How Not to Get “The Tremper Plague”

by Morgan Garski and Alexis Koessl

Starting at the end of January and continuing into the first week of February, Tremper students and faculty have been attacked with what the students like to call the “Tremper Plague.”

In this epidemic at Tremper, there was one where even 300 students and faculty were gone. This has been rising anger out of many people. Some argue we need a school shut down to have time for disinfecting the building.

Some argue that if you’re sick, you need to stay home to avoid others from becoming sick. Some people are just coming to school and filling the hallways with germs. This then leads to germs filling the school. Now it is time for Tremper to fight this Plague.

How do you know if you have the Tremper Plague? We have the answers. The symptoms will include: constant coughing, a nasally nose, several sneezes, crowded congestion, frequent fevers, and an abundance of aches within the body.

To treat these symptoms, there are a few steps to take. If you become ill, take the day off. We do not need more sickness at this school. If you stay home, take the time to heat up some delicious chicken noodle soup with a side of saltines. Spend the day relaxing in bed watching Netflix (preferably with a cuddly animal).

Consult with your parents on what medicine you should intake, they have the best advice. Finally if these steps do not help, consult with a doctor. PSA: In this time of despair, cough drops, tissues, and medicine will be your best friend.

Now if you are not yet affected, we have a few steps in preventing these symptoms from coming abroad. Wash your hands for 30 seconds with soap and warm water. Stay hydrated and healthy. If you feel a cold arising, stay home and rest. Although it can be hard, stay away from friends that are sick, they will get you sick. Last but not least, battle your way against the Tremper Plague.

Girls Who Code: A Once in a Lifetime Opportunity

by Sarah Candee

When I was only a sophomore in high school, my older brother suggested that I learned how to code. I brushed it off and didn’t think twice about it. About a month later he brought it up again, prompting me to apply to a seven-week intensive program in coding, called Girls Who Code. I obliged and waited for my acceptance letter. Shortly thereafter, I got denied.

Fast forward almost two years later. I am now a second-semester senior in high school who is declaring a double major in computer science and artificial intelligence and planning to wear my GWC (Girls Who Code) graduation stole in just a few short months. Now, this isn’t just a narrative about me. This is me, taking on my brother’s role, to you, the reader.

The program itself is a non-profit organization that offers clubs and immersion programs to introduce high school girls to computer science. It is a completely free program that is in most major cities in the United States. Each program is paired with a major company or university.

The immersion program has 20 students per classroom in addition to the two TAs and the teacher. They go on a number of field trips and learn several languages throughout the class, resulting into a final project that the girls create during the last two weeks of class.

When I first heard about everything the program offered, I was both enthralled and hesitant. It seemed like a lot for me, a timid girl who never was the best student. By the end of my course in the summer of 2016, I spoke at graduation and had a new family with all of the girls from my class. I strongly encourage all sophomore and junior girls to apply; it is an opportunity that you will likely never see again.

Furthermore, the tech field is growing rapidly. By 2020, there will be 1.4 million jobs available in the field and only 29% of US graduates are on track to fulfill those jobs. Out of that 29%, only 3% are women. Even if you are not a female or you are too old to apply, advocate for women in the tech field.

For more information, the application, or other ways to get involved, check out the Girls Who Code website: www.girlswhocode.com.
U.S. Bill Proposed to Exit the United Nations

by Sanad Joseph

On January 3rd, 2017, Representative Mike Rogers (R) from Alabama’s third district introduced the American Sovereignty Restoration Act of 2017, a bill that would, if passed, make the United States leave the United Nations. This bill came as a shock to citizens, as it was first snuck into the House of Representatives without many people outside congress knowing.

This manner is similar to how the UK had a vote to exit from the European Union, in which the people voted to leave the EU. President Trump has voiced his opinion on the United Nations before, claiming that it’s “A club for people to get together” and a waste of American tax dollars.

A majority of Republicans are against the UN, as U.S. taxpayer money is sent to the UN when the UN does not have high U.S interests. This is especially true for the U.S’s relations with Israel, as the UN had a vote against Israel’s settlements with a vote of 14-0 (U.S abstained) condemning Israel. Ironically, much of U.S taxpayer money is, however, used towards Israel, a country that does not have much U.S interests and does not provide much back to the U.S.

This bill is a huge controversy. 193 countries are currently in the UN; nearly every sovereign country has a full membership in the UN, even North Korea. If the bill was to pass, and there is a chance since congress is completely ruled by Republicans and the president is a Republican, it will undoubtedly impact the future of the UN, as other countries may follow suit and may cause the UN to ultimately collapse, similar to how the League of Nations, which was an “older version” of the UN, collapsed.

Possible Budget Cuts by President Trump

by Bobby Cisneroz

Donald Trump intends to get rid of the National Endowment For The Arts and the National Endowment For The Humanities. He also plans on privatizing the Corporation For Public Broadcasting, the government entity that partially funds both NPR and PBS.

Suspicion of these cuts came from members of Trump’s transition team. These cuts are all part of a plan to diminish the federal budget. If all goes well for the new President, 0.02% from the 3.8 trillion budget will be removed. National Public Radio serves as a way for the people to access imperative information. This information allows people to step foot inside politics, religion, etc.

Currently no information has been confirmed with President Trump, but as time continues we will see if the allegations become true.

Trump Administration withdraws transgender bathroom protection

by Sanad Joseph

On Wednesday, February 22, 2017, the Trump administration withdrew a federal protection for transgender people to use the bathroom of their gender identity in public.

This law was introduced by former president Barack Obama to protect transgendered people from discrimination of using the public bathroom based on their identity.

This comes as yet another issue for people to revolt against Trump as he has made some controversial actions before (notably banning Muslim majority countries). Many people have claimed that this action shows that Trump is not supporting freedom and equality and is instead going against it.

Civil rights groups also claim that this will cause a rise of discrimination against transgender students and will only make America even more divided than it already is. Trump claims that these rights should not be chosen by the federal government, but that states should enforce the laws accordingly.

Many government officials claim that the withdrawal is wrong, and that every student in America should be protected for their choices and express their own personal freedoms.
Trump’s Travel Ban

A Story About Trump’s Ban

by Sanad Joseph

For the past few weeks, there has been controversies with President Trump’s executive order of banning visas from major Muslim countries. This ban also notes that Syrian refugees are not allowed to enter the country indefinitely.

The countries impacted by this ban are Iran, Iraq, Libya, Somalia, Yemen, Syria and Sudan. This ban has been criticised by many Americans and foreigners. An issue with this ban is that it is to protect the nation, yet major Muslim countries that have spread terrorism, such as Saudi Arabia, have not been banned.

Other countries that have not attacked the US, such as Iran, however, are banned from entering the country. Also, many citizens have been impacted from traveling for either work or to see family members. Americans protested in airports, as many people were detained upon landing into the US, even though they were in the air as the order was signed.

This ban has increased Trump’s chances of an impeachment, as many government officials deem this unconstitutional. The executive order has been taken to court on February 9, 2017; however, the stand was denied, and the order is still enforced (not fully, however). The order is set to expire between May and April of 2017 as it was meant to only be temporary.

by Riley Peterson

Since it was issued on January 27th, President Trump’s executive order blocking travel and refugees from seven Muslim-majority countries has been the subject of every possible form of media, from newspapers to podcasts, SNL sketches to in-depth reviews of its many legal challenges.

I’m not here to debate the benefits and detriments of this highly controversial executive action. I’m here to tell a story. It should be noted that for the purposes of this article, the executive order blocking travel and refugees from seven Muslim-majority countries will be referred to as a ban, purely for ease of writing.

My father’s friend has been married to an Iraq native for 11 years. They have children, and she works in a high-level management position in her company.

