

WEST
SENECA
EAST

Trojan Times



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Advice to Underclassmen By: Brooklyn Manolakis

Becoming a senior comes with a list of new responsibilities. Getting ready for college, or other future plans after graduation. When you start your high school years as an immature little freshman, most long for the day that they become a senior. Through freshman to senior year, you should grow, mature, and change into a better more responsible person. Senior year is said to be one of the easiest years of high school until it comes to PIG, final exams, senior projects, etc. However, senior year is somewhat relaxed. If you keep good attendance, good grades, and continue to work hard for it, it comes quite naturally and simply. I have an extremely hard time getting up early and on time. Your attendance in school is just about as important as your grades. I made the mistake by messing up my attendance horribly, and my grades have suffered the inevitable consequence. Throughout high school, you cannot expect anything to be handed to you. You have to grow up, work extremely hard for what you want to achieve, and dedicate as much time that is needed to accomplish your necessary responsibilities. As a freshman or other underclassmen, it is normal to have some fright coming up to the high school and being around such older people. My advice to you guys is surround yourself with the right people, stay true to yourself, and respect those around you, especially the teachers!!! No one likes the kid in the class who constantly talks back and gives attitude to the teacher. Be a good influence on your friends and encourage them to also respect others and to work hard for what they want. Being a freshman can be scary in some ways but just remind yourself that it's just the beginning of another chapter of your life that you can and will get through. Starting off freshman year, you don't want any bad first impressions, like I said, no one likes the student who becomes disrespectful to the

teachers. Be a good respectful student regardless of how some of your friends may act. Set an example for how others should treat their peers and teachers. If you get called out by a teacher for say being on your phone, talking, etc., just accept the consequence if any, respect and abide by what the teacher is asking and give a genuine non-sarcastic apology. Furthermore, be responsible and mature!! **Do NOT start fights in school under any circumstances.** Once you get in a fight in school, your teachers, principals, and peers will never look at you the same. Fighting in school is just pointless and extremely immature. Would you rather be known as the student who got in a fight or be known for exceptional grades and excellence, take your pick? Throughout the years of high school, it is all about decision making and opportunity. Will you go above and beyond or just take the easy way out? Throughout life and in society, there is always a ton of pressure put on us as people, how you dress, what you like, how you identify, what you listen to, what you do for fun, etc. It is inevitable that throughout high school you will be judged and put down by someone, however you should try your hardest to not let it get to you. Everyone is equal. Gay, straight, transgender, bisexual, etc. Every individual deserves acceptance regardless of how they identify. Whether you are gay, straight, bi, transgender, etc., we are all people and everyone deserves acceptance, love, friendship and happiness. Don't be one of those kids who judges someone. Judging is simply pointless. Start high school with ambition, goals, and an open hard-working mind. Succeed in all you wish to, and ask yourself this, how do YOU want to be remembered? What will you make out of this life? **MAKE IT A GREAT DAY OR NOT EAST, THE CHOICE IS YOURS.**

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10 Life Hacks/Tips to Make Your High School Years

Easier By: Sarah Pieczynski

1. Pick out all your clothes and get your stuff ready the night before so you have less to worry about in the morning.
 2. Don't have a whiteboard? Use a mirror.
 3. Use scholar.google.com for more relevant information for your school work.
 4. Studying for 30 to 50 minutes at a time and taking 10 minute breaks is the most way to remember information.
 5. After you complete a paper, copy and paste it into google translate and have it read back to you to find errors.
 6. Stay on top of your assignments and space the work out so you don't get overwhelmed.
 7. Go to bed early. Teens need about 9.5 hours of sleep a night.
 8. Eat Peppermints during school, peppermints stimulate the brain to help concentration.
 9. Make sure you eat breakfast, it will help you function better throughout your whole day.
 10. When reading out of a textbook, try to summarize every few paragraphs in your own words to make sure you understand what is being said.
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High School By: Brittany Wojdyla

High school is a time where life seems to just be going way too fast, everyone is growing up and changing constantly. It is every students' wish to be successful in high school and be able to move on and go out into the real world and do what they feel they are destined to do. The problem is that sometimes this feels like it is impossible, since high

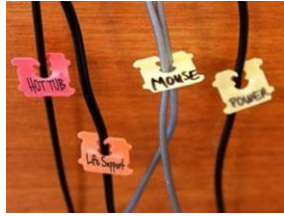
school at times can be tough. There are a few things that can be done that can hopefully ease your stress and help you be successful in high school. My first piece of advice is to be sure that you have proper study habits and always stay organized. If it means that you have to take a few minutes and properly place all your work where it belongs, do it because in the end, organization is one of the keys to success. When you need to find something, you don't want to have to dig through a pile of papers. This will cause a lot of unnecessary stress. Also, there is absolutely no reason to stress about your future or what career you want to have. It's very hard to plan out your entire future in a short amount of time. Things change, you may want to do something totally different when you are a senior than what you wanted to do back when you were a freshman and that is okay. If you are struggling, ask for help. It is important to know that there's always someone there for you, no matter what and it is totally natural for you to need help. If you fall behind, that's okay. High school is not a competition on who can finish first, some need more time than others and that is okay. With this being said, even when you're falling behind you should always keep pushing forward. Use it as an incentive to keep pushing and try a little harder to get to the point where you need to be. It is also very important to motivate yourself constantly throughout high school because if you're not motivated, there's no possible way for anyone to help you. Be sure you know what is going on and what needs to be done and actually do what is expected from you. Most of all, enjoy your time in high school and take part in every event that you can because before you know it, high school will be over and it will be time to take on the real world.

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Life Hacks

By: Sarah Eisenmenger

1. Use bread clips to organize cords for your computer.



2. Place your phone in a cup when playing music to amplify your speakers.



3. Put a cupcake wrapper underneath your Popsicle to prevent it from melting on your hand.



Testing Tips By: Olivia Dearlove

A common problem with many students is testing anxiety. Being nervous about taking a test can be very troublesome because in many cases, the anxiety can interfere with somebody's test performance. So the solution is to find a way to control that anxiety so that a person's test scores actually reflect their knowledge and ability. Many anxious test takers end up rushing

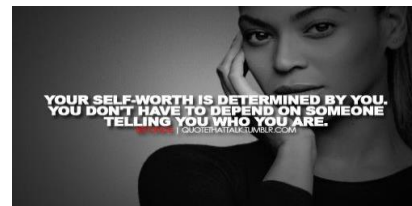


through exams, which means that they make easy mistakes. Practice some relaxing deep breathing exercises that can be used before, after and even during the test. This should ease your feelings of anxiety. It may sound unhelpful but it will calm you

down long enough to think straight. If you feel as though you cannot do this on your own, there are websites and apps to help. Something that will definitely help that many people somehow do not think of, is to **study**! Don't stress while you study because you may not retain the information, instead absorb it. Also, make sure to double check your answers in case you do happen to rush through.

Push yourself because nobody else is going to do it for you By: Robert Hulings

One of the biggest successes you can have is to be proud of yourself. People often don't have this form of self-love and this is something that you need to connect to. To push yourself is to believe in yourself. This motivation will push you to do things you thought were impossible for you to do. Nothing is impossible if you put your mind to it. Just remember if you dissect the word impossible you get I'm Possible.



Quote

By: Sa'Mone Perry

The quote I chose by the Queen Beyoncé Giselle Knowles-Carter herself inspires me dearly. It proves that self-love comes from within along with self-worth and that you don't need anybody to tell you different. Happiness, love, and peace is all that's required to truly be comfortable with yourself. So be different! Embrace who you are, and don't let anyone tell you otherwise.

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Life Hacks By: Shawn Fazzio

Life Hack #1: Car Phone Stand

1. Get a binder clip, 2 rubber bands and your phone.
2. Clip the binder clip into the air vent in your car.
3. Wrap the 2 rubber bands around the metal part of the clip.
4. Place phone into the spacing of the clip and it should hold your phone.



Life Hack #2: Secret Money Holder

- All you will need is a standard ChapStick or a type of lip balm
- Simply take out the ChapStick and the inside
- Clean out inside of the tube.



- Place money in and place cap on.
- This can keep your money safe if anyone tries to steal from you or just to keep it safe on vacation.

Life Hack #3: Room Freshener

1. You'll need a standard fan, any type of fan will work.
2. Also you'll need a car vent air freshener

3. Simply clip the air freshener to the fan and turn the fan on.
4. Your room will smell clean and fresh.



Life Hacks By: Sydni Nichols

I love using essential oils because they can be used for so many things like headaches, relaxation, and even acne. However I recently found this cool trick that can be treated for sunburn instead of your basic Aloe Vera. Putting a few essential oils on your skin will take your annoying sunburn away in no time!!

- First things first, You will need to buy your essential oils from your local drug store or even Target
- Peppermint oil, Lavender oil, and Chamomile oil
- Once you have all of those oils you will need to evenly distribute them onto your skin
- You only need 2 drops off the Peppermint oil, 3 drops of the Lavender oil, and 2 drops of the Chamomile oil
- Once you have applied them onto your body your sunburn should go away in no time because essential oils are really a gift from god!!!!

I also applied a list of other things you can use for sunburn as well including the essential oils I mentioned above. Have fun and be safe on the beach!!!! :)

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Top 5 Natural Sunburn Reliefs

The Best Essential Oils + Natural Ingredients for Sunburns

Vintage Body Spa

-  1 **Aloe Vera Gel**
Aloe Vera Gel is not an essential oil but is renowned for its anti-inflammatory property and ability to promote skin cell growth. It mixes well with Ylang Ylang & Lavender Oil for ultimate relaxation.
-  2 **Lavender Oil**
Lavender Oil was the first essential oil proven to help heal burns. Its soothing and antidepressant properties also make it excellent for bringing balance to your emotions and your skin.
-  3 **Chamomile Oil**
Chamomile Oil is a miraculous oil for a variety of skin ailments. People with sunburns often place the flower in their bath water. This soothing oil also works great on insect bites, inflamed skin, & sores.
-  4 **Green Tea**
Green Tea can be applied topically or taken orally after long sun exposure. It is filled with antioxidants that have proven to aid skin cell repair & lower inflammation. Boil and cool the leaves and apply leaves to skin for relief.
-  5 **Peppermint Oil**
Peppermint Oil must be used in minimal amounts but has an amazing cooling effect on the skin. It is best applied for sunburns when mixed with other beneficial oils or natural ingredients.

