



# The Tiger Chronicle

College Preparatory  
Middle School

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## Welcome Back!

One quarter down; three left to go! This new school year has seen many changes here at College Prep: new teachers, a change in schedules, school-wide shared reading programs, an Art class, and more! If you want to know more, look no further than this edition of The Tiger Chronicle. To write an article about the new schedules and changes like TSR, our student journalists have interviewed our school Administrators to learn the reasons for the changes, asked teachers what they see is

working well, and these students also surveyed their own peers - then they interpreted all of this information to determine how successful the changes have been. In another article, student journalists have researched and written an article to introduce Mr. Dan - our new school counselor - to our readers. One article tells the story of the brand new Art class. Please take the time to read these pieces about life here at CPMS.

The content of our articles is not limited to in-school experiences; some of our student journalists have written about the outside world. Readers interested in sports will learn about some devastating injuries to NBA stars in recent seasons, as well as the history of Major League Baseball. Music lovers will

find a couple of articles that will appeal to their passion, while there is also a well-researched article sharing the importance of preparing for natural disasters like a tsunami. Please take the time to enjoy reading the articles that our student journalists have worked so hard on!



## Earn Your Stripes!

## Prepared-Respectful-Engaged-Professional

# Waves of Wreckage

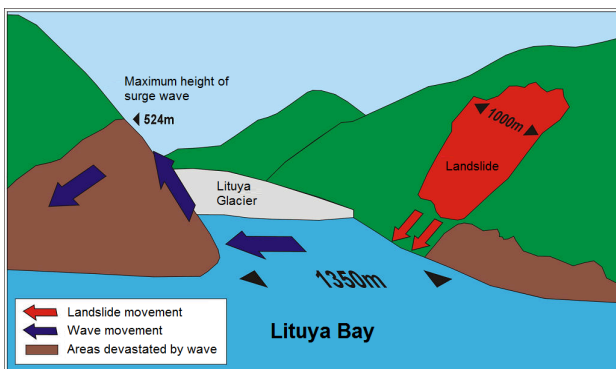
Emily B.

If you received a tsunami warning on your phone, what would you do? In this horrifying situation, it's crucially important for each of us to know what to do. This article will help you to be more prepared and knowledgeable about tsunamis. First, you should know what a tsunami is and how it can affect people and communities. The National Oceanic and Atmospheric Administration (a government-funded website that informs the public of the changing environment) defines a tsunami as “a series of waves generated by a large and sudden displacement of the ocean.” An example of a devastating tsunami is the Boxing Day tsunami from 2004. The Encyclopedia Britannica says that “This tsunami caused one of the largest natural disasters in recorded history, killing an estimated 228,000 people across 15 countries, with Indonesia, Sri Lanka, India, Maldives, and Thailand sustaining massive damage.” Britannica also states that “Long-term environmental damage was severe as well, with villages, tourist resorts, farmland, and fishing grounds demolished, inundated with debris... and plant-killing salt water.” A photo of the result of the Boxing Day tsunami is shown to the right of this article. Although tsunamis can be scary, they are infrequent, but it's still important to know about them, so let's dive into some more information.



## *What causes a tsunami*

The National Oceanic and Atmospheric Administration says that tsunamis can be caused by landslides, earthquakes, volcanoes, and air pressure. Landslides can produce tsunamis when debris enters water and displaces that water from above or ahead. NOAA states, “Earthquakes provide the energy to generate tsunamis through sudden movements to the water column.” NOAA also adds that earthquakes have to be close to the ground of the ocean floor and large enough to cause movement of the ocean's ground to set the tsunami into motion. The National Oceanic and Atmospheric



Administration provides an example of a tsunami, “July 10, 1958 Southeast Alaska - A magnitude 7.8 earthquake triggered a number of submarine landslides, rock falls, and ice falls that generated tsunamis... A rockfall into Lituya Bay sent water surging over the opposite shore, clearing trees around the bay up to a maximum height of 1,720 feet (525 meters). It is considered the highest tsunami ever recorded.” NOAA also states that tsunamis can be

generated by volcanoes, above and below water, although they are uncommon. Tsunamis caused by volcanoes have been uncommon until recently, the California Department of Conservation states that



the last volcano tsunami was in 2022, and NOAA states that in 2018, another tsunami caused by a volcano happened, but before then, the last one was in 1883. As we have learned, there are many causes of tsunamis.

### ***The effect of tsunamis***

Tsunamis can often be deleterious and pose a serious threat to humans, property, and resources. NOAA suggests that most tsunami damage is caused by flooding or impacts from “waves, erosion, strong currents, and floating debris.” Tsunamis can produce fires and cause hazardous materials to be released into the environment. These can impact the public's health and make evacuation response and recovery much more tricky. NOAA provides some examples: “Fires, transportation accidents, and hazardous material releases into the environment, contaminating water supplies and threatening public health.” These impacts can further complicate evacuation, response, and recovery. Some other



potential consequences are permanent changes to the environment, such as beaches, loss and changes to the living space of wildlife, and also the quantity of fresh water. A flood of saltwater can make farming land useless. Rebuilding after a tsunami is a great way to reverse damage. To the left of this sentence is a photo of people rebuilding after a calamitous tsunami. All of the

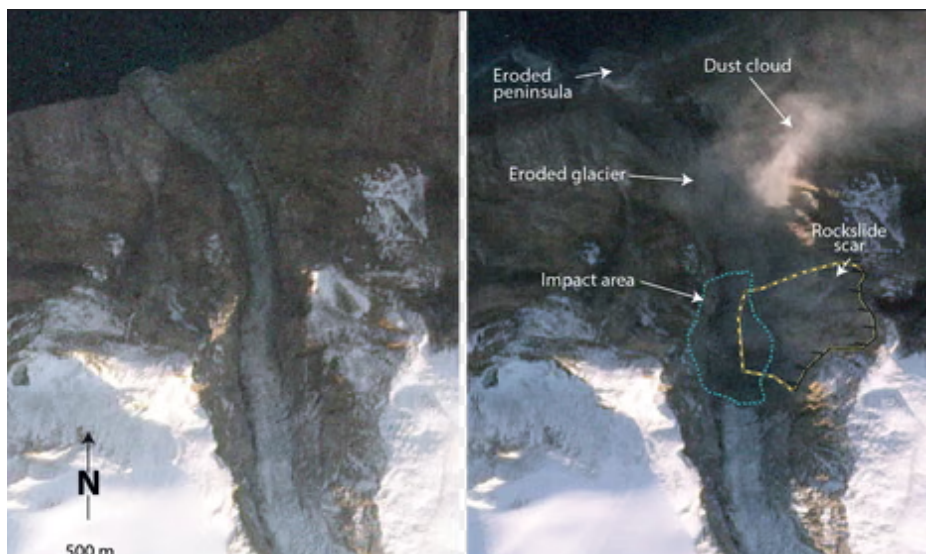
consequences combined show us that tsunamis can be seriously dangerous to humans, property, and resources.

### ***The effect of tsunamis on people's lives.***

The effect of tsunamis on people's lives goes beyond just physical damage; the mental health of survivors is also damaged. Tsunamis can injure people temporarily or give them lifelong issues. Some of these temporary issues include minor or mild injuries and minor or mild damage to a home. Some lifelong issues can include serious injuries and mental effects, such as trauma. Minor injuries or events after a tsunami can usually be easily fixed by going to the doctor or patching up a hole in a wall, but lifelong effects are a much more complicated case. The National Library of Medicine states that “... there is potentially a large, traumatized population in need of psychosocial support.” This quote shows how, after a tsunami, many people are now traumatized and need help. A study conducted by The National Library of Medicine found that people who are in a tsunami are twice as likely to develop a psychiatric disorder than someone who was not directly exposed to the tsunami. A study conducted by the National Library of Medicine also found that 46.9% people had a psychiatric disorder after being exposed to a tsunami. Another study from the National Library of Medicine found that after a tsunami, these people affected by the tsunami had mental health problems even 4.5 years after the tsunami had happened. Now we know that the effect of tsunamis on people's lives can range from minor to major issues, and these issues can last from hours to someone's whole life.

## *Tsunami detecting and forecasting*

Tsunami detection and forecasting are crucial ways to help us prepare for a tsunami because they warn us before one happens. The NOAA states that “The Tsunami Warning Centers depend on an observation system that includes seismic and water level networks from around the world to help them determine when and where to issue tsunami messages.” These networks are extremely important so that warning centers can provide accurate messages in time. Seismic networks can play a role in seeing if a tsunami can happen because earthquakes can cause tsunamis. These centers analyze the information to determine if the earthquake is able to produce a tsunami. NOAA tells what happens if a seismic network determines an earthquake meets certain criteria: “if the earthquake meets certain criteria, the warning centers look at water-level information to see if changes in water-level height can determine if a tsunami exists and the size of the tsunami.” In most cases, an earthquake is the first sign of a tsunami. I learned from NOAA that “Three key pieces of information about an earthquake help the Tsunami Warning Centers determine if it was capable of generating a tsunami: location, depth, and magnitude... If the warning center decides this information is enough to determine a tsunami will happen, they issue a tsunami message and alert what level(s) it is at.” This is how these warning centers work, but nonseismic tsunamis, such as landslides, are much more complicated since they arrive with little to no warning. According to the National Park Service (A government funded agency that manages important areas to preserve the nature in that area) “On October 17, 2025, 180 million tons of rock slid into Taan Fjord generating a tsunami that stripped a



forest from 8 square miles of Wrangell St.-Elias National park and preserve and reached as high as 633 feet, no humans were harmed.” A diagram of what happened during this tsunami is shown to the right of this paragraph. This is an example of a nonseismic tsunami; the local tsunami warning center in that area likely did not even issue a warning because these nonseismic tsunamis are extremely hard to predict. Another factor I

learned from NOAA is that “Even if a nonseismic tsunami is detected by a DART system or coastal water-level station, there is likely no time to develop a forecast that has a good amount of details.” So even if the tsunami in Taan Fjord had been detected, there would have been no time to warn anyone. NWS Weather Forecast Offices, with the support of warning centers, can notify the public of a potential coastal threat depending on the presence of weather conditions potentially happening. Although there are no warning centers in San Diego, the West Coast/Alaska warning center is responsible for sending warnings to California. These warning centers are so important to people everywhere in the event of a tsunami.

## ***Protecting yourself during a tsunami***

There are many ways to protect yourself during a tsunami. The International Committee of the Red Cross (the world's largest humanitarian network, which assists communities after natural disasters



occur) states that tsunami alerts are shared on radios, televisions, and many other alert systems. Understanding the different alerts you may receive and what to do when you receive them is a crucial part of protecting yourself during a tsunami. Many communities provide a map with an evacuation route. You should know these routes, such as the routes highlighted on this map of San Diego (to the left of this paragraph). If you find yourself in a

community that does not have one, the best course of action is to identify a safe place that is at least 100 feet above sea level or one mile inland. The Red Cross also states that “A natural sign of a tsunami may be your first, best, or only warning that a tsunami is on its way. These natural signs can include many things, such as an earthquake, a roar from the ocean, or even unusual ocean behavior - such as a sudden rise or wall of water or a sudden retreat of the water that shows the ocean floor. If you experience any of these signs, a tsunami could be coming.” If you do experience any of these signs the Red Cross has listed, use your community evacuation route or evacuate one mile inland, as referred to earlier in the article. These ways to protect yourself in the case of a tsunami are very important and helpful to know in the terrifying case of a tsunami.

## ***Conclusion***

In conclusion, a tsunami is dangerous, but it can be prepared for, and most tsunamis can be predicted. Tsunami warning centers, as mentioned earlier, work hard to predict tsunamis. All we have to do is use our area's evacuation route and the knowledge from this article.

# Get to Know Mr. Dan

Chloe T. & Nicole M.

Dan you believe that College Prep has a new counselor? No, that was not a typo; CPMS has a new counselor, and his name is Mr. Dan. Not everyone is lucky enough to have multiple school counselors at their school. But what is the importance of school counselors? In this article, we will take a look at what school counselors do and who Mr. Dan is.