She left for a business trip to South America just before the executive order was issued. She, a green card holder, fully vetted and approved to live in the United States for over a decade, was denied entry back into the country. Let me repeat that: someone who has been legally living in the United States for a decade is now unable to return to her home.

President Trump tells us this ban has already kept out many bad people. Is she a bad person? I openly admit I have never met her, but I seriously doubt a woman with strong family attachments in the country she has lived a significant part of her life in is likely to have ties to Islamic extremism.

To stories like this one, supporters argue that the initial time frame for the travel block is only 120 days. After that, vetting and visa-issuing will, at least in part, resume.

But really, think about the last time you were away from your home and family. Moving away doesn’t count, that’s voluntary and all of your stuff goes with you. Think about taking a trip, but you can’t go home for four months. Four months away from your family and friends, your job, your coffee maker, your dog.

As the nation considers this executive order, issued within the first week of a new administration, please ask yourself why our leaders would make a decision that negatively impacts so many families.

Please question why this order was issued so suddenly, before most of the government had heard about it. Federal judges have since issued freezes on the ban to allow more time for review before it is acted upon.

President Trump has all the policy and law experts in the world to help him draft and design a fully legal executive order on just about anything. But he chose to quickly write and implement this order, and while some might praise his eagerness to live up to his campaign promises, I see a much more concerning unwillingness to pause and consider the constitutional law of the United States.
The Benefits of Alternative Facts
by Noah Olsen

Shortly after President Trump’s Inauguration, the question of conflict came into existence: “How many people actually attended?” Several sources have contradicted each other, leaving US citizens confused and curious. The facts were presented, but perhaps the alternative facts were correct.

Perhaps what this country truly needs IS alternative facts: a way to escape reality. Sources confirm that in fact, alternatively, Trump was “just joshing” the general public and doesn’t intend to stay in office too terribly long.

In fact, alternatively, reports just came in that President Trump has resigned and left American citizens with a small loan of $1,000,000 for participating in his “jolly joke.”

With the encouraging words from Sean Spicer, we can begin to embrace this new trend and soften the blow of reality.

Hillary Clinton Enjoys the Benefits of Netflix
by Noah Olsen

As President Trump settles in his new twitter account, Hillary Clinton removes herself from politics and places herself in a technological paradise: Netflix. When interviewed, she said her favorite shows consisted of Madame Secretary, Scandal, House of Cards, Avatar: The Last Airbender, and Ben 10.

“These shows are really just a great way to escape the reality of it all, and Ben 10 has the coolest alien-looking things ever! I’m really just excited to get to spend more time with Bill,” says Clinton.

Trump commented on her favorite Netflix shows via Twitter: “She is a terrific woman, I think she fought bravely and wellly especially since I would consider myself to be Ultra Humungousaur, the greatest of them all from Ben 10.”

Clinton has done well keeping off of twitter and has excelled in binge watching Netflix shows.

We here at The Tempest hope that perhaps President Trump will try and do the same and only tweet about Netflix related events.

Trudeau and Trump Trade Words
by Louis Rawley

Today marks a big day in Canada’s relationship with the Trump administration. Trudeau visits Trump today, and will discuss relevant topics to today’s relationship between the two countries.

This is the start of a likely rocky relationship between the two leaders. Trudeau is the anti-Trump in multiple ways. While Trump bans immigration into the country from seven different Muslim majority nations, Trudeau openly talks about bringing more refugees into Canada. While Trump looks to put the brakes on immigration, Trudeau openly welcomes it.

The idea of today’s meeting is to focus on NAFTA and boosting trade between the two neighboring countries. These two leaders both won surprising upsets in their countries respective electoral votes, but their commonalities end here.

They are opposites in every policy. One is pro-immigration, the other is very anti-immigration. One is very for slowing down climate change, and the other doesn’t believe in it. This meeting will mark the start of a very interesting relationship.

Satire Definition
A literary technique using humor to make fun of the vices of society... ...for the purpose of CHANGE.
Opinion

BREAKING NEWS: Donald Trump Hasn’t Really Done Anything Too Crazy!

by Noah Olsen

As we move further into Donald Trump’s presidency, we notice that he has made the headlines almost every single day. Although it has been entertaining, it has also been quite a nuisance in everyone’s daily lives.

Surprisingly, this trend has been broken for the past week or so, causing people’s lives to increase in happiness and reduce in stress level by 40%! Now, instead of Trump TRUMP TRUMP, we have been able to take in our daily dose of cute puppy pictures and cats jumping at walls and other stuff of that nature.

Because we are no longer stressed and have satisfied our hunger for cat videos, we can look to the future with hope and have faith that this new record of no annoying news will keep growing.

Affordable Care Act Repeal

by Bobby Cisneroz

Republican leaders are pushing for advancements in repeal for the Affordable Care Act. This past month they have spent time meeting up discussing the future of health care in the United States.

Against almost everything the Obama administration permitted surrounding health care during the two terms, President Trump is attempting to implement a different health care plan. Trump wants a plan that is in more favor of the wealthy class rather than providing free health care for the poorer classes.

Senator Rand Paul of the Republican party, is pushing for a new entitlement program heavily and working with colleagues to make sure Democrats are not having too much of a say in the future regarding these plans.

"Anybody that has really good ideas. This is the time to bring 'em. Anybody who thinks that their bill is the only bill that can pass, that's not realistic," House Majority Whip Rep. Steve Scalise said Thursday. "At the end of the day, we're going to repeal Obamacare and replace it."

The Problem With DeVos

by Louis Rawley

We are within the final hours of the final confirmation vote on Betsy DeVos. Betsy DeVos is the Trump team’s nomination for Secretary of Education.

A variety of issues arise with her nomination. The very first issue is the fact she has no education experience. The woman is a businesswoman and campaign contributor for the Republican party. There is much deserved criticism from both sides of the aisle for her nomination. DeVos is completely unfit for this position and really should never have been nominated in the first place.

DeVos is a massive charter school fanatic, which could prove detrimental for already falling public schools. It is completely obvious to every single student and teacher that public school is on the downturn, even being compared to five years ago.

Funding has been slashed by state and federal governments in order to curb spending, at the expense of the ones who need education the most. DeVos, with her massive amount of money, has fought against public schools for her entire history as a philanthropist. She backs school vouchers, which very literally steals money from you to pay for other kids to go to school.

I don’t think anyone would want to have to pay for some other persons kids, generally a already high income person, to go to school. This ridiculous idea is completely wrong, and should never even be considered.

As with every vote in Congress, lawmakers are voting their party lines, and not what is right or morally right. Republicans like her for the fact she wants to take school out of the hands of government, and hand it off to organizations, and likely corporations to establish private schools, that are like public.

This is a bad idea all around. Charter schools are not what they are cracked up to be. Cases exist all over the country of abuse of money, money laundering, and the fact that there's very little oversight of these schools. Charter, private, and parochial schools oversight differs by every single state, meaning there is no consistent oversight.
Making It The Norm
by Kylie Gattshall
Piercings and tattoos have been shamed in the workplace for years. Jobs will hesitate to hire a person because of the visible tattoo on their arm or the piercing above their lip. These cosmetic changes have absolutely no influence on the ability to complete the job. Whether it is a cashier at WalMart or a teacher, they have the ability to complete their jobs just as well as someone with absolutely no cosmetic changes. They do not affect their ability to complete college, and earn the same, if not a higher degree than someone with clear skin.

Social Media Updates
by Andrew Freiberg
Recently, all social media platforms made new updates regarding promotions. Facebook has implemented a part where an advertiser can get a certain amount of views if paid. They also put a bidding system for the times, so if you want a good time you have to put out more money. I think it is worth it to put the extra money because the more active people come on around 2:00 eastern time or 3:00 central time. This new system has caused many people including celebrities to lose out on money with their social media accounts.