Template courtesy
of PiktoChart

www.VintageBodySpa.com

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Sleep Deprivation

By: Aaron Smith

In between
My covers and sheets
Tossing and turning
Sweating in the summer heat.
I close my eyes
But my mind is open wide
Thoughts are running
Anxiety fills my insides
I lay in an empty bed
And wait for the sun to rise.

Dreams

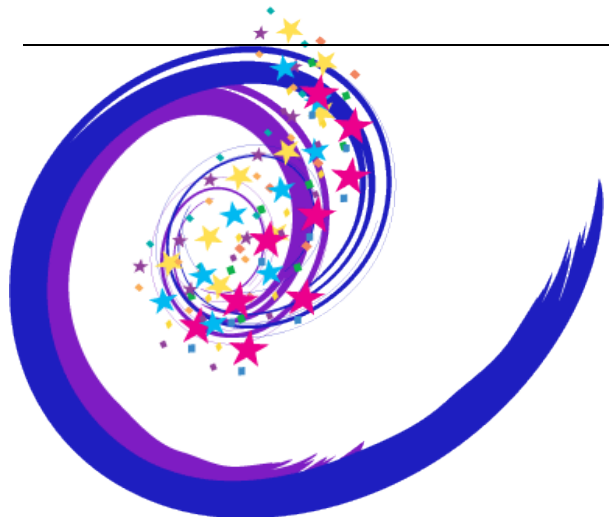
By: Keara Fair

Hold fast to a dream
When a dream dies
It's like a broken wing
That cannot fly
Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

Clout

By: Noah Hoot

I wish I still had your touch, but now I have clout.
Lonely nights,
I cannot feel you,
Every step you take, I swear I just wanna breathe
you,
Hear you in my sleep,
See you in my eyelids,
But you're so far like you're living in an island,
Why'd you have to leave?
The only thing that I ever wanted,
The ghosts of our past near and now I feel haunted,
Would you take the pain away if you knew that it
hurt me?
I'm not too sure cause why would you be there for
me,
Always away,
I'm always in doubt,
I search for the answer,
But the answer is clout.



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In My Dreams

By: Michael Teti

It's fun to dream in bright color
Personal cinema inside my head
Too bad when my eyes are closed
My mind is overflowing with dread
Each night the same monster comes again
Ripping the hope from my bare hands
I watch him terrorize the world around me
Bringing sadness to all the lands
Orange skin like flames burning my eyes
He is in charge and my hands are tied
Every word he spits starts a bloody war
Countless promises he proposed and he lied
At least my dream is only imagination
For in the morning I always wake
To the reality of what's inside my head
May not be one mistake
This monster lives and breathes before us
His actions controversial and bold
Give it three more years and we'll agree
Your time is almost up Donald

Mr. Winnicki Interview By: Hailey Pause

Me: Why did you become an administrator?

Mr. Winnicki: I was a teacher for 7 years and when I got the opportunity to have a greater

influence on other students, I took it because I wanted to be part of something greater.

Me: What does a student have to do to make a change in school and to make new traditions?

Mr. Winnicki: They would have to make an appointment with an administrator.

Me: What are your favorite things about being an administrator?

Mr. Winnicki: I enjoy getting to see and know more students and see them grow to be bright young men and women.

Me: Lastly, what do you like to do for fun outside of school?

Mr. Winnicki: I enjoy reading, going to the YMCA and spending time with my family.



Mr. Renzoni Interview By: Zach Trzecki

Me: How do you like being an Administrator?

PR: I became an Administrator because I have a bigger impact on the school than being a teacher.

Me: What's your favorite part of being an administrator?

PR: It's an opportunity to interact with a variety of students.

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Me: What can we do to make the school better?

PR: Try and find ways to get more students involved in activities.

Me: Do you ever miss teaching?

PR: Yes because I miss being in front of a class but I love what I'm doing now!

Me: What are your hobbies outside of school?

PR: I coach my son's basketball team and watch my other son's band play.



Mrs. Sweeney Interview By: Cooper Lewis

Me: Why did you become an administrator?

MS: I taught for 18 plus years and I just felt that I should do this.

Me: What made you chose principal over normal teaching?

MS: I want to help other teachers succeed in what they would like to do.

Me: What is the best part about being a principal?

MS: Seeing kids with a rough start improve and graduate. Laughing with funny students and seeing all of the homecoming activities.



Me: What are the things you don't enjoy about being an administrator?

MS: Getting a lot of write ups and giving consequences. I get the same write ups over and over for the same students.

Me: What are your hobbies outside of school?

MS: Taking care of family, my daughter and my mom. I love to shop and go to the spa and play tennis. I like to go golfing with my husband to get away and have alone time with him.

Junior Racer By: Nicholas Wozniak

All of his race cars were side by side in a museum. He had been racing for about twenty years now. He was still with the same car brand, but he had a few new cars over the years. He was currently now at a high tech training center as one of their top trainers there. He drove the same brand as his daily car, except the engine had been modified to make the car go faster and a bit more aerodynamic to his own standards. His first car was in a museum after he won the race that fateful day when he was given his last chance. He had lost races and won races, trophies showing for what he got. His wife then walked in the room, a proud look on her face. He had been through so much, from an even worse wreck that left him in a coma for three weeks, and out for the rest of that season but he started racing again next season. He still had the same sponsor. The owner of the company was really nice and paid for all the hospital bills. The truth was he was ready to retire now, he needed someone to cover his legacy though and to keep racing on the same team and was just as loyal as he was. Enter his 18 year old son who had grown up watching his father race every Sunday. It was his time to pass on the legacy that he started and fought hard to keep for so long. It was the first race in over seven years

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that he was not racing in. That didn't mean that he isn't participating in some way though. His son wanted him to be his crew chief. He sat up in the pit box, aviators on, leaning back in the chair giving orders to his son, who was currently in his very first official race. Sure his son may have street raced before, but this was nothing like a street race. The two were totally different things. With the guidance from his own father, the senior racer watched as his son dominated the track and won his first race. He kept in touch with his old crew chief until the senior racer passed away. It was a dark day for the junior racer who managed to get in touch with his father's old crew chief who later became his old crew chief. He had a young trainer training him, but it was nothing like his father would train him. It was all simulation nowadays. It was nothing like the track. He missed his dad so much. So in order to honor him, he had his car painted just like his father's first race car. With the word "For Dad" on the back, along with a copy of his father's signature underneath it. He was 35 when all of this happened. He was racing against all the new competition with his trainer and his crew chief in the pit box along with his father's old pit crew. He had a chip plugged into the car that would send all the data to the head mechanic on a tablet and would see if there were any problems with the car at all. All of a sudden white smoke clouded his vision and a notification came up on the tablet showing that the engine was overheating. They did have a backup car, but that was not nearly as fast as his original car. He knew that he had a slim chance of winning when an idea came to him. His trainer has a car that could keep with all of the others. He gave his trainer the chance he thought he would never have. His trainer later went on to win the race...

The Adventure of Jayden Rose

By: Danielle Herko

Somewhere in Utah was a small town by the name of Alpine, population to 9,555 residents. In this town, there was an individual by the name of Jayden Rose. Tall, fit male of the age eighteen, got ready for the day as he stepped out of the bathroom to change. Jayden puts on a black t-shirt and ripped jeans as he does every day, topping it off with his brown leather jacket given to him by his father. His father had passed away a couple years back in Vietnam, being told that he had happened to step on a hidden landmine near their base. Jayden slipped on his father's dog tag around his neck as well, grabbing his bag as he headed out the door. Jayden walked down the stairs, the aroma of eggs and bacon drawing him toward the kitchen. He watched as his mother multi tasked between cooking while holding a small child on her hip, bouncing the child around to keep her content. Jayden slowly walked in, helping his mother out by taking his little sister into his arms, walking around with her throughout the house while his mother finished breakfast. As he walked around, she began to point and ask him questions, "What's dat Jay?" She asked softly with a hint of fatigue hidden in her voice, Jayden smiling gently. "That's a picture Jess, that's you, mommy and I when we went to Florida." Jayden answered her, Jessica nodded slowly, pushing her long blonde hair from her face. "What's dat?" Jessica asked once again. "You know what that is." Jayden chuckled as he answered her, Jessica giggling. "I know." Jessica said softly, leaning her head on his chest. "Jayden, Jessie, food's ready!" His mother called for them, Jayden carrying Jessica back to the kitchen, setting her down in her chair, sitting next to her. "Mommy!!" Jessica called out, making her mother laugh. "Yes Jess?" She asked as he set

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down their plates of food. "Tanks!" Jessica said with a giggle, eating her food. Jayden chuckled softly, getting up from the table after he finished eating. "Gotta head to school mom, see you later." Jayden said, pecking his mother's cheek before jogging out the door. Jayden swung his bag on his back, walking down the sidewalk since his high school was only a few minutes away from his house. As he approached the school, he noticed his group of friends waiting on him under the tree. "Yo! What's the holdup Jay?" His best friend Vincent said with a smug look. "Takin' care of Jess, you know this." Jay said, giving him a handshake, walking into the school with Vincent and the other boys in the group. As they walked in, he heard a small group form with some commotion, causing him to approach with a small amount of caution. As he got closer, he noticed that they surrounded a small girl, much smaller than his 6'2 size. Once he got a good look at her as a whole, discarding her long black hair and pale ivory skin, he noticed something major about her, she was skinny, but, maybe too skinny.....To be continued.....

