bring a flashlight. It took me a long time to figure the tent out and finally after what seemed like forever, the tent was up and my dog and I crawled inside. I got out the two sleeping bags and got into mine. Daisey did not like the idea of sleeping inside of it so she just laid on the outside of hers.

This was by far the scariest night of my life. As soon as I had almost fallen sleep Daisey started to growl. Of course the fact that all it could have been was a racoon or a deer never passed through my mind. No, I thought that it was a monster but very soon the growling stopped and we both fell asleep.

The next morning when I woke up I immediately took down the tent and walked back home. My parents were already asleep when I left the house so when they saw me walk into the house with Daisey they were very confused. I did not get in trouble for sneaking out and Daisey and I decided that it would be better to just stay at home instead of sneaking out again.

Features

Backpack Madness: Student Adventures across 3 national parks in 3 weeks- Mount Rainier, Olympic National Park and Cascade National Park

By Olivia Monin

My travel quest was backpacking for three weeks across three major mountains, the Cascades, Mount Rainier, and the Olympics. The idea started as just trying something new I have never done before and being adventurous.

The entire journey was a big change for me spiritually, emotionally, and in learning my own strengths and how far I can push myself.

On the drive to Seattle to meet up with two leads and six people I have never met in my life, to spend twenty-one days with in the wilderness, I had the slightest thought If I would ever see civilization again. Backpacking was always something of interest to me, for the woods and hiking is something that calls my name quite frequently. My mother, spent hours searching for camps, clubs, and many things to get me off the island for a bit in the summer. She went over many options with me, and nothing quite struck me like WOW (Wonders Of Washington). As the dates came closer, the idea of leaving for twenty-one days, with no technology, or anyone I knew, made me a bit nervous. At the time I was enrolled in Spring Street International school, which offered various outdoor traveling options, and included an annual backpacking fall trip to begin off each fresh year at Spring Street.

My first year there, I was at a base camp, which we camped in the same area all week and went on day hikes around the Cascades. So this would be my first real experience traveling with my life on my back for miles and miles. My father, holding years of experience with backpacking and nature in general, helped me train everyday. We put weights in a backpack and hiked for hours and hours, we went off trail and pretended to "get lost" and find our way back with a compass. After a few weeks, I came quite conditioned and was even more excited. We made a trip to the nearest REI and definitely lost some dollars there. I got all the necessities the list said, having more gear increased my excitement.

When the day to drive to Seattle arrived I was so nervous and so excited. We drove for a few hours and my parents dropped me off and the YMCA building. I said goodbye to my phone and music, and grabbed my bag and went in. My parents came along, the leaders talked to them and let us say our goodbyes. When I met the leaders, I had no idea how close I would become with them in just a matter of a few days, Jimmy and Abby were our young leaders. This was supposed to be a co-ed



Olivia Monin takes a chance backpacking with new teens in WOW- Wonders Of Washington

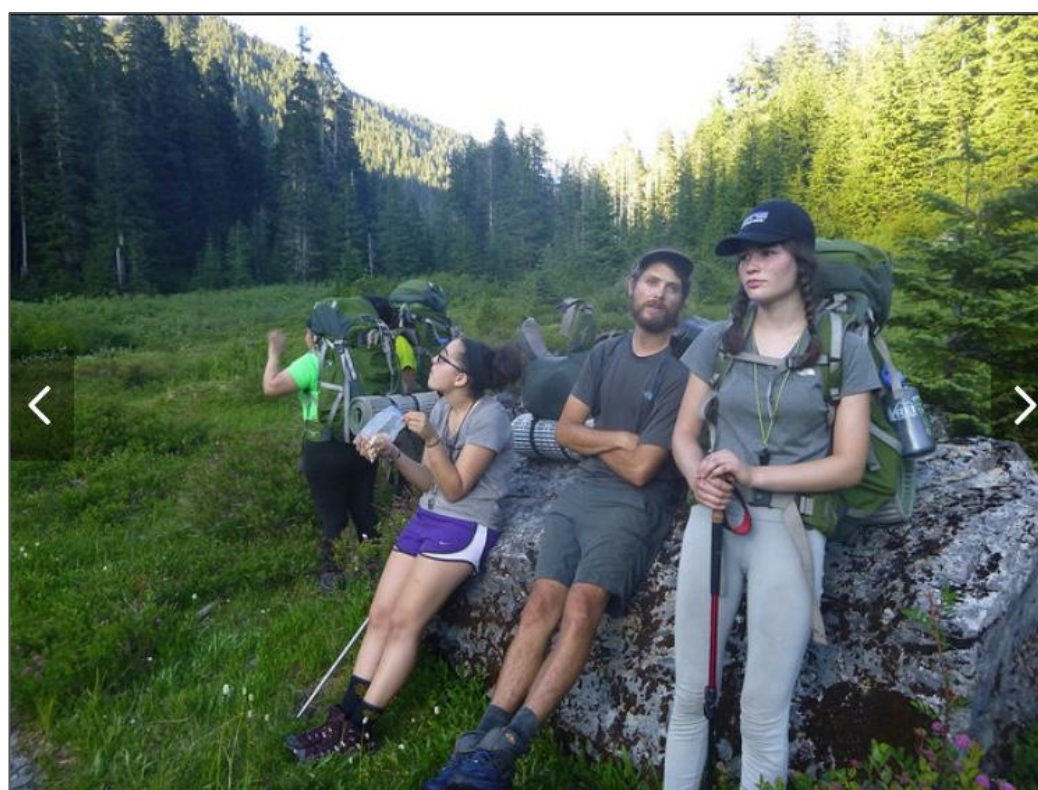
trip but only girls signed up. The other girls all came at different times, some were flying in from Texas, or driving in from Sammamish. Looking at all the unfamiliar faces and everyone wearing outdoor gear, I wondered so many things, but placed no judgement. Before we left we had to go through our backpacks and pack food, gear and tents into them. During that moment looking at all the piles to put into the backpack, I was to carry was overwhelming. When it came to lift the backpack up and just walk it to the bus, I could barely pick it up on my own, it weighed a little over 70 pounds. We headed out on the YMCA bus and I ended up talking to this girl named Edah, we got along really well and I was super happy I already made a friend and felt less alone. When we arrived to the Olympics after a three hour drive, we headed out for a four mile hike to our first campsite. We first prepped our food which seemed very good but by the third week it was so bland. We had muesli, lots of rice, occasionally we had dried cherries, we had endless flour tortillas with peanut butter, lots of trail mix, and gatorade powder. They then taught us out to set up the midi-tents and camping stoves and we slept very well. The next day when we headed out after a few miles Edah fell and screwed up her knee to the point she could not walk on it. They asked for two volunteers to help hike her out to meet a bus that would pick her up. I volunteered along with this other girl Anna. We hiked her out six miles, waited for an hour, until a bus picked her up and started to hike back to meet our group who camped somewhere. At that time it was about six o'clock and beginning to get dark. We had about six and a half miles to hike back. We ended up hiking in the dark, which made my imagination flow to all sorts of scary thoughts. We arrived around almost eleven o'clock. I was so exhausted for I had hiked over twelve miles that day and we got no dinner, for everyone had already ate, which was very rough.