The Benefits of Listening to Music
by Nick Evans
There’s something about music that connects us to each other. Music even helps us as humans say the things we are too afraid to say and always has a message in it. Whether it be the artist simply talking about past mistakes, their emotions, or just trying to spread a word of hope to let people know they aren’t alone.
Music has actually been proven to help moods. Clinical music therapists know the power music can have over emotions, and are able to use music to help their clients to better mood states and even to help relieve symptoms of psychiatric mood disorders like depression.

What it Means to be a Second Semester Senior
by Bryana Bosko
January 23rd marked the end of Semester 1 and the end of GPA reporting for senior class rank. It is also at this point in the year that seniors are receiving their college acceptance letters and committing to the schools of their choice.
Therefore, Semester 2 holds a different significance for us upperclassmen. While grades still are of utmost importance, especially for AP classes and their upcoming AP tests, these final few months come with relief.
Tedious college applications are long finished and much of the focus now is centered toward constructing powerful essays to win scholarships, establishing dorm arrangements, registering for placement tests, etc.
As newfound college responsibilities set in and the final stretch of four remaining months begins, a dandy little phenomenon called “high school senioritis” prevails. The vast majority of us are just ready to finish and begin the next chapter of our lives.
If you pay close attention, numerous seniors have begun lazily turning in assignments (or not turning them in at all), arriving to school late, avoiding responsibilities, and skipping school altogether. We have suddenly become supreme beings to the tasks of high school and anticipating higher education, or for some of us, immediate entry into the career world.
This article therefore acts as a plea to teachers, so that they may sympathize with the struggle and perseverance it takes to be a second semester senior, but also as a word of encouragement to fellow students. Let this be a reminder that colleges can still revoke acceptance upon grade drops, and that AP preparation must still be a priority.

Social Media
by Andrew Freiberg
Throughout my social media experiences, Instagram has been good to me. I started using Instagram when I was in 7th grade, and I wish I knew how to monetize it back in the day.
When I found out you could make money from it was during my freshman year. Whenever I have been using the platform to grow my business and increase advertising usage on my page. This year has been dry compared to last year and before that, but it is slowly increasing back to normal.

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Opinion

Why Learning a Trade is Important

by Nick Evans

It’s important for everyone to learn a trade because there is such a shortage in that area of jobs.

There is a lot of money to be made in certain trades, such as welding. The average underwater rig welder makes 89-150k annually.

Even though it takes awhile to learn everything there is to know about welding, you can definitely see that it is worth it.

Besides the fat stacks of cash you can make in welding, it is also pretty fun to do. You can make some cool things with welding such as tables, car parts, sculptures, storage bins, etc. By making these, you can also sell them and make a lot of money.

Welding does have its dangers as well. While welding you can get burned, cause the pipeline to fail and kill people if you don’t weld it right, or go blind if you don’t have your helmet on.

Sometimes the danger is well worth the risk, experience, travelling, and money to be made in welding.

Food for Thought

by Bryana Bosko

Consider the hypothetical situation that you only have one week left to live, starting today. Death, in fact, is an inevitable and often unpredictable force and it takes lives constantly. The Earth sees about 151,600 human deaths every single day.

However, if you’re living in a First World country such as the United States, you don’t typically wake up thinking about the possibility of death. Most of us wake up and are sure that we will see tomorrow, and the next day, and the next. We go to school in preparation for our careers. We plan vacations and celebrations months in advance. We regularly act with complete assurance that we will still be alive and healthy far down the road. We revolve our entire lives around this certainty.

But what if that’s not true? What if in reality, there’s only a few days left? A few weeks? This idea completely changes the game. There’s no longer a reason to stay in school, or keep your job, or go through your usual every day motions. There’s now a strong motive to do the things that you’ve always wanted to do. Now it becomes necessary to go skydiving, cliff jumping, and to tell that one person that one thing you’ve always wanted to say. But is this not how we should already live?

As unpredictable as death is, one would think that mankind as a whole would act more courageously. Instead, the majority of us settle for regular, cookie-cutter lives with very few risks - which is ironic because studies done on the elder have repeatedly revealed that their most common regrets involve either working too hard or not living for their own happiness. As a people, we are wasting our lifetimes on meaningless endeavors.

Our Escape From Reality

by Sasha Wright

Have you noticed kids these days always have their headphones on. Older generations just simply cannot figure out why. And to be completely honest, there is nothing wrong with having headphones on.

There are times when you should take them out to listen to your elders or others speaking to you, because it’s the respectful thing to do.

But first, let’s get back to the topic: why kids have their headphones in. Kids go through a lot and can easily be stressed out by stuff going on at home or whatever the case may be. Listening to music helps distract their mind and negative thoughts that could sneak their way in. It might sound strange, but this is true.

Many teens have struggled with depression for a long time, and music helps. It is their escape from the harsh and cruel reality. If you are ever upset about certain thing at home or stressed out with school work, put on that song you love because chances are you’ll feel better afterwards.

You know all those things you’ve always wanted to do? You should go do them.
The Legacy Behind Vans Off the Wall

by Jacob Naumowicz

When people go out and buy shoes, they do not think of the legacy behind the brand. A shoe that has a strong legacy is Vans Off The Wall which celebrated 50 years just a couple months ago.

Vans give a long lasting style that has proved to be timeless with kids wearing the shoes their parents wore in high school. Coming back home with new Vans and hearing, “Wow, I can’t believe those are back in style I wore those in high school.”

The style has stayed the same with only a few touch ups, and they will stay that way with a timeless shoe we all love.

Senior Spotlight: McKenna Theine

by Hannah Michaud and Alegra Schwalbe

This week we interviewed McKenna Theine, a promising Tremper graduate, about her time in high school and what she has planned for her future.

McKenna’s Interview:

McKenna hopes to attend the University of Wisconsin LaCrosse in the fall, to pursue a career in occupational therapy.

Although high school was a great experience, she looks forward to having more freedom in college and not having the same schedule everyday compared to in high school.

McKenna aims to begin her dream job as an occupational therapist after she graduates from college. Eventually, she has the hopes of getting married and maybe having a few kids of her own some day in the future, after college and finding a steady job.

Some popular events that made McKenna’s high school career memorable are the Homecoming and Prom dances, and attending the varsity football games with her friends. She said that she had a good time with the friends she has made and she will never forget it as she continues on after graduation.

Advice to future seniors:

“Don’t stress out too much to the point where school is all that you think about. Do try your hardest but make sure that you have some time to have fun and enjoy your time at this school. You will never get these four years back so cherish them while you still can.”

Health Risks of E-Cigarettes

by Aurora Barrera and Estefania Guzman

Electronic cigarettes, or e-cigarettes, have seen a dramatic rise in popularity since they were first released in the 2000s. Among teens, they are now more widely used than cigarettes.

E-cigarettes are marketed as “safe” alternatives to ordinary cigarettes. These battery-powered devices resemble cigarettes and simulate the sensation of smoking.

Instead of smoke, e-cigarettes produce a nicotine-containing vapor. Because of this, some people refer to their use as “vaping” instead of “smoking.”

While ordinary cigarettes contain more than a thousand harmful chemicals, e-cigarettes supposedly contain few—according to their manufacturers. Several health organizations have stated that there is no evidence to prove the safety of e-cigarettes. These devices still deliver nicotine, and they sometimes do it in unpredictable quantities.

Other e-cigarettes contain no nicotine, but they may contain other chemicals that have not been confirmed as safe for people. Teens who start using e-cigarettes containing nicotine risk addiction. There is also some evidence that e-cigarette use leads to smoking instead of simply being a substitute for smoking conventional cigarettes.