The Runaway By: Kara Sztaba

Ever wonder why sometimes you get a weird feeling like you're being watched? Well that's because you are. One evening I got this weird feeling that I was being watched walking home from school. It was strange because every time I turned around to see if someone was behind me, no one would be there. I kind of shoved the feeling aside thinking it was just my imagination because no one was ever behind me. To get home, I have to walk through a wooded area behind the school where many people say strange things have happened. I was never one to believe anything that people said. People have said that some guy died in the woods by his wife because he refused to buy

her that red dress everyone wanted. She was never to be found guilty though because there was never enough evidence to convict her. Legend says that she still wanders the woods to this day looking for her next victim. I knew kids were just saying these things to scare me because I was never one of the cool kids who had a car to drive to school and home in. I never had all the newest clothing from all the hot designers. I was just some poor girl living with her old drug beat dad who was never able to keep a job. I ended up working after school in an old dinner called Minos Dinner. It was about a 5 mile walk from my house and the pay was not great either. I spent most of my days hoping that a guy will walk in and just sweep me off my feet and take me far far away from here. But since that hasn't happened yet, I guess I'm stuck here. I was just the girl who everyone calls Carrie because everyone thinks that I look like Carrie from the Stephen King. Nothing has ever gone my way since the day I was born. My mother didn't want me so she put me up for adoption and that's where my so called dad comes into place. When the agency comes around every so often he always sobers up and acts like he actually cares about me but the truth is he could care less about me. All he ever cares about is the check he gets from the government. The only time he will actually talk to me is when he wants more money or is looking for more drugs. And to be honest, I'm sick of it. I'm always being treated like a thing and not a person who has actual feelings. There has been this new guy the recently moved to Rolling Hills High School the same high school that I go to. He has this dark and mysterious vibe going for him and all the girls are going wild over. I, however, can care less about this guy. He's probably just like every other guy always looking for the same thing but never wanting to give anything in return. They just play with girls feelings and once they get what they

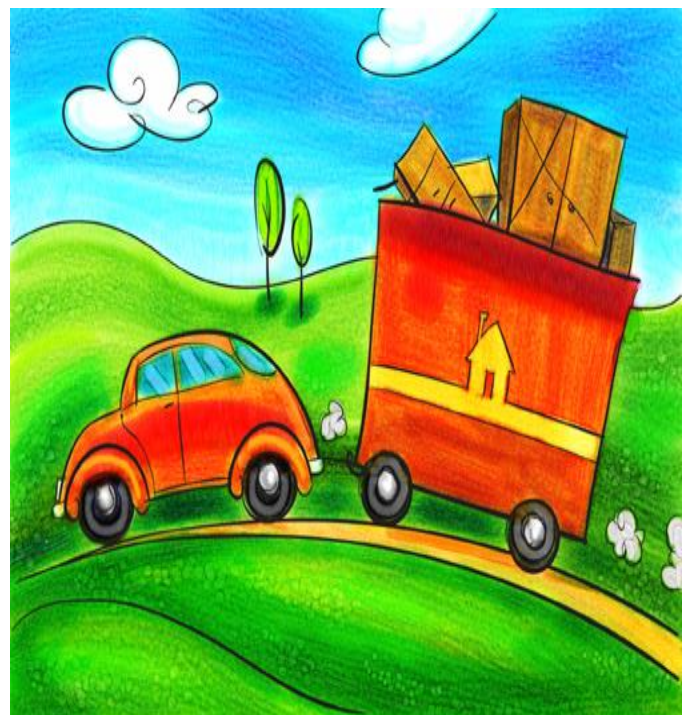
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want, boom were gone and they're on to the next girl. Today the vibe in the school was different. Yes people were still giving me weird looks as I walked through the halls, but not all the looks were bad ones. Once I reached my locker, I knew why everyone was looking at me more than usual. On my locker was a note addressed to me in the nicest handwriting I had ever seen. As I took the note down, everyone crowded around my locker waiting more me to open the letter. I however did not want to give them a show so I acted like it was nothing and just went about my business. For the rest of the day, people were giving me side glances as I walked by and I could hear them talking about me. That day when I was walking home through the woods like normal, it felt different. In the air, I could sense that things were different. I turned around and behind a tree I saw a quick movement of a shadow duck behind a tree. I was curious so I went to go investigate. When I got closer to the tree, there was aTo be Continued

Transferring Experience By: Faith Jackson

I started my freshman year at Burgard Vocational High School. I can honestly say it's not as bad as everyone might think it is. I had a very big support system at Burgard. My teachers and principal from Burgard still text me almost every day to make sure I'm on top of my grades here at West Seneca East. They keep me motivated. I was so upset that I had to transfer. I left my friends I grew up with and I thought I was going to graduate with. I've never really stay put at one school. I've been to several elementary schools between Buffalo NY and Charlotte NC. I thought Burgard is where I would have spent my 4 years without going somewhere else. I never knew anything about West Seneca East but the school was way more advanced than any Buffalo Public School and I had more

opportunities here. I didn't think I was smart enough to even attend this school but it turns out I'm doing just fine. I ended the 2nd quarter with a 90 average. I haven't really made any friends here but I figured I'm a senior and I only have a couple more months here until I graduate high school so I'll just stay to myself. Transferring schools was kind of hard. You don't really know anybody or have anyone to talk to. I haven't gotten comfortable with the school just yet. Coming from Burgard to West Seneca East was a big transition for me due to the type of students and to the style of learning. Everything was just a big change. When I first arrived at this school, it was all new to me. I had to adjust and I'm still adjusting to how things work here. Since I've be here though, I feel I have grown more and my grades have improved so much even with the adjusting. That just shows me that I can adapt to my surroundings very quickly and pick up where the other students are and succeed just as well.



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Difference in Public Schools By: Miriam Hamideh

I want to talk about the difference between public schools in Jordan and American system schools, because I have experienced both. The public schools in Jordan, are very different then what you would normally think, also very hard. Each grade has about 200 students, four rooms for each grade, and each room has 50 students with one teacher. And all the students are females because public schools are either all female or all male, it's never mixed unless you go to a private school. We didn't have lockers, and each subject had a textbook that we had to bring every single day. We had eight subjects every day, and each block is 45 minutes. We take physics, biology and chemistry all together, starting from 8th grade until you graduate. Also, we take History, geography and economics the same way. This makes for a lot of pressure and studying to do when its exam time. My mom works as a receptionist at the American Community School. It's an all American system school. Everything was done on laptops. You had to bring a laptop to class, because that's how you take notes. Homework is done online. There was a certain website that teachers post our homework on and we had to send them the homework by email. It can't get better than that. On snow days, we would still have a snow school day from home. This school had lockers, and the most amazing food for lunch. It wasn't just regular frozen food. It was food made by a chef, mostly cultural food. Now this school is pretty expensive. So if you guys think your school is so "annoying" and so "difficult", think again! Would you rather be in a class of 50 students? I don't think you would. I have to say I love the public school because that's where I met most of my best friends.



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Hawaii Ballistic Missile False Alarm

By: Aaron Brown

The morning of January 13th started off like any other day in the beautiful islands of Hawaii. At 8:10, an emergency warning system was broadcasting to peoples' televisions and all over the radios. Also residents of Hawaii got alerts on their cell phones saying "BALLISTIC MISSILE INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL". This message sent people into full panic and many residents texted their loved ones on the mainland saying they love them. With the rising tensions with North Korea, many thought this was the end of time and they were going to die. A couple visiting the island for their 28th wedding anniversary was on a tour of the island when the alert got sent out. The tour bus took the passengers up to a concrete bunker in the mountains where they hunkered down waiting for the end of time to come. It wasn't until 38 minutes later when a second alert was sent out saying that "The Missile threat was an error and there is no threat to the state of Hawaii". The residents of Hawaii were thankful that it wasn't the real thing but expressed anger for something that should have never happened. The FCC and State officials in Hawaii launched an investigation into how this happened. They concluded that a worker misinterpreted testing instructions from his supervisor and thought there was a real threat to the state of Hawaii. The FCC has now put new measurements in place to assure this will never happen again.



Texting While Driving

By: Andrew Gulgynski

Texting While Driving is an important action everybody has to learn about especially teenagers. This action causes at least 11 teens to die every single day due to the distractions that this action causes. A study proved that 21% of teen drivers involved in fatal accidents were distracted by their cell phone. Around 330,000 injuries occur each year from accidents due to texting while driving. Also, 1 out of every 4 car accidents in the United States is caused by texting while driving. After seeing the statistics based on this action, people (especially teenagers) should take in consideration that texting while driving is extremely dangerous, and if you think twice about doing this, just remember that it could be your last second before your life ends. Try to inform others and show them the statistics of this horrible action. Also remember that Texting While Driving can either end your life fully or completely ruin your life for the rest of the time of you being alive. I don't think you want to be one of the victims of this action. Stay away from this and if you ever are in a car with someone who you feel is texting while driving, tell them to stop or to give you their phone and you can text for them. Spread the word out more and more to show how dangerous this actually is.



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Mass Shooting at Marjory Stoneman Douglas High School in Parkland, Florida By: Mark Lepine

On the 14th of February, there was a school shooting in Parkland, Florida leaving 17 people dead and wounding many more. The shooter was a former student named Nikolas Cruz (19 years old). Some of Cruz's former classmates describe him as being a loner when he attended the high school, and he was expelled from the school due to disciplinary reasons. Cruz went to the high school with a loaded AR-15 semiautomatic rifle and multiple magazines. He pulled the fire alarm in the school to draw students and teachers out of the classrooms. It is suspected that he even concealed himself in the crowd of students as they fled the school. Cruz was involved with the high school's Junior Reserve Officers' Training Corps (JROTC) program, his name was listed under several academic awards in 2016, these awards included academic achievement for maintaining an A in the JROTC, and a B in all other subjects. He consistently presented an outstanding appearance and an outstanding conduct throughout school. Cruz was adopted at birth by an older couple. His father passed away over a decade ago due to a heart attack, and his mother died more than three months ago, on November 1st after battling with the flu and pneumonia. He had been living with a friend's family since his mother died. Cruz had legally bought the AR-15 rifle, he passed the background check as well, and had the rifle before he moved in with the family. Prior to the shooting, Cruz had been posting disturbing pictures on Instagram, some showing off his collection of guns and knives, and others of him wearing a hat with a bandana around his face holding his knives in his hand. After the shooting took place, he was found by police and arrested. Cruz did not put up a fight and just let it happen. This incident has left many

people traumatized, and has left the families of the people who were killed, devastated.

My Thoughts on Florida's School Shooting By: Matthew Benaquist

Recently there was a school shooting in Florida, at the high-school called Marjory Stoneman Douglas High School, a public school of some 3,000 students outside Boca Raton. The shooting is among 10 of the deadliest mass shootings in modern US history. Things like this are only going to push gun control laws to be even stricter and looked down upon. This mass shooting was a high casualty one, with 17 people dying. The Broward County Schools says it has prepared their students for situations like this. One of the school officials has said this "I feel today like our government, our country has failed us and failed our kids and didn't keep us safe." This statement should really open up local, state and even on a national level the government to realize these schools are public buildings and really need to be more secured. People just see these public schools like it's another store down the street. I personally think these schools are just as important as the white house and government official buildings. People in schools should have to start walking through metal detectors to get into them. It's unfortunate that it probably will take a few more mass shootings for people and even the government to realize they need to up the security at schools or even personnel. In this case, the suspect was posting stuff on social media of guns, so the students need to speak out about the situation and can't be scared to do so. Students today tend not to open out about it. They'll just look right past it because they're either too scared to say something to someone or they don't think anything of it.

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Electric Semis

By: Sean Wiley

Elon Musk is trying to enter a new market and is trying to change the way goods are transported. It is a great idea but there are some design flaws that make it almost impossible to pull off. First off the idea is great, semis produced just in 2013, 530 million metric tons of carbon dioxide. That is about 12.5% of the U.S total of 6,673 metric tons of emissions in 2013. Also Elon Musk is offering an auto-pilot mode which he says will be even more efficient and safe. About 4,000 Americans die a year because of semi-truck accidents, so yes it would help with emissions and improve safety greatly but there is one thing stopping him from making this happen. Elon Musk is offering two different semi's, one with a travel range of 300 miles and one with a 500 mile travel range. The problem is the amount of technology and batteries in the semi takes up the majority of the weight, the semi will not be able to carry much cargo if these semis are to be able to travel up to 500 miles, because of all of the batteries and technology. So, the amount of cargo that these electric semis could carry is limited severely. Also charging these trucks takes much longer to charge than filling up a diesel truck, so for long hauls the company's would most likely need to set up a battery swapping or exchange stations. In turn these semis will cost slightly less to maintain but they will not be able to carry as many goods as a diesel semi-truck. I believe that because of this, these companies will never buy into Elon Musk's electric semi even though it would help emissions greatly. These companies won't spend more money and time if they don't have to.



Elon Musk

By: Tyler Wolff



Elon Musk is a very accomplished inventor and businessman. He owns many companies including SpaceX, Tesla, Solarcity, and a couple other small companies. One of the most recent accomplishments Elon has completed, is through the company, SpaceX. In his passion to be the first private company to put humans on Mars, he has created a prototype rocket. The rocket Elon has created isn't just an ordinary rocket, this rocket was the most advanced rocket created so far. Elon wanted to not just launch the rockets into the sky and have them fall back into the ocean, he wanted them to come back to the launch site and actually land automatically! Using the military GPS systems and software Elon and his team decided to program the GPS to make the fuel rockets take off, sustain lift, then detach from the hull and then land near at the launch point. Unfortunately, only two out of three of Elon's automated rockets landed the way they were programmed. While two of the rockets were programmed to land near the launch point, the other one was programmed to land on a platform constructed on the ocean. It failed and missed the landing pad and landed safely in the ocean. For a first ever prototype, I would say that two out of three is not that bad, especially when it is something as difficult as what Elon is trying to

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accomplish here. Although this was an amazing accomplishment for Elon and his SpaceX team, it is easy to see that there is a lot more room for improvement and new innovations if Elon plans to put humans in this ship and send them on a one way ticket to Mars!

Cherish Every Moment

By: Chloe Burns

January 15th, 2018, a day that affected the lives of many. Rachel E. Lofaso, age sixteen, had her life taken way too soon on a Sunday morning. Her boyfriend, Tony Morganti was driving his car with Rachel, who was in the passenger seat. Tony is seventeen and Tony and Rachel both attended Iroquois high school, Rachel a junior and Tony a senior. The community of Elma is completely shocked and is distraught by the death of Rachel. A young girl with her whole life ahead of her, just died suddenly. Her boyfriend Tony, posted a very heartfelt video on his twitter of pictures of him and her. He tweeted "Your favorite song, our favorite memories. I am so sorry Rachel, I wish it would've been me, you didn't deserve this. You are my person and I love you around every galaxy and back forever." This just breaks my heart. A young boy lost his love and honestly wished it was him. What I want everyone to get out of this tragic event is that **you could lose someone at any moment so embrace every minute with every person.** Never go to bed angry with someone, always resolve a fight, tell the person you love that you love them, and show how much you care about that person. I think it is so important to realize that Tony and Rachel had no idea that car ride was going to be their last time seeing each other. Although this was an accident, it could happen to any one of us and it is sacred to let the people you love, know that you love them.

Five Good Things Happening in the World By: Heather Roland

1. The American Alligator the White Rhino, the Grizzly Bear, the Siberian Tiger, the Island Fox and the Golden Monkey. Within the past year these animals have come back from being endangered.



2. Southwest Airlines flew a plane full of puppies to help them escape from Hurricane Harvey.



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3. The cost of solar and wind plummeted by more than 25% in 2017, shifting the global clean energy industry on its axis.



4. Thanks to the legalization of same-sex marriage, suicide attempts by LGBT teenagers have decreased by 14% in US high schools since 2014.



5. Rates of violent crime and property crime have dropped by around 50% in the United States since 1990.



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UNYTS Blood Drive

By Natalie Schuster

On January 20th, people in the West Seneca community gathered to donate blood to the needy. Our school had permission slips to donate on that Saturday at the UNYTS in the West Seneca Plaza. The requirements to donating blood is simple. You must be at least 110 pounds and meet an additional height. Girls must be at least 5'6" while guys must be 5" to donate. Most importantly, you must be in good health to donate. Before the donation takes place, you must take a health questionnaire, test your blood pressure and your iron. The most important test is the iron one. If your iron is below the required amount, you cannot donate. You must have at least a 12.5 iron level and cannot be higher than 20.0. If you meet the requirements,

you can donate blood!! The reason why many people don't donate is because they haven't been asked! Another reason people don't donate is due to fear of needles. As a person who has donated before, I can

rest assure you that the needle doesn't hurt a lot. The most you will feel is a hard pinch, however that's only for a few seconds. The best advice to give is to remain calm, drink lots of water before and don't look at the needle!! Watching the needle will only stress yourself out. It's important to lay back and relax. The actual donating process only takes a few minutes. After the process is done, you still need to stay there for your body to adjust the change. If you feel any discomfort at all, don't



hesitate to ask one of the volunteers to help you, even if you think it's a minor thing. The people are there to help you calmly and comfortably donate. When you're done relaxing, you will be moved to a table where they will give you snacks and drinks to bring back some strength. You can have as much snacks and drinks as you want!! Sign up for the next local blood drive to get free snacks and drinks!! What could be better? Saving 3 lives every time you donate! For the price of a slight pain to aiding 3 people is one everyone should be taking. Donate now!!

Hockey for Humane Spirit Week By: Kendra Lent

As February break approaches soon, another Spirit Week happened here at East. Student Council, led by Mrs. Scritchfield, is responsible for this amazing week filled with different dress days for the Humane Society. Monday was Pajama day, and I, certainly was very comfortable wearing my PJ's to school. Tuesday was look alike day, but I only saw 1 or 2 groups looking alike, so I think for next Spirit Week that this one does not happen again. Wednesday was Sports day, and seeing our local sports team and even our hockey team jerseys was amazing to see. Thursday was Hat Day, and a lot of people were mostly wearing ball caps and beanies to show support for the little puppies and kittens. Friday was spirit day to go against West at the town rink. Wearing "Hockey for Humane" t-shirts and showing the spirit is what we do best here at East. Each class collected and donated pet supplies



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for local shelters. The Seniors won with the most amount donated and will have ice cream treats for their efforts. The Buffalo Animal Shelter came to pick up large boxes of supplies for our furry friends in need! "Buster" the rescue therapy dog was here to visit as well to thank the students for their visit! As the Spirit Week has come to a close, don't forget next Spirit Week which is Diversity Week later in March!!

Hockey for Humane By: Miranda Bolgona

Monday February 5th, 2018 was the start of **Hockey for Humane** week. This week was dedicated to supporting our local shelters. Many shelters have an abundance of animals and limited supplies. Our hope here at West Seneca East was to bring in pet supplies and donate them to shelters that are needy. On top of the donations, we had some fun and had a spirit week. Each day WSE students dressed up as something different to show our support. For example, Monday was PJ Day. Dress up in your comfiest pajamas! Tuesday was Twin Day. If you have a twin or not, find a friend and match outfits for the day! The object is to look like the other person. Wednesday was Sport Day. Show your support by wearing your best sport gear. This can be anything from a hockey jersey to a bowling jersey, anything sports related was good. Thursday was hat day. You can wear a hat in school without being told to take it off! Find the craziest hat you have and put it on. Lastly, Friday is Hockey for Humane day!! We had Hockey for Humane shirts being sold at school that were available for purchase to wear Friday. Students at WSE loved dressing up for a good cause. The shelters now have more supplies thanks to our school coming together and donating.



Musical By: Samuel Holdsworth

East's production of the hit musical *Les Miserables* is an award winning musical. The dates are March 15th, 16th, and 17th. The show follows an inmate on the run - Jean Valjean – and his pursuer, officer Javert, but that's not all. The show also follows a young woman forced into prostitution by crippling debt, as well as her daughter's life. Along with this, there are grimy landlords, a revolution, and romance. Sound interesting? Come see *Les Miserables*. You won't be miserable if you do (I am so sorry for that pun).



Les Misérables

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East Varsity Girls Basketball By: Nicole Kumro

This year so far has been pretty remarkable. We have a record of 10-4 as of right now and we plan on increasing the wins. It has been many years since the Varsity team has had a winning season. One of our goals this year was to have a winning season as well. For most of us, it is our third year on Varsity basketball and for some it's their fourth. We had our senior night on Jan 25th and we won over Sweet Home. Our team this year is a very close knit team and it really shows on the court. This year will be the last year for almost all the seniors on the team because most are going to college for a different sport or just going to college. We still have a tough road ahead of us. We will be playing the tougher teams in our conference such as Williamsville South and Amherst. We are completely capable of winning those games if we put it all together. As the season is getting closer to the end, we all are giving it everything we got so we can make it far in playoffs this year. As a senior, I personally want to make this season last and end with leaving it all on the court.



Lacrosse By: Brandon Moore

The first day of practice for our highly anticipated season of lacrosse starts in less than a week and players and coaches alike are looking forward to

the season. This year our team has high hopes for regular season play and are positive that we will be able to make the playoffs again this year. This year the team consists mostly of returning seniors who are looking to make their mark on our school's lacrosse program. While some will continue to play lacrosse in college, others may be playing for the last time. Our team made it to the section six championship last year but fell short with a loss to Grand Island. With all of the returning players this year, the seniors are hoping to make the championship and take the team to the state final four and hopefully bring home a State Championship. As this would be the first time the team has made it to the championship, we are all excited about the possibility of graduating on such a high note and have future teams strive to be in the same position. This is the final year for most of the team so we seniors hope to make it the best year that the school has ever seen.



Varsity Cheerleading By: Bailey Wypior and Gabby Gajewski

As you may or may not know, The West Seneca East cheerleaders will be taking on states March 3rd. We competed against 17 other teams and are one of two teams attending states in Syracuse. We have worked harder than ever to be where we are now and are continuing to put in the work as we perfect our routine on our #RoadToStates. We have had three first place victories this season,

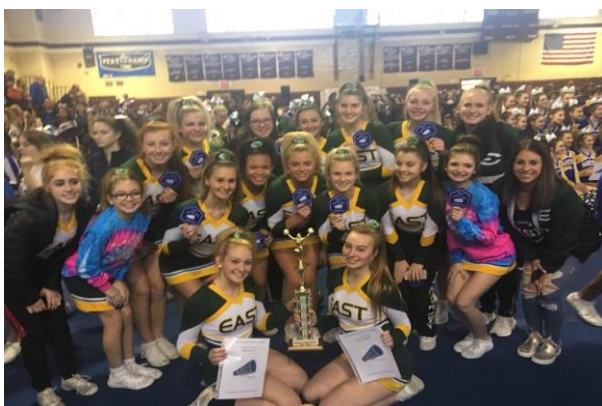
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along with receiving a grand champ's award, best stunts and best tumbling awards at competitions this winter.

#1 Bailey: *How did you feel when we were told we made it to States?*

Caitlin: *I was overcome with happiness and was so proud because it was validation that all our work and time had been worth it.*

Bailey: *As our season continues, what are some things you think we should work on in order to be*



successful at States?

Caitlin: *We should work on becoming closer and uniting as a team, as well as coming to practice ready to work as hard as we can and listen to everything our coach has to say instead of disregarding it.*

#2 Gabby: *What do you think our greatest success has been so far this season and why?*

Coach Sarah: The greatest success the team had had this season is their performance at sectionals. The win isn't the success; it was the way they performed on the floor was inspiring. Their passion was so prominent throughout their entire routine. They came off the floor and some of them even cried!

Gabby: *If you could only tell your team one thing before competing, what would it be and why?*



Coach Sarah: If I could tell them one thing before performing I'd tell them, "no regrets". I'd say this because if they all go out there and do exactly what they are supposed to with no regrets, they will all be happy and hit a perfect routine.

#3 Bailey: *In your opinion, what has been the hardest thing to overcome this season?*

Jessica: All of the incidents we've had to overcome because it was very hard to achieve the things we did with so much conflict.

#4 Gabby: *What is one thing you believe our team could improve on?*

Baylee: *I believe our team could improve on is our overall attitude and smiles while performing.*

Trojan Hockey By: Joshua Jensen

The West Seneca East Trojans Men's Hockey team has had an amazing year so far. Ending the regular season in number one in the second division with a record of 12-4-0, the boys did a great job this season ready to kick it off into playoffs. With Danny Flynn breaking a school record in career goals and being number one in points with 33 points and Tyler Arndt being number one in goals in this

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season with 19 goals, the Trojans have had some talented players helping the team. The boys work great together holding their spot in first and have battled their hardest all season and have made it count for sure. With most of the team leaving at the end of the year due to them being seniors, they are hoping to go far in playoffs.

Boys Lacrosse Team By: Danny Flynn

The Boys Varsity Lacrosse team is looking to make a run at the state title this year. This year's team is arguably the most talented team East has had in a



while with lots of future college players. While looking for revenge, the team is loaded with returning 3rd year senior players such as Drew Werner, Danny Flynn, Josh Maloney, Tyler Arndt, Sean Karnath, Christian Rodriguez, and Brandon Moore. The boys will have a loaded offense that will have lots of firepower to scare the opponents. Last year, the team finished the season with a loss to Grand Island in the section 6 championship game. Since the team is very experienced, it prepares them to make a deep playoff run this year. The Trojans are expected to be the top dog in class C. The team's biggest opponent is themselves. Come out and support the team as they make a run at states!!

Boys Varsity Basketball By: Hailey Olejniczak and Sydney Briggs

West Seneca East Boys' Varsity Basketball team holds a record of 4 wins and 15 losses. Even with this record, they continue to show up to every game with confidence and play together as a team. They keep working hard no matter what the record may be. The team consists of 4 sophomores, 5 juniors, and 4 seniors. They are a young team that started the year with little varsity basketball experience, because of all of the sophomores and first time varsity player juniors. They are coached by Dan Lutman and assisted by Xavier Matthews. Zamari Mitchell, a junior on the team and 2nd year on varsity is who many of the boys consider the key player on the team. Zamari broke a school record, for the most points in one game with a total of 46 points. With the season ending shortly, this will be 4 of the boys' last time playing high school basketball. These boys include, Andrew Weiner, Christian Rodriguez, Dylan Deneka, and Greg Radka.

Buffalo Bills By: Benjamin Odom and Ryan Orzech

Most Bills fans can agree that 2018 started off right. After 17 consecutive years of sitting out of the NFL playoffs, the Buffalo Bills have finally made the postseason. Of course it wasn't easy. Fans first had their doubts when head coach Sean McDermott decided to bench starting QB Tyrod Taylor for rookie Nathan Peterman before the Bills played the Los Angeles Chargers in Week 11. The Bills proceed to lose that game after Peterman threw 5 interceptions. The Bills needed a couple more wins to keep their postseason hopes alive. They did exactly that. After beating their AFC East rival Miami Dolphins 22-16 in Week 17, the last week of the regular season, both Bills players and fans anxiously awaited their team's fate. The Bills needed the Cincinnati Bengals to beat their AFC

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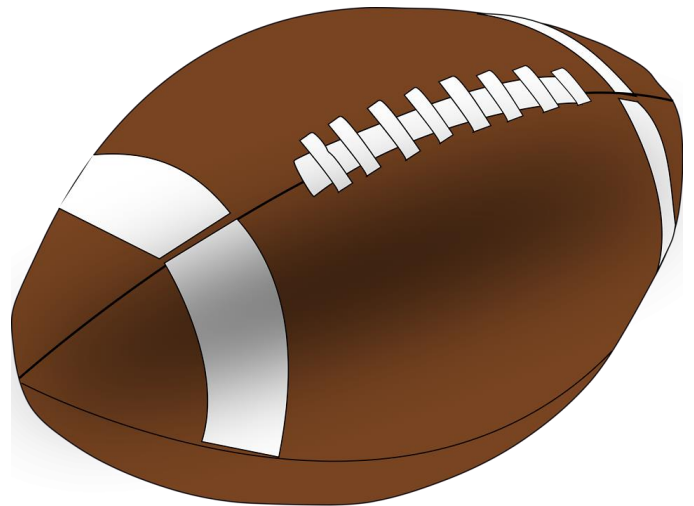
North rival, the Baltimore Ravens as they would hold the tiebreaker over the Chargers if the Bengals won. As the Bills game ended, many Bills fans turned their TVs on to see that the Bengals were not winning. Suddenly, a miracle play by Bengals QB Andy Dalton occurred. Facing a 4th down that they needed to convert, Dalton threw a pass to wide receiver Tyler Boyd that he caught and Boyd then proceeded to run through Baltimore's defense to score the game winning touchdown. However there was still time on the clock for Baltimore to try and get a touchdown of their own. This did not come to light as the Bengals made a key stop on 4th down and eliminated the Ravens from the playoffs with that very play. Cries of excitement rang throughout the city of Buffalo. The Bills had just snapped what had been the longest playoff drought of the 4 major sports (NFL, NHL, NBA, and MLB). Many Bills fans showed their gratitude by showing up at the Buffalo Central Terminal Airport to greet the players that were coming off the plane from Miami. Looks like fans and players got to spend their New Year's Day the right way- celebrating a well-deserved playoff berth.

NFL Playoffs By: Joshua Maloney



The NFL playoffs have had a ton of curve balls this year. First off the Bills made the playoffs for the

first time in 18 years but, suffered a disappointing loss in the first round. Also, another first round surprise was Tennessee coming from behind to beat Kansas City who has one of the most experienced postseason quarterbacks in the league, Alex Smith. Next, in the second round Jacksonville pulled out a huge upset against Pittsburgh who was thought to be a Super Bowl contender this year. Then in the final seconds of the Minnesota and New Orleans game, Minnesota scored a touchdown to win the game in a huge upset win. Now in the final weeks of the playoffs, New England is steamrolling through teams. In the second round they smoked Tennessee 35-14 and keeping the momentum going forward. No one wants to see New England win again. No one wants to see Brady succeed anymore. Everything goes their way and it's about time that ended. At this point just about everyone in the country would like to see anyone win but, New England. For many of the remaining teams it could be their first Super Bowl championship. Hopefully they can pull off an upset against New England and send Brady and his squad of cheerleaders home crying.



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Super Bowl By: Nicole Michalski

Some people care about football and some people don't, but if you're one who loves to the adrenaline rush of the sport and the food that goes along with it, I am guessing you watched the Super Bowl. I believe as if three fourths of Buffalo were rooting for the Philadelphia Eagles because of our hate for the New England Patriots or just Tom Brady. After the Eagles took the W, 41-33, many people of Philadelphia took to the streets to celebrate. This is the Eagles first Super Bowl win. They destroyed the city, bashing cars, starting fires and many other things. There was even a parade. The parade was 4.8 miles. Many people arrived for the parade before the sun even came up. A born and raised Eagles fan, Tim Norton, who is 29 arrived at about



6:45 am. If Philadelphia can do this, think what Buffalo would do.

Philadelphia Eagles By: Damond Flynn

The Philadelphia Eagles, your brand new Super Bowl Champions. The Eagles defeated the New England Patriots by a score of 41-33 in Super Bowl LII, to secure their first ever Championship in franchise history. The game was filled with many exciting plays, and was a close game for the most part. Many people doubted the Eagles for a number of reasons. The main reason was that their starting quarterback, Carson Wentz, suffered a torn ACL, ending his season in week 14 of the regular

season. Prior to that, he led the Eagles to a 12-2 record, and their backup quarterback, Nick Foles went 1-1 in the remaining 2 games, leaving the Eagles with a 13-3 record. The Eagles' first playoff game was against the Atlanta Falcons, and they just passed by, winning by a score of 15-10. Next, in the Conference Championship, the Eagles faces a good Minnesota Vikings team, but easily handled them, winning 38-7, with a great game by Nick Foles throwing for 352 yards, also adding on 3 touchdowns and 0 interceptions. The next game, and the most important was the Super Bowl, against the defending champions, the New England Patriots. The Eagles scored first, grabbing the lead 3-0, and kept the lead until the end of the first quarter, but at a score of 9-3. The second quarter wasn't that much better for the Patriots, as they only added 9 more points to their previous 9, while the Eagles scored 13 more points in the second quarter. Half time came with a score of 22-18, with the Eagles ahead. The Patriots received the second half kickoff, and looked like a completely different team. It seemed as if they couldn't be stopped. At the end of the third quarter, the Patriots had cut the score to 29-26. The fourth quarter was disappointing for the Patriots, as they only put up 7 points, meanwhile the Eagles put up 12. The final was 41-33, giving the Eagles their first ever Super Bowl win. In addition, Nick Foles had a great game with 373 passing yards, including 3 passing

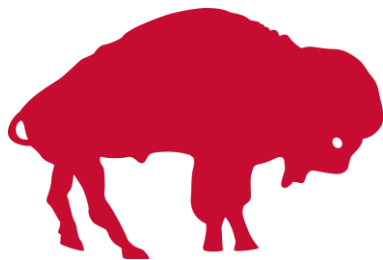


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touchdowns, one receiving touchdown, and one interception. These statistics earned Foles the Super Bowl MVP. Without a doubt, Foles proved that he was worthy to get MVP, and also proved all his doubters wrong and captured the hearts of many Philadelphia fans.

The Bills Make the Playoffs and Give Back to Who Got Them There By: Samantha Gawronski

The Bills won to the Miami Dolphins in Week 17 in the regular season, 22-16. The Bills were still in the playoff hunt and the



playoffs at this point didn't seem likely. They needed either a Titans and a Chargers loss or they need the Ravens to lose to the Bengals. Both the Titans and the Chargers won their games so that playoff situation was not likely for them. The Ravens were winning to the Bengals at the very last seconds of the fourth quarter. Then when the Bengals got the ball back they ended up going for it on fourth down. Andy Dalton threw the ball to Boyd for a 49 yard touchdown with 44 seconds left. This had the Bengals ahead of the Ravens and they were not able to come back. All of Buffalo was so thrilled and shocked that the Bills have made the playoffs thanks to the Bengals last second win. The longest playoff drought in the NFL was over, 1999-2017 was a long time without a playoff appearance. All thanks to the great throw by Dalton and the nice catch by Boyd that this all happened. Fans brought in the New Year with tons of joy. Some fans even greeted the Bills at the airport when they were returning from Miami. The fans instantly started giving back to the person who made it all possible. The Andy and Jordan Dalton

Foundation which was started by Andy and Jordan Dalton to help seriously ill and physically challenged children and their families in Cincinnati and Fort Worth. His goal is to provide daily support, opportunities, resources and life-changing experiences to these children and their families. Bills fans started to donate to his foundation as a way to give back. Over 100,000 dollars was donated to this foundation just by Bills fans. The average amount of money donated was 22 dollars but, there were lots of fans sending in 17 dollars to donate to recognize that it has been 17 years since they have made a playoff appearance. Buffalo came together to help out a good cause to show support to the man who got them where they were hoping to go all season and for the last 17 years.

2018 Olympics By: Anastasia Frank

On Friday, February 9, 2018 the opening of the 23rd Winter Olympics just begun in PyeongChang South Korea, and it is the largest Winter Olympics yet with 92 countries from all over the world participating. The opening ceremony started at 8pm. Spectators were seated in a stadium that held 35,000 people. These spectators were each given hats, raincoats, blankets, and hand, feet and seat warmers. The weather was 27° Fahrenheit with a wind chill factor of below 16° Fahrenheit. The theme was "Peace in Motion." There were 20,000 fireworks set off for the show. Five children were the stars of the show. Haenaroe, Ara, Puri, Bichae and Nuri travelled through time to the past and future, learning about South Korea's history and culture. In the 2018 Winter Olympics, one very important event occurred. Both North and South Korea participated in the games together. During the opening ceremony, both Korea's marched under a flag of unification. This was the first time ever this event occurred. There were 145 South

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Korean athletes and 22 North Korean athletes holding up a Korean peninsula flag. The president of South Korea, Moon Jae-in and the North Korean president's sister even exchanged handshakes and well wishes.



National Hockey League By: Adam Stradtman

As the trade deadline approaches in the national hockey league, there are two teams in a close race for first. The Tampa Bay Lightning and the first-year franchise, Las Vegas Golden Knights. Both of these teams are playing hockey very well at the moment, having more wins than any other team in the league. The Tampa Bay Lightning are led by their captain Steven Stamkos who is leading the team in assists with 44 and big defenseman Victor Hedman who leads the team in penalty minutes. Also, Nikita Kucherov is having a blowout year leading the team in goals with 30 and total points with 77, arguably making him one of the best hockey players in the 2017-2018 season. The Lightning have had a lot of success in previous years as well. They had made the playoffs a number of times and even went on to the Stanley Cup series, but lost to the Pittsburgh Penguins. They are hoping to change their Stanley Cup Status in their 25th year as a franchise. The Las Vegas Knights are a franchise that began at the start of the season. Since they cannot draft a whole roster from the draft, they had to take players from every team in the NHL. The biggest

name they took was James Neal from the Nashville Predators. With all his 9 years of experience in the NHL, he was named the first captain of the franchise. The leading scorers of the Golden Knights in goals is William Karlsson with 29, in assists with 34, David Perron, and in total points with 54, Jonathan Marchessault. As the season winds down, both of these teams hope to carry their good play into the playoffs and possibly become Stanley Cup champions.

Ronaldo One of the Greatest

Cristiano Ronaldo, age 33, is now the player with the most Champions League goals for a single club. The new record holder has scored 21 goals in the past 12 Champions League games. Cristiano holds the record with 4 more goals than the 2nd highest scoring player Lionel Messi. Ronaldo had his highest scoring season in 2014, ending the season with 17 goals. Ronaldo has scored more Championship League goals on his own than 87% of teams to have ever played in this competition. He is also holding the most goals scored in a season with his 2013-2014 record at 17 goals.

Outstandingly he is also the only player ever to score 10+ goals in six different Champions League seasons. Ronaldo practically lives in the penalty zone with 86 out of his 100 goals are inside the box. He is dominantly right footed with a lot of his goals coming from his right foot but he clearly can show he has no problem shooting with his left.

Latest Game

In Cristiano Ronaldo's latest game, he pulled Real Madrid out of being down 1-0 against PSG by scoring 2 goals. Teammate Marcelo scored the 3rd goal for Real Madrid to take the win. Ronaldo was

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putting the pressure on the entire first half by firing 8 shots. PSG's goalie, Kevin Trapp, was doing an outstanding job by stopping Ronaldo, but, he was unable to stop the 2 in the 2nd half. Final score 3 - 1 Real Madrid.



The Buffalo Sabres By: Justin Krzemien

The Buffalo Sabres season has been hard to watch this year because of their amount of losses over wins. Recently the Sabres have won their past couple of games which brought more fans' attention to watch and see how they do against The New Jersey Devils. The team's last game was against Vancouver Canucks. The Sabres scored within the first 5 minutes of the very first period which gave the team a head start and more confidence to play harder the rest of the game. That paid off because the Sabres won 4-0 which gave the goalie Robin Lehner his 3rd shutout this season. Robin Lehner played really hard that game and saved 30 shots on net. The shutout was well deserved. The top 4 goal scorers of the game are Sam Reinhart, Nicholas Baptiste, Kyle Okposo and Johan Larsson scoring his first goal this season. It was a great game and hope to see more of in the future.



Team USA Olympic Hockey By: Ryan Graves

Olympic hockey has come to an end and it has left fans happy and not happy at the same time. How could this be? Well for the men's team they had a really rough time without the NHL players. Team USA's men's team was knocked out in the quarterfinals while Team Canada was knocked out in the semifinals. The absence of the NHL players allowed teams like Russia and Germany to make it to the finals. The gold medal game was won by The Olympic Athletes of Russia with a score of 4 to 3, but fans of Team USA's women's team were not let down. The women's team played great like usual. Team USA and Canada both had gotten a spot in semifinals. Both Team USA and Canada advanced to the finals. The game was very entertaining and ended with team USA winning the gold medal in a shootout. Team USA's women's team has won 2 gold medals, 3 silver medals, and 1 bronze medal. Team USA's men's has won 2 gold medals, 8 silver medals, and 1 bronze medal.



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NHL All Star Game By: Jimmy Lipinczyk

The NHL all-star game weekend was held in Tampa Bay, Florida. On January 27, 2018, the NHL skills competition was held during all-star weekend. The skills competition is loved by the fans and the players because they get to show off their skills as professional hockey players and make the fans go crazy. There were lots of crazy highlights that made the night for the fans during the skills competition. From Alex Ovechkin winning the hardest shot competition with a slap shot that went 101.3 miles per hour, to Brock Boeser winning the accuracy shooting competition by hitting all the targets in 11.136 seconds, and the most impressive thing of the skills competition was Marc Andre Fleury's win in the save streak challenge. He saved 14 shots which was more than anyone else in the competition and had fans on their feet. The NHL all-star game was held the next day on January 28, 2018. The format of the all-star game is a 3 on 3 tournament with the winner of the event winning the million dollar prize that is split with the entire winning team, and a car for the NHL all-star game MVP. There are four teams included in the NHL all-star game which is the Leagues for divisions the Central Division, the Pacific Division which are the divisions which are in the Western Conference of the NHL. With the two other teams from the Metropolitan Division and the Atlantic Division. There were three games played in this year's NHL all-star game. Two semifinals games are played with the two winners going to the NHL all-star game 3 on 3 tournament finals. The first game of the tournament was played between the Central and the Pacific Divisions. The final score of game one was 5-2 with the Pacific Division winning the game. Central Division goals were scored by Nathan Mackinnon and P.K Subban. While goals

scored by the winning Pacific Division squad were by Drew Doughty, James Neal, Brock Boeser, and Brent Burns. The Second game of the tournament was played by the teams in the east with the Metropolitan Division and The Atlantic Division facing off. The final score of the second game was 7-4 with the Atlantic Division winning. Goals for the Atlantic division were scored by Auston Matthews, Jack Eichel, Nikita Kucherov, Brayden Point, and Brad Marchand. Goals for the Metropolitan Division were scored by Alex Ovechkin, Sidney Crosby, Claude Giroux, and Kris Letang. The final was between the Pacific and Atlantic Division. The Pacific Division won the game by a score of 5-2. Goals for the Atlantic were scored by Mike Green. While the Pacific Divisions goals were scored by Rakard Rickell, Brock Boeser, and Anze Kopitar.



Opening 2018 Olympic Winter Ceremony By: Kyle McCubbin

Early Friday morning, February 9th, the opening ceremony for the 23rd winter Olympics dubbed "Peace in Motion" happened in Pyongyang, South Korea. It started with a performance as a "whimsical time traveling adventure of 5 children surrounded by hundreds of performers and cultural iconography" followed with the parade of nations. As the parade of nations finished, the hosts South Korea entered with representatives from North Korea under the unification flag last. The same flag

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was also carried by an athlete from each nation during the parade. The ceremony was finally finished by the South Korean president Moon Jae-in shook hands with sister to leader of North Korea Kim Jong-un, Kim Yo-Jong and then proceeded to announce the start of the 2018 Winter Olympics. The Pyongyang Olympic Stadium which possesses 35,000 seats will only be used for just 4 events and was finished in later 2017. The stadium itself coated upwards of 75 million dollars but will be removed after use. A very impressive part of the ceremony was the lighting of the rings. Many snowboarders slid down a darkened competition slope only to form into rings which was revealed before the camera shifted overhead showing new rings which began to emerge and lingered over the mountain for an amazing shot. Finally the grand finale started after the cauldron was lit. The torch which was carried for 1,254 miles, across the country, carried by 7,500 to act as the 75 million people attending the games. Representatives from both North and South Korea went up a lit up set of stairs to hand over the Olympic flame to its final destination. Finally, as predicted, gold medalist Korean figure skater Kim Yu-Na received the honor of lighting the flame. And so the grand finale of over 20,000 fireworks were set off to conclude the opening ceremony. The closing ceremony will be held on February 25th and then the opening and closing ceremonies for the Paralytcs soon after.



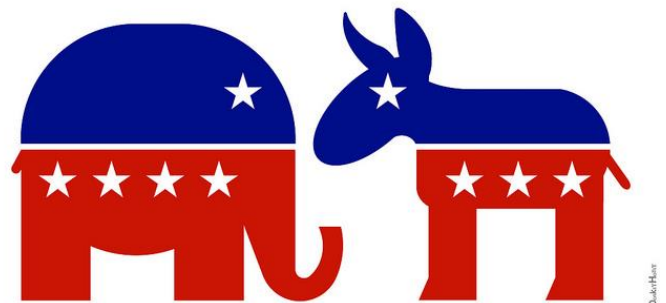
Donald Trump By: Jason Milsom

President Trump is known for harsh words and rash actions. He is a bull in the political stage. However at the "State Of The Union" speech, Mr. Trump showed another, very political and tactful side of himself. He praised the heroes, and spoke up to his fellow Americans. There were small instances of the old, front-page news-Trump showing. For example when he was honoring a child that made a mission to put 40,000 flags on graves of veterans.

He couldn't help but take a dig at football players that kneel for the anthem, stating "Preston's reverence for those who



have served our nation reminds us ... why we proudly stand for the national anthem." This is one of a few minor things that people notice that Trump said. However many praise the new face he has shown and praise him. The worry of the people is whether this Trump will stay, or will he return to his harsh and abusive nature.



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Donald Trump's Health By: Madison Foltarz

Throughout history, there have been 45 presidents of the United States. Donald Trump is the 45th President and current President of the United States. He has been in office since January 20, 2017. Before getting involved with politics, he was a businessman. Ever since Trump became President, so many people have become obsessed with everything he does. Even these days, people are more obsessed with his health more than other Presidents in the past. He doesn't smoke cigarettes or drink, but he has a unhealthy obsession with fast-food. Exercising is important, but he doesn't. He does golf at times, but that doesn't involve much exercise and he drives around his golf cart instead. Other Presidents such as Teddy Roosevelt would go on "rough-cross country walks". George W. Bush was a mountain biker and ran 7-minute miles. Barack Obama would smoke, but he seemed active at times. Trump doesn't seem to want to do much to stay in shape compared to other Presidents.

US and North Korea By: Ryan Griffin

Tensions between the U.S and North Korea have been rising over the past couple months with both President Trump and North Korean leader Kim Jong-un exchanging words of war. Threats from Kim Jong-un suggest military force as well as nuclear. However, President Trump did not back

down, responding to the multiple threats and nuclear tests by the North Koreans. The president tweeted "military solutions are now fully in place, locked and loaded, should North Korea act unwisely, hopefully Kim Jong-un will find another path!" The President has multiple tweets responding to different missile launchings or threats by Kim Jong-un. Some of these tweets by the President, mocking Kim-Jong-un as well as warning him of U.S retaliation. However these threats by North Korea may be more credible than you think. In 2017, North Korea reached two large accomplishments. They successfully test-fired their first "intercontinental ballistic missiles" in July, capable of reaching Alaska. They once again claimed to successfully test a hydrogen bomb. Whether it was indeed a hydrogen bomb has not been confirmed, but its nuclear test in September was recorded as North Korea's most powerful yet, at an estimated 250 kilotons of force. President Trump does not appear worried by these facts, as he continues to fire back over twitter claiming that Kim Jong-un would regret any decision to attack the U.S.



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Not Your Average Chocolate Chip Cookies By:

Nicole Harris

What you need:

2 ¼ cup all-purpose flour

1 tsp of baking soda

1 cup butter (softened at room temperature)

¾ cup of packed brown sugar

¼ cup of white sugar

2 (3.4 oz) packages of instant vanilla pudding mix (French Vanilla)

2 eggs

1 tsp vanilla extract

2 cups of semisweet chocolate chips

To make:

Preheat oven to 350 degrees

First cream sugar and butter add egg and vanilla extract. In a separate bowl mix all of the dry ingredients including the pudding and then add into the butter, sugar, vanilla and egg. Add chocolate chips. Bake 10-12 minutes.

Ultimate Buffalo Chicken Mac and Cheese By:

Kassidy Aiken

Ingredients:

- 8 oz. uncooked elbow macaroni
- 1 can (12.5 ounces) chunk white chicken breast packed in water, drained

- 10 3/4 oz. 1 can condensed cheddar cheese soup



- 1 cup milk
- 8 oz. pasteurized processed cheese
- 1 cups(4 oz.) shredded cheddar cheese
- 1/2 cup FRANK'S Red-hot® Buffalo Wings Sauce or Frank's Red-hot Original Cayenne Pepper Sauce

Directions

COOK pasta according to package directions using shortest cooking time. Drain and place into greased 2-qt. baking dish. Stir in chicken.

HEAT soup, milk and cheeses in medium saucepan, stirring until cheese is melted. Stir in Red-hot Sauce.

POUR sauce over pasta and chicken; mix well. Top with buttered bread crumbs and blue cheese, if desired.

BAKE at 350°F for 30 min. or until hot and bubbly.

My mom has a special Buffalo Mac and Cheese recipe that is used at every party, but specialty time is for the Super Bowl and any other major special event.



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Peep Easter Garden Cake Recipe By: Julie Schnurstein

Ingredients:

-1 box Betty Crocker Super Moist Devil's Food Cake Mix (Water, Eggs, and Oil are specified on the back of the box.)

-1 container Betty Crocker Rich and Creamy Chocolate Frosting

-1 Cup Chocolate Cookie Crumbs (using Oreo Cookies)

-1 Can (6.4 oz.) Betty Crocker Green Decorating Cake Icing

-8 to 12 Peep Marshmallow Bunnies (use different colors to make it more colorful)

-1 Can (6.4 oz.) Betty Crocker Orange Decorating Cake Icing

Steps:



- 1.) Turn on the oven and heat it to 350 degrees.
- 2.) Prepare the cake by using the directions on the box for a 13x9-in pan.
- 3.) Cook the chocolate cake in the pan for about 30 minutes, or until completely cooled.
- 4.) Using the can of the chocolate frosting, spread the frosting on top of the cake.

- 5.) Take the Oreos Cookies and make them into Cookie Crumbs. To crush the cookies, put them in a Ziploc bag (make sure the bag is secured shut with no air) and use a rolling pin and roll over the cookies. Keep repeating until they are fully crushed.
- 6.) Measure out one cup of the cookie crumbs. Sprinkle the cookie crumbs onto the chocolate frosting on the cake.
- 7.) Use the can of the green decorating cake icing to make the garden rows. Use the photo above as a reference.
- 8.) Take the Peep Bunnies, and a toothpick for each one. Insert the toothpick half way into the base of the Peep Bunny. Then insert the other side of the toothpick into the cake so the bunnies are poking out of the cake.
- 9.) Use the can of the orange decorating cake icing and make the carrots. To make the carrots, use the picture to help you design them and where to place them. Use the green icing to put the roots of the carrots on top of the orange carrots. Repeat this step for each carrot you make. To serve the cake, cut the cake into 4 rows by 3 rows.

This recipe is a family tradition for me. I actually made this cake last year for Easter for my family. Every year for Easter, I sit down with my dad and we decide on a cake to make for his side of the family. Every year it is a different cake but this one was one of my favorites. I enjoyed making this cake and will make it again in the future for sure.



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Peanut Butter-Brownie Pie By: Alaina Lanthier

My mother made this recipe last year for Christmas and I probably ate more than half of it because it was one of the greatest desserts I've ever had. We will probably make it again in the future. I like this pie best when it's fresh out of the fridge instead of sitting out for a while. I personally like a ton of chocolate chips in the brownie part and on top. If you choose to you can add other toppings like chopped peanuts.

Ingredients~

- ❖ Softened refrigerated pie crust
- ❖ 1 (15.5 oz) Chocolate Chunk Brownie Mix Pillsbury
- ❖ peanut butter chips
- ❖ $\frac{1}{3}$ cup Vegetable Oil
- ❖ 3 tablespoons water
- ❖ 1 egg
- ❖ 1 package (8 oz) softened cream cheese
- ❖ $\frac{1}{2}$ cup Creamy Peanut Butter
- ❖ 1 cup powdered sugar
- ❖ 1 container (8 oz) thawed whipped topping
- ❖ Chocolate chips

Directions~

1. Preheat oven to 350°F
2. Unroll pie crust and place in a 9 inch dish; flute edge
3. In a bowl, stir brownie mix, peanut butter chips, oil, water, and egg. Then pour on top of pie crust.
4. Bake 30 to 40 minutes until crust is golden brown and brownie is set. Refrigerate for an hour or until completely cooled.
5. In another bowl beat cream cheese, peanut butter, and powdered sugar until smooth. Fold in the whipped topping. Spread the

mixture over brownie. Add peanut butter and chocolate chips on top to your liking.

6. Cover and store it in the refrigerator before serving.

Chocolate Chip Cookie Recipe By: Molly Brzezicki

Ingredients:

- $\frac{1}{2}$ cup or 1 stick of unsalted butter
- $\frac{3}{4}$ cup packed dark brown sugar
- $\frac{3}{4}$ cup sugar
- 2 large eggs
- 1 teaspoon of pure vanilla extract
- 1 (12 ounce) bag of semisweet chocolate chips
- 2 $\frac{1}{4}$ cup of all-purpose flour
- $\frac{3}{4}$ cup baking soda
- 1 teaspoon of fine salt



Steps:

1. Preheat the oven to 375
2. Melt the butter in the microwave (cool slightly)
3. Whisk sugars, eggs, butter, and vanilla in a large bowl until smooth
4. whisk flour, baking soda, and salt in another bowl
5. Stir the dry ingredients with the wet ingredients
6. Stir in the chocolate chips
7. Place the dough on pans and bake for 12 to 16 minutes.

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Chili By: Nadia Gray

Ingredients:

- 2 cans Chili Beans
- 3 cans Kidney Beans
- 2 Chopped Tomatoes
- Tomato Paste
- Onions and Peppers
- Chili Powder
- 1lb Ground Beef
- Crackers



Directions: Season the Ground Beef. In a Medium to large pot, over medium heat, fry the ground beef. Once finished, add all of the ingredients. Stir and let simmer, stir frequently, until Chili thickens. Add into the Bowl and enjoy with a side of crackers.

Snickerdoodles

Ingredients:

- .1 Cup Butter (soft) .1 tsp.Salt
- .½ tsp. Cinnamon .2 ¾ Cups of Flour

- .2 Eggs .1 tsp. Baking Soda
- .½ Cups of Sugar . 2 tsp. Cream of Tartar
- . 2 TB Sugar

Step 1: Grab a mixing bowl. Start by mixing the **flour, Cream of tartar, salt, and baking soda**. Stir until ingredients are mixed thoroughly. Once ingredients are mixed thoroughly, set the mixing bowl to the side. Preheat oven to 350 degrees.

Step 2: In a separate mixing bowl, add in **sugar**. After that put in the soft **butter**, then add the **two eggs**. Make sure to also mix this bowl. Make sure to blend the ingredients thoroughly till it's all mixed up.

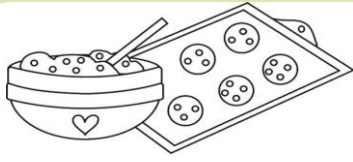
Step 3: Once both bowls are mixed, it's time to merge them! Take the ingredients from the dry bowl to the wet bowl. Going along the same lines as the past two steps, mix all the ingredients thoroughly. Prepare a side dish of a mix of sugar and cinnamon.

Step 4: Once the ingredients have formed into a dough form, take out the dough and begin to knead it. Once the dough is kneaded enough turn the dough into a bunch of small balls. After that you must roll each dough ball in the sugar and cinnamon mixture.

Step 5: Place each of your sugar and cinnamon balls on a non-greased cookie sheet. Make sure each dough ball is nearly 2 inches apart so that your snickerdoodles won't to each other.

Step 6: Place cookie sheet in the oven at 350 degrees. Allow the cookies to cook for about 8-10 minutes. Once ready, take your tasty batch of snickerdoodles and let them sit for 5-10 minutes to cool down.

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Sugar Cookies By: Alana Nichols

Ingredients

$\frac{3}{4}$ teaspoon kosher salt

$\frac{1}{2}$ teaspoon baking powder

3 cups all-purpose flour, plus more for rolling

1 $\frac{1}{4}$ cups (2 $\frac{1}{2}$ sticks) chilled unsalted butter, cut into $\frac{1}{2}$ inch pieces

1 cup sugar

1 large egg

1 large egg yolk

1 teaspoon vanilla extract

Preparation

Whisk salt, baking powder, and 3 cups flour in a small bowl. Using an electric mixer on high speed, beat butter and sugar until well combined (butter does not need to be fluffed), about 3 minutes. Add egg, egg yolk, and vanilla; beat just to combine. Reduce speed to low and gradually add dry ingredients; mix just to combine. Form dough into two $\frac{3}{4}$ - thick disks; wrap in plastic. Chill at least 2 hours. Place racks in lower and upper thirds of oven; preheat to 325 degrees. Let 1 disk of dough sit at room temperature until softened slightly, about 5 minutes. Roll out on a lightly floured sheet of parchment paper until about $\frac{1}{4}$ inch thick, dusting with flour as needed (if dough gets soft or sticky, chill on parchment until firm). Cut out shapes with floured cookie cutters; transfer to parchment-lined baking sheet. Bake cookies, rotating baking sheets halfway through, until edges are golden, 12-16 minutes, depending on size.

Transfer to wire racks and let cool. Repeat with scraps and remaining dough. **Decorate cooled cookies as desired!!!**



S'mores Cookie Cups By: Cassandra Wahl

Missing those bonfire smores? These will be the perfect fix!

Ingredients

Cookie cups

$\frac{1}{2}$ cup unsalted butter

$\frac{1}{4}$ cup granulated sugar

$\frac{1}{2}$ cup all-purpose flour

$\frac{1}{2}$ cup and 2 tbsp graham cracker crumbs

$\frac{1}{4}$ tsp baking soda

$\frac{1}{2}$ tsp sea salt

1 tsp pure vanilla extract

1 large egg

Filling

200g Hershey's chocolate

100 ml Marshmallow Fluff

