



The Tiger Chronicle

College Preparatory
Middle School

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Welcome Back!

The CPMS Tigers are back for another school year, and - believe it or not - the first quarter is already behind us! Teachers are testing, students are in their study routines, and families have attended Fall Conferences - the school year is underway.

The student journalists who created this edition of the Tiger Chronicle chose the topics for their articles, and then spent weeks researching the necessary information using a variety of methods.

It has been enjoyable watching them fashion these finished articles out of the rough drafts we began with back in September.

Some articles are deep dives into life here at CPMS, while the other articles range from as nearby as an exploration of San Diego all the way out to galaxies far, far away.

Please enjoy reading the results of their hard work!



Earn Your Stripes!

Prepared-Respectful-Engaged-Professional

2022-23 P.E Duo

Makenna G. and Chloe B.

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.” This quote by NCAA coach John Wooden explains how you shouldn't let something you can't do yet interfere with what you have and can do. With the departure of Mr. Delgado last year and Mrs. McNamara becoming the official school counselor, we needed two new P.E. teachers. This meant the arrival of Mr. Laszlo and Mrs. Drada! Mr. Laszlo and Mrs. Drada both choose to teach here at College Prep because they enjoy educating the middle school age group, and enjoy the program that CPMS provides for its students. Let's take a deep dive into our new Physical Education team for the 2022-23 school year.

Before you start reading about our incredible new P.E team, you might want some background information about them. Mr. Laszlo is a water polo coach and a father to a six-year-old son. He attended Semmelweis University of Budapest, Hungary, and has a master's degree in Physical Education. Mrs. Drada is a mother to a 2-year-old daughter. She attended Millikin University in Illinois where she played softball for all four college years. While both enjoy country music, Mrs. Drada also enjoys listening to Beyonce when she goes for a run.

We were interested to learn some new things about Mrs. Drada. We wanted to know something about her that most people don't know but she feels like we should. Her reply was that “I'm from Chicago and I have a lot of Chicago pride, especially when it comes to sports and food! I'm actually quite timid and it takes me a while to feel truly comfortable around new people.” We all know the feeling of being the new kid at school and it seems that Mrs. Drada can relate to that feeling too.

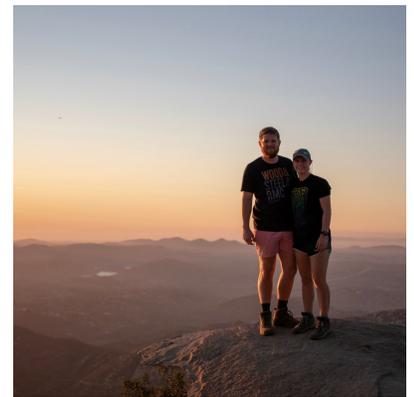
Sometimes people have different reasons to be motivated. We asked Mrs. Drada what her encouragement was to teach us every day, and learned

that her motivation is “to support my students in meeting their goals and improving their overall wellness.” Everyone has something that helped them to where they are in life. We wanted to know if Mrs. Drada had any inspirations that motivated her to be a P.E teacher, “Yes! The reason I became a Physical Education teacher was because of my middle school P.E. teacher and coach. She was an

incredible role model.” Everyone has that special someone that made them who they are today; for Mrs. Drada it was her very own middle school P.E teacher!



We felt the addition of Mrs. Drada to the CPMS staff this school year was an excellent choice because of her hard work and devotion to us students. We wanted to know how other students felt about our amazing new P.E. teacher. One response from Anabella S. (8th grade) was, “I really like Mrs.



Drada. I like how she understands us as students and likes to take things one step at a time.” Students Trish N. (8th grade) and Grace A. (8th grade) had similar answers, describing how Mrs. Drada is a nice and bubbly person to be around. We wanted to know how other students felt about the new P.E. team, and something that stood out was amongst multiple students that the P.E teachers are fun and caring and always want what’s best for us. Even Essay A. (8th grade) said, “She always takes care of us like we are her children,” when referring to Mrs. Drada. This just shows how caring and devoted she is to us.

We also wanted to learn more about our other new P.E. teacher: Mr. Laszlo. We asked Mr. Laszlo what he wants people to know about him. He said, “I wanted to play water polo at a high level so I studied in a boarding school from 9th grade.” We as students appreciate and respect his dedication to the things he loves. Mr. Laszlo was telling us about how lucky he is, “I feel lucky to get an opportunity to move to the United States (from Hungary) in 2009.” Another part of life that Mr. Laszlo feels is lucky for him that “I have met many awesome people who helped me at the beginning. I am also lucky because my job is my hobby.” Everyone needs motivation, Mr. Laszlo told us that his motivation to be here with us every day is, “Sports taught me many things in life so I want to teach the students what I have learned.” He told us that sports taught him teamwork, life skills, and perseverance. We felt that he has already taught us so much and we are only a couple of months into the new school year.