A 2013 study from the CDC found that 76 percent of middle school and high school students who used e-cigarettes also smoked conventional cigarettes. While e-cigarettes may not contribute to cancer to the extent that ordinary cigarettes do, these new devices hold health risks of their own.
Features

Fashion at the Presidential Inauguration

by Lisa Torres

On January 20, 2017, Melania Trump wore a powder blue outfit designed by Ralph Lauren. The first lady had a lot of trouble when it came to selecting an outfit to wear to the inauguration.

A lot of designer have opted to boycott dressing the first lady because of her husband’s political views.

However, there has been several designers that are still excited to dress the new first lady. For the inauguration, an unofficial tradition for the first ladies is to wear the opposite party color. This is a symbol of peace between the parties and unity throughout the country.

Therefore Michelle Obama wore red to the inauguration while Melania Trump wore blue.

The first lady will have huge shoes to fill because Mrs. Obama will be known for her timeless dressing and elegant grace that came wherever she went.

Bodyweight vs. Weight Exercises

by Daniel Valadez

Most people think bodyweight exercises are meant for calisthenics only, and free weights, known for the average looking gym, are meant to try to get the biggest muscles possible.

Many lifters also think that weight lifting compared to calisthenics is much easier due to simple grabbing of weights to get strong and that calisthenics requires more effort and hard work due to relying on our bodies for exercise.

Most weightlifting exercises are isolation exercises focusing usually on one body part at a time while calisthenics focus on compound movements that require many muscles at a time to use the different types of movements.

Many physical therapists argue that it is easier to get an injury through weight lifting than body weight because of the need to master form throughout exercises. For example, if you are trying to do a heavy push or pull with weights you can easily injure yourself causing you to gain nothing for the next week or month.

Even though these two styles of hypertrophy are different in many ways they both achieve the same goal of being healthy and gaining muscle for your body.

There isn’t really a choice better than the other but really what pertains to your needs and how much work you are willing to put to try and advance and progress through your hard work, our goals should be to be as healthy as we possibly can be.

The ACT Breakdown

by Morgan Garski and Alexis Koessler

Have you ever heard about the ACT? Do you know what it is? The ACT test is the nation’s most popular college entryway exam accepted and admired by all colleges in the United States.

Students around the world take this test typically during their junior year. This test contains multiple choice questions and an optional writing portion. The questions are arranged into sections that include English, math, reading and science. All areas have a total of 75 multiple choice questions.

The reading section measures reading comprehension based on many passages. The reading section allows 45 minutes to finish the test. The English section measures the understanding of basic English and language skills and 45 minutes are allowed to finish the test.

The math portion measures math skills up to the 12th grade with only 60 minutes to problem solve. The science portion measures analysis, interpretation, and problem solving on problems. Typically the understanding refers back to biology, chemistry, and physics skills. This portion allows 35 minutes to finish the test.

The optional writing portion is one prompt with 40 minutes to write. Schools normally allow for breaks in between the tests to allow students a break.

After the students take this test, they have generated score. Students can find out this score typically 2-8 weeks after the tests. The scores range from 1-36 with 36 being the highest score.
### Enjoying the Month of Sunshine

**by Gina Chiappetta**

This year has broken extreme weather condition records as the month of February gets to the high of 70 degrees. February usually lasts within the range of 16-38 degrees, while this weekend it hit up to 49-70 degrees out.

### The Benefits of Drinking Water

**by Daniel Valadez**

Water is a necessity to every living specimen on this planet including yourself. However, many people today have chosen to drink unhealthy drinks such as soda, high sugar fruit drinks, coffee, etc., and this causes many people to become obese and basically drinking liquid sugar.

If you were to switch to only drinking water or have been drinking water, you might not know the benefits water provides to your body. Water can help with exercise or any physical activity due to the fact that it helps lubricate joints and muscles which also prevents muscle cramps.

It can also help with those who have bad breath because the flow of water helps flush out all the bacteria that are kept in your teeth, tongue, and gums.

Bad breath could also indicate that a person is dehydrated because water helps keep saliva in the mouths of people, and if you're not reaching a sufficient amount of water there will not be enough saliva produced to keep your mouth from having a deathly odor.

Water can also keep your skin well hydrated making it look younger, healthier, and more vibrant than it was before, creating a cleaner look due the increased blood flow.

A huge problem water can help with is obesity due to the fact that many people drink a lot of soft drinks that contain a lot of sugar, and water can help minimize the amount of calories going into the body.

Water can even help people not eat as much if they were to drink water before meals to help their stomach feel fuller and end up eating less.

The average amount of water a person should be drinking is about 2-3 liters a day to help keep the body replenished, so stock up on that H2O and stay healthy.

### 1776 in 2017: KUSD Theatre’s Modern-Story-telling on the Declaration of Independence

**by Sarah Candee**

1776 is a musical with music and lyrics by Sherman Edwards and a book by Peter Stone. The story is based on the events surrounding the signing of the Declaration of Independence. It emphasizes the efforts of John Adams to persuade his colleagues to vote for American independence and to sign the document.

The writer confined nearly all of the show to the congress hall and the debate among the delegates. KUSD’s all-inclusive take on the show has only four males and 17 females, almost all playing predominately male roles.

The show is co-directed by Bradford’s own, Holly Stanfield and Emmy Award-winning writer and producer Cheri Steinkellner. 1776 showcases some of our nation’s founding fathers including: John Adams played by Noah Olsen, Richard Henry Lee played by London Roysden and Thomas Jefferson played by Donovan Harris — all Tremper seniors.

The directors made a choice to have the show all inclusive, there is mixed race, gender, and sexual orientation. It is a representation of Americans today.

The directors modernized the musical in an attempt to feed off of Broadway’s hit Hamilton and timed it around the presidential inauguration. Remarkably, 1776 is a fun, lively piece that pivots on several characters wit and humor. Whether the audience are large history fans or not, the powerful piece is bound to teach everyone something that they will never forget.

The show, licensed by Music Theatre International (MTI), is a piloted, high school edition of 1776. It has been entered into consideration for the annual International Thespian Festival in Lincoln, Nebraska. As of right now, eight of the ten slots have been filled by a variety of shows nationwide. One of those being KUSD’s own, West Side Story.

The cast and crew of 1776 hopes it makes a statement to people all over the nation. As of right now, it has also been invited to perform in New York at the United Palace, the original theatre of Hamilton. Come out and support the arts and your peers in these brilliant productions.

### 1776 in 2017: KUSD Theatre’s Modern-Story-telling on the Declaration of Independence

**by Gina Chiappetta**

This year has broken extreme weather condition records as the month of February gets to the high of 70 degrees. February usually lasts within the range of 16-38 degrees, while this weekend it hit up to 49-70 degrees out.

1776 is a musical with music and lyrics by Sherman Edwards and a book by Peter Stone. The story is based on the events surrounding the signing of the Declaration of Independence. It emphasizes the efforts of John Adams to persuade his colleagues to vote for American independence and to sign the document.

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Chubbies: Best Shorts Ever

by Jake Naumowicz

When people buy shorts they never really think of their thighs. They don’t think of the comfort shorts can give you which is a selfish act. When buying shorts you need to think of the 2% span-dex, elastic waistband, and radical colors. The shorts that give you all of these are chubbies.

Chubbies show everyone what your thighs are made of while also stunting on anyone who hates all that thigh. The radical colors always catch the eyes of your fans. So don’t wear those horrible restricting pants, or worse, cargo shorts.

Suffering From Panic Attacks

by Deja Flores and Tyler Cunningham

Panic attacks are linked to depression and anxiety. Panic attacks affect 40 million adults in the United States age 18 and older, or 18% of the population.

When having a panic attack, people many feel like they are having a heart attack as their heart races. The heart palpitations convince them that they are about to have an attack. Other people feel that they are going to "lose control" of themselves and will do something embarrassing in front of other people.