After that week in the Olympics was over, I was so tired. I counted over sixty mosquito bites on one leg and all of my clothes were damp. I was so ready to get out of the Olympics even though it was so luscious and beautiful. Our next place was Mount Rainier, a bus picked us up and drove us straight there. We were not allowed to buy anything or use any payphones. Driving to Mount Rainier and looking at how huge it is was so beautiful, being told it was not humid there compared to the Olympics was a huge relief. We got our fresh bag of clothes we packed and set out for each week and fresh socks and

underwear was so amazing. I had one fresh shirt, two pairs of socks, and two pairs of underwear for each week. Our week at Mount Rainier was incredible, and we all saw our first bears and a cub. We got up at four in the morning to start hiking at five and saw an insane sunrise. I saw goats, and creepy spiders and a field of flowers that never ended. The downfall of Mount Rainier was the mosquitos, they were everywhere. One girl I became really close with, got bit all over her face and her face swelled up a lot.

One day it was around eighty degrees out and I got overheated and could not walk anymore. I drank water and rested, and my head would not stop pounding and I felt dizzy. Thankfully our campsite was about two miles away and I layed down for the rest of the day when we arrived and got all better.

At the end of Mount Rainier I got sad for that was my favorite part so far.



We then headed to the cascades. I started to miss my family and current boyfriend at the time and got really sad. I wondered if they were thinking of me and I was struck with a big dose of homesickness. I did this thing where at the time I looked at, I imagined what my family was doing. If it was 10 in the morning, I knew my mom was just getting up for she always wakes up at ten o'clock. If it was six in the evening, I knew my dad was just wrapping his day up at work. Thinking like that made me feel a lot better.

I journaled everyday, and came up with lists of ideas and things I wanted to do when I got back home. The thought of technology was far from my mind and I did not even miss it.

Pit toilets were something that was lucky when we came across it. It was a toilet that had a pit dug in the ground and would be on the edge of a cliff or some sort of amazing view which was so nice. We got one roll of toilet paper each week and that went by too quickly, so I started using leaves, which makes me appreciate toilet paper a lot now.

In the Cascades, we hiked about sixty miles, and it was so hot. The hottest day was one-hundred and two degrees and every creek we went by I would dump my hat, and bandanna, and face in to cool down. I wished we could have hiked naked. The air quality was terrible, there was a sad amount of fires happening nearby.

It made me think of my dad and wonder if he was called out into the mountains to help. At the end of the Cascades we had a pass to cross and then we would be at the end.

The pass was twelve miles and it took us about thirteen hours, almost till dark to finally reach our last campsite, the heat made us so slow. When we reached the last mile before the bus, I became sad because everyone I was with I became so close with and had a special bond and the nature made me feel so alive. Coming back to society, I literally forgot how to text and eating food like pizza was the first meal we got, and it was so amazing vs. endless flour tortillas and peanut butter.

The mountains teach and learn and even when your nervous going through something new has so many lessons and memories, that you'll never forget.

How to Prepare for your AP Test

By Allie Fleming

Advanced Placement Classes. The name alone can be intimidating, and many high school students are too scared to even consider taking these classes. However, despite their daunting nature, AP classes can be essential in providing you with a college resume boost and skills that other high school classes just can't match. If you decide that you are ready to take an AP class, here are some tips and tricks to help you fully prepare for your AP test.

The most important thing you can do to ensure your success in your AP class is to keep up with your classwork. In AP classes, it is easy to fall behind, and you don't always have someone to make sure that you are keeping up. You have to take it upon yourself to dedicate time to your class, and learn the best way to balance school and life. There are a lot of classes in highschool that you can coast through, but AP classes are not for people who plan to do that. The work that you do in your classes is specifically designed to prepare you for the AP test, and it is all carefully planned out to provide you with the right knowledge and skills that are needed to pass with flying colors. Pay attention in class, and take notes on what your teacher says.

In addition to working diligently in class, it is important to study outside of school as well. The teacher is not going to be able to teach you everything in class, since there is a lot of material to cover in a short amount of time. In order to make sure that you know all of the material, you will have to take time on your own to review what you covered in class. In addition to review, there are also more resources available for you. There are many AP test preparation books that have practice tests and prompts, as well as highlighted sections that are important to review.

Another tip for preparing yourself for the AP test is to take some time completing practice tests online or from a book. When doing these, try your best to stimulate the test environment. Time yourself and try to recreate the situation as best as possible. If your test requires essays, try to find some practice prompts online. Then have a classmate, teacher, or tutor read them over for you and give you pointers. After awhile, you will learn your groove and find out how to pace yourself in a timed situation.

Another factor to be aware of is the test structure. In order to do well on the test, you have to be comfortable with and fully understand the test structure. Look over the rubrics so you know exactly what skills and ideas the test will require. As the test date approaches, make yourself a study schedule. Look over the whole year and identify the sections that will be the most challenging for you. Plan on which days you will study particular sections. Figure out how much time each will take, and map it out so that you have enough time to cover everything.

Even though it's hard to spend your free time studying, it is also important to put in the extra work. It is critical to take advantage of weekends, breaks, and any free time that you might have. Organize your notes and make lists of terms to memorize. In the long run, this extra dedication will pay off.

In the midst of all the studying and stress, it can be hard to think about your self care when you are so stressed out about the AP workload. With all the studying, it can be easy to lose yourself in the stress. But being more stressed will actually negatively affect your test score and capabilities.

[Continue AP Test FEATURES 8](#)



Cullen family: photo courtesy of Mr. Cullen

Parenting Teachers : How Do They Do It?

By Jack Knapik

Our teachers have a lot of responsibilities inside and out of the classroom. Some spend hours upon hours of their personal time to make sure we have grades in the gradebook, curriculums crafted to perfection, and students ready to take the next big test. On top of that, some of our teachers have responsibilities we tend to forget about, the responsibilities of parenting. How do they balance teaching us while also taking care of their own kids? Well, it's no easy task. Thanks to three of our teachers were generous enough to spare some time to share their sides.