According to Wikipedia and The Graduate School of Education and Development (GSEHD), there are many reasons that school counselors are important to middle school students, and to teens in general. When you talk to your school counselor, there are many thoughts that may run through their head, but their main focus is always doing whatever is in the best interest of the student. That is what is so admirable about counselors: they talk with many different types of people a day and still understand and recognize that each person's issues and struggles are valuable. Counselors may also help relieve stress from students and help balance their workload. Also, as students at College Prep, something we do with our counselors is activities to help us get an idea of what jobs we want to pursue and what our strengths and weaknesses are. In addition, a student's mental health can affect how they behave and think. That's where the counselors come in; they help act as a defense against the mental health crisis among students. Many students would rather talk to someone outside of their family about issues they deal with; counselors can be that person they trust and build a bond with.



Now, let's get to know Mr. Dan. Mr. Dan was born in Pittsburgh, Pennsylvania - where he also grew up. Mr. Dan had what he would call “a different take on college.” He started off by going to a small college in Massachusetts, called Endicott College, where he pursued culinary school. We certainly were not expecting to hear this from a counselor, considering those are very different career paths. He then went on to West Virginia University, where he studied Outdoor Education (parks, tourism, and recreation) and Psychology. Lastly, he went to a graduate school in Boulder, Colorado, for his Master's in psychology. Mr. Dan has had a lot of different jobs throughout his career, such as working at a restaurant as a cook and a baker. He even had his own practice as a therapist, but in the end, went back into education as a high school and middle school counselor. Having this wide range of skills can help Mr. Dan relate to students a lot better because he has had experience working with many different types of people.

Something Mr. Dan likes so far about CPMS is that it's a small school. He likes the “small community vibe,” which, as the authors of this article, we couldn't agree with more. Having a small school and a small group of students is something we love about College Prep because it gives us a



chance to really know our peers. Another thing he enjoys is the kindness of everyone at College Prep. We agree that College Prep has an amazing group of staff and students who show kindness and integrity each and every day. He also likes the idea of a phone-free school because phones distract students all the time and can take their focus away from the main thing we come to school to do: learn. We can all agree that phones can be one of the most distracting things for students, especially when they are trying to focus and work hard.

As you may know, Mr. Dan is new to San Diego - he has only been living here for about a year. If you have lived in San Diego for a while, you probably know that there are many things to do. Some of the things that Mr. Dan has done since moving to San Diego are taking lots of trips to the beach, trying different foods, and he has even found time to visit the aquarium! He is doing pretty well so far, but we can't believe that he has not yet made a trip to the zoo. We are surprised by this because we thought that anyone who comes to, or lives in, San Diego has gone to the zoo at least once, to see many of the amazing animals there.



Mrs. Mac has been the counselor at College Prep for a while now, and adding another counselor must have been a big adjustment. We surveyed her and we found out that she actually really enjoys having Mr. Dan to work with and even described him as “a good listener,” and says he has a “good sense of humor.” This goes along with what some of our fellow 8th graders who we surveyed said. Not many students in 8th grade have spent time with Mr. Dan, but the ones who did have only said positive things. Some examples of the adjectives students used to describe him include “bubbly” (Tia T.), “funny” (Vanessa A.), and “understanding” (Sammy B.). These are all traits we look for in counselors. Imagine trying to talk to a counselor who doesn't understand you; it would be like talking to a brick wall! Our authors have had brief but delightful conversations with Mr. Dan. We believe Mr. Dan is funny, nice, joyful, and very easy to talk to.



Also, from the survey, we learned what 8th graders think is important about having a counselor. Many students had responses, including that they can “help with mental health” (Tia T.). Other students like Alex R. said, “People can talk to someone if they are having problems they can’t really expose to anyone else.” Our authors agree with this because it can be hard for students to expose certain details about themselves. Like we mentioned earlier, many teens don’t feel comfortable sharing their personal problems and struggles with their family. Our authors have been in situations where they didn’t feel comfortable sharing their feelings with family members and even friends.

Another thing we learned from the survey is what students feel is important about SEL. We had many responses, like Tia T., who acknowledged the “mental health issues” many kids are facing. Our authors agree because mental health is something many students struggle with, especially during their teenage years, and it can take a toll on how they behave and act in school and out of school. A lot of the answers were similar to other students, like Maryanne H., who said she likes having “someone to talk to.” We fully agree with this response because even if you have a lot of friends and family, it is always nice to know there is someone outside of that circle who we can talk to about our struggles, and how it feels knowing they won’t judge you.

Lastly, we found out that all students enjoy having a second counselor. Like many others, Logan A. and Emily B. mentioned how having a second counselor means, “if one is busy, you can talk to the other one.” Our authors really enjoy having a second counselor for this exact reason. Other students like Tia T. said she likes “being able to choose which counselor you want to talk to.” Christian B. and many others mentioned how they enjoy having the second counselor be a boy, so students don’t feel embarrassed to talk about their feelings or personal problems. We agree and have been in many situations where we don’t feel comfortable telling certain people how we feel. We hope that having Mr. Dan as a second counselor makes more people feel comfortable talking about their feelings.



In closing, school counselors are important in many aspects because they help students with life skills, mental health, and communication. By the end of this article, we have learned many things about Mr. Dan, like how he loves the beach and skiing. From the survey with our fellow 8th graders, we learned that they are all looking forward to this school year with Mr. Dan. There was nothing but positive feedback about Mr. Dan: students think he is funny, outgoing, and great company. We can’t wait to see how this school year goes!

# 🎵 Feeling the Music 🎵

Sophia K., Angel C. & Nordica W.

Music is loved by many, and it is created by many artists. Have you ever wondered why it is so important to society, and just who these artists are who create it for us? Music is not just for one person to relax or stay energetic with; it is also used to connect with other people and to create bonds with others. We wanted to find out why certain music artists are loved and why they help connect others, so we interviewed people from 8th grade about their favorite music genres and artists. In order to find the information we needed, we surveyed our classmates, asking questions about the music artist each reader enjoys listening to, as well as what that musician means to them. The importance of music in society is undeniable and has been visibly influencing lives, cultures, and nations for the past 530,000 years. It even dates back 40,000 years with instruments involved in music.



As the authors of this article, we appreciate many genres of music, including R&B, riot grrl, and rock. Some of our favorite music artists include Tokio Hotel, Mommy Long Legs, and Drake. We, like many people who enjoy R&B, listen to this type of music because it's relaxing, peaceful, and calming - helping us relax and chill out, and sometimes it can help us focus and pivot our attention to one person, thought, or task. We also like the excitement and adrenaline of listening to riot

grrl and rock genres that come from guitars - especially the really diverse and exciting guitar solos. The riot grrl genre songs are usually about important topics like women's rights and equality between men and women.

But music is diverse and not just for one person to give their opinions to the world, and let the idea be set in stone for that topic. This is also why we went out and asked people about their ideas and thoughts on their own experiences with music. When we go out of our way to ask someone about their own personal preferences, we connect and get to know each other through a common topic that is easy for everyone to relate to. We bring each other closer and get to build trust and communication throughout our community. The importance of music in our lives shapes the way we think, act, and talk with others, building our personalities and memories. Even if people don't realize it, the music that people listen to, even on the day they were born, builds on the way they are now. They grow up listening to different varieties of music that dictate the way they act, their personality, and their feelings, and that is why it is important to know how other people perceive music.



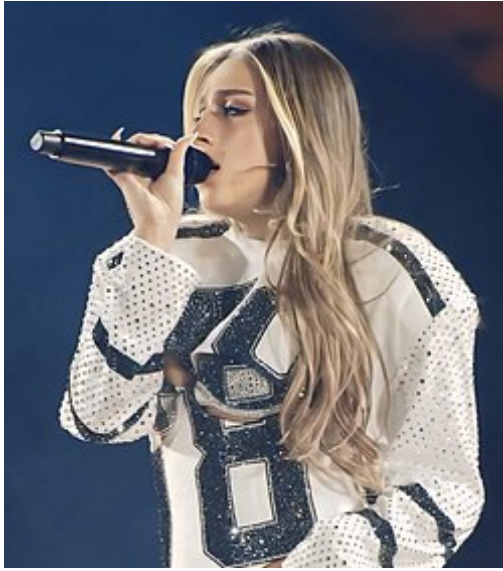
Our survey results demonstrated to us that the most frequent genres that were chosen among 8th grade students are rap, pop, and R&B. This is most commonly due to these genres being upbeat and often helping students focus. The R&B artists that are most commonly listened to by CPMS 8th graders at the moment include Drake and The Weeknd. R&B is liked by many for its vibes and because it's "chill and catchy," as said by Quintin I. As we went on with our research, Aubree J. gave us knowledge of her own experience by saying that the pop genre is very "upbeat" and she often enjoys listening to the stuff that hypes her up or lets her feel and be energetic. Chloe T. says she likes pop because there are multiple different kinds of pop subgenres that can "bring your spirit up" when people aren't feeling happy, uplifted, or in a good mood. Shea M. thinks pop songs are "catchy to listen to." These people introduce the idea that many music listeners happen to go to this genre of music when they are in need of a healthy boost of serotonin for their well-being. As a co-author, Nordica W., I often enjoy pop music when it comes on the radio or if I hear it when going out with friends or family. Even though I don't often play it on my own, I do enjoy the 2000s type of pop music. I feel like there is a lot of passion and feeling that is being put into these songs, and some artists really take the time to compose them, helping convey their feelings to their listeners. When I listen to this music, I often find myself singing along or humming to the beat of the song. It takes my mind off stress and gives me motivation to continue with my day. In my own experiences, when I'm going to the beach, I often put on 2000s pop music and sing along, letting my mind focus on one thing: the music. I don't think that there is a sufficient word for how to explain the excitement or satisfaction I feel when listening to music; the music makes me feel like I'm being swept off my feet.



One student, Tia T., told us that the rap genre often allows her to "focus" and unwind after a long, tiring day. Alen M. describes rap as "calming," and he gives us some insight into what he means by saying that rap music "creates a vibe." Joseph Y. likes the genre because it's "cool and fun to listen to." This shows that people often tend to listen to rap for the vibes and the feeling it gives them. As one of the co-authors of this article, Sophia K., I must admit that rap isn't one of my favorites. Sometimes I find the rhythm nice and the singing catchy, but it often depends on the musician who is composing the songs. The way some artists rap is not what I enjoy in music, and I can't say I feel relaxed or focused when I listen to it. When others describe how they feel calm, focused, or relaxed when listening to rap, I can't relate because I have never personally experienced the music this way; the beats have never really swayed me into relaxation. I don't really feel any exhilaration when listening to rap, but if someone happened to turn it on and I had to listen to it, I wouldn't hate it or try to change it. Rap is just not the first genre of music I would willingly listen to on my own time. When it comes to this genre, it is just not something I would impulsively listen to.



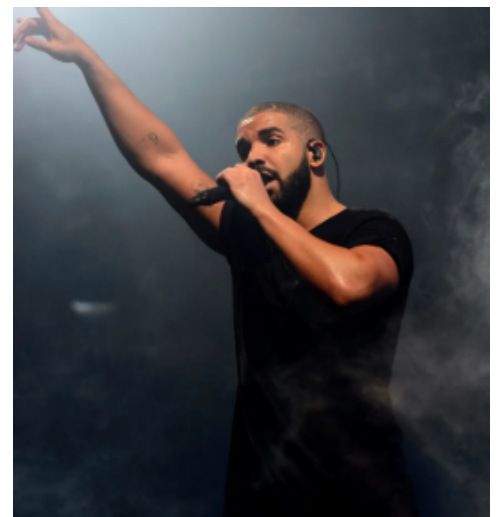
The most popular music artists among 8th grade students would be Tate McRae, Drake, and The Weeknd. Sorcha M. states that she loves many things about Tate McRae and her music, but her favorite element is her exciting vibe, her easy and fun-to-dance-to music, and her “style of singing.”