Others breathe so quickly, taking rapid short breaths and gasping for air, that they hyperventilate and feel like they will suffocate from lack of oxygen with a racing or pounding heartbeat. Some symptoms people encounter with having panic attacks are: chest pains or a "heaviness" in the chest, tingling in the hands, feet, legs, arms, jumpiness, trembling, twitching muscles, fear of losing control and fear of dying.

A panic attack typically lasts several long minutes and is one of the most distressing conditions a person can experience. In some cases, panic attacks have been known to last for longer periods of time or to recur very quickly over and over again. While trying to overcome panic attacks, you are attempting is changing the way your brain responds.

To officially overcome panic attacks, you no longer have the initial symptoms that lead you to have a panic attack. Symptoms must be gone as well.

Respect Service Animals

by Kylie Gattshall

A service animal is one that provides assistance to people that have mental and physical disabilities. Service animals go beyond only dogs there are also cats, birds, rodents, and many more can help alleviate the distress the handler is going through.

Many service animals are turned away from going inside of buildings with their human merely because they have an “invisible disability” such as anxiety, PTSD, or diabetes. These are treated as less of a disability compared to some like visual impairment and seizure disorder.

Service animals provide assistance by leading the person, licking the person’s face, laying on top of them, sensing their seizure, and many other things.

When allowed into a public building, many service animals can become distracted when people do not respect that they are working. These distractions can be extremely dangerous to their handler, as they need them for certain life threatening disabilities.

It can cost hundreds of dollars to properly train a service animal, so when they are doing their job they need to be respected.

Princess Diana Fashion Exhibit

by Lisa Torres

This year marks the 20th anniversary of Princess Diana’s death. To celebrate her life, an exhibit in Kensington Palace will be opened showcasing her style throughout her life.

The exhibit is called “Diana: Her Fashion Story” and is showing some of her most iconic looks. Princess Diana style was known for always dressing well and having a timeless style.

Many of the famous dresses that she wore will be featured including a dress she wore to a state dinner at the White House where she was seen dancing with John Travolta. The exhibit will be a wonderful reminder of Princess Diana life while showcasing some of her most iconic pieces worn.

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**Album Review: Salad Days**

by Jarod Sturycz

When we are young and “inexperienced” we learn from mistakes that shape how we learn to live. By learning to live we become experienced and happier.

This thought of experience is the staple of Mac DeMarco’s album *Salad Days*. Mac tells stories and ideas pertaining to the universalized childhoods we all experience, i.e. our “salad days.”

His music is a part of a genre called beach goth which was started by a group called The Growlers. In this genre a mixture of soft instruments and vocals are used in an array of ways.

Mac focuses on enlightenment and reflection especially in his song *Chamber of Reflection* in which he emphasizes being alone and being okay with being alone.

DeMarco said the album and specifically *Chamber*, “The purpose is to reflect on what you’ve done in your life already and move on from it. I think that’s what I did in [my home studio] right here. It was actually therapeutic. I feel a little enlightened, a little less heavy.”

Try listening to Mac DeMarco’s albums with open ears and with the goal being to unwind and to look in on yourself.

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**Senior Spotlight: Isabella Herman**

by Hannah Liddicoat

Isabella Herman is a senior and is heavily involved in a wide variety of clubs and activities. Isabella participates in band, full orchestra, Key Club, International Club, and is on the Executive Board of Student Government.

Outside of school, Isabella studies ballet, jazz, and contemporary dance. Isabella is an advocate for the vegan community and is passionate about saving the environment. She loves *Hamilton*, *El Internado*, and *Harry Potter*.

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**Key Club Sweeps DCON**

Tremper Key Club sent nine representatives to WIUM DCON to learn more about Key Club International, attend leadership workshops, and take opportunities to win awards. The attendees include: (back) Jordan Squires, Sam Heidingsfelder, Alana Elia, McKenna Theine, Christine Schmidbauer, (front) Alyssa Schmit, Emily Smith, Morgan Garski, and Alexis Koessl.

All five Key Club officers won Distinguished awards for their positions: Blake Buege, Distinguished Club President; Amelia Gallo, Distinguished Club Vice President; Sam Heidingsfelder, Distinguished Club Secretary; McKenna Theine, Distinguished Club Treasurer; and Alana Elia, Distinguished Club Bulletin Editor.

Tremper was also recognized with a Social Media and a Winter Service patch to put on our school’s banner, demonstrating how the club works to promote Key Club and conduct service projects all year.

Please congratulate these students if you know them or have them in class. They are extremely hard workers, and they have put tons of time and effort into Key Club this year!

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**Pirates of Penzance**

by Hannah Michaud and Alegra Schwalbe

In case you missed it, the *Pirates of Penzance* took place on January 13th, 14th, 20th, and 21st at Indian Trail High School and Academy.

The story starts off with a junior pirate, Fred-eric, who wishes to break free from the Pirate King on his 21st birthday. This would be possible if his birthday did not land on February 29th, a date the only comes every four years. Therefore, on technicality, Frederic is still under the Pirate King’s rule.

Overall as a musical this talented cast performed an entertaining and at times humorous show. But with actors and actresses like Nick Daley, Sierra Weidner, and Rico Santana, you are guaranteed to have a good experience and see a great performance.

Senior Sierra Weidner played a lead role in her last play of her high school career. “Overall I had a great experience, and it was a good way to end my four years in KUSD theatre. Performing in this show was a great challenge, as it was extremely challenging, and rewarding in the end.” The last show, Sierra received her senior rose. “Being handed my senior rose was very bittersweet, and I couldn’t be more thankful for the experiences and memories that KUSD theatre has given me.”
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the Laramie project

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THE LARAMIE PROJECT is presented by special arrangement with Dramatists Play Service, Inc., New York
This week on *The Bachelor*, Nick travelled to four different places for this season’s hometown episode. First, he went to Hoxie, Arkansas, Raven’s hometown, where she took him four wheeling in an open field. Here, the viewers saw a playful side of Raven that they had never seen before.

After four wheeling, they visited Raven’s house where Nick had the opportunity to meet Raven’s parents. There, they immediately found out that Raven’s father, who had lung cancer, was finally cancer-free. Raven’s parents loved Nick and gave him their blessing if he were to propose to Raven.

Next, Nick travelled to Dallas, Texas, Rachel’s hometown, where she took him to her church, followed by a visit to her parent’s house. Unfortunately, her dad wasn’t able to make it, but her mom and siblings were there. Her family questioned him about the fact that they are an interracial couple, but he assured them that his feelings for her were true.

Corinne’s hometown of Miami, Florida, was next. Corinne took Nick shopping for an outfit that ended up costing over $3,000, then went back to her house where they met her family. Corinne’s father was concerned that Nick wouldn’t be able to provide for her needs. Overall, her family enjoyed Nick and wished he would propose to Corinne.

Last, Nick went to Vanessa’s hometown in Montreal, Canada. Vanessa took Nick to visit her special needs students where they made a scrapbook of Nick and Vanessa’s adventures together. The students loved Nick and thought he was a good match for Vanessa. After that, they made visits to both of Vanessa’s parent’s houses. Both of her parents seemed skeptical of Nick and openly explained that they were worried about her getting hurt.

The episode will be continued next week when Andi, Nick’s ex girlfriend and previous Bachelorette, gives Nick advice on his decisions.

In writing, the creators always have an idea about the world they want to tell. Call it what you want, a theme, absolute truth, universal meaning, etc., it always exists in any good story.

Writers in television, like screenwriters, that have a high-concept story sometimes find themselves writing characters that are too perfect and are not relatable to the audience in any way because of it.

In HBO’s series *True Detective*, two characters shine as exact opposites of the perfect character, in that they are both deeply flawed and wounded characters. These two main characters are Detectives Rustin Cohle and Marty Hart.