Mrs. Buehler, our Physical Education teacher, is the mother of two daughters. Thanking her 1st period prep time, she is able to drive her kids in to Paideia for school in the mornings. With a fairly simple curriculum and little to grade outside of school, she is able to spend the morning with her daughters to get them up and ready in a leisurely manner.

After school, however, is a completely different story. Paideia gets out of school 10 minutes before the public schools do, so it is a daily race against time to get to the car and meet her kids after the bell rings and students leave.

After arriving home it is a whirlwind of making snacks, helping with homework and reading, making dinner, and getting the kids ready for bed. All of this is done after a long day of being on her feet all day, which is much more tiring than you would expect.

On the days Mrs. Buehler stays after school during a meeting or working in the classroom, she has the kids stay in her classroom. They tend to either do homework or, more often than not, she "sets them up with Disney Channel on [her] phone."

Mr. Cullen, our math teacher and father of five, has a different story. He spends his mornings getting up without anyone else, then waking the rest of the family right before going to school. When it's time, his wife drives their four kids in, with one in college where he can drive himself.

At school Mr. Cullen has already taught two of his eldest kids, treating them no differently than the rest of us. Actually, according to Mr. Cullen, he treats his students as if they were his own kids. At home he jokes and laughs with his five, then brings his sense of humor and collection of "dad jokes" to school to share with the rest of his students before setting in on the lesson. The only downside: his kids have already heard the jokes!

Out of all the teachers, however, Mr. Cullen is the only teacher who is currently teaching his own kids and their friends. This makes him the only current teacher to have his students home for dinner.

MarioKart Tournament

By Jack Knapik

It was the early summer of 2016, and the Play Nintendo Tour was on it's way to Seattle Washington, one of its many stops across the country. It was an exciting time for myself and friends as this was the first time we would be able to go to any event like this. Bridger Bell, my friend, and host of the trip had been to the event a few weeks prior in Montana, and was excited to take me, along with a few others.

The ride to Seattle is somewhat of a lengthy one for us, living on San Juan island it's a long boat ride and drive that can take up to three to four hours depending on traffic. It was an early ride on the boat in the morning, so most of slept, however, the car ride couldn't be more hectic. There was excitement for the event, anger against the traffic, worryness of time and joy of trip and me personally, it was a time for focus and training. I had got into the car for this event knowing already about the tournament, the rules, steps and most importantly ways I could get better. I had brought my Nintendo 3DS in order to practice the first part of the race, a time trial.

The tournaments consisted of thirty two players, two sides of 16 that faced each other at first. The first battle is a time trial, a personal scored race, only the top 4 players of each side got to continue. I knew this had to be my main focus on the car ride. For two hours, I did nothing but practice the one race used for the time trial, working on muscle memory, shortcuts, and ultimately, the fasted I could beat it. For the rest of the rounds it was each side of people against each other, and the victors from each side would end up going to finals. There was only one problem. The time trial was on the game Mario Kart 7 the rest of the races against each other were all on Mario Kart 8 for the Wii U, A console and game I have never played in my life.

We finally arrived and in Seattle and all anyone in the car could think about was the Nintendo Tour. It was held in the Bite of Seattle near the lare food courts. We all walked into the building and our child minds exploded with excitement. It was like walking into dreamland. Massive decorations, stands and areas set up in regards to certain new released games, but that's when I saw it, the tournament area, and I felt like my heart was going to explode. All the seats were designed to actually be like sitting in carts and giant screens for the games, there were announcers with microphones, this tournament wasn't just for fun, there were crowds of people watching, this was a full on spectated tournament.

The first thing we did was sign up for the next available tournament of the day, which would begin about an hour and a half away, so we then took that time to view the rest of the place. The tour was had stations decorated and activities based on one of the games being released, and we found out, that if we went to each station we could collect stickers to win prizes. We became determined to collect the stickers and get prizes and we did this until the tournament was ready to begin.

The speakers turned on, music began to blare and the announcer came to the stage. I looked up with an exploding excitement as the announcer would soon be calling contestants names to come up and sit down in the first section of the room. My name was called and I could feel my heart beating as I walked over and sat down in my seat. A Nintendo 3DS sat in front of me, loaded up and waiting for the game to start. Everyone sat down and the game was about to begin, the announcer stood up, and explained the rules of the first race, it was the time trial I had been practicing.

After you finished the race you time was clocked and the top four people from each side of sixteen would advance. I sat determined, and the three second countdown felt like the a thousand years, the race had began. I used my knowledge and practice of the course, remembering the fastest way possible, I only had to focus on myself, no other players. The time trial came to an end, my time, two minutes and eight seconds, the fastest I've ever done it, the person with the second closest time, was three minutes and six seconds.

I made my way to the semi-finals, it was four people on each side, eight total left. This is where problems began because I had never played Mario Kart 8 before and it added a factor that could potentially be my demise, cart customization. I had no clue what customizations were better than the others, or what could put me at an advantage or disadvantage. I decided to go with a standard cart, however, that in the end became a problem. In the end of the semi-finals, I just barely placed second out of the four of us allowing me to move on to the finals. My heart was racing but a sad feeling came over me as the cart customization could potentially lose it for me.

As I sat down in the finals I looked over to the others with me, the one that placed first on the same side as me was a teenage girl, and the victors of the other side were a masked man cosplaying as a Shy Guy, from the Mario series and a younger adult probably no more than twenty eight. I began to become nervous as the announcer began presenting us off to the audience, reading out our name and stats from the last few races, he became excited when seeing my time trial run but my other stats from the next races were rather average. After we sat down in special seats with monitors in front of us, however they were connected to one big screen that displayed and could be seen in the entire building. The final races were about to begin however first we had to make our carts. Nervous, I had to think fast, I thought about what the girl who beat me was using and began to look through the selection for those pieces, hoping she knew more than I did. The first of the final four races began, and I got completely destroyed, coming in last behind the other players. The announcer yelling all sorts of things like "OOO" and "OW THAT'S GOT TO HURT," when commentating the race. I was disappointed, however I didn't want to give up, not in front of a crowd of people, the next two races came up and I finally got a feel for my cart and placed first in both of those races, people began cheering and I knew I had a chance at victory. The final race came and it was one of the hardest and infamous maps courses of the game, Rainbow Road. I held first for most of the race and it came down to the last lap, I was going to place first, however if the masked man placed anything above third place, he would have enough points to win, however, on the final stretch he made a bad turn and fell of the map placing him in fifth, meaning I won the tournament I felt like I was floating as the crowd started cheering as it seemed the youngest kid in the finals had won. I saw flashes, whether it was from cameras or just my mind freaking out, I don't remember, but it felt blinding. I stood up as the announcer called my name and named me winner, the others racers stood up and stood by my side as pictures were being taken and prizes were being handed out, however no prize could compare to the feeling of the victory I had earned. After the tournament it became time to leave and I went home with a new confidence and prizes in my hands.