Sorcha M. describes how she always feels very excited and happy when she listens to her upbeat and uplifting music. Samatha B. thinks Tate’s songs have "relatable lyrics and interesting concepts," and when she listens to her music, she often finds herself feeling “optimistic, understood, and lifted.” These people show that many people, including our assemblage of three, appreciate music like this because either it brings happiness to a person’s otherwise less interesting day or makes them focus and calm down. Either way, it “creates a vibe.” Though for many people, and us authors, some genres don’t make us feel any way. Like if someone were to offer this music and had to listen to it, they wouldn't really care. They would just listen to it and skip it,

which is how some people feel about certain music and genres. As a student of CPMS and an author of this article, I, Nordica W., feel that some of these musicians are a little bit overrated. Even if I have my own preferences in music, I try to be honest about my thoughts and opinions on different topics, but some of these musicians can sing, but not as good as others, and they are kind of average. Many fans of these people put a lot more excitement into these artists and hype them up a lot, even if the artist is not the best. A lot of these musicians became popular because they made decent music when they debuted and got a lot of fame for their first few songs, because people are curious about someone new, but it’s just not the best kind of music. But if I listen to them, I won’t get mad or annoyed; they just won’t catch my attention because they don’t really stand out from the crowd of thousands of different artists. They all sort of fit into the present trends of “stereotypically” common music.

Drake fans, such as Tia T. and Alex R. (8th graders), tell us that they also enjoy The Weeknd’s music because they find that the lyrics that he incorporates into his music are something they can often “relate” to, and he has “many good” music albums. When Tia T. listens to his music, she feels “happy and peaceful,” and Alex R. mentions how it “makes him feel good” because it helps him relax. Although he likes Drake, he says that other artists are just as good, but Drake seems to get “the most praise,” and because of that, Alex thinks Drake is “slightly overrated.” Many people get into musicians through friends and family. What inspired Tia T. to listen to Drake was her friends, because they happened to “talk about him” often around her, getting her curious enough that she “started exploring” his music. This



gives her a way to connect with her friends through Drake's music. She usually does this during "a car ride or a hangout" where she listens to Drake with friends and family, when they "could always bond over Drake" together. What first inspired Alex R. to listen to Drake was "the praise and hype" around Drake, and through his music, he bonds with others by "talking about his music." He can see himself listening to Drake's music for a long time because he really likes his music. As an author of this article, I, Angel C., think that Drake's music is really good. I always like to listen to him when I'm lying in bed or when I'm out exploring the city. Drake always calms me down and lets me connect with my friends when we're hanging out. His music always makes me feel good, like I'm powerful and can take on the day. I first found out about Drake when I was in a grocery store and heard him on the speakers. I was wondering who sang that really good song, so I searched it up and found out that Drake sings a lot of the other songs I really enjoy, so I started listening to his music, and he ended up being one of my favorite musicians. I really relate to a lot of his music, and he has really good vibes in his music.

The most well-liked musician among 8th grade students is The Weeknd. Our classmates Maribel L. and Chloe T. like him for his beats and enjoy listening to his singing voice. What started Chloe T. listening to The Weeknd was discovering his music on a long flight. She was listening to "Die For You" for "5 hours on a flight to Indianapolis" because it was the only song that played on a plane that



"obviously didn't have wifi." Chloe T. could see herself listening to The Weeknd for a long time because of the way his music helps her connect with people. She shares that she "loves listening to it in the car with my cousins" because they can "all sing along" and it's something they bond over. Chloe T. says The Weeknd's music "puts her in a good mood" and makes her "feel happy." Maribel L, on the other hand, says

she found The Weeknd as a child when she heard his top song "Starboy" and has been listening ever since. She and her friends listen to The Weeknd a lot and bond over it together. Although she likes his music, she thinks "he can be overrated" and "his music is overplayed sometimes," but she doesn't really mind because she still likes his music. This is for a number of reasons, but she feels "good about herself," and listening to The Weeknd's music helps her get stuff done. Both Chloe T. and Maribel L. use The Weeknd's music as a way to evoke positive emotions and bond with people in their lives.

Nordica W., a co-author of this article, always seems to feel calmed or relaxed when listening to The Weeknd's music. The Weeknd is a musician Nordica often goes to when she is in need of letting out stress or relieving the day's energy. She doesn't often relate to his music because a lot of his music is not the most appropriate for her current age, but she likes to feel the vibe and the beat of the songs

that he has composed. Nordica W. often finds herself singing along or feeling a lot more confident when she listens to music by The Weeknd. He always seems to make more music that is even better than the last album, which a lot of people feel this way when listening to his music, and that is why he has remained so popular ever since he first debuted in 2010. Even if Nordica feels like she is struggling to keep up with work or the day's tasks, listening to The Weeknd keeps her focused when she needs it and helps her to just focus on the music and mindlessly do the stuff she needs to do without getting bored or too tired. Nordica W. believes that The Weeknd is really a good musician, and she honestly appreciates his music.

Another co-author, Sophia K., feels that music is something that not only makes her happy, but can make her cry and feel so many more emotions that she wouldn't have felt unless music was incorporated in her life. Interpreting lyrics to fit whatever is going on in her mind is something she finds comforting, and she feels that it can be enjoyable a lot of the time. Sophia K. has friends who listen to similar music or have had similar experiences with music as she has had herself. Sophia K. feels that we can all have a jolly good time being silly together, playing songs. She acknowledges that looking back on having a fun time always evokes a smile.

Co-author Nordica W. really believes that music is a powerful thing in life that can bring smiles to faces and joy into colorless lives. Even when people feel down, Nordica W. feels that music can help them feel better. Music influences her life so much, particularly when she's listening to music. She can't help but feel like she is either floating and daydreaming or grounded and focused, with almost no in-between. Nordica W. enjoys being able to just have an extra pop of color in her life when she listens to music. Music helps her to feel more ready and able-bodied to do the tasks of the day.

Out of all these thoughts and opinions, we're able to conclude that music makes people feel many emotions, and it creates bonds with others in their lives. Most of these emotions, from what we've gathered, include a sense of joy or happiness. No matter the type of genre or the musician, people have found ways to enjoy something that's like candy for their ears. Either that, or they relate to songs that have an influence on their own personal life, interpreting the lyrics to match how they feel. Because of this, it can bring people together in bonding experiences that most people look back on with a sense of exuberance.





## *A Blast From the Past*

Christian B. & Alex R. & Prestan K.

Are you ready to be artistic this year? Hopefully you are, because Art is back at CPMS! It has been two full school years since Art was a class at College Prep, but it's back better than ever. When the students received their schedules for the 25/26 school year, they were surprised to see Art was back on the schedule. When we authors asked Mr. Mitch what the reasoning was for bringing Art back, he explained that the administration has always wanted to bring back Art, but there had always been some problems and roadblocks. Until the 25/26 school year, the administration decided to bring back Art to students' schedules, after the administration found a very nice full-time Art teacher, Ms. Szymkiewicz. During this school year, once a week, about 10 students from both PE classes get pulled from PE and take an Art class for one hour. Ms. Szymkiewicz's goal is to introduce CPMS students to as many different types of art as possible, giving College Prep students a chance to find an area of art they feel connected with. Later in this article, we will talk more about why the administration brought back Art, but for now, get ready to learn about Ms. Szymkiewicz and her professional background.



When we interviewed Ms. Szymkiewicz about her professional background and previous experience before working at College Prep, Ms. Szymkiewicz shared that she worked in Baltimore, Maryland,



and worked as an interior designer. Interior designers are paid to decorate the insides of people's homes or other buildings. Ms. Szymkiewicz also shared, "I loved to make my own paintings for fun, but I also do a lot of commissions." She explained that commissions are when people pay her to paint specific artwork for them. Students at College Prep are very happy to have a kind, full-time Art teacher who is nice and makes Art more enjoyable for everyone. Current

CPMS 8th grade students, such as Shea M. and Izel Z. state that "Ms. Szymkiewicz is a very nice and thoughtful teacher. She is good at explaining and giving thorough instructions that are easy to understand," also, "she's very patient, and gives good advice on how to make your Art pieces better, or advice on how to improve your Artwork". Students at College Prep appreciate and value Ms. Szymkiewicz and her Art class. Let's now take a deeper dive into exactly why the administrators brought Art back.

When the authors interviewed the administration about the reasons for bringing back Art, Mr. Mitch



said, “We have always wanted to have Art on the schedule, but we couldn't find anyone to be a full-time Art teacher. Also, we couldn’t find time in the schedule to have an Art class.” This explains why Art vanished from College Prep students' schedules. Ms. Szymkiewicz joining CPMS caused us students to have a full-time Art teacher and an Art class that everyone in all the grade levels can enjoy! We also interviewed Ms. Mac about how learning art impacts and benefits students. Ms. Mac expressed, “Art education benefits students in a number of ways. It can enhance creativity, give students the chance to develop critical thinking skills, and provide an important outlet for self expression.” Ms. Mac stated, “Creating and appreciating art has a huge impact on someone’s mental health. Art allows us to express ourselves in different ways and can provide a way for us to process emotions and explore certain topics. I am really happy that our students have this as an outlet here at school!” Author Prestan K. appreciates how the weekly period of Art gives him a chance to calm down and express the things he enjoys through art. This implies that art can not only be a fun hobby for people, but it can also positively impact one's mental health. Now, let’s explore students’ and teachers’ opinions on the return of the Art class.



We organized an 8th grade survey on CPMS students’ and teachers' thoughts and opinions on Art being brought back to their schedules. These are the students’ thoughts. Maryanne H. said, “I like that students are getting a chance to try new things in Art; students can find new hobbies in Art.” Izel Z. expressed that she likes it personally “because it gives us a break from PE and you get to express



yourself in Art, and get to hang out with friends that you have in your Art class.” Melanie H. explained, “This is my first year of being here, but I really like it. It's so fun and I get to be doing art with my friends, which makes it more fun.” Those were some of the College Prep 8th grade students' opinions on the return of Art at CPMS. Now, let’s see what PE teacher Mr. Mosier has to say

about how Art benefits and affects his schedule. He said, “The Art schedule is great, 10 kids go to Art on a specific day of the week, which leaves 40 kids per day in my class. Most of my classes are in the morning. This helps a lot with the behavioral issues that we were having.” Lastly, let's look at Ms. Szymkiewicz’s goals and ideas for the future of Art at College Prep.

When we asked Ms. Szymkiewicz to describe her goals and ideas for the future of Art at College Prep, she said she wants to introduce Art history, Art analysis, different subjects of Art, and how to

positively and productively critique another's work. Ms. Szymkiewicz also stated, “I plan to have every student try each type of art... I will show you demonstrations of how to use different materials and examples of what can be made with them. I will give you lots of chances to practice for yourselves and complete art projects that push you ... I hope that everyone can use the skills they learn in Art for the rest of their lives.” Overall, Ms. Szymkiewicz’s goal is to share what she knows about art with students to see if any of the topics she shares interest the students at College Prep and make them want to dive further into the topic. Ms. Szymkiewicz really likes CPMS and thinks all of the students are respectful and hardworking. Ms. Szymkiewicz also said she really likes the academic level that is taught at College Prep. One author of this article, Prestan K., feels that Ms. Szymkiewicz sounds like she is ready and excited for teaching Art at College Prep this school year. Another author, Christian B., likes that Ms. Szymkiewicz has a lot of fun and creative ideas planned for the school year. Our last author, Alex R., is sure that students at CPMS will enjoy Art due to Ms. Szymkiewicz's patience, kindness, and experience.

# A Part of Ancient History: Mythology

Paul G. & Joseph Y.

Have you ever wondered what religion was like back in medieval times? Imagine living in a world filled with gods, mythological creatures, technologies, phenomena, legends, supernatural elements, and even the creation of time, space, and the universe itself. How would you live? How would you react to these things happening? Most people would probably be scared, intrigued, or maybe even ecstatic about living in these legends. Nowadays, most people's religions are Christianity and Islam. According to the Overseas Ministries Study Center, a study center at the Princeton Theological Seminary, 32.3% of the world is Christian and 25.2% of the world is Islamic. But back in ancient history, there was a term for ancient religion, called mythology.