On the surface they are detectives working to solve a murder, but as the story takes us deeper into the inner machinations of the characters something more profound arises.

In many works of realistic fiction such as *True Detective* the writer will create symbolism that includes natural occurrences and supernatural theories. One such theory takes many forms in art and it is the absolute fate that allegedly awaits us in our future, that our past and future are going to happen exactly how they are meant to happen.

Past events like a loved one leaving or dying, or failures in a person’s life are some examples constitute effective usage of fate. This writing tool leads to concepts dealing with existential problems that attack the characters through physical conflict and are the catalysts for real character development.

For example, Rustin Cohle seems at first like a one-note character, always rather somber and not much of a talker. However, through further discovery, his image is explained through the death of his daughter which we are told happened many years ago but altered him internally.

See, these multi-layered characters, full of pain or uncertainty or self-doubt; full of flaws, mistakes or poor decisions, make us sympathetic. They make us connect with the character, connect with the story, and in the end, we will connect with the writer themself.
Entertainment 15

Must See: One Tree Hill
by Jake Naumowicz

One Tree Hill is a story of two half brothers in Tree Hill with similar interests such as basketball and girls. Whatever obstacle Lucas or Nathan face, they have to figure it out together. They become team-mates on the Ravens Basketball team, suddenly, and they have to work together to win.

The drama comes from not only the brothers, but also from family and friends who fuel the fire; you don’t know what will happen next.

Upcoming Movies
by Sarah Jones

Sometimes all we need is a night in watching movies. It’s always nice to see some new movies, and integrate them into the circle of “go to” movies on a Saturday night.

In the months of March, April, and May there are a lot of movies that have a lot of potential. There are so many, but the top five most anticipated movies for March-May 2017 are Before I Fall, Beauty and the Beast, Guardians of the Galaxy Vol.2, Baywatch and, Pirates of the Caribbean: Dead Men Tell No Tales. These are some great titles that will most likely be the talk of the town, so keep yourself updated!

Drawn to Death Release Date
by Steven Hunt

After three years of anticipation, we finally have a release date for David Jaffe's new game. Yes, the brilliant man behind the God of War and the Twisted Metal franchisees is back with a brand new intellectual property called Drawn to Death.

The game itself is an online arena third person shooter that has many similar elements to the MOBA genre of games. Such as being a online only game and having set character classes that battle on small three lane maps.

We've seen this type of genre blow up in the console market over the years with games like Overwatch, Smite, and Paragon being very successful.

Drawn to Death was originally revealed at the very first Playstation Experience back in 2014 and it blew fans away with its fun combat and it’s very unique art style.

The art style of the game looks visually similar to pencil sketched drawings that look like they have been ripped straight out of a teenage boy’s school notebook. Basically imagine the sketches made in the book series Diary of a Wimpy Kid, but with more of a hardcore sinister theme to them. The game has six playable characters, twenty six different weapons, and six different game modes. The game was originally going to be free to play, but after the magnificent reception the game was receiving, it is now launching digitally on April 4th on the Playstation Store for $19.99.

This is the first title that David Jaffe’s new studio, The Bartle Jones Supernatural Detective Agency, has ever created so the expectations are very high.

The last title that David Jaffe created before this one was the Twisted Metal game that his old studio Eat Sleep Play released back in 2012. The game was very well received by fans and critics alike but sadly the game didn’t finacially perform that well.

Here’s hoping Drawn to Death will be worth the long wait, and won’t faluter in sales like Twisted Metal did five years ago.

Rogue One: A Star Wars Story
by Kyle Eccles

Rogue One: A Star Wars Story, the newest movie in the Star Wars saga has gotten nothing but good reviews. However some die hard fans are a bit angry for a couple of reasons.

Unlike the traditional movies that start with the opening credits going into space telling what has happened and what is currently happening, Rogue One does not do this. Also in the originals it never killed off any main characters; Rogue One does this as well killing off several main characters.

It is justified considering if any main character lived, then where were they in the other movies? It just would not add up. And since this movie took place in between numbers three and four, there was not much to catch up on hence the no credits going into space.

All in all the movie was fantastic despite the two things some fans saw as errors, and it was a piece of cinematic gold and got great reviews.
Welcome to Night Vale: A Friendly Desert Community

by Jarod Sturycz

“A friendly desert community where the sun is hot, the moon is beautiful, and mysterious lights pass overhead while we all pretend to sleep. Welcome... to Night Vale.” These are the words that introduce the hit Commonplace Books podcast Welcome to Night Vale. The deep oak voice of the narrator soothes the listener with a poised and sleepy cadence in this cold open of the podcast.

Over the past five years, Welcome to Night Vale has disclosed the daily happenings of the fictional desert town of Night Vale in the middle of “somewhere” USA. Through radio style narration, host Cecil Palmer stimulates the subnormal tales of the mysterious Night Vale.

In this community, a number of occurrences are bound to transpire including the arcane habits of The Man in the Tan Jacket Carrying a Deerskin Suitcase, a house that appears to exist “like it’s just right there when you look at it” but is definitely not there, a dog park that is adamantly not open to the public nor to any dogs of any kind, or the simple Moonlight All-Nite Diner which glows on the side of the road, its radiant light dances, for a moment, in the mirrors of passing cars.

The complete universe within Night Vale is too complex to report in a short article. Only through listening to the podcast can you fathom the tales from Night Vale. Therefore, I would recommend that you search for the podcast on Spotify or iTunes if you are interested in spoken poetry or fantastical stories or paranormality clashing with reality; you will absolutely love the alluring half hour monologue that is Welcome to Night Vale.

And in the somnolent words of Cecil Palmer gifted upon listeners at the end of each episode: “Goodnight, Night Vale, goodnight...”.

Resident Evil 7: Biohazard Review - A Return to Form

by Steven Hunt

We didn’t know it at the time, but Resident Evil 4 was the beginning of the end. Though in many ways the series best game, it also signaled the start of Resident Evil’s transformation from survival-horror into something far less scarier, and more of a forgettable derivative action game.

By contrast, Resident Evil 7: Biohazard has been claimed to be a return to form for the series. Unlike some of the earlier installments we seen on the last generation of consoles, the Resident Evil franchise is now going away from the stereotypical action game to more of a gut wrenching horror experience that the series originally was when the first installment launched back in 1996.

One of the magical things about the first four Resident Evil games is it always gave you plenty of weapons to fight back without making you feel overpowered or underpowered. In Resident Evil 7 Biohazard we finally see this initial gameplay mechanic come back into the playing field.

The game progressively gives you weapons throughout your journey but will suddenly take them away from you right before you start to feel too powerful. These segments of the game are unique and don’t feel unfair when it happens because the smooth trans-action between gameplay and the narrative hardly make you notice they just deranked your power.

As you play through the game you can see that Capcom, the developers of the Resident Evil franchise, have taken a lot of inspiration of other modern horror games.

First of all Resident Evil 7 Biohazard is the first game in the series to be set in a first person perspective whereas all the other games have been set in a third person perspective. This is major sign that the developers were inspired by other first person horror games like Outlast, or the Silent Hills demo PT.

Of course the new first person perspective was designed primarily for VR purposes but surprisingly this new implement of the first person perspective fits very well with the new game and doesn’t seem to change the core of what Resident Evil is.

The story is well written and every encounter seems to meaningful with the plot and there is almost no filler content. However one of the major downfalls of the title is how short the game is specially since earlier installments of the franchise were around 20-30 hours long.

The game can be beaten in about 10 hours, and for a full retail price game it seems a little short on the content side although what’s there is excellent.
Athlete Spotlight: Janelle Caira

by Hunter Weddel & Mitchell Buban

Although the previous three years of Janelle Caira’s career have been quite successful, none of them have been close to as memorable as this one. The four year starting point guard has led her team with 15 points per game this season and achieved her 1,000 point milestone in a 64-47 victory over crosstown rival, Bradford, earlier in January. We sat down with Janelle to get to know a little more about the basketball superstar.