Social media: What Part Does social Media Play in People's' Lives

By Olivia Monin

Social Media: we all use it, but do we know what it is?" Social media is a network of websites and applications that allow people to share their content such as photos, texts, videos, and music quickly and efficiently in the current moment. You almost can't get away from it now. All ages use social media, but it is extremely popular among the younger generation. Companies and businesses use social media to increase their brand and communications; it is a very modernized way to reach consumers. A lot of the main social media apps are made to be used daily, like Snapchat where you have to "snap" an other individual everyday to maintain a streak, which is a number that defines the amount of days you have talked with that individual.

The popular use of technology has inspired a plethora of studies and research on the effects on younger kids growing up with the use of technology and how it changes brain chemistry. The research on kids over the years seem to mostly conclude that social media effects attention spans, depression levels, how they are doing in school, and interactions to people in real life circumstances. Many students at FHHS said they struggle not using their social media for even a few hours. Most said they use it to stay connected with friends.

Bella said "it takes up a lot of my time when I should be focusing on school, on other people, there's lack of communication due to social media causing less eye contact and conversation in real life".

Many people think that without a phone or texting they cannot interact with friends or make plans or just be up to date with what is currently going on. The disappointing part of social media is the addiction that comes with it, and the younger generation even knows it.

"It's hard not constantly checking my phone, even at school," who? said. Talking to adults and those who are more matured all significantly say these use their phones but do not participate as actively on social medias.

"I worry about the focus of the kids and how the outcome when they get older will be", said who?.

Social media plays many various parts in people's lives, some are useful and some are just for the purpose of entertainment.

AP Test

continued FEATURES 7

It is important to eat healthy, get lots of sleep, and exercise. All of these actions will stimulate your brain, and a healthier lifestyle will improve your mental health.

The night before the AP test, it is important not to cram your head in a last minute attempt to study. This can actually be counterproductive, and you are better off having a relaxing night and going to bed early. Get a lot of sleep, and if you feel like it is necessary for you to study, then just do a light review. It is much more important to get a lot of sleep and prepare yourself mentally for the test. Try your best to limit the amount of your stress, because in the end, you will do much better if you if you let go of the stress, and focus on yourself as a student. In the end, keeping up with your classwork, studying outside of school, looking at additional resources such as online or books, and limiting the amount of stress you have will ultimately help you conquer your AP test, and feel good about yourself as a student, and as a person.

--FEATURES 8--

Entertainment

Horoscopes

By Isabella Valdez

Aries- Mar 21- Apr 20

This month would prove great for your love and relationship. You would feel deep feelings for your loved one. You may incur huge expenses for your friend of the opposite sex. This month would prove great for your health; you would stay mentally strong. There may be some petty issues related to cough, an ache in your hand, throat problems, etc. but your immune system would be great during this month, and you would recover rapidly. Employees would get profit during this month. You would get new responsibility, would meet new people, and may discuss new projects or policies. Government employees may get some relief from struggles at the end of this month. Businesses related to food and eatery, education, commission, broking, and insurance sector may get great income inflows during this month. You would feel peace in your family. Children would follow each and every suggestion of their father. This month would prove great for students. You would be able to perform really well and get success in a competitive or entrance exam which would increase your reputation and respect.

Taurus- Apr 21- May 21

This month would increase love and closeness between young couples. You may buy a gift for your partner and may help each other financially during April. Employees working in private companies would have a great time during this month. The vibes at your workplace would be positive. You may go on a foreign business strip as well. People in business may expand their business to a new place; they may also open a new branch this month. You are likely to have joyous family time. As a parent, you may have a great time with your children. You may buy a new house, factory, or a shop to increase your wealth and property even though there are high chances that



you may get a property which would be exceeding your budget. Students would be able to concentrate more on their studies during this month, and their focus would be only on getting good results in the examination. Students in higher education may have to increase their efforts. This month would prove a great time to enjoy your married life.

Gemini- May 22- June 21

This month would prove really important for you. There would be many ups and downs in your life during April. You would be able to complete many tasks with your hard work. You may take new responsibilities with a positive attitude and would get success. This month may prove average for matters related to your love and relationship,

health, career, and education. It's advisable for you to propose to your loved one by choosing a proper time and situation or you may have to face the rejection. For your love and relationship, the second and the third weeks would be great. You may get some health issues during the second and the fourth weeks of this month. You would require taking additional care of your health during this month by controlling your eating habits. For career, this month would prove great. You would be able to start a new business, you would also be able to expand your business and buy new machinery or technology during this month. You would get new clients in your business, and new opportunities may get unrolled. Employees may get good job offers. They would have workload during this month but witnessing

[Continue on ENTERTAINMENT 10](#)

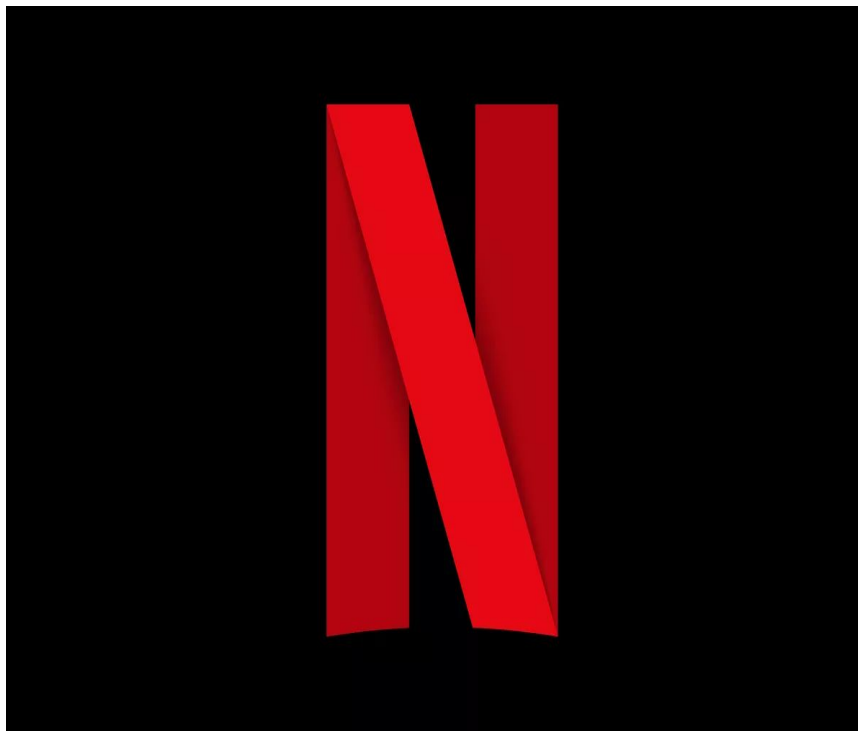
Movies Coming Soon

By Melyssa Taylor

Here is the latest update on what you can expect on Netflix this April, as well as movies coming to theaters. For a quick glance, check out the highlighted titles.

Netflix:

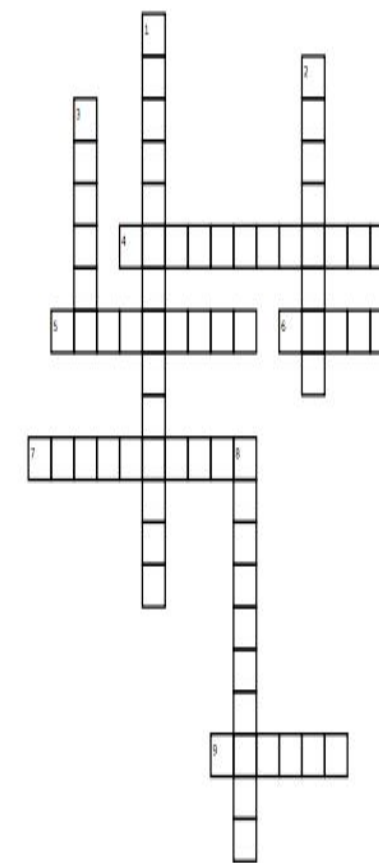
- **Ultraman**
- **Across the Line**
- All the President's Men
- Bonnie and Clyde
- Deliverance
- Divine Secrets of the Ya-Ya Sisterhood
- Evolution
- **Freddy vs Jason**
- **Friday the 13th**
- **I Am Legend**
- Lakeview Terrace
- **Monster House**
- Obsessed
- Penelope
- **Pineapple Express**
- Pokemon the Series : Sun & Moon (S2)
- P.S I Love You
- Spy Kids
- **Texas Chainsaw Massacre**
- The Bone Collector
- **The Fifth Element**
- **The Golden Compass**
- **The Sisterhood of the Travelling Pants**
- **The Sisterhood of the Travelling Pants 2**
- Valkyrie
- **Kevin Hart : Irresponsible**
- Suzzanna : Buried Alive
- **Chilling Adventures of Sabrina (S2)**
- In the Shadows
- **Legacies (S1)**
- Our Planet
- Persona : Collection
- Spirit Riding Free (S8)
- Tijuana
- Unicorn Store
- **New Girl (S7)**
- **You vs Wild (Bear Grylls)**
- Black Summer
- A Land Imagined
- Band Aid
- Huge in France
- Mighty Little Bheem
- **The Perfect Date**
- The Silence



- **No Good Nick**
- The New Romantic
- Super Monsters Forever Friends
- My First First Love
- A Fortunate Man
- Brene Brown : The Call the Courage
- Cuckoo (S5)
- I, Daniel Blake
- Music Teacher
- Rilakkuma and Kaoru
- Samantha! (S2)
- **Someone Great**
- Grass is Greener
- Pinky Malinky : Part II
- **Selection Day**
- I Think You Should Leave with Tim Robinson
- Bonding
- The Hateful Eight
- The Ugly Truth
- **The Protector (S2)**
- ReMastered : Devil at the Crossroads
- She-Ra and the Princesses of Power (S2)
- The Sapphires
- Street Food
- Yankee
- **American Honey**
- Senora Acero (S5)
- Burning
- **The Imitation Game**
- Anthony Jeselnik : Fire in the Maternity Ward
- Baki : Part II
- Ingress : The Animation

[Continue on ENTERTAINMENT 10](#)

Crossword Puzzle



Down:

1. New Marvel movie
2. Legal voting age
3. Who teaches Anatomy & Physiology
8. Who is graduating in 2021?

Across:

4. What time does school start?
5. photo sharing app
6. stale
7. purple and gold
9. Ariana



Each panel of this strip was chosen at random from the official Garfield website.

Horoscopes

Continued from ENTERTAINMENT 9

their own growth they would feel the enthusiasm and eventually their confidence would also increase. You may be able to analyse your previous investments and would make necessary changes in them. Due to work pressure, you may not be able to give your family quality time during the third and the fourth weeks of March. You may also get anxious for your children, especially for their education and career.

Cancer- June 22- July 22

This month may prove amazing for your physical and mental health. If there are any health issues, they may get resolved during this time. Your confidence would boost, and you would be able to increase your productivity. You may get success in your professional life and get new opportunities. There are chances of you getting a new job. As an employee, you may get an increment, bonus, or promotion during this month. You may go on a foreign business trip as well. For people in business, this month may not prove in their favour. They may have to take additional care while taking important policy decisions or they may face a huge loss in the future due to their mistakes. You may get negative results in court matters related to your business. This month would prove hopeful for your financial matters. Employees would get their money from arrears during this month. Businessmen may witness an increase in their profit. There are probabilities that a religious function gets organised at your home during this month. Your respect in society would increase. You may buy a new vehicle or a luxurious product for your home. For students, this month would be really progressive. Students in the technical line, commerce line or banking field would feel really interested in their study.

Leo- July 23- Aug 23

For your physical and mental health, the first twelve days of this month may prove average but the rest of the days



would be amazing. During the second half of this month, people interested in exercise, yoga, and gym may indulge in physical competition and win it as well. For employees, this month may prove a little problematic. You may get blamed without your fault and would require proving yourself as honest and true. You may also get transferred from your responsibility or position. People in business may get huge losses in their business. They may get a rejection on their large order for a foreign nation, and court-related matters may not give them success during this month. This month may give mixed results to employees and people in business in terms of finance. For your family, this month may prove great. You may get great support from your family in difficult times and may have peace. You may arrange a religious programme at your home this month. You would have a great time with your children as well, and issues related to them may get resolved during March.

Virgo- Aug 24- Sept 22

This month may bring a lot of new opportunities for your business. You may hire new employees, expand your business, or plan new policies for your business. This month may prove tough for employees, and they may have to complete their work on a very short deadline. There are chances of some inquiries against them. They may even happen to make some mistakes in their work. You would require adjusting yourself with high work pressure. Your physical and mental health would be great during this month, though you may get some issues related to stomach or gas, it would not be critical. You may feel fatigue due to the high workload. You would get financier for your business or would be able to arrange the finance. In short, your work would not stop during this month. This month may prove great for you and your children. Married couples wanting to get a baby may find this month hopeful. This month may give students negative results.

Libra- Sept 23- Oct 23

For Libra, this month would be a rollercoaster ride, and they would require balancing their lives. You may feel great for your relationship during the first week, though you may have to be cautious during the last week of April. You would be able to come out from your regular and monotonous lifestyle. You may adopt a new lifestyle or fashion and would try a new beauty treatment after a really long time. You may get a new longing for something. You would also stay hectic during this month and may require learning the art of balancing your personal and professional life. You may meet your childhood friends during this month. You may feel like doing some new adventures and may plan an adventurous trip to satisfy your desire. Your risk appetite may increase in your professional life. This month would prove great to analyse your work and financial matters. You would stay busy in your social life during April. Also, in your personal life, you would stay busy with your children. Students would be able to move ahead in their studies with great enthusiasm during this month.

Scorpio- Oct 24- Nov 22

You may get some seasonal flu-like fever or skin rashes during this month, but no major health issues. You may have to be cautious from getting into accidents and injuries during the last week of this month. There may be some mental stress issues during this month. Financially, April may prove great for you; your income may increase during this time. The first two weeks may be a little critical for you, and you may have to face struggles in financial matters, but the next two weeks may prove amazing for you. People having any work related to government or have business of electricity may find this month totally in their favour. This month may prove great even for employees. During this time, your seniors may focus more on discipline. If you want to sell any property, this month would be in your favour; you may get good deals for the same. It's advisable for you not to buy any property during this month as there are chances that you may not get a proper land or property to invest in. For your relationship, this month may prove average, and it's advisable for husband and wife to avoid any arguments or differences during this month.

Sagittarius- Nov 23- Dec 21

The fourth month of 2019 is likely to bring a really auspicious time for you. Your financial and family situations may improve, and you will have a great time. Except for five to seven days of this month, your family relations may prove to be cordial. The probability of you spending quality time

with your family members and life partner is high. For your love and relationship, this month is all about hearts and flowers. The chances of you meeting your partner frequently are toward the north. Love and intimacy between you and your partner may rise amazingly. Whereas, students may require giving more efforts during this period. As a student, you may get success, but that would require you to work hard. For people in business and employees, this month may provide with a great deal of time. For initiating something new, this month may favour you. It's advisable for you to take care of your elders' health during the ending of April. For purchasing new properties or investing in land or house, this month would give you many bright opportunities. Though it's recommended for you to steer yourself clear from indulging into the stock market.

Capricorn- Dec 22- Jan 20

April may prove overall successive for your career and business. You may get success in your business; employees would get increment or promotion during this month. Your business may get a new identity. You may get financier for your business or may get support from banks as well. This month may not be in favor of your health, there are chances of health issues related to stomach, liver, thyroid, etc. Financially, this month may give you negative results. Employees may find their benefits get stuck at the end moment, and they may have to work really hard to get them. Businessmen may face losses due to their wrong policy decisions or planning during this month. You may get losses due to wrong calculations in the stock market. Your family life would also be filled with ups and downs. Your children's education, health, or career would be great during this time. For students, this month would prove really amazing. They may feel interested in subjects related to technology, banking, and commerce during April. You would be able to enjoy married life during this month.

Aquarius- Jan 21- Feb 18

This month would prove really great for you. Your financial situation would improve and your luck would support you. You may get progress and success in your career. For students, this month would give positive results. They may get great opportunities coincidentally. They would be able to get admission to their favorite school, college, or university during this month, their desire for foreign education may also get fulfilled. If they are preparing for any examinations, they may have to work really hard. Your family life would be great in April. If you live in a joint family, you may face some disputes but it would be resolved positively. You would feel more intimacy and closeness with your life partner this month. You will try to understand your children's issues and may give you the best to resolve them. You may plan an outing with your family. There are no major issues related to your health this month. For your love and relationship, April may support you; you may initiate a new relationship as well. You may have to go on a business trip. Your issues related to employees may get resolved during this month.

Pisces- Feb 19- Mar 20

This month may prove great for your health and fitness. You may get rid of your old diseases and get cured rapidly. You would become mentally strong during this month. Employees would be able to get benefits of their efforts; people looking for a job may get success as well. Your chances of getting increment and promotion in April would be really high. You may go for a foreign business trip. You may get benefits in your business. Your business at a distance place or with foreign clients may increase during this month. You may get new contacts. You may get your money back which were stuck somewhere. Employees would be financially benefited by incentives or additional bonus during this month. Your financial soundness would be reflected in your family as well. You would be able to have great family time and may go for a short vacation with your family which would freshen up your mind. For students, the beginning of the month would be slow, but the later days may prove really great. They may feel interested in subjects related to technology, banking or commerce during this month. You may get resolution for matters related to real estate. You may get success in court or government-related matters during this month.

Movies Coming Soon

Continued from ENTERTAINMENT 9

Movie Theaters :

- **After (April 11, 2019)**
- Amazing Grace (April 5, 2019)
- **Avengers : Endgame (April 24, 2019)**
- Deadwood (April 30, 2019)
- Dreamland (April 26, 2019)
- Hellboy (April 11, 2019)
- Jeremiah Terminator LeRoy (April 26, 2019)
- **Little (April 11, 2019)**
- Little Woods (April 19, 2019)
- Missing Link (April 5, 2019)
- Penguins (April 19, 2019)
- Pet Graveyard (April 2, 2019)
- **Pet Cemetery (April 4, 2019)**
- Playmobil : The Movie (April 19, 2019)
- Project X (April 19, 2019)
- Rolling Thunder Avenue : A Bob Dylan Story (April 1, 2019)
- **Shazam! (April 5, 2019)**
- **Teen Spirit (April 5, 2019)**
- The Best of Enemies (April 5, 2019)
- The Curse of La Llorona (April 17, 2019)
- The Haunting of Sharon Tate (April 5, 2019)
- The Public (April 5, 2019)
- Unicorn Store (April 5, 2019)
- Vita and Virginia (April 24, 2019)



Reviews

Captain Marvel : The Newest Addition to the Marvel Cinematic Universe

By Melyssa Taylor

The newest addition to the Marvel Cinematic Universe, *Captain Marvel* is paving the way for more strong female characters in the future. There has been a lot of criticism and praise alike concerning the movie, fans critiquing the movies every move as well as how it benefits the MCU. I had no clue what to expect when I walked into the movie theatre, hearing many different responses to the movie. However, I was not disappointed when I walked back out at the end.

Carol Danvers, played by Brie Larson, is an extraterrestrial warrior from the Kree army, deep in the middle of a battle between the Kree and the evil Skrulls. Given special powers to defeat the Skrulls, she and a team of fellow Kree embark on a rescue mission. After a run-in with the Skrulls, she escapes to 1995 Earth. Soon discovering her previous life as a US Air Force pilot, she embarks on a journey with Nick Fury to find more information about her past and eventually defeat the Skrulls.



Poster depicts Brie Larson a.k.a Captain Marvel posed heroically by the doors of a US air force storage unit for planes.

Captain Marvel is filled to the brim with easter eggs, giving the audience plenty of things to look for while also fluidly setting us up for the next MCU movie, *Avengers: Endgame*. They make plenty of connections

between the MCU past, specifically in the 90's and the present. It intelligently explains the connections between Agent Nick Fury and Agent Coulson, giving us a picture of how they worked together before they

that "aliens" were a part of their universe.

At the same time, they make several very clear connections to *Guardians of the Galaxy*, containing multiple recurring characters. One character in specific makes it extremely clear that some of the characters have allegiances elsewhere. It adds to the depth of the MCU greatly, creating an even fuller universe consisting of characters strong enough to protect their worlds.

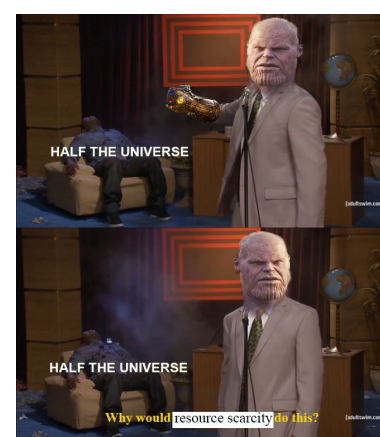
A humorous and action packed movie, *Captain Marvel* is brilliant. It easily combines serious topics and a new plot line to create an incredible back story to a powerful superhero. Judging by the teaser at the end of the movie, Captain Marvel is going to be crucial part in the the next chapter of the MCU, perfectly introduced at the right time.



Infinity War and Thanos Memes - Quality or Trash?

By Melyssa Taylor and Athena Baker

There are many new memes coming out in light of the new MCU movie, *Avengers Endgame*. However, are they quality or trash? Here are a couple memes our review team has picked out for our viewers.



First up is a familiar meme style for most, showing Thanos using the Infinity Stones to eliminate half of the universe. He then blames his crime on "resource scarcity," as if the universe is at fault, not himself. Though the format of the meme is recognizable, it is not a quality meme. In order for this to be a quality meme, it would take a lot of understanding about the MCU and Thanos' exact plans. This meme is henceforth deemed : Trash.

The Golem meme (see previous column) depicts what all Marvel fans were thinking as soon as the year changed to 2019, when *Endgame* is set to come out. It is almost impossible not to know who Golem is, so there is almost no context needed to understand the basics of the meme. It is also almost impossible for people to be unaware of the fact that *Endgame* is the next piece to the huge cliffhanger that Marvel dropped with the end of *Infinity War*. Compared to the others, this is the most quality meme that we've seen so far. Probs to the meme lord that made this quality meme.

You better hope Thanos doesn't find the Flavor Stone



For an educated memester, this is another great meme. However, those who don't know that this is a meme making fun of Guy Fury, a famous television personality from the Cooking Channel, is completely lost right now. The meme is truly a quality one when you have the knowledge of the reference, flowing smoothly with the Infinity Stone theme and promptly pointing jokes at them with an additional Stone of "the Flavor Stone." Too bad this would need some clarification in order to be a quality meme for the general population.



This meme is of Shaggy, from Scooby Doo, telling Thanos that he's found kidney stones rather than the Infinity Stones. What a meme! In our opinion, this is a hard meme to review. There are definitely some quality parts and trash parts. For example, it would take the knowledge that this person is Shaggy, but it also requires knowledge of the live action Scooby Doo movies in order to be a quality meme. However, the simple fact that Thanos is being told he has kidney stones is hilarious. You can only imagine what he would do if Thanos found out that the Infinity Stones were fakes. Semi-Quality Meme.



Our final meme has the same format as one of our previous memes, but a different message. It is making fun of the relationship between Thanos and Gamora, whom took her as his own child after he slaughtered her family. With that context, the meme makes fun of how devastated Thanos was after he had to sacrifice Gamora in order to use the Infinity Stones. This is secretly a quality meme, but not as quality on the surface.



From Money to Time: We Review Apps that Will Save You

By Jacqui Olsen

Being a high schooler can be overwhelming, especially having to balance a 7-hour day with other activities going on. And most FH-HS students play a sport and/or have a job. Adding a two-hour practice to that or even a couple hours of work can really take over a student's day. After a long day of sitting in chairs and either running around a field or a restaurant, the last thing that a student wants to do once they get home is do more school work. But like every student has experienced at least once, the consequence of not doing your homework and getting a bad grade can either affect your ears from your parents yelling at you or your ability to participate in a sporting event. So for every high schooler out there that has to deal with late-night work or preparing themselves for a quiz or test coming up, here a handful of apps that can help you make your study time more quick and effective.

The first app, **StudyBlue**, allows students to upload study materials and create electronic flashcards.

Once something is uploaded, you can go back to it and you can even search other material that has been uploaded from other students. This includes study guides and other quiz material that can be used for studying certain subjects. StudyBlue is available on the web, iOS, and Android.



An app that can help save you money from buying a \$100 graphing calculator is a fully programmed **Free Graphing Calculator** that basically makes it easier to do homework instead of having to dog through your backpack for some blocky calculator, and of course saving some, available on iOS and Android.



Staying on the math subject, another calculator kind of app that instantly solves a problem for you is **PhotoMath**. Now I bet you're thinking 'this app just gives the student the answer without them working for the solution', well you're not completely wrong but the app does help the student by giving them the steps of how to arrive at the answer, available on iOS and Android.



photomath

For seniors going into college here are a couple of apps that can help you keeps organized for your first year away from home. **CampusBooks** allows college students to buy, sell, and even rent textbooks. You can either buy a new or used book and save up to 90% while using this website. This app also allows students that are into reading to rent/buy ebooks.



Another app for college students or even a high schooler wanting to work on budgeting and organizing their money is **Good Budget**. Good budget is an app that helps you budget money by inputting some information and from there the app will give you an overlook of the money you've spent and the money you need to save. Both of these apps are available on the web, iOS, and Android. Hopefully using these apps will help you and keep your afternoons less stressful.



COLUMNS:WHAT YOU SAY

ASK AO -

WEEKLY Advice Column Answering Your Anonymous Questions

By Olivia Monin and Ayla Ridwan

Does appearance really matter to guys?