We asked our fellow students what they felt about Mr. Laszlo. Trish N. (8th grade) likes how “he doesn't have anything against students who aren't naturally good at sports. He modifies workouts for people and will help students learn new sports who have never played sports before.” Ava J. (8th grade) said: “Mr. Laszlo has experience in the sport I play, so it is easier to relate to him than other teachers.” From our experience with Mr. Laszlo, he has been nothing but kind and considerate towards us. He always tries to help every student understand what the sport is, what good sportsmanship looks like, and what it truly means to play a sport. We had multiple people say they liked the balance Mr. Laszlo has, which is a combination of strictness with kindness and consideration. He teaches students every day to be grateful for the people, school, and things that we have because not everyone gets the opportunities that we do as CPMS Tigers. We also had a lot of students say how they liked his creativity and his dedication to this school and us. One student even said how nice he was and how he gives us a lot of free time and lenience. Most kids like to be independent and like to have the opportunity to pick their friends to



participate in P.E with and he allows this, which is why most students will listen and follow directions better in order to not lose these privileges.

We wanted to ask Mrs. McNamara, our school counselor and one of our past P.E, teachers, what she likes about the new P.E. team this year. Mrs. McNamara and Mr. Laszlo also have something in common: they are both caring and supportive teachers. Interestingly, Mrs. McNamara had a common academic path to Mrs. Drada: “We both went to college and started our teaching careers in Illinois.” Mrs. McNamara only had words of praise for the new P.E. team: “I absolutely love our new PE team! Both Mrs. Drada and Mr. Laszlo have lots of great experience teaching and they both bring a lot of great energy and passion to our school. I am excited to see the P.E. program that they build together this year.” We also think that this year with our P.E. team is going to be a great year!

We asked students why they thought that P.E. was important for middle schoolers. One of the most frequent answers was that it helps build healthy habits for later in life. Sam T. (8th grade) also said that P.E. keeps us “fit and in good health.” This is similar to how Athan B. (8th grade) said that PE “keeps everyone fit, and healthy.” We also had a couple of students referring to how it could help them in high school and college. Riley S. (8th grade) knows that, “P.E is important for middle Schoolers because it builds up our endurance and fitness levels for high school.” Some students wanted to talk about how exercising could help us in life and our education, and maybe even a career path later in life. Diego S. (8th grade) feels that P.E. “helps us get into better habits for later in life, at this time in development it is good to get good habits in mind.” We feel the same about getting into better habits while we're young instead of having to learn them later in life. The Centers for Disease Control and Prevention (CDC) website, a government-run agency, states, "Physical education provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviors for physical activity and physical fitness." We agree with the knowledge and challenge ourselves in P.E, that's what it's all about. Nothing should get in the way of someone's P.E. opportunities, especially middle schoolers.

We appreciate all that CPMS and the teachers and staff do for us as students. We hope you enjoy our new P.E. team just as much as we do!

Go Tigers!!

A Spooktacular Halloween

Jocelyn H.

Halloween is the one night of the year where we can dress up however we want and go out till midnight getting candy! Halloween is where we carve pumpkins, bake Halloween treats, go out with friends and family, and go to haunted trails. The tradition of Halloween has been celebrated for 2,000 years. It is crazy how it evolved over the years so greatly! What are fun activities do you do, and how do you stay safe on Halloween?

Halloween has evolved greatly throughout the years. When Halloween was first celebrated, not many people celebrated it. Halloween was first celebrated in an area by Ireland and the United Kingdom in the eighth century on



November 1 to honor All Saints by having bonfires and wearing costumes to ward off spirits. Way back then there weren't today's great variety of costumes, and there was certainly no candy for trick or treaters! But over the years more and more people have chosen to celebrate Halloween. The Statista (which, according to Wikipedia, is a company that specializes in data collection and infographic creation) website shows a percentage graph of how many people in the U.S. celebrate Halloween in recent years, and they claim that the percentage of the US population who celebrated Halloween in 2021 was 65%. The highest was back in 2017 when 71.7% of

the population celebrated Halloween. The lowest percentage of people celebrating Halloween was in 2020 with a percentage of 56% - mostly due to Covid-19. All places were shut down to the public and most people did not want to go trick or treating because it could have spread the pandemic.