Mythology is one of the big parts of ancient history. Most cultures and tribes, such as the Mesopotamians, the Egyptians, the Aztecs, the Japanese, the Indians, the Greeks, and many more, had mythology. Most people, tribes, and cultures back then had mythology. Mythologies are mostly polytheistic, which means they have more than one god. Most mythologies had multiple gods and goddesses, demigods and demigoddesses, mythological creatures, beliefs, and stories. Mythology has been very popular, and multiple mythologies have been studied by historians all around the world. In fact, mythology got so popular that it was put in video games like God of War, Hades, and Assassin's Creed, by adding elements from ancient religions, mainly Greek, most of the time. Mythology has even made it to popular games like Fortnite, as Simon J. said in our survey that the Pandora's Box story from Greek mythos was "an event in Fortnite." Mythology was also put in movies and shows like Hercules, Percy Jackson, Thor, and Blood of Zeus! Nevertheless, mythology is important to the world, and it shows people what ancient religion was back then. But many people ask what mythology really is. What impact did it leave on society? How did the downfall of mythology happen? Let's take a deep dive into these questions, starting with what mythology is.

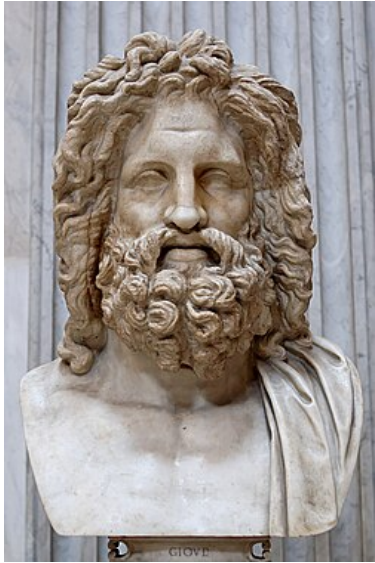


So, what is mythology? Mythology is the stories and beliefs of ancient history. Mythologies had things like gods/goddesses, special beliefs, and stories. These mythologies also explained natural phenomena such as the creation of the Earth, land, waters, and death. Each story explains some sort of natural phenomenon, such as Pandora's Box, the story of the creation of pain and suffering. Mythology also allowed humans to build technology such as gears, screws, and rotary mills by cultures imagining things like robots and machines, for example, from their myths. Mythology also helped humans in times of war by inspiring people to create catapults and crossbows by giving people ideas from stories. Mythology also expanded art because it gave people ideas to create new paintings, statues, and sculptures. People used to worship mythological gods by building temples and



statues of the gods, and bringing offerings to the gods, such as human blood, entertainment in colosseums, and sacrifices such as animals, in most cultures. There are mythologies in most cultures, and these mythologies don't exist now, but they used to exist in ancient times. Let's take a look at different examples of mythology.

One example of mythology is Greek mythology. Greek mythology began in the Bronze Age from 3000 B.C.E. to 1100 B.C.E. There are many gods in Greek lore, but a few of the main gods are Zeus, the god of thunder and the sky, Poseidon, the god of seas and storms, and Hades, the god of the



underworld. Multiple things were believed in the Greek mythos. One belief that they had was that they should believe that the gods existed. Another belief that they had was that they had to obey fate, which was called the Moirai, which was more powerful than any divine powers or wills. One more belief is that when they die, they would be sent to the underworld with Hermes guiding them. One story that the Greeks had in their mythology was the Titanomachy. The story starts when the sky and the earth made titans, or children, but the sky would imprison the deformed titans. So, the Earth made one of the normal titans, named Kronos, and they made Kronos kill the sky. After Kronos did that, he became king and forgot to free his siblings, and had kids. The problem was that Kronos would eat his kids because one of his brothers, named Prometheus, warned him that

one of his children would kill him, but the mother of Zeus decided to hide him and leave him with a pack of wolves. Then, when Zeus grew up, he would kill his father and bring back the gods from his stomach, such as Hades, Persephone, and Poseidon. After Zeus killed his father, the gods started a war against the Titans, and Prometheus foresaw that the gods would win, so he warned his twin brother, named Epimetheus, to be on the side of the gods. The gods won, and they released the deformed titans, who gave them weapons such as the Trident and the Thunderbolt.

After the Greek gods drew lots, it was decided that Zeus would rule the skies and heavens, Poseidon would rule the sea, and Hades, who got the short end of the stick, would rule the Underworld. The reason why this story was important to the Greeks was that it explained to them why the ocean, sky, and death exist, and who controls the three phenomena, which tells us how much authority the gods had, and it helped the Greeks understand who the main gods were and who to worship. It also taught the lesson to never give up. It helped modern people understand the main gods of the Greeks, which allowed them to conduct research about them and post their findings in things like research papers, history textbooks, or articles.

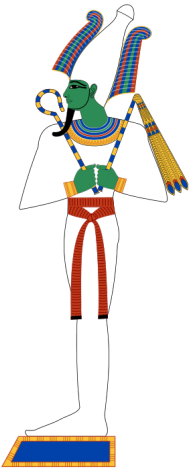


Greek mythology impacted the Greeks' daily lives by giving them a sense of history. According to Queensborough Community College, the myths and stories provided morals and rules for the Greeks

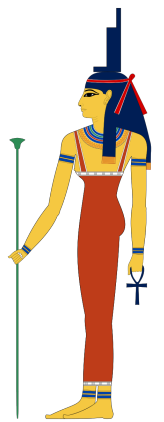


to follow, which helped them stay in order and rule. Those morals were then passed on to the modern world and were taught to adults and children. For example, our society teaches people to never give up - using things like children's books, just like how the Titanomachy did with the Greeks. This all comes from ancient history, but we remember growing up in the modern age and also learning these same lessons. Our families instilled morals and rules in us with stories, too. From stories like *The Little Engine That Could*, we as children learned that it is important to never give up, and to keep trying. It is thousands of years later, and parents are still using stories to teach lessons, morals, and rules to children.

Another example of mythology is Egyptian mythology. The time period of their beliefs started in 4,000 B.C.E. and ended in 30 B.C.E. after Cleopatra VII's death. There are multiple gods in the beliefs of the Egyptians. One of the gods is Osiris, the chief god of the dead and the afterlife. Another is Anubis, the jackal-headed god of embalming and mummification and the patron god of embalmers. One last god is Sakhmet, the goddess of war, destruction, and misfortune. There are also multiple things that the Egyptians believed in Egyptian mythology. One belief in Egyptian mythology is that the Earth reflected the cosmos. Another belief is that the stars were thought to show what a person's personality is and what their fortunes were gonna be in the future. One last belief, according to the World History Encyclopedia, is that when a person dies, they would appear in front of Osiris, and they would have to balance their heart on a scale with a feather on the opposite side of the scale. If the feather was heavier than their heart, then they would be able to pass on and live their life in paradise. But if the feather was lighter than their heart, then they would be eaten by a monster that is called Ammut, and then never exist.



The Egyptians had many stories, and one of the stories they had was the story of Osiris and Set. Osiris was the king of the gods, while his wife and sister, named Isis, co-ruled with him. He created Egypt, along with the Nile River. Osiris honored his father and siblings by following the principle of ma'at, which is harmony. However, the brother of Osiris, named Set, envied Osiris and Ma'at. So, Set created a party and invited Osiris and 72 other gods. At the end of the party, Set got a coffin and asked who could fit perfectly in it, and that person was Osiris. Once Osiris fit in the coffin, Set slammed it shut and then threw the coffin into the Nile. Then, Set told everyone that Osiris was dead, which made him ruler of the world. Isis then decided to go find Osiris, as she didn't believe Osiris was dead. She searched and found his coffin inside a tree at Byblos. She brought the body back and planned to make healing potions to revive Osiris, and sent her sister, Nephthys, to guard the place where the body of Osiris resides. Set was worried that Isis would find the body of Osiris, so he searched and found Osiris' body and cut it into forty-two pieces. He then threw the pieces of Osiris all around Egypt and continued to rule. Isis then found out that the body was gone, and she and Nephthys looked for the pieces of Osiris. They found the pieces and assembled them. Osiris was revived, and Osiris and Isis had a child named Horus. However, Osiris



wasn't fully complete, so he descended into the underworld and became the ruler of the Land of the Dead. This story's moral was about the importance of family and loyalty, and it gave a basis for adults to teach these things to children.

Egyptian mythology impacted the lives of the Egyptians by influencing many religious rituals and providing a basis for kingship, and it also influenced and inspired future philosophers, as according to the Routledge Encyclopedia of Philosophy, some of Greek philosophy actually derived from Egyptian mythology. The lessons and morals of Egyptian mythos are still taught today. For example, the lessons about family and loyalty from the story of Osiris and Set are still taught today, but in a different way, in books and writing. Even after thousands of years, some of the meanings and morals in religious stories in ancient Egypt are still being taught in the modern world.

Another example of mythology is Indian mythology, also known as Hindu mythology. Hindu mythology began between 1500-500 B.C.E. There are multiple gods in Indian mythology, and the three main gods in Indian mythology are Shiva, the destroyer god, Brahma, the creator god, and Vishnu, the preserver. There are also multiple ideas in this mythology. One idea in Indian mythology is that they believed that cows were seen, and are still seen as holy beings. Another moral that is in Hindu mythology is about karma, which is the belief that the actions we do will be repaid in a good or bad way. One final belief the Hindus had is the belief of reincarnation, or coming back to life as a different being. One of the many stories in Hindu mythology is called the Battle of Lanka. According to



Durham University in the UK, the story starts with Hanuman, who is the main god of this story. Hanuman is half-monkey and half-human. When he was in the city of Lanka, he found a princess in prison, and in ancient Indian tradition, the husband is supposed to come and save her. So, Hanuman called Prince Rama to save the princess. Once Prince Rama arrived, he declared war on the demon king. This battle was full of chaos, and during the chaos, Rama was able to rescue the princess. During this battle, Prince Rama's brother named Lakshmana, was wounded in battle. When given to the doctor, Rama was sure that Lakshmana would succumb to death unless treated with medicine from a magical herb found in the Himalayan mountains. The problem was that the Himalayan mountains were thousands of miles away from Lanka. After Hanuman heard this, he flew as fast as he could to the mountain. Once he arrived, he discovered an abundance of the herbs. Hanuman did not want to pick up the bad herbs, so, with his powers, he grew into a massive size, picked up the mountain, and carried it back to Lanka. When Hanuman came back, the doctor found the magical herb, turned it into medicine, and healed Rama's brother. This story was meant to teach the Indians that goodness and righteousness will always prevail when up against evil, according to the Encyclopedia Britannica.



One reason why Hindu mythology helped the Indians was by helping them in war and strategies to help with combat. Another way Hindu mythology helped the Indians is by giving them morals through stories, which helped them have good values. Some morals from the ancient Indians are still being taught today. For example, the story of the Battle of Lanka, which talks about the lesson of good winning against evil, is still taught today in kids' movies as a hero defeating a villain. And still, even after many centuries, these lessons are being taught to children.

One last example of mythology is the Japanese mythos. According to Columbia University, Japanese mythology began hundreds of thousands of years ago, in the BCE. There were several gods in Japan,



such as Sosano-wo, the god of seas and storms, Tsuki-Yami, the goddess of the moon, and Amaterasu, the goddess of the sun. There are multiple principles in Japanese mythology. One principle of Japanese mythology is kami, which are spirits and deities, and there is one for everything in the world. Another belief in Japanese mythology is the Kappa, which is a mythological beast that would play pranks on people and eat the limbs of people, and the only way to kill them was to bow your head because then they would bow their head and spill the water in their head, which they need to live. One final thing the Japanese had to believe was the importance of the sun and moon goddesses, as they were the main gods in the stories and mythos. There are also multiple stories in Japanese mythology.

One story of Japanese mythology is the story of creation. It all begins when all of the elements in the world create a germ. As this germ became mixed with more elements, the heavier half sank and the lighter part ascended. The heavier part of the germ became a muddy sea that covered the earth, and the ocean created a green shoot. The green shoot kept on growing, reaching the skies and creating a god. This god felt very lonely, so he created other gods. The final two gods this god made were Izanagi and Izanami, and these two were remarkable. One day, they looked at the muddy ocean and questioned what was inside it. So, Izanagi grabbed his staff and put it into the water, and when Izanagi did that, clumps of mud came out, and those clumps kept on growing and slowly became Japan. Izanagi and Izanami walked around the land, creating life such as plants, and they promised that once they walked around the world and met again, they would become married and bear children. The first child Izanami bore was a daughter who was so beautiful that she sent her to the sky to become the sun. The second child was a daughter named Tsuki-Yami, who became the moon. The final child Izanami bore was a boy named Sosano-wo, who was sentenced to control the seas and create storms because of how unruly he was. This story explained how the world was created and taught the lesson of patience. Japanese mythology helped the people living in Japan by giving them cultural values and giving them a foundation of identity. Japanese mythology also impacted the people living in Japan by making them go through several rituals on a daily basis, making them less focused on war, which helped make their culture more





peaceful than violent. The lessons that were covered in Japanese religion still exist today. For example, the lesson about patience in the story of creation for the Japanese is still taught in the modern world in literature. And even after many ages of history, we are still learning these lessons. Now that we've covered different types of mythology, how did it impact the modern world?