Every guy/girl is different in what they look for in a relationship. Maybe you should ask yourself what is attractive to you in a partner, and find that person. Personally what is most attractive is when a person respects others and you, cares a lot..not just about you but others around them, and when they can accept your flaws and help you grow. If somebody is disrespectful and rude and treats guys/girls as something just a toy that is very, very unattractive. When I asked around girls responded that "Appearance matters to MOST guys because they need to be physically attracted to them", "I believe it does. To most people. They can't see your personality through your skin", "I think it certainly can..it can matter to anyone when they have one thing set in mind" . Guys had a different take on themselves. Generally guys seemed to say that appearance does matter because it is human and (not all males though, be careful how you word) males are attracted to others, but they also are of course into personality, that just might not be the first thing they see.That can be hard to understand but it is a lot of truth. What you feel comfortable and right in something that is what matters the most:)

What is the easiest way of dealing with stress- How do you cope more easily?

To deal with stress, many people find that simply taking deep breaths will calm them down. Meditation can be a very helpful way to cope with stress and relax yourself. Exercising on a regular basis and eating a healthy diet can also help to relieve stress. One of the best ways to deal with stress is to step away from the situation that is stressing you out. Sometimes, taking a break and giving yourself a moment to breathe can help you to refocus.

How to talk to guys 101-

Talking to guys can take courage but just saying "hey what's up", and starting with a simple convo can be the start of a possible relationship. I believe that talking in person and going to lunch or hanging with friends and being able to be around each other and hangout comfortably is the best way to go. To be honest, you do not need to talk to them "differently".

Overthinking how to talk makes it not fun or easy at all.Just talk and be you; do not try to act different because you want them to like the real you, not someone you made up.

Is juuling really bad for you?

Juuling, while created to help adults stop smoking, still uses nicotine. Nicotine is one of the most addictive substances and can lead to future substance abuse. One pod is the equivalent of 20 cigarettes. Young adults who use vapor products are four times more likely to smoke tobacco cigarettes than their peers who don't use vapor products.

How can I convince my parents to let me get a cat?

Well first off what are their reasons for not wanting a cat? Are they allergic? Does the house you live in allow it? Do you leave on trips a lot? There can be solid reasons why they won't let you get a cat, but maybe you can come up with a solid plan or alternative..such as if they do not want a cat in the house..get a cat to be an outside cat. If they do not want to care for it, maybe you can be in charge of the food or care of the entire cat. Have an open conversation with your family and be prepared with alternatives and ideas to share with them so they can see you're responsible or willing to work with their boundaries.

How do I make my hair look better?

Wash your hair, brush it sometimes. Condition it, braid it for natural curls, work in coconut oil for a few hours then wash it out. Use less heat, wash your hair less. If you have more fine hair, use dry shampoo and when you wash your hair try to use less shampoo and conditioner. If your hair is thicker wash it less. Many people with curly hair find it helpful to use leave-in conditioner to weigh down the curls and prevent frizz.



Music is in the Ear of the Listener: Nobody Better Mess with Your Jams

By Allie Fleming



Nowaday Teen Culture has been taken over and heavily dominated by music, and the culture and community that it creates. No matter where you go, you are bound to see teenagers listening to music. On the bus, walking along the street, or in stores and restaurants, current day technology allows many teenagers to have unlimited mobile access to their favorite songs and artists. But what is the draw to music? Why do teens invest so much of their life into it? How does their life influence their taste in music? And how does their taste in music influence their life?

To many teens, music is a form of escape. Teenage years are some of the most stressful times of our lives, and access to music has made them much easier to navigate. Whenever you are stressed out, you can just click on your favorite playlist and escape from your world. Music is universal, and you don't always have to speak the same language as the lyrics, since the music is so powerful that you can just understand what the artist is trying to tell you.

Many teens love a variety of music, and their music tastes differ with their moods. Kai Di Bona, a sophomore at Friday Harbor High School, says that she changes her playlists depending her mood. When it is late at night, she prefers to listen to slow jazz. However, when she is in a really good mood she likes to listen to rap. These are two widely different music genres, but it is common for teens to love and relate to different genres. Another student at Friday Harbor High School, Ayla Ridwan, also likes a very wide variety of music. "Some of my favorites are the Beatles, the Decemberists, The Head and the Heart, Lake Street Dive, Neil Young, Carole King, and Best Coast." Ayla said, to list a few of her favorites.

Ayla's music also changes depending on her mood. When she is in a happy, fun mood, she loves to listen to Lake Street Dive. When she is feeling down, she prefers to listen to the Decemberists. When she is in a good mood, she listens to The Beatles, And when she is angry, she listen to Heavy Rock.Another question that comes to mind when looking at teen music culture is, how are their choices in music reflective of society? Many teens feel scared and embarrassed to admit what their favorite songs are, or they feel pressured to like the "popular music". Kai Di Bona agreed with this saying, "I don't usually tell people about my music taste. I feel self-conscious about it."

This is a feeling that is shared by many teens. Music is a form of expression, and societal pressures and standards have somehow been able to gain control of our freedom of expression. Not all teens feel comfortable rocking out to their favorite songs, and instead are forced to endure the new "popular" music, even if they may not like it themselves. We should take the time to ask ourselves, why do we let society take control of our music? Why do we cave into the pressures that are forced upon us by our peers? Society may be powerful, but if everyone just chooses to love and express themselves the way that they want, we just may be able to beat it.

Opportunities, Jobs and Beyond

By Isaac Brumsickle

There are nearly endless opportunities for jobs, tutoring, and volunteer work for teenagers on the island. When it comes to jobs, there are many places that are willing to accept applications for inexperienced workers, and they are also willing to train people. It all depends on what you would like to do as your job. For example, if you are interested in restaurant work, there are plenty of places in town and at Roche Harbor that are accepting applications: San Juan Brewing , Downriggers, Haileys, Lime Kiln Cafe, and various other restaurants and cafes accept applications and resumes. Kings and Market place are also always hiring "baggers". Crows Nest may also be willing to hire untrained baristas because the owner likes to train them in a specific way. The most difficult part is getting the courage mustered to put yourself out there with an application. There are thousands of resume templates on the internet, or ask an adult to help with an application.. When it comes to tutoring, the National Honors Society meets every Monday and Wednesday to give out free tutoring from fellow students. If you don't feel comfortable with that, teachers are always willing to help with questions before and after school, just be sure to set up a meeting. With such a gracious community, volunteer work is never really hard to find. Joining clubs such as Leo's or Soroptimist are good ways to get involved in volunteer work. Helping with the community dinner, the local triathlon, and being a leader for Vacation Bible School, among others, are all great ways of getting your community service hours.