What has been the most memorable moment of your basketball career thus far?

Caira: “Scoring my 1,000th point vs Bradford was pretty exciting and a moment that I’ll never forget.”

Besides basketball, what do you enjoy to do in your free time?

Caira: “I like to go on late night drives and sing Thomas Rhett songs at the top of my lungs. I also enjoy walking and playing with dogs.”

What is your team’s goal for the remainder of the season?

Caira: “We have the same goal that we had on day one. Bring a state championship home to Tremper.”

Athlete Spotlight: Tristan Jass

by Mitch Buban

Although the basketball season has been a tough one, junior Tristan Jass has managed to produce substantial numbers and have a sensational season. The shifty point guard has led the team with 20 points per game and achieved a career high 39 point performance in a 78-59 victory over Hartford. We sat down with Tristan to get to know a little more about the basketball superstar.

What has been the most memorable moment of your basketball career thus far?

Jass: “Going to Las Vegas for my travel basketball team’s basketball tournament last summer.”

Besides basketball, what do you enjoy to do in your free time?

Jass: “I enjoy fishing & rapping- I got a few mixtapes on the way so be sure to check them out.”

What is your team’s goal for the remainder of the season?

Jass: “We have the same goal that we had on day one. Bring a state championship home to Tremper.”

Boys’ Basketball Prepares for Playoffs

by Jordyn Barrette and Maddie Buratti

Earning the 16th seed in the region, the boys will host 17th-seeded Lake Geneva Badger. The game will take place on Tuesday, February 28th, 2017, at Indian Trail High School. Confident going into this first-round game, the Trojans defeated Badger recently on February 13th, with a final score of 88-83. The winner will compete in a regional semifinal on March 3rd, against top-seeded Sun Prairie, who received a first-round bye.

Trojans Trump Eagles

by Jordyn Barrette and Maddie Buratti

On Tuesday, February 7, the Girls’ Varsity Basketball Team hosted Case High School in a conference matchup. Although they were behind for the duration of most of the game, they managed to pull through in an end to gain a victory. With a final score of 59-55, the girls proved their ability to persevere through adversity. Leading contributors included Janelle Caira, Kelsey Coshun, Maria McGonegle, and Maeve Wisniewski. They will host a double-header against crosstown rival, Bradford, on Friday, February 10th.

Girls’ Bball Dominates Indian Trail

by Jordyn Barrette and Maddie Buratti

On Tuesday, January 24th, 2017, the girls’ and boys’ varsity basketball teams hosted the Indian Trail Hawks in a double-header Southeast Conference matchup. Breaking their 3-game losing streak, the girls came out on top with a final score of 70-48. Key players for the Trojans included Janelle Caira, Ayanna Ester, Amanda Verheyen, and Kelsey Coshun. The team improved to 6-3 overall in conference, and their next game is on Friday, January 27th, 2017, at Racine Park High School at 7:00 PM.
by Nico Chiappetta

This week, college basketball has become more and more intense. A number of top teams are falling down the AP poll, and a numerous amount of upsets are taking place.

Within the past week, Kansas has lost, Baylor has lost, Arizona, Oregon, Louisville, and a lot of other top ranked teams. This is certainly a preview for what is coming in March, and that means it is going to be one exciting tournament.

Kansas looks to win its thirteenth regular season conference title in a row, matching UCLA’s record back in the 60’s and 70’s, but no one has the home record that Bill Self has at Allen Fieldhouse. Bill Self holds a 219-10 record at home, and that will not be matched by anyone.

by Emily Taylor

On Sunday, January 22nd, Yordano Ventura, a star pitcher for the Royals, tragically died in a car accident in the Dominican Republic. Ventura was driving under the influence and that could’ve possibly been how the crash occurred.

Ventura was a hard-throwing pitcher, who helped the Royals win the pennant two times in his time with the team. Ventura played with the Royals for the entire duration of his Major League career, lasting from 2013 to 2016.

Ventura was a bright and talented young pitcher, his fastball topped out at 102 mph, he was also talented with a curveball and a change-up. Ventura had a bright 2017 season ahead of him, but it, unfortunately, something that won’t be seen.

Royals fans, management, and players are distraught with the news and the Royals lowered their flag on the outside of their stadium to half-mast for the late pitcher.

Royals fans, players, and management are taking the loss pretty hard, and aren’t sure what the future skill of their team in the upcoming season hold, they’ll just have to wait and see.

by Trey Cummins

The Patriots made history Super Bowl Sunday, coming back to beat the Falcons in arguably the best Super Bowl ever. The Pats were down 28-12 in the fourth quarter. Yet, with a little help from the Falcons, were able to send the game into the first ever Super Bowl overtime, where the Patriots won it on the first drive.

With the win, the Patriots completed the biggest Super Bowl comeback ever. Tom Brady also becomes the first quarterback to win five Super Bowls, breaking his tie with Chuck Noll. The Falcons may be losers for now, but with the young talent they have around MVP Matt Ryan, they have a good chance to return to the playoffs and even the Super Bowl.

It could be a little rough with Atlanta, who has lost their offensive coordinator Kyle Shanahan to the San Francisco 49ers.

The Patriots dynasty seems to continue for now, as Tom Brady is saying he will return for another season and, of course, Belichick not going anywhere. Expect both these teams to be the favorite to win their conferences next year.

by Spencer Swift

Isaiah Thomas is one of the smallest players in NBA history, and he has been putting up some unbelievable numbers. On Monday, January 31st, Isaiah Thomas dropped 41 points 8 assists and 2 steals in a 113-109 victory against the Detroit Pistons.

“He was unbelievable - again," coach Brad Stevens said. "They kind of kept us off balance with their coverages so we just tried to get him off the ball some. And then when he got going late, he just got going so it didn't matter he was off the ball or on the ball." He scored 24 of his 41 points in the 4th quarter.

In the month of January Thomas Averaged 32.5 points per game. He takes Toronto, one of the top teams in the eastern conference, he looks to extend the win streak to 5. Some reporters were comparing him to Larry Bird and Paul Pierce with the numbers he has been putting up.
Sports

Andrew Miller’s Dominance
by Alex Lenfestey and Noah McKee

Arguably the biggest takeaway from the 2016 MLB postseason to date is the potential value in a team using their best reliever in the middle innings of games, and no pitcher has made that appear more evident than Miller.

Miller was drafted by the Detroit Tigers 6th overall in 2006. He had a 5.63 ERA in 13 starts in his first turn in the Tigers starting rotation in 2007, then was traded to the Marlins in the offseason.

From his debut in 2006 through the end of his 2011 season with the Red Sox, Miller owned an ugly 5.79 ERA. In the postseason with the Indians, he appeared in 10 games and went 2-0 with a 1.40 ERA. He also yielded 30 strikeouts in only 19.1 innings!

Changing the Rules of Baseball
by Emily Taylor

Baseball has been around a long time, and the game has a lot of rules, some of which have changed over the years.

Awhile ago they added a rule stating that batters were required to keep one foot in the batter’s box at all time, to speed up the game. They are always looking for a way to speed up the game and their current idea is to get rid of the intentional four pitch walk. This technique is often utilized to stop a power hitter from hitting, or to get to a weaker spot in the opposing team’s lineup. It can be a very helpful tactic, but is time consuming and risky.

Some players, such as Kris Bryant, third baseman for the Chicago Cubs, thinks that baseball is perfect just the way it is and that there is no need to add extra rules. Everyone has their own opinion on the matter and all in all it comes down to what the commissioner of baseball thinks is best. I suppose we’ll just have to wait and see what happens. There is always something exciting going on in the world of baseball.