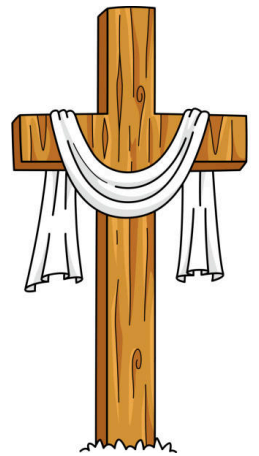
The impact mythology left on human life runs through cinema, video games, and art. One way mythology left an impact on human life is through cinema because of movies such as Percy Jackson,



Gods of Egypt, and Blood of Zeus. Mythology also runs through video games such as God of War or Spider-Man because the powers of Spider-Man were based on Anansi the Spider. Finally, Mythology spread throughout art because people of today purchase and frame art of mythology. Also, we emailed Mrs. Bauer and asked her what impact mythology left on the modern world, to which she replied, "Mythology, as a branch of folklore, is no different; our oldest civilizations told and recorded tales of monsters and heroes to help us understand our unpredictable world." Emily B. (8th grade) also said that "many fashion styles use inspiration taken from mythology." If we didn't have mythology in ancient history, we wouldn't be able to understand our world, and we wouldn't have certain things, like

specific fashion styles, specific video games, or movies. Without mythology, we wouldn't have any of these popular things we know and love today. But since mythology is long gone now, how did mythology die down?

Mythology worldwide died out during medieval times due to Christianity, Islam, Judaism, Shintoism, and Hinduism. Christianity took over Roman mythology in Rome because a prophesied child named Jesus would be crucified on a cross to rid humanity of its sins. Islam, the belief in God and a prophet named Muhammad, didn't replace mythology; it did become popular in the medieval Middle Eastern times, which helped it surpass multiple mythologies. Hinduism, the belief of Dharma, and the life goal to achieve moksha, which is breaking away from the cycle of reincarnation, took over Hindu mythology. Finally, Shintoism, the belief of worshiping nature and every phenomenon, replaced Japanese mythology. Overall, nobody worships mythology, but many people enjoy learning about the concepts of mythology, such as gods, beliefs, and stories.



Now, to conclude the entirety of mythology, a lot of our lives might have had fewer wars between nations if stuff like mythology and religion did not exist. But without mythology, religion, and folktales, we wouldn't have all the great stories we know and love today, such as Little Red Riding Hood, the Three Little Pigs, or even Anansi the Spider. We would also lose a lot of the cinema we cherish, such as Spider-Man or Thor: Love and Thunder. Also, we would lose a lot of video games

that people enjoy, like Assassin's Creed, Prince of Persia, or Hades. Not to mention, we would also lose advancements in art, technology, and science. So, in conclusion, we should cherish mythology and religion so that we can keep getting these amazing creations we have available to us in our daily lives. So the next time you're watching the Hercules movie from Disney, or playing God of War on your PlayStation 5, be sure to remember that these things wouldn't exist without mythology.



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# THE HISTORY OF KYLIE COSMETICS

Tia T. & Maryanne H.

Do you ever have an insecurity about yourself, like the way you look? A famous American decided to figure out a solution and share it with the world. While she helped people with the same insecurity, she became filthy rich, and her business grew. The successful business she made caused her status to go from millionaire to billionaire.

This person is Kylie Jenner, the youngest in the Kardashian-Jenner family, who has her own business called Kylie Cosmetics that she started when she was just 17 years old. According to Wikipedia, she had created this successful business because of her insecurity about her thin lips, which she had had



since she was a kid. She creates makeup products, skincare products, and fragrance. Wikipedia also states that 4 years later, she created a complex business named “Kylie Skin,” which sells skincare products made by her. Her most famous product is the Lip Kits. According to Seventeen magazine, the website crashed because of how viral it became across the internet. This young person's business has a long history, from the reason it was made to how it was made, and who helped with the process. Many people here at CPMS find this young

person's journey inspirational. Keep reading to learn more, and maybe you'll be inspired too.

We learned from Wikipedia that in 2014, Kylie Jenner and her mother, Kris Jenner, founded Kylie Cosmetics in partnership with Coty Inc. Wikipedia states that Coty Inc. is a multinational beauty company founded in 1904 by François Coty. It develops, manufactures, markets, and distributes fragrances, cosmetics, skincare, nail care, and both professional and retail hair care products. Coty owns around 40 brands as of 2024. An example of a brand it owns is Tiffany & Co. The first 15,000 Lip Kits were produced by Seed Beauty and funded by Jenner at a cost of \$250,000 from her modelling earnings. According to Wikipedia, Kylie first started selling on November 30, 2015. Kylie Jenner did have some struggles in building this business. We also learned from MyStudies.com that some of the issues in this business were product quality and the evolution of customer preferences. The first products she sold were the viral Lip Kits that contained a liquid lipstick and lip liner. DDW.com explains that in 2019, the net worth of her powerful business was 900 million.





Kylie's message for her company is "to give my fans access to the makeup products that I love and use every single day to create my looks." Which she said on her main website. Kylie also created a fragrance called Cosmic. Later, she made a different version of the fragrance called Cosmic 2.0 that she states is the "fresher, brighter version of the original Cosmic." According to Kylie Jenner's website, Kylie Cosmetics, the bottle "was designed to resemble a piece of art from another world; each fragrance is a piece of me". Her brand isn't just about creating products to make money; it is about the products that she uses daily that she wants to share with her fans.



Kylie Skin is a complex business that she founded, according to Wikipedia, on May 22nd, 2019. This skincare line sells face wash, toner, face scrub, serum, moisturizer, and eye cream. Some people use skincare every day and would spend a ton of money to use products that are said to be really good for the skin, and others think that putting some chemicals on your face is bad and will ruin your skin.

Kylie Jenner said on her own website, she created the business because of her personal insecurity about her lips and her desire to create a product to achieve a fuller-lip look. So then the Lip-Kits were made, the product that achieves the fuller lip look and pleased Kylie. Her formula for all of her products, according to the "All about us" page on Kylie's official website, is that "Everything is clean, vegan, and made with ingredients that are good for your skin."



She also mentioned that "We didn't sacrifice quality, pigmentation, or performance." Meaning that her products carry good formulas, good performance, and are safe to use on people's faces. Later on, Kylie realized she needed to expand her product line, and according to WWD, she added three new shades of Lip Kits to her product range for Valentine's Day. The company boosted to 500,000 units of Lip Kits, and in 6 different shades, to satisfy market demand. WWD also stated that Jenner expanded the brand outside of the lip category in July 2016, introducing her first Kyshadow palette, a nine-pan eye shadow palette with bronze and neutral colors. Finally, according to WWD, she had her first collaboration with her half-sister Khloé



Kardashian in November of 2016 for the Koko x Kylie collection that included a four-piece lipstick set that sold out instantly.

People don't always like everything they see or hear, including the topic about a famous, rich girl who created a business because of insecurity. Some people, like 8th grade Leona H., told us that she "doesn't like Kylie Jenner. I just want to make that clear." We also learned that our 8th grade Science teacher, Ms.

Spencer, feels that Kylie is "not inspirational to me. I did not know of her cosmetics, and she comes from a wealthy family." But some others have positive opinions, like 8th grade Gabbie B., saying that she "would most likely buy some products on her skin care line since many influencers left positive reviews about the products and recommend them even without sponsorship."

People just start with an idea and work hard to make things grow. It takes a lot of hard work and persistence to get a business into a good place. When others see someone young building a really powerful business, it can inspire them and show or prove to them that they could do it too. Inspiration is a key thing in life. Without inspiration, many of us wouldn't know what to do, doubt ourselves all the time, and wouldn't seem to figure out the potential we have in life, but inspiration solves this all, and Kylie Jenner helps other young adult dreamers remind them that they can do it, anyone can! Others agree with this, for example, 8th grader Aubree J. feels that it is "inspirational because it can inspire me and others to start businesses and keep going because we could someday be as successful as Kylie." But some people don't have that feeling of inspiration like others do. For example, Leona H said, "It's not inspirational because she has a rich family and a TV show." Luckily, there are more people who understand, like one of our administrators, Mrs. Callway, who told us that she is "always inspired when young people have an entrepreneurial spirit! Great businesses often start small!" This is exactly what happened with Kylie; first, she thought she was just selling Lip Kits, and then she expanded and expanded and is still expanding! "While I'm sure Kylie Jenner had a bit of professional help and financial support, a lot of young people just start with an idea and work hard to make things grow. It takes a lot of hard work and commitment to start a business and make it successful! When other young people see someone like her building a viable business, it helps them to know that they can do it too." People sometimes doubt others because they see that they have a lot of money or because their parents are rich, but Kylie built her business for a reason, not to just make more money. She wanted to share her makeup products with her fans and make a change.



Today, Kylie is still the face of Kylie Cosmetics, but does not fully own it. Coty, a beauty company that also includes businesses and many more, bought a 51% controlling stake in the company for \$600 million in November 2019, valuing the company at approximately \$1.2 billion. This deal was finalized and confirmed in 2020. According to The New York Times, Kylie Jenner sold her company because she wanted to expand her business and make it worldwide. The article also mentioned that she wanted to make her business into a global beauty powerhouse, which is why she sold it to Coty. She also wanted to focus on the development of her business and see where it would take her next with selling it. She did all of this to make her business more successful and powerful, which also helped with expansion.

In conclusion, we learned about the amazing history of Kylie Cosmetics, we learned how, when, who, and where it was made, and most importantly, we learned how this young person's story inspires others, like students & teachers here at College Prep.

# Game-Breaking Injuries

London C. & Corben S.

Imagine that you are seven minutes into the biggest basketball game of your life, Game Seven of the NBA Finals. You are the star of your team, who has never won a Championship in the team's history. Every fan of the league thinks that you are overrated, and this is the day to prove them wrong. You try to dribble the ball around to see if you can set up your offense, then you fall, you don't think anything of it until you start to feel pain. You realize you tore your ACL in the most important game in your life, and you won't be able to play for another 1-2 seasons. Some NBA players come back from these types of injuries fast, but most don't.



Most of these injuries not only ruined one season, but some players never returned the same, or even to the court. According to the official website of the NBA, an example of this is when Derrick Rose tore his achilles, he never returned the same. That affected how much money he could earn later in his career because he wouldn't be as valuable to teams because of these types of injuries. Something similar happened with Kobe in the 2013 season, because the Los Angeles Lakers could have very well won the Championship that year if they hadn't lost their best player when Kobe injured his achilles in April of 2013. According to the New York Post, when players do win a Championship, they win more money because it entertains more people, and the NBA wants that, so they get paid. So this injury not only changed his career, but it also cost him money. Injuries overall have affected NBA superstars in many bad ways; many of these injuries have happened lately.

A lot of bad injuries occurred last season. Some of the players who were injured are not able to play for another year or two. According to Newsweek, the most recent big injury happened on June 22, 2025, when Tyrese Haliburton and the Indiana Pacers were playing against the Oklahoma City



Thunder in Game 7 of the Finals. In the first quarter, with 5 minutes left, Tyrese was dribbling the ball, but then he tried to take off and tore his right achilles tendon. Tyrese fell to the ground as Oklahoma City recovered the ball, with Tyrese yelling and pounding on the floor with his fist in pain. His injury also led to OKC winning its first championship when it could have been the Pacers' first championship. This affected him because he will be in the hospital and rehab for a long

time. This will also affect his team because they just lost their best player and role-player in general. After an injury in the NBA, players usually feel really relieved that it was not anything else bigger, but some players can't feel that type of way. In our survey, we asked students about how they think NBA players feel after getting badly injured. Prestan K. (8th grade) said that the players would



probably feel sad because they have a goal to win the championship for their team and their teammates. Another student, Lawan M. (8th grade), said that injured NBA players would feel mad and frustrated about a massive injury because each player tried their hardest to get to that point, until an injury ruined everything. We agree with both of these responses.