Halloween is celebrated very differently today compared to way back in the 8th century. Today we have more costumes to wear than just a white sheet with holes cut for eyes. There are Halloween costume shops now for people to choose from, where we can buy costumes based on characters from much-loved films and television shows like Hocus Pocus, Stranger Things, Minions, Batman; as well as ghosts, witches, and vampires. These days, families carve pumpkins, go to pumpkin patches, pick out apples and cherries, go on hayrides, bake Halloween treats, and watch horror movies. Carving pumpkins starts with choosing and picking a pumpkin and then carve a design onto it with carving tools. Popular designs for a pumpkin include common Halloween images like a cat, a scary face, or even a witch hat. When families go to pumpkin patches, they go around the fields of pumpkins and pick out which one they would like to take home and some pumpkin patches have hay rides and activities to do while picking out pumpkins. A hayride is similar to a train but smaller and wagon-like. The wagons are open and filled with stacks of hay, or straw, for people to sit on. They take riders around a big field while looking at pumpkins and the changing leaves on the Fall trees. Picking apples and cherries is where families go and pick out fresh apples and cherries that are bright red and green! Farmers who grow them have fields of fresh apples and cherries and sell them to outside people. Common Halloween treats people enjoy baking include spider cookies, milk chocolate stuffed jack-o-lantern cookies, candy corn chocolate cookies, monster eyeball cookie pops, and pumpkin bread or pie. I agree with most treats people enjoy baking - except for pumpkin bread! I tried it twice, but did not like the taste of the bread. It was very dull and did not taste great at all!



Local communities like to hold festivals at this time of year - like carnivals to celebrate Halloween. On October 8, Seaworld is doing a spooktacular event for the younger kids and on October 16 they held SeaWorld Howl-O-Scream

for teenagers and adults. In Del Mar was a Scream Zone Haunted Attraction on the 6th and 9th of October. Scream Zone in Del Mar sounds a lot of fun; I would like to go there for a scream! They have carnival food, fun booth games, and prizes to win. The details they have for the scary props are amazing! They are so realistic. They have three haunted mazes: The Passage, Hell-Billy Hootenanny, and the Haunted Hayride. I thought the Hootenanny was the scariest - it was terrifying, but so much fun.

There are more people that are going trick or treating every year. More and more candy will be bought and handed out for trick or treaters. Students at CPMS let me know about their favorite candy, as well as how many students go trick or treating. The candy that was most popular in my survey was Twix, with 7 out of 30 students voting for it. Other candies that were popular include KitKats, Snickers, Candy Corn, Sour Patch Kids, Starburst, and Milky-Way. If you ask me, my favorite candy is Jolly Ranchers. I like how it has a lot of flavor and they come in a big pack with multiple little Jolly Ranchers. Over two-thirds of the students I surveyed at CPMS said that they are going trick or treating. The students who are going trick or treating are planning to do it around their neighborhood or the neighborhood of a friend. There are twice as many students who are going trick or treating than students that are not. Some students who don't plan to go trick or treating said they will stay home and watch scary movies, while some others aren't participating because they don't celebrate Halloween.



One last thing: it is important for everyone to stay safe while celebrating Halloween. There are many different ways to do this. When out trick-or-treating, stay on sidewalks that are well-lit, always look both ways for any cars before crossing the street, and stay in a big group of family or friends (especially at night). You may also want to make sure to stay in the neighborhoods that are familiar to you, and to have a phone nearby in case of an emergency. Also, don't talk to anyone you may not know. Be careful to watch out for cars turning or backing up, and consider carrying glow sticks or wearing neon tape for people who may not see well at night. Remember to stay safe on Halloween and do lots of fun activities, and have a happy Halloween!

Shoe Trends and How Their Price Bends

Zayde I., & Mohammad E., & Jayson B.

Imagine going to a sneaker store. They have all kinds of cool shoes in every color you could think of, then you lay your eyes on the perfect shoes. The one shoe that you always wanted, and would do anything for. You ask a worker for your size and wait anxiously while they find it. Then, you try them on. They have that new sneaker smell and that new glossy shine and the new fresh colors with not a speck of dirt on them and then you try them on and it's a perfect fit. Then you see the price and it was too good to be true! Shoe prices change and bend all the time, the shoe that you want may be out of your price range because it went up in price due to the fact that they are a collaboration with a famous person or brand, like Travis Scott's Jordan ones. These shoes went up in price because they were made by two popular people. Now, there's more reasons why shoes are expensive and why they look the way they look, and why that style or brand is expensive. Read on to learn more!

Best shoe trends over the Last decade

Shoe trends have been all over the place in recent years, but what were the best or most popular trends? While some shoe trends have been subtle and not too obnoxious - like Jordans. There are also shoe trends that have been a bit over the top, like big platforms or weird looking shoes like the foam runners, but what were the most popular over the decade? Many trends that stuck were normal shoes like Converse, Vans, Jordans, and Air Forces, because basic simple shoes are worn by many people and a lot people think they match with almost everything. But there have also been shoe trends that have come back into style. For example, shoes from the early 2000s (or, for short, Y2K). These shoes, like those sandal heels that wrapped around the leg, came back from people on social media thinking that the style is colorful and people missed the style. We don't really care about that trend because we were not alive yet and it's just too colorful and funky.



But what do College Prep Tigers think about this topic? Air Forces were probably a common answer as to what they think is the most trending shoe. Others might even say Jordans to that question but let's just narrow it down to the 8th graders from College Prep. A high majority of people said Air Forces are what they think is the most trendy shoe - including people such as Bashar A., Liliana M., Jacob F., Rocio M. and others . For example, Liliana M. said "... the most trendy shoes over the decade are Air Forces." Rocio agreed, providing the reason that "they are nice and pretty basic." But some other people - like Ava J. and Baqir C. K. - did say sneakers like Jordans, which also are very popular and have been for a while. In our opinion, we do agree with many of them, they have been worn by many people for decades. We think Jordans are a nice sneaker and a staple to many people's fashion



wardrobe. But no matter what shoes people wear to express themselves, everybody is entitled to their own opinion.

Best Shoe Collaboration over the decade:

The art of shoe collaboration (when an influencer or brand collaborates with a shoe brand) has come a long way. The first one was the Stüssy x Nike collab. Nike also made more shoe collabs with Stüssy, like the Infames Stussy dunks, making it one of the most popular shoes released in



July. It was July of 2005 and there were rumors going around about a new sneaker. They were the Stussy Dunks. These shoes went from \$120 in 2005 to over \$5000 by the year 2022 for many reasons, including that they were made by very popular companies, boosting them in popularity and demand. This collaboration with Stüssy paved the way for newer shoe collaborations like the Travis Scott Jordan ones, these shoes for example made a big impact in the community so much that they went from \$170 to over \$1400 in less than a month due to its mass popularity and style. The Travis Scotts are a good example of collaborations because they went up in price so fast

thanks to the involvement of a popular rapper like Travis Scott.

The popularity of a shoe collaboration doesn't always depend on the celebrity and company that is collaborating together. For example, the artist Drake made a shoe that wasn't very popular and did not go up in price like the Travis Scotts did, in fact they didn't even sell out, so this goes to show that even a famous artist and a big company like Nike does not always contribute to the popularity of the shoe and make them go up in price.

Ugliest and weirdest shoes over the decade

While there are many shoes considered the best shoes released between 2012 and 2022, there are also ugly shoes, or shoes that don't fit everyone's taste. Have you ever wondered why designers



make shoes that are ugly or not to everyone's taste? Well according to the nss magazines (a platform for people who like style and current fashions), the reason they do this is because nice shoes don't stand out as much, while ugly shoes stand out. This means that these "ugly" ones can come off as bold and risky. Something else we notice is that the ugly shoes usually come from collaboration with designers or people, like Croc x Balenciaga or Adidas x Jeremy Scott. An example of this would be the Adidas x Rick Owens Superstar Ankle Boot (which looks like an Adidas Superstar with a long sleeve

around the ankle), that were made in 2012. An article on SneakerFreaker (a website that focuses on sneakers) reports that "his (Rick Owens) taste isn't for everyone." In our opinion, we agree with this because they are literally just Adidas superstars with unreliable cloth around the ankle. Another example of an ugly shoe would be the Jeremy Scott X Adidas Originals Mega Softcell Cowboy Boot. This shoe was made in 2012 and is a



combination of an Adidas sneaker and a cowboy boot. The same article describes this shoe as bold and not for everyone, which we completely agree with.

But we also asked some students what they thought were the ugliest shoes to come out over the decade. Some students like Andrez H. (8th grade), think that Crocs are ugly and we completely agree, because the holes in the Croc remind us of the mask worn by Jason Voorhees! However other College Prep Tigers like Athan B. and Angelena M. (both 8th graders) think that Yeezy Foam Runners (which have been described as alien shoes) because they think they are the ugliest shoes over the last decade. A lot of other people we interviewed said the ugliest were Skechers, and we can all agree with that, because they look like kids' shoes.



But there are other elements to what makes a shoe ugly. For example, taking a culture and throwing it on a shoe. A good example of this would be the Adidas x Jeremy Scott Totem, which were made in 2012. If you don't know what a totem is, it is an important part of native American culture. Imagine a long cylindrical section of wood that is tall and colorful and has spirit beings carved into it. Then imagine that on a high-top Adidas shoe, and the author says (which we agree with) that they took a religious symbol and put it on a shoe without thinking about who it would offend, or how it will affect others that are from the culture that they put on the shoe.



How shoe prices appreciated over the decade.

Shoes have many reasons for increasing in their price like collaborations with more famous companies, the shoe being unreleased, a famous creator collaborating on the shoe, and limited edition shoes. Let's use one of Travis Scott's shoes, for example Travis Scott Jordan 1s were \$150 when released, but as of now they are \$175, that's just for right now though. They went up in price over the time from when they were released. This is due to the popularity of the shoe, which caused the price of the shoe to go up and down through the time they released, and to the price of the shoe currently .



We can look at these prices by looking at auction sales as well.

Like the pair of Jordans owned by the famous basketball player known as Michael Jordan were sold for \$1.5M because the shoes were actually worn by him. Like many other shoes that were sold for lots of money, a handful of them were probably owned by someone famous. But what about the other reasons, there might be shoes on auction sold for a big price because

they were discontinued or they were very limited. An example could be the Nike MAG Back to the Future II, Self-Lacing shoe was sold at many auctions since only 89 were given away from a raffle. Many people still wanted to get their hands on a pair, so owners sold them for a whopping amount. One sold for a price of \$104,000. But in our opinion, it would be better to buy reps (the shoe term reps - or replica - means that the shoe is not produced legally). We mean why buy a shoe that's the price of a luxury car just for them to get dirty or keep them on display collecting dust?



Why shoe collaborations are more expensive than regular shoes

Why are shoes that are a collaboration more expensive than regular shoes? Well, when an influencer or brand collaborates with a shoe brand, whether the shoes are nice or ugly, what we've noticed is that the shoes become more expensive. Let's use Crocs as an example. Regular Crocs cost around 50 to 75 dollars, while the Balenciaga collaboration (which are crocs with an extremely large platform or a heel) cost around \$1000. Another example of this could be the Adidas x Jeremy Scott shoes, even though some are ugly, they are still more expensive than regular Adidas. This could also go for Nike and Micheal Jordan shoe collaborations, which cost more than regular Nike.



How unreleased shoes end up on the market

Unreleased shoes almost always find a way to get out to the public, but how? Many early pairs (early pairs are shoes that are unreleased but somehow still get on to the market) get out to people that are reputable, like shops and shoe influencers. Harison Nevel, for example, makes videos with the shoe company (Nike) and he reviews shoes that were made by Nike - which makes the shoes go up in popularity and price because he is a big content creator. There are other ways that the shoe gets onto the market, though not a safe market. Instead they get on the fake market with those reps we mentioned earlier. It is important to note that these reps are not produced legally, and are not liked by many people in the shoe community because reps affect the production of the real shoes, the cost of real shoes, and the shoe community as a whole. The cost of the real shoes go down as the people that used to buy them rather buy the cheaper alternative and cut down on the sales for the real shoe. This affects the people who resell the shoes that go up in price and get scammed by the people that buy the reps and sell them as real.



Aiming for the Stars

Liliana M.

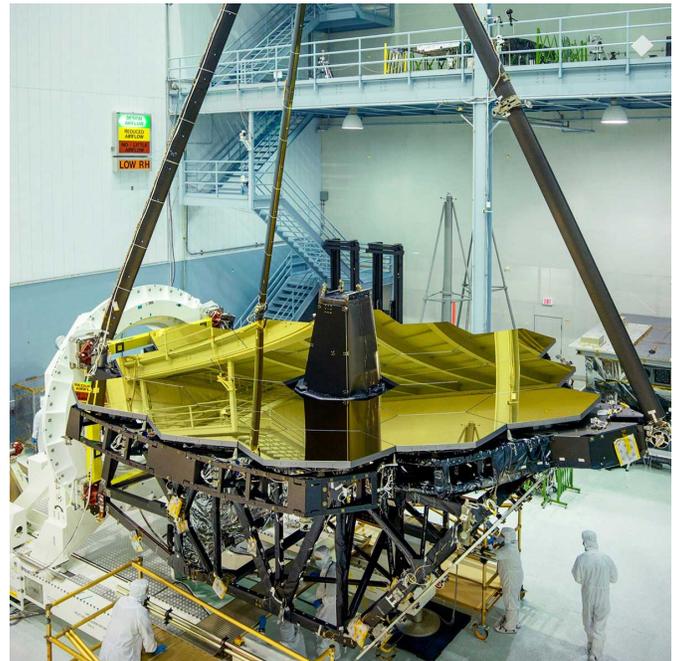
“The dawn of a new era in astronomy has begun.” NASA stated this in early 2022 but what does this mean for us? Have we found proof of extraterrestrial life?! Well, not exactly, but we have found much more information than we had way back in 1969, when the first human walked on the moon. Technology has been non-stop changing for



centuries and recently, there has been a historic technological accomplishment which is the James Webb Telescope. This year, the James Webb Telescope brought us amazing photos – but what exactly are they, and what is the story behind these stunning images? By now, all of us have seen the “Cosmic Cliffs” image that blew everyone away with the beauty of a star-forming region, as well as the “SMACS 0723” image that illustrates a deep, sharp infrared image of a distant universe. These photos have made history by showing information that has never been known before. Though, to learn what the images teach, it is important to start with learning the history of

the telescope that took these star-shining images.

The James Webb Telescope is definitely a huge accomplishment for NASA, and the journey to it definitely wasn't easy. The project was originally given a \$1 billion budget with a projected launch date of 2010. In 2002, the project was renamed from “Next Generation Space Telescope” to what it is now known as: “James Webb Telescope.” This telescope that is having an impact on the study of space is named after James Edwin Webb, who was the second administrator of the National Aeronautics and Space Administration in 1958. He was a fantastic leader who did everything he could when tragic events, like when the Apollo-Saturn incident, occurred. The “Apollo-Saturn (AS) 204” was on the launch pad during simulation tests on January 27, 1967 when a flash fire killed three astronauts on board. This tragic event caused sorrow throughout the U.S., and Webb responded to the event by promising to take the blame and leading NASA management appropriately. Construction on the telescope began in 2004, and in 2005 the launch site was chosen as the European Space Agency's Centre Spatial Guyanais spaceport in French Guiana. A year after the projected launch date, the 18 mirror segments were proved to meet requirements and specifications in 2011. Webb's science instruments were put to tests of extreme conditions throughout the further years. NASA describes the further years of the Webb journey: “From 2013 to 2016, Webb's science instruments were subjected to numerous tests of extreme temperature and vibration. From late 2015 to early 2016, all 18 of Webb's individual mirrors were installed on the telescope's backplane structure to assemble the 6.6 meter (21.7 feet) mirror.” They were definitely not finished yet! The next year, all 18 mirrors and Webb science instruments were tested again, then sent to NASA's Johnson Space Center. Final assembly and testing took place during 2018 and 2019 to be sure that Webb will perform its mission flawlessly. Finally, on December 25, 2021, Webb was launched.



The first set of stunning images were revealed to the public on July 22, 2022 and if there is one thing that can be stated as a fact about these images, they are certainly not something to forget and are most definitely like none we

have seen before. Webb is 100% an upgrade because before the Webb images, there were the images from the Hubble Space Telescope which was the best we had but now because of Webb we can see more than ever before! Over recent months, there have been more than the classic first four images that the world has received from the Webb Telescope, and like the Hubble Telescope, Webb Telescope is nowhere near the end of its orbiting journey!

The first image, and possibly the most popular when the set was released, is called “Cosmic Cliffs.” It shows the edge of a star-forming region, known as the Carina Nebula. This reveals never-before-seen areas of star birth. The edge of the Carina Nebula is known as NGC 3324, which is located about 7,600 light years away. The section of NGC 3324 that is displayed is a gaseous cavity at the edge of NGC 3324. It also shows Webb’s abilities to see through cosmic stars and how they form. NASA describes the image as bearing resemblance to “craggy mountains on a moonlit evening,” although the highest points of the “mountains” in this image are up to seven light-years high! I think the comparison is perfect because like “craggy mountains on a moonlit evening”, Cosmic Cliffs is a beautiful sight.



The second image is named “Stephan’s Quintet.” This unique image sheds more light on the grouping of five galaxies, giving us much more information on Stephan’s Quintet – a grouping of five galaxies – than we’ve ever had before! The image shows young clusters of beautiful stars and star birth. Although the galaxies aren’t necessarily close to Earth, they’re not so far either! The galaxies vary as far from 40 million light-years to 290 million light-years away. Speaking in cosmic terms, there are many more distant galaxies that are billions of light-years away. Stephan’s Quintet illustrates discovered details of outflows driven by a black hole. Another piece of information that Stephan’s Quintet gives is how galaxies that are close to one another interact, showing that this can cause star formation and disturbance in the gas of each galaxy.



The third and possibly most dramatic image is the Southern Ring Nebula. This image captures a dying star’s “Final Performance” (as NASA describes it) in fine detail. The Southern Ring “Nebula” – a formation in space that can consist of helium, dust and other gasses – is 2,500 light-years away and has been sending out rings of gas for thousands of years and this image reveals for the first time that the star is covered in dust. Webb will help astronomers to dive into specifics about planetary nebulae and

this image is just the start of that interesting journey.

The last but not certainly not least is SMACS 0723, which was revealed on July 11, 2022 at a White House event by President Joe Biden. This image is the farthest from Earth by Webb so far, being around 4 billion light-years away. SMACS 0723 is, as NASA describes, “looking back in time to within a billion years after the big bang when viewing the youngest galaxies in this field.” Now, with the help of SMACS 0723, data from the image will allow researchers to understand much more about galaxies, how they form, and how they change.



One main thing to learn from all of this is that the technology used to make the James Webb telescope is amazing as are the images. The James Webb Telescope itself is very awesome and such an insane thing to wrap one’s head around. The heat shield of the telescope is as large as a tennis field and because of its size it

has to transform once it's into space because it would never fit in the rocket sending Webb up! Though, this does have some cons. Due to its size and all the mechanics needed for the telescope to fulfill its amazing capabilities, the large telescope had to unfold little by little throughout the first few days of its orbit, which was definitely a nerve-wracking experience for NASA and other Webb viewers. Not to mention, even a small incident of wings not unfolding quite right could send back years of work! Webb's orbit has to be very precise and perfect, so if the telescope doesn't orbit flawlessly, we have no way of fixing it because Webb is one million miles away from earth. Luckily, everything went as planned and was an excellent victory for NASA.



The first four images have shown the full capabilities that James Webb has to offer, and have begun the start of Webb's mission to, as NASA describes it, "unfold the infrared universe." The James Webb telescope is definitely nowhere near the end of its orbit. The photos we have received are just the beginning! Webb will continue to give us more information and images for quite a while. While

the James Webb telescope won't tell us everything about space, it will shed much more light on many things than it already has.

Our New Addition to the CPMS Crew

Roman B. & Tristan K.

Do you ever think about how the new 8th grade math teacher will treat you? Will she like me? Will she be friendly to our class? Will she be mean? Well, at CPMS we are lucky enough to say that this teacher is everything you want in not just a teacher but also a person, and her name is... Ms. Gregory, the new 8th grade math teacher at CPMS! Ms. Gregory is nice, and loves all of her students. She is also the new math teacher who replaced Mr. Riley after he sadly retired last year. We are beyond excited to have Mr. Riley replaced with another great teacher just like him. Not every school gets the opportunity to have 8th grade math teachers like these two teachers. She loves teaching math, which we notice when she does all the problems we have to learn about. As the great mathematician Paul Halmos once said "The only way to learn mathematics is to do mathematics." The 8th grade class is extremely lucky and excited to have Ms. Gregory as our new math teacher and hopefully for many more years to come. Now let's get to know her better than just knowing her as the math teacher at CPMS.

Here are some things about Ms. Gregory. She is from Los Angeles, California, and taught at a couple of different schools before coming here to CPMS. Ms. Gregory taught at a boarding school in England, 32nds Street/USC Magnet School in Los Angeles, McKinley Middle School in Albuquerque, NM, and e3 Civic High School in San Diego. As you can see, Ms. Gregory had lots of experience before coming to teach at CPMS. When interviewing for CPMS, Ms. Gregory looked at many different schools, but CPMS caught her eye the most. When doing some more research, she found out we have amazing test scores and great reviews online. After Ms. Gregory found out about an opening, she knew she wanted to come here and join our Tiger Family. Ms. Gregory has also taught high school and 7th grade, but her favorite grade is 8th grade: "I like 8th grade the most because it feels like the foundation that students need to succeed in high school math classes." Ms. Gregory seems like she not only wants us to be prepared for high school, but also to be prepared for the rest of our lives.



Before Ms. Gregory lived in California, she lived on a small farm. This farm was located in New Mexico where she owned a lot of animals like chickens and horses. She stayed in New Mexico for a while. When her oldest child went to college here in San Diego at UCSD, she bought a house here in San Diego to live in. Two of her kids are now grown and one is a sophomore in college in New York. Ms. Gregory has lived in San Diego for five years now and she loves it.

Ms. Gregory loves dogs. She owns a dog of her own, a Great Dane. These dogs are some of the biggest and tallest dogs in the world! They can grow up to be as tall as 35 inches tall while also weighing around 200lbs, and can also run up to speeds of 30mph. That is some dog to take care of! Outside of taking care of her dog, Ms. Gregory loves rowing. It is great that her husband owns a boat company so she can be on the water every day. Ms. Gregory is so hard working she gets up almost every day to row in the morning. Even if she does not get time to row, Ms. Gregory is in the ocean almost every day. Rowing is not an easy sport to do because the whole body gets action, even the hands and stomach. Ms. Gregory also loves surfing. Her being outside every day shows how she





enjoys outdoor activities. Moving to San Diego was a good choice because it's sunny almost every day and it rarely rains, so she can be in the ocean every day if she wants to.