Chapman traded to NY Yankees
by Emily Taylor

Chapman traded to NY Yankees
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After the iconic world series win, The Chicago Cubs have still managed to remain busy. From the gigantic parade in Chicago, following the win, to traveling around the country and making appearances on late night television shows and even showing up at Walt Disney World.

The most recent items on the Cub’s agenda recently would be the most recent trade of Aroldis Chapman. Chapman was their star pitcher during the world series, from pitching the majority of games and closing most of them successfully.

Chapman was requesting an $86 million salary, which the Cubs weren’t too open to paying. The Chicago Cubs received Chapman from the New York Yankees the middle of the season this last summer, and earlier this week Chapman returned to the Yankees to get his desired salary.

Recently The Cubs have received a few other exceptionally talented players from other teams and I’m positive that there will be more transactions throughout the winter months, benefiting The Cubs.

At the moment, fans are a little on the fence about whether or not Chapman will affect The Cubs chance at winning the 2017 World Series, but a couple fans do not see it being an issue, and personally I don’t believe it will be.

The Cubs are full of extraordinary talent with or without Chapman and with their excellent coaching staff, they definitely have a shot at winning The World Series.
Sports

Rising NBA Star: D'angelo Russell

by Spencer Swift

D'angelo Danté Russell is a rising star in the NBA and is by far my favorite player in the game right now.

Russell attended Central High School in Louisville, Kentucky as a freshman in 2010–11, before transferring to Montverde Academy in Montverde, Florida for his sophomore season.

In 2014, he helped Montverde win back-to-back High School National Tournament championships playing alongside Ben Simmons. He later played in the 2014 McDonald's All-American game where he recorded 11 points, 2 rebounds and 4 assists.

He also competed in the Jordan Brand Classic where he had 3 points, 8 rebounds and 5 assists.

Russell committed to Ohio State on June 7, 2013, choosing the Buckeyes over Louisville, Michigan State and North Carolina. Russell was rated by Rivals.com as a five-star recruit.

Russell only played one year at Ohio State. On June 25, 2015, Russell was selected by the Los Angeles Lakers with the second overall pick in the 2015 NBA draft.

On July 10, 2015, he signed his rookie scale contract with the Lakers and went on to average 11.8 points, 5.2 rebounds and 3.2 assists in five Summer League games. Now Russell is one of the main scorers on the L.A. Lakers.

New Orleans Pelicans

by Jordan Knight

The New Orleans Pelicans have made one of the biggest moves of the season by picking up one of the best big men in the NBA. The Pelicans traded guard Tyreke Evans, Langston Galloway, and rookie Buddy Hield to the Sacramento Kings for Omri Casspi and DeMarcus Cousins.

The Pelicans are a struggling team with a record of 23-34 even though they have one of the best bigs in the league already—Anthony Davis averaging 27.7 PPG and 11.9 RPG. By adding DeMarcus onto the roster they can have the best front court in the league with DeMarcus averaging 27.8 PPG, 10.5 REB, and 4.9 APG.

They Pelicans have suffered many seasons with legendary big man Anthony Davis that has been breaking records adding another great big man can end lots of losses for them and make them one of the biggest threats in the NBA.

2016-2017 NBA MVP Candidates

by Spencer Swift

In the NBA there are a lot of superstars who can win this award, but only one can win the MVP award.

Right now there are some players having amazing years, Kawhi Leonard, probably the most underrated player in the NBA, averaging 25.5 PPG, 5.6 rebounds, 3 assists, and 2.6 steals in his past five games for the Spurs.

LeBron James can lead his team to the championship like he's done the past 6 years, he is a player that knows what it takes to bring a championship back home to Cleveland. Averaging 24.8 points, 9.2 assists, and 6.8 rebounds in his last five games.

Kevin Durant has experienced a lot of hatred him with his decision to go to the Warriors, averaging 25.2 points per game, 9 rebounds, 6.4 assists, 1.2 blocks and 1 steal in his past 5 games.

Russell Westbrook has been averaging a triple-double throughout the season, averaging 34.4 ppg, 9.2 rebounds, 8.4 assists, and 2.2 steals in his last 5 games, and finally James Harden, also averaging a triple-double, having an outstanding year leading his team to the top of the conference, 26.2 ppg, 10.8 assists, and 8 rebounds in the last 5 games.

Klay Thompson

by Jordan Knight

The Golden State Warriors shooting guard Klay Thompson is a huge part of their organization, but there are rumors that he could be traded.

Thompson is one of the best shooting guards in the league and has formed a great relationship with Golden State player Stephen Curry.

Thompson also is a perfect fit for their team because he is a great shooter. Thompson struggled at the beginning of the season, but he played through it and showed he is still one of the best shooting guards.

If Thompson gets traded, it is not a promise that he will have the same opportunity he has on the Warriors. This would be a risky trade.
Lebron James Achievements 2017

by Kyree Noble

Lebron James is arguably the best player in the NBA. He holds three records that are probably not going to be surpassed.

In a short 19 years, King James had achieved 5,000 career points in the NBA.

Four years later Lebron James hit 25,000 career points. He was the youngest to ever do this great accomplishment. He became the 20th player in league history to reach that milestone. He is also a four time Finals MVP.

James is even more focused when it's playoff time. In the playoffs he averages 27.7 points per game. The Cavs know when he has the ball in his hands he will always make the right decision. He is an all round great leader teammate and listener.

Rookie Joel Embiid

by Jordan Knight

Philadelphia 76ers rookie Joel Embiid was drafted in 2014 but injuries held him back and this is his first year in the NBA. Embiid's first year has been great so far he is averaging 18.3 points per game and 7.4 rebounds.

Joel took a big step Sunday by setting a career high 33 points to lead the 76ers past the Brooklyn Nets 108-107. He hit 12-of-17 shots to get his 33 points, and while most of that damage was done in the paint, he was 2-of-3 from the three point line.

Joel Embiid is a 7 foot 250 pound center that can score and not just score he can shoot the ball from deep range. Embiid also has great defense and that why he will be threat in this league.

Bulls Need to Play As a Team

by Jordan Knight

The Chicago Bulls have been a competing franchise for many years but the past few years have not been well for them. This off-season they thought they solved all of their problems by picking up veterans Dwyane Wade and Rajon Rondo but it things seem to still be going horrible for them.

Their team has not been getting along players are blaming each other and even taking it to the media. Chicago’s leading scorers Jimmy Butler and Dwyane Wade told the media in separate interviews that their team didn’t want it.

Dwyane told the media "I’m 35 years old. I have three championships. It shouldn’t hurt me more than it hurts these young guys. They have to want it."

When teammate Rajon Rondo seen his comment it frustrated him making him say “My vets would never go to the media. They would come to the team. My vets didn’t pick and choose when they wanted to bring it. They brought it every time they stepped in the gym whether it was practice or a game. They didn’t take days off. My vets didn’t care about their numbers. My vets played for the team. When we lost, they wouldn’t blame us. They took responsibility and got in the gym. They showed the young guys what it meant to work.”

Their team doesn’t seem like a team it seems like they’re just playing to play will the Bulls overcome this?

Washington Wizards

by Jordan Knight

Over the past years, the Washington Wizards have been struggling to become a great team, but 2017 they are showing they are coming for the number one spot and they are contenders.

Out of the 15 teams in the East, the Washington Wizards are in the third place as of right now playing their best.

Since Jan. 11, Washington have won 12 games and has only lost two being one of the most unstoppable teams in the league. The two games Washington lost in the month of January were close games that they lost from little mistakes.

Washington is going after the Cleveland Cavaliers for the number one spot and they are not going to stop.

Many players on the Wizards are looking for their second meeting on March 25, and are coming with the most confidence they have ever had.