An injury where the player that got injured was trying very hard was Tyrese Haliburton in 2025. According to the official website of the NBA and the actual game live, Tyrese Haliburton ruptured his Achilles tendon on June 22 while playing against the Oklahoma City Thunder. It was in game seven of the NBA Finals, and once he got injured, OKC was able to win its first NBA Championship since 1979. Not having to play against the Pacers' best player would make it way harder for them to get the win. According to the official website of the NBA, up until this injury, Haliburton averaged 17.3 points, 8.6 assists, and 5.3 rebounds in the playoffs, which would make it extremely hard for OKC to win that game. He is now in rehab and is healing very quickly. Some NBA players did not heal very quickly.



Derrick Rose was one of those players who came back fairly quickly, but did not come back the same. The next player we are going to talk about is Derrick Rose. According to HealthePointe and the official website of the NBA, Derrick Rose was a great player in the late 2000s. He played guard. He was drafted to the Chicago Bulls in 2008 and won rookie of the year in 2009, and he won MVP in



2010. Before he got injured, he was an absolute beast. He was around 6'3 and could dunk! He was also a great role-player, always finding his open teammates; he almost won a ring until 2012. In game 1 of the 2012 Finals, Rose tore his ACL in his left knee after an awkward landing from a jumpshot. As he tore it, he dropped straight down to the floor and started to hold his knee while yelling in pain. This injury forever hurt his NBA career because he was then traded around by a lot of teams because of more frequent injuries after the ACL tear. There have been many career-changing injuries, not only recently but also almost 10 years ago, like Kobe and Derrick Rose.

Another recent injury that happened was the one that Kyrie Irving suffered. According to the official website of the NBA, he tore his ACL in his left knee while driving down to the lane. This occurred in March of 2025 while playing against the Sacramento Kings. He is not going to be able to play for another season or two. This will hurt his team's season without him since he is their best point guard, but it will also hurt Kyrie forever, and that will affect the rest of his career because he is a point

guard, and that involves moving around a lot. After that injury, he probably won't be able to play the same ever again. This affected his team very much, and other injuries affected the players' team even more.

Jayson Tatum got injured in the 2024-2025 playoffs, which affected his team very badly since he is their star player. Another NBA player we are going to talk about is Jayson Tatum, and how he got injured. According to the official website of the NBA, he got injured on May 12 while playing against the New York Knicks after he attempted a pass, and he tore his right achilles tendon, ending his season. This will not only affect him, but his teammates and his team overall because he is their best player, and the team's leader who led them to the Championship last season. He can also be an all-around positional player. Though he is already doing better from it, he is still in rehab, and the injury will still affect him and how he will now play basketball. As you can see, when a star suffers a massive injury, it has a huge impact on their career.



According to the official website of the NBA, in 2013, another NBA player who had a career-changing injury was the one and only Kobe Bryant. In 2013, during a regular-season game, Kobe tore his achilles. After this horrible injury occurred, he shot two free throws and made both. This injury led to the Lakers getting swept by Tim Duncan and the San Antonio Spurs in the first round of the playoffs. After this injury, Kobe did not necessarily get worse, but it led to his retirement. Kobe was a beast before

his injury. Kobe was injured in April 2013, suffering a torn achilles, causing him to miss the rest of the 2013 NBA season, which led to the Lakers getting swept by the San Antonio Spurs. According to BasketballReference, a website that tells us specific stats and other things about players, Kobe Bryant returned the next season, but was never as dominant a player after his injury. His stats before injury were 27.3 points, 6.0 assists, and 5.3 rebounds, but when he returned, his stats dropped. Derrick Rose was fresh off an MVP in 2011, but the next year, in 2012, he suffered a torn left ACL. Rose returned the following season, but he was never the same. His stats before injury were 25 points, 7.7 assists, 4.1 rebounds, and 1 steal. His stats after injury were 17.7 points, 3.2 rebounds, 4.9 assists, and 0.5 steals per game. This just shows how badly this injury affected the rest of his career in the NBA.

If these players hadn't been injured, they maybe could have won an NBA Championship, and would never have lost the amount of dominance that they had played with before. Although Tyrese Haliburton's injury was so recent, we will see if he is still the same player that he was before. Rose

might have possibly become one of the greatest point guards of all time. This is reasonable to say because he had one of the best MVP seasons that we may have ever seen, averaging 25 points, 7.7 assists, and 4.1 rebounds per game. Also, Kobe Bryant's career could have been significantly different if he had not torn his achilles in 2013. This is because the Lakers were off to a good start in the regular season, but after his injury, they were not a competitive team. If Bryant hadn't suffered this injury, he could have gone on to win his 5th NBA Championship ring, putting him in the debate as one of the greatest players of all time. How could we fix these horrible injuries?

There are so many injuries that happen to so many players, like broken bones, sprained ankles, torn achilles, dislocated bones, etc. The NBA could make the kinds of injuries occur less by making sure that the courts are not slippery, and the players must wear shoes with a good grip, making it hard to fall, preventing season-ending injuries. Another way we can make injuries occur less is by making better protective gear, on legs or ankles, so that it makes it harder to injure themselves because of all the protection that they are wearing. Another way to make sure that our players are safe while they are playing is by making sure that every player is stretched and exercised so that they don't pull or break anything while they are playing. J.J. Redick was a great NBA player, and this photo to the right shows him stretching - which helps players become less injury-prone and able to play for a long time without many stops. Also, they can focus on technique, with their jumping and landing, so they don't make a wrong movement, which could cause them to fall. According to Equinox, a fitness company, currently the NBA is working on ways to prevent injuries, so maybe in upcoming seasons we will see what these methods could be.





# *Instruments Have a Great Impact*

Nadine H. & Gabbie B.

Just imagine, you're living your everyday life, but the instruments just disappear. Imagine boring days, just sitting there, in silence, with no motivation. How would you feel if you couldn't listen to the music that you love most? How would a regular day in your life be different? Music has greatly influenced our everyday lives and has been part of human history for a very long time. Did you know that the oldest instrument ever recorded dates back to over 60,000 years? Instruments have greatly influenced how music is produced, and music has played a major and fundamental role in today's society. Without instruments, music wouldn't be as enjoyable and complete as it sounds now.

Instruments play an important role in music, so without instruments, music wouldn't be what it is today. Instruments also play an important role in society because they can help people connect, express, and celebrate. Instruments are what make a song sound complete, and they contribute melodies and pleasant backgrounds to listen to. Without instruments, a song would be missing vocals and important fundamental parts. Instruments also greatly benefit our well-being, including our emotions and health. It influences our critical thinking and problem-solving skills as well when playing instruments, because of the complexity and understanding of how that instrument is played. Music and instruments have been part of our lives, being passed down from generation to generation,



shaping culture and society all over the world. Let's take a deeper dive into the world of instruments and how they influence our modern world and our well-being.

Music and instruments have been part of our lives for thousands of years, shaping culture and society. It also influences our mood and perception. Instruments have also been scientifically proven to provide many benefits to our health and well-being when being played or listened to. In

1995, an archaeologist, Ivan Turk, and his team discovered a flute made by Neanderthals. This instrument dates back over 60,000 years and was found in Divje Babe, a cave northwest of Slovenia. This instrument is widely known as the Divje Babe flute, or the Neanderthal Flute. This renowned instrument is now held in the National Museum of Slovenia, open to the public, including the information we have incorporated about the Divje Babe flute. People from the past sought the same benefits that we have today. For example, the Neanderthals produced that instrument in favour of its melody and its benefits. The melodies produced by the flute provided healing properties for their own well-being. Even instruments were proven to be helpful for the people in olden times. Not only would it influence our health, but also our emotions.



Music has a positive influence on the emotions of people in society. According to Wikipedia, music helps to manage emotions such as stress, anger, or sadness. Playing or listening to music is a way for people to express their feelings, since songs are relatable and can evoke emotions that are hard to express. Music motivates people to do things. Keep reading to find out how our authors (Gabbie B. & Nadine H.) are positively influenced by music.

One author of this article (Gabbie B.) feels that music personally helps her and makes her feel like she is not the only one who is feeling an emotion in a way that is hard to properly express. Listening to music that Gabbie can relate to comforts her, especially when the songs tell stories about similar things to what she has experienced in life. Overall, music helps Gabbie with stress and motivates her to push through situations. Our other author (Nadine H.) listens to music on a daily basis, no matter what way she's feeling that day. The liturgical church music she enjoys helps her to feel closer to God. Also, Nadine just finds music to be very calming; it makes her feel relaxed. She enjoys playing the piano and singing in her church choir, so music is a part of her everyday life. She says that she doesn't know what she would do without music in her life, because of the important role it has played. Nadine feels that she can also learn a lot from music, especially when she listens to the words and not just the melody, because they can have a deep meaning to them. Our authors (Gabbie B. and Nadine H.) wouldn't feel the way they do about music if it weren't for the instruments involved.



To learn how our classmates feel about music, we surveyed the 8th grade. We learned that the preferences of these students at CPMS have many different genres of music they enjoy, and a wide range of instruments are being played in each of these genres. We were excited to learn that our classmates are interested in instruments coming from a wide variety of different parts of the world, which students have a passion for and enjoyment of.

Instruments are very unique and diverse, coming from all around the world. Each instrument has its own special shape and sound, making them very distinct from one another. They are also renowned as a universal language, with each instrument conveying different cultural and linguistic backgrounds, reflecting on history and beliefs. The Kulintang, a well-known instrument in Filipino culture, is a perfect example of a unique and diverse instrument. Let's take a closer look at the Kulintang and its effects on society.



An informational text on the carvedculture website explains that the Kulintang, an instrument that originated in the Philippines, is a unique instrument that consists of a row of gongs or drums, in a

small horizontal manner. One of the authors, Gabbie B., born in the Philippines, says that the Kulintang influences her culture, practice, and how they celebrate important events. It is part of many Filipino cultural practices, having a deep connection to different cultures, and is used in important celebrations such as weddings, gatherings, and community life, and its status as an icon of Filipino identity. The Kulintang represents Mindanao's cultural traditions in the Philippines, incorporating the region's history, social customs, and spiritual beliefs being passed down from generation to generation.

The very complicated patterns of music from the Kulintang are what arrange difficult dance movements that contribute to the experience, along with colorful traditional clothing and storytelling. Additionally, it is also accompanied by complex and very detailed interactions between gongs and beaters. The Kulintang has gained international recognition and has been featured in various performances and festivals worldwide. With this, instruments take a big toll on how culture is greatly affected.



In Chaldean culture, instruments are mostly used during masses at church (including holidays), festivals, weddings, and religious celebrations. One author of this article (Nadine H.) shares that during holidays (such as Easter, Palm Sunday, Christmas, Good Friday, etc.), during Masses at Church, the trumpet, harp, organ, violin, and piano are instruments that are most commonly used. On the other hand, for a Sunday Mass at church, usually only the piano,

violin, or organ is played. For Chaldean Festivals, the drums are usually played, accompanied by singing. For weddings, the drums, piano, or violin are usually played, accompanied by singing. For religious celebrations, such as First Holy Communions, the drums, along with Chaldean Middle Eastern music, are usually played. On the other hand, other religious celebrations, such as Baptisms, are usually lighter on the instruments being played, usually just Middle Eastern music being heard. Musical instruments are very important because they can be played to serve for religious occasions, which play an important role in the Chaldean culture.





Instruments can also play an important role in Filipino culture. Our other author (Gabbie B.) shares that musical instruments bring loved ones together in romantic ways. In the Philippines, one of the ways to serenade, or court your lover as a young male in the most traditional and heart-touching way, is through Harana. Harana is a tradition where the suitor, also known as the “manliligaw,” sings and plays songs as a way to express admiration towards the dalaga, or girl he loves. He is usually accompanied by a stringed instrument, like a ukulele, and with his companions, to provide supporting vocals as the suitor sings and plays.