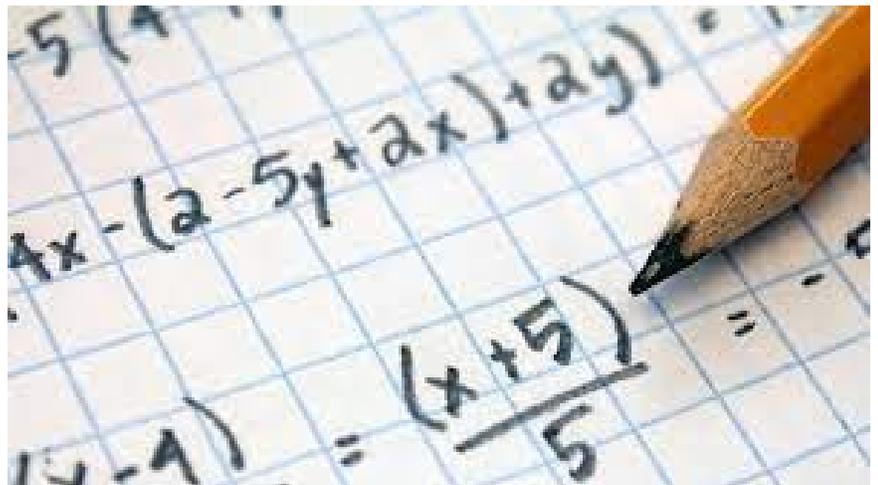
We asked Mr. Mitch a couple of questions regarding the reasons he picked Ms. Gregory to be our math teacher. He told us that a big reason was her insight into math: "She has an intensive comprehension of the topic, mainly coming from the secondary school level. She understands our eighth-grade students' abilities to get more ready for secondary school." Ms. Gregory sure has lots of knowledge from her studies in math. Mr. Mitch believes she could be a

great addition to CPMS with her Tiger Pride. We think it was likewise obvious the amount she appreciates educating and working with studies in math after teaching high school. Mr. Mitch thought that she has an amazing perspective on math and has that Tiger Pride. Mr. Mitch felt she would be a superb expansion to our school. Mr. Mitch said he was delighted to learn about all of her leisure activities and interests including surfing! Most importantly, he knows that Ms. Gregory "has a keen understanding of what students need to be successful. She is very reflective about her teaching, always striving to figure out ways to connect with her students and find ways to help students understand math." We believe these are only some of the many reasons why Mr. Mitch chose Ms. Gregory to be our new 8th grade math teacher.



We asked some 8th grade students some questions about Ms. Gregory. When Angelena M. walked into the class on the first day of school she said that Ms. Gregory "looked like a sweet, nice, and helpful teacher that will always be there to help me with my homework." Most students agreed with 8th grader Nathan D., who said Ms. Gregory is "nice." Ms. Gregory helps with lots of things and showed her kindness at the beginning of the year. Lots of 8th graders, such as Mohammed E. and Jocelyn H., like her lessons because she "skips the annoying questions" and "goes over homework." Some students, like Chayse M. "Like the way she teaches her lessons." Most of the students share Makenna G.'s enjoyment of the "Friday raffles." That's right - Ms. Gregory holds a raffle every Friday and gives out prizes to the winners. Students earn tickets in class, and at the end of the week, five winners are chosen! We like that everyone has a fair opportunity to win when paying attention in class and how we get a prize if chosen. Another thing 8th graders - like Zaynah I. - enjoy is her "Warm-Ups." Ms. Gregory does warmups each day to get everyone focused. We enjoy them as they are fun questions like "What are you going to be for Halloween?" This always gets the students' brains thinking.

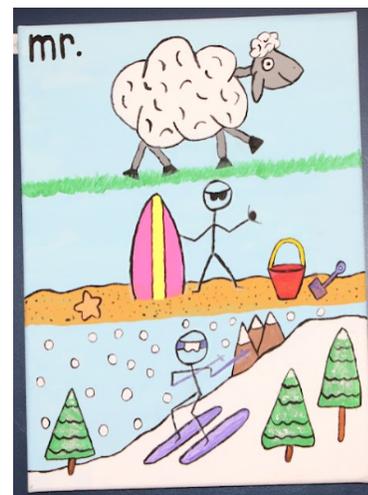
We know that our eighth-grade students are in good hands with Ms. Gregory as their math teacher. We as a school appreciate having a teacher like Ms. Gregory at College Prep. The 8th grade students we spoke with believe she is very kind and wants to get to know students, rather than just teaching them without doing that. We hope that Ms. Gregory will be here for this year and many more years to come as and continue teaching our CPMS Tigers.



5th Grade: A Summary

By Bella S., Jane R., & Jordan M.

Every year, new 5th grade Tigers join CPMS, but this year is special because there are also two new 5th grade teachers that were introduced! Mrs. McGuire and Ms. Mammana were the previous math and science teachers. Unfortunately, Ms. Mammana left CPMS altogether, while Mrs. McGuire doesn't teach math anymore due to becoming part of the administrative staff. The two new teachers this year are Ms. Gongora and Mr. Bobroskie - if you need help pronouncing Mr. Bobroskie's name, he has a very helpful sign on his door! Ms. Gongora is the math teacher and Mr. Bobroskie is the science teacher. There are also two returning