Performing a Harana takes a lot of courage and commitment to even perform. Performing the Harana makes the dalaga feel special since this is a way a young man can prove his dedication and admiration towards his lover. The best time to pursue the act is when the Manliligaw is not exposed to the sun too much, so either later in the day or early in the morning. The serenade would take place outside the girl’s window, with her and her family members inside the house listening. It takes a lot of courage because it is a socially oriented event, involving a lot of spectators. Because everyone in the house is inside, that means grandparents, aunts, uncles, family friends, and cousins are listening in. Musical instruments are a significant part of Filipino culture, from playing a role in traditions to uniting families.



Listening to music during certain times, including how you’re feeling and what you’re doing, greatly impacts you. Instruments play an important role in the lives of students. We surveyed 8th grade students at CPMS and took notes of their responses. Students listen to music whenever they’re experiencing a feeling of stress, sadness, or even happiness. They also enjoy music during workouts, homework, and times when they need to focus. Music helps students to express complicated feelings, especially when listening to songs that they can relate to. A CPMS 8th grader, Eliana L., listens to music when she’s “overwhelmed” because it helps to “block out any negative emotions,” or if she’s



sad, she can listen to more “sad music” to make her feel “understood and relatable.” Other students enjoy listening to music “when doing homework,” such as Alfonso A. and Paul G. This shows that music can affect students, depending on when they decide to listen to it.

Many students’ favorite instruments come from different countries. Nicole M. knows that her favorite instrument, the guitar, comes from Spain. Additionally, another student, Joseph Y., shared that his favorite instrument is the oud, which comes from the Middle East (specifically the nation of Turkey). Nevertheless, many students’ favorite instrument comes from Italy: Chloe T., Olivia H., Milushka C., and Jiliana S. all have the favorite instrument of the piano. Another student, Kate L., has a different favorite instrument from Italy, the violin.

Instruments allow students to express themselves through playing songs. For example, Joseph Y. stated that he would “...play a sad and soft song” when he feels sad, or when he feels “mad or angry,” [he] plays an aggressive and loud song.” This reveals Joseph Y. can express himself by the way he plays an instrument, altering the pitch and volume. Instruments evoke feeling without using words. They could be played and listened to as a way to express complicated feelings, instead of letting our words tell us how we feel, since it could be hard to fully show our emotions.

Students we surveyed at College Prep enjoy listening to a wide variety of music, each of which has many different instruments incorporated in it. Chloe T., a student that we have surveyed, enjoys pop and rap, which include drums, electric and acoustic guitars, bass guitars, and possibly violins. Rap music includes drums, bass guitars, pianos, and guitars. Additionally, Milushka C. enjoys pop, and Joseph Y. enjoys classical, jazz, or rap. Jazz music could include the saxophone, trumpet, piano, drums, bass (either upright or electric), or the guitar, while classical music could include stringed instruments (such as violin, viola, cello, double bass), woodwinds (such as flute, oboe, clarinet, bassoon), brass (such as trumpet, French horn, trombone, tuba), and percussion (such as timpani, snare drum, bass drum, cymbals). On the other hand, Olivia H. enjoys listening to Liturgical music, which includes the harp, trumpet, piano, and violin.



Many students enjoy listening to certain types of instruments with their own interests in how they sound and how they make them feel. Instruments also encourage and motivate people to do things they enjoy. Well-known instruments, such as the piano, have a melody that is calming. Students also like heavy instruments, such as electric guitars, because of the bold sounds they produce. Listening to musical instruments is also a way to display the emotions of students, especially when they're feeling valiant or brave. Another response from our survey, 8th grade student Jiliana S, at CPMS, reveals that her “favorite musical instrument to listen to is the piano because it is super calming and really helps [her] focus on whatever [she] need[s] to do.” With that, another 8th grade student, Juliana R., mentions that her “favorite instrument to listen to is the electric guitar because of how loud it is. Its loudness makes [her] want to dance and have fun.” Both Jiliana S. and Juliana R. mention how instruments motivate them to do things. As you can see, these students have a wide contrast in what instruments they enjoy listening to because of how it makes them feel, while some students may have similar opinions about instruments.



Instruments also play a part in the lives of teachers, here at CPMS. We surveyed three 8th grade teachers and one 7th grade teacher, and took note of their responses. Music not only helps students, but also teachers. Ms. Henderling, a 7th grade history teacher, shares that she listens to music in the car on the way to work at CPMS because it accompanies her when she's doing "menial tasks," when she is trying to have fun, and when she is "sharing experiences with friends."



According to Ms. Henderling, music helps to lift her mood and make her day brighter. She feels "comfort" by instruments because she says that she has always "gravitated towards music" and to "sing an emotional song and let all of the bad feelings escape [her] brain gives [her] comfort." Some teachers

enjoy listening to a wide range of genres, including Ms. Henderling, who enjoys "big-band jazz and the blues." She also enjoys any genre that incorporates trumpets, as the trumpet is the first instrument she ever learned to play.

In adults' lives, music plays a big role for them every day. Adults listen to melodies to set moods and to help motivate them to do things. We surveyed some CPMS teachers to learn about the ways grown-ups perceive music and their feelings from their point of view. The 8th grade math teacher at CPMS, Mrs. Gregory, shares that listening to music "...helps make cooking more fun." This is one way music motivates people into doing things, like setting the mood. If we didn't have the motivation to do certain things, playing music would most likely help to motivate teachers to do so, even with no lyrics. Each person has a personal relationship with music, listening to particular genres of music that we enjoy.

Another teacher at CPMS, Mr. Bensley, who teaches 8th grade ELA, shared that he finds music "both relaxing and energizing," depending on what he is listening to. Mr. Bensley enjoys playing the guitar. He also likes to listen to music when driving, and to "create a fun vibe," which is similar to the responses from the rest of the 8th grade team. Based on Mr. Bensley's responses, we can say that he is the only teacher in the 8th grade who listens to music while doing schoolwork. He does this because it makes him feel like less time is passing. Mr. Bensley states that talented musicians create beautiful art that each of us must be thankful for, and the authors of this article (Nadine H. and Gabbie B.) feel the same way. Mr. Bensley states that he "cannot live without guitar" in the music he listens to. He shares that almost every song he loves has the guitar as a "prominent part" of the arrangement. His favorite genres are blues music and rock music.





Ms. Spencer, an 8th grade science teacher, shared her thoughts and feelings towards musical instruments. She shares that she has always found music to be “uplifting” to her spirit, whether she is “singing to a song on the radio, dancing to live music at an event,” or when she used to play her French horn. Ms. Spencer considers listening to music when she is “scrolling on [her] phone or in the car.” Also, when she is “cleaning her house.” Ms. Spencer feels this way because music picks her up and motivates her to work faster when she is cleaning. Music also puts her in a “lively mood.” Ms. Spencer shares that she “listens to nature sounds, which are quite nice,” but not nearly as moving as music is to her soul. This information can tell us that Ms. Spencer enjoys listening to music, so she wouldn’t feel as energized without it. Ms. Spencer enjoys listening to many genres, ranging from hard metal, pop like Taylor Swift, and classical symphony.

Many people can enjoy a wide variety of music genres depending on their mood, which explains the major shift in tunes based on whether they're feeling bold or calm. Musical instruments greatly influence and affect modern-day society and the well-being of humanity.

# The History of MLB

Logan A. & Alfonso N. & Simon J.

It's a home run, it's a strikeout, it's baseball. Baseball has been one of the most-watched sports to this day, along with basketball and football. Most people love this game because of the exciting action that occurs, or having to go into extra innings. Teams can trade for players during the offseason and normal season to get better players for their team, or they could get players that make their team worse. There have been multiple teams created throughout the years. But who created the sport itself? How have team rivalries affected history? Have baseball teams improved or gotten worse? This game is very challenging for a reason.

Baseball has been a wild sport due to many competitive rivalries made throughout the years. Another thing that makes it a wild game is the other players on the team, because you have people cheering you on, yelling their guts out, and hoping to win. Fans can also be wild when their favorite player gets hit, the pitcher is doing really badly, or players make mistakes, which makes them riled up. Fans at the stadium try to yell and irritate the opposing team to try to mess them up or make them lose focus. Lots of cheering can make players stressed, especially in a big game. The reason is that if they

strike out or lose because of that specific player, the fans won't be pleased and will hate them. When fans are being too disrespectful, they can get kicked out. Players can also get ejected (kicked out of the game) for losing their temper, getting into fights with the other team, or being disrespectful toward the umpires. These rivalries are not just with the teams they are also with the fans. Many fans get wild and



fired up while watching teams play against other rival teams. Competitive baseball is not just for MLB - teams in other divisions like Little League, Travel Ball, High School ball, College Ball, Triple-A (AAA), and other sections of baseball are competitive. Many people either hate or enjoy playing against friends, but they know they have to do their job and put their friendship aside for the time being. Many people enjoy the game and have watched it for many years. As you can see, you don't have to be a Major Leaguer in order to enjoy baseball.

Baseball's creator is not just a single person, but an organization called the National Association of Base Ball Players. According to Wikipedia, this "was the first organization governing American Baseball." The first meeting was held by the NABBP in 1857, which assigned people who joined committees for each team. The next and final meeting took place on February 25, 1857, which addressed rules for the game and individual clubs assigned to committees. The final conference, held in 1871, addressed the start of the MLB. Eventually, the game started in 1903. The first World Series competitors were the Boston Americans versus the Pittsburgh Pirates. More teams were added

through the years, which all led up to what the game is today. This shows how much the MLB has improved in many different ways, like the rules and gameplay.

The 2025 World Series is confirmed (Toronto Blue Jays vs Los Angeles Dodgers), but our P.E. teacher, Mr. Mosier, predicted on September 16 that the Philadelphia Phillies would win the World Series. Well, Mr. Mosier was wrong. On October 9, the LA Dodgers walked it off against the Phillies to advance them to the NLCS. This was an excruciating game to watch because the Phillies had an



incredible season with a 96-66 record compared to the Dodgers having a 93-69 record, and a mediocre season. It broke fans' hearts to see this game come to an end, especially seeing the players upset about this. As the Dodgers celebrate moving on to the NLCS, the Phillies stand there and accept their loss. The Phillies were then interviewed after the game. According to the official website of MLB, Phillies first baseman Bryce Harper said, "I'm not really sure what happens or what goes into this off-season, or where we kind of go from here.", implying that he is concerned about the team and what could happen over the off-season. The MLB World Series is

the final game that takes place in the Postseason. Only two teams (One from AL and another from NL). The 2 teams that also won the Wild card, NLDS/ALDS, and NLCS/ALCS) play in the 4-game series. Fans like these games a lot because of how competitive they are.

Some students at CPMS are fans of these as well. From a survey we took for 8th graders, students like London C., Alex R., and Corben S. enjoyed last year's World Series, Dodgers versus Yankees.

Other students, like Christian B., like the Houston Astros versus the Los Angeles Dodgers. Most of these students like these World Series, but what about our authors of this article?

One author, Alfonso N. (8th grade), likes the Texas Rangers versus the Arizona Diamondbacks because they were new teams instead of the same good teams. Another author, Logan A. (8th grade), likes the Atlanta Braves versus the Houston Astros because of the Braves having a good team at the time. Team rivalries play a major part in MLB's history. Team rivalries have been going on for decades and include rivalries that the fans love. From the Boston Red Sox vs the New York Yankees to the Los Angeles Dodgers vs the San Diego Padres.



Fans love these rivalries so much that it is crazy how many fans show up to games like these. From a survey that we took on 8th graders, some students like Christian B., London C., Corben S., Alex R., & Riley B. enjoy the Padres vs Dodgers rivalry, while Aurelius P. & Jack S. like the Boston Red Sox versus New York Yankees rivalry. One of our authors, Logan A., enjoys the Padres vs Dodgers rivalry. Another author, Alfonso N., enjoys the Padres vs Dodgers rivalry as well.





When teams have feuds like the San Diego Padres and the Los Angeles Dodgers, the game can be played dirty. What has been demonstrated earlier this year is a perfect example of playing dirty. When the Padres played the Dodgers at the start of the season, another feud began when the Padres' starting pitcher Dylan Cease hit the Dodgers' right fielder, Andy Pages, in the back. Dodgers' manager Dave Roberts didn't like it. In game 2, Padres right-fielder Fernando Tatis Jr. was hit with a ball by Dodgers' closing pitcher Jack Little. Padres manager Mike Shildt did not like this at all, and

Dave Roberts came out to argue with Mike Shildt. Once they were both out, Dave Roberts shoved into Mike Shildt, which enraged Mike Shildt. Both benches cleared, and everyone started to get into a heated argument. This shove caused both Mike Shildt and Dave Roberts to be ejected from the game and to receive a one-game suspension. In the bottom of the ninth inning, Dodgers' designated hitter Shohei Ohtani was hit with a pitch by Padres' closing pitcher Robert Suarez. The Dodgers' bench was about to clear when Shohei Ohtani waved them off, saying that he was perfectly fine. Padres assistant manager Brian Esposito and Robert Suarez were ejected. These games added more tension between these two teams. This event will be remembered forever when they play against each other.



Other teams like the Boston Red Sox and the New York Yankees have a feud that goes way back. It all started when the Boston Red Sox traded switch position player Babe Ruth to the New York Yankees in 1919. Once the Red Sox saw the true skill of Babe Ruth, they were furious about this and hated that he was a Hall of Famer. Since the Red Sox's manager, Harry Frazee, sold Babe Ruth to the Yankees, this started "The Curse of the Bambino." According to Wikipedia, The Curse of the Bambino caused the Yankees to win 26 World Series and 39 pennants, while the Red Sox only had 4 pennants. Once Babe Ruth came to New York, the Yankees had a dynasty called the "First Yankees Dynasty." Babe Ruth set a record-breaking season in



1921. In 2004, the Boston Red Sox "Curse of the Bambino" was broken when the Red Sox won their first World Series against the St. Louis Cardinals, winning their first World Series in 86 years. Both teams went on just making the Postseason for a while until the Red Sox beat the St. Louis Cardinals again in the 2016 World Series, also having the best record in the AL that year. After that, both teams just made Postseason appearances but never won a World Series. They both also just wanted to keep the lead in the AL East, but they kept losing it to the Tampa Bay Rays. Both of these teams have had a feud since the trade of Babe Ruth, and this feud has been happening since and will probably be forever remembered.



Some teams in the MLB could be failing, but there are ways to improve over the years. Some MLB teams could be failing for many reasons, and in most scenarios, it's the coach's fault. Coaches could fail their team by not making good decisions in their training or by making bad trades with players. Players can fail by not doing their part, like helping the team, or when they try to do everything themselves, or try to "smack the ball out of the park."

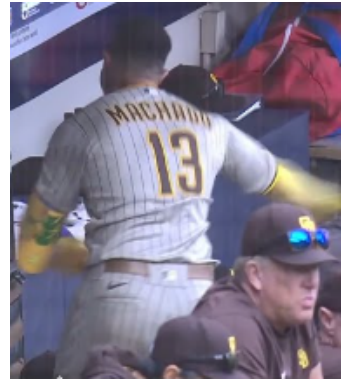
Some solutions for the MLB teams could be communication and collaboration. These solutions can help them improve the overall game because they will be able to improve movement and be more efficient to get more performance from each player. Trust is important for the team because if players



have conflict, they will perform worse during the game. Also, with trust, they will believe in their team to win the game. A thing that can help a player is a healthy diet for each player. A good diet will help the players by providing energy, increasing muscle repair and growth, reducing fatigue, improving endurance, enhancing recovery, and lowering the risk of injury and illness, setting clear team goals for the team. This will improve the team's motivation to complete their goals. They will be more focused on one thing, and they all know what they need. Creating team traditions can help with this by

bringing them together more than a team and more like a family. Trying different places on the field in baseball can lead to players getting to know the game better and learn how each position works in a game. If players know this stuff, they can be able to fill in that spot if the player who plays there is injured and is unable to participate in those games. One important solution is that both the coach and players have to put effort into everything they do. Effort is what makes a team a team. Teams also need leadership, which can arouse the team and make them want to put their best effort in. Plus, coaches should just put effort into their players' health, training, and getting to know their players, which is trying to put effort into building a bond with your team, which could lead to an energetic dugout and better games. These aspects can help teams get better because if they get to do this, they can learn the sport better, along with learning their teammates better. A better and healthier diet can make them more athletic, and it won't take as long a time for that player to recover from an injury.

Another important thing that players need to have is good sportsmanship because bad sportsmanship can really bring down the team. Things like when a player starts losing their temper and starts raging after striking out can bring the team down. For example, Manny Machado broke the water cooler on August 27, 2023, with his bat, just after striking out. This one incident brought his team (San Diego Padres) down with their reputation because that shows that their players have anger issues and that he is acting like a little kid. Reportedly on Sportskeeda, Machado was “seen repeatedly taking out his frustration on one of the water coolers”. The reason it brought down the Padres was that it was embarrassing, and they had a player on the field who was thinking negatively, which made him not play at his full potential. This shows that having good sportsmanship can make the team better.





# Schedule Changes

Aubree J. & Shea M. & Riley B.

Picture this: it's an average day at school, and like always, the lunch area is crowded with kids eating lunch. The noon duties are yelling "Five to a side!" at every table, and kids are getting injured during recess. The transfer from class to class is chaotic, with different grades going to different places. Teachers are trying to squeeze reading time into the school day, and people are getting tired of the same, stressful routine. Over the past years at College Prep, every student has followed the same



schedule each and every day. They all had a nutrition break, lunch, mixed PE with different grades, and seven periods in their schedules. CPMS is a middle school that ranges from grades 5-8. At the start, College Prep was just a small school community, with only 100-200 students, crammed underneath a church building. The basement of The Church of Christ, where College Prep was first located, was not an ideal school space for teachers and students. With countless floods and cramped workspace, Mr. Mitch and Mrs. Callaway decided it

was time to locate a campus of their own. In 2018, the new CPMS building was established, and had lots of effective improvements. In this article, we will discuss the agenda changes and how they affected people at College Prep, as well as us authors.

The schedule at CPMS has evolved and changed drastically this year. There was a limited number of people, staff, and teachers when the school was first established. Since there weren't any seventh grade teachers available at the time, the eighth grade teachers would lecture the seventh grade students, as well as the 8th grade students. The school day included four core classes and one elective. The four core classes were ELA, Math, Social Studies, and Science.

Although the schedule seemed simple, it was actually very complicated, with little space for a school to function. Our principals, Mr. Mitch and Mrs. Callaway, decided, after several years, that it was time for a change. In 2018, College Prep Middle School moved from the church to a new location, and it became its own independent school.

Now that College Prep had its own campus, no one had to continue learning and teaching in a cramped space. The expanded area resulted in the addition of a 7th grade team, 100 students in each grade, and two floor levels, making College Prep more manageable. However, PE had mixed grades, including half of 7th grade and all of another grade. The 5th grade was the only group with a PE class and lunch that wasn't mixed. This schedule seemed easy to manage, but it introduced problems such as crowded hallways and many complaints about



kids not being in the same lunch or PE as friends. After 15 years, Mr. Mitch and Mrs. Callaway



decided that it was time to change the schedule completely. It was concluded that Nutrition Break would be removed from the schedule, and in its place, a new reading time called TSR was added. Now, students don't have to go through crowded hallways to have a brief snack break, but instead, they have a new opportunity to share a reading experience. The change of having grade-level PE, Nutrition Break, and lunch not only satisfied the wants of students and

teachers, but also the parents. As authors, we are also glad that the new routine is more efficient. Rearranging the schedule this year has been certified as a big success for everyone.

We interviewed many teachers and 8th grade students and asked what their favorite part of the new schedule was. Mrs. Drada, one of our PE coaches, reveals that she is, "...most excited about being able to differentiate unit lessons, fitness lessons, and health lessons by grade level." Mr. Mosier talks about how kids in PE are much more manageable when there are no mixed grades. Olivia H. said that her favorite part about having PE with her grade level is that she is able to "interact" with her classmates and have all of her friends. She went on to say that having friends during her period motivated her to "...put more effort" into her activity. Also, CPMS no longer has 150 students out on the lunch tables, field, and blacktop during the lunch period. The decrease in people outside has struck some positive thoughts for many students. Nicole M. said she enjoyed having lunch without different grades because "no one fights for tables anymore." We have noticed the same, because students can more easily sit with their friends, so there is no reason for anyone to argue over the tables. This might be the most common reason why students enjoy lunch



more now, including from 8th graders such as Fahad A. and Milushka C., was because of "friends". Mrs. Stenger is a 7th grade science teacher here at CPMS. She went along with most students by saying that she is "glad that 7th graders no longer feel separated from friends at lunch." Mrs. Stenger continued that she would constantly hear complaints from students and parents about not having lunch with friends. Mr. Mitch and Mrs. Callaway agreed, saying that before this change, "Parents and

students would call the school crying that they weren't in their friends' lunch period." Students all agreed that these modifications contributed to the result of less crowded hallways, and helped classes flow more easily throughout the school day. All in all, most students, including us as authors, and the school administration, think that the lunches this year have been a huge improvement! We were happy to learn that teachers like these changes too! Mrs. Mellinger is an 8th grade U.S. History teacher. When we asked her how the new schedules affected her daily work, she answered by explaining that she had to adjust to the new changes and TSR. Mrs. Mellinger stated that in earlier years, her "Prep period was in the afternoon and Elective was before lunch." Mrs. Mellinger then continued by stating that she had to alter her routine to fit the new schedule. However, Mrs. Mellinger mentions how the prep period with all of the 8th grade teachers allows her to collaborate and talk about any 8th grade issues, events, and important information. The majority of teachers' daily work has been positively affected by the new schedule. The up-to-date program has shown major improvements overall.

TSR was one of the new additions to the 2025-2026 school schedule. Reading is a crucial part of College Prep's values. In fact, SSR was incorporated in past years as well. Having a dedicated reading time in the school day helps many kids increase their reading abilities and calm them down to get them ready for the classes ahead. TSR stands for Tiger Shared Reading, and it is a time where teachers read to students or students take turns reading to their class. Scholars have had a lot of positive opinions about the new reading period. We interviewed many 8th graders, and here are their



thoughts. Melanie Y. and Lourde B. enjoyed having 20-30 minutes of rest after the first, second, and third periods. Most students, such as Nat S. and Olivia H., described TSR as a time to "relax". Another new addition to the schedule was art. Art was added as a new class period that replaces PE one day a week. Many 8th graders also have had many good opinions about Ms. Szymkiewicz (the new art teacher). Nicole M. and Brooke H. have both said that the new Art teacher was "super nice." Anaheim Elementary also states that art is beneficial because, "... kids don't feel as much pressure as they create." This means that there is less stress put on the students about messing up, because each individual's art will automatically look different. Additionally, many 8th grade students, including Harrison L., Clara G., and Leona H., each said that they enjoy the "drawing" aspect of art. We think that our Art class has been a good time for students to express themselves through artwork. Adding these classes displays many advancements towards each student's learning.



There were many steps Mrs. Callaway and Mr. Mitch took to make these schedule changes. Every schedule change that they made had a crucial part in making our school the amazing place that it is today. Mr. Mitch and Mrs. Callaway have taken a lot of time over the years to construct the perfect schedule, and here are some reasons they made these changes. It has made the hallways flow more easily and creates a more enjoyable environment for everyone. Also, after adding TSR, students now have 75 more hours of reading time. Removing snack gives us 36 more hours of learning per school year. The official Challenge Success Team from Stanford University states that revising school schedules ensures that each student can “...prioritize adequate time for sleep, reflection, and connection.” To elaborate, it is important to have an agenda that has balance so that students are getting enough of what they need throughout each and every day. The Challenge Success Team also states that class periods that are “too short” or “too long” affect how much a student learns throughout the school day. With College Prep’s new schedule, each class duration allows students to be able to grasp what is being taught. Changing the schedule will help increase the amount of learning that students receive in every grade, improve their reading skills, and create a better school day for everyone, including staff and students.

In closing, we authors have discussed the background of College Preparatory Middle School, what the past schedule looked like, the benefits of the new agenda, and how the new additions have improved the school day. The new schedule has so far been proven to be a hit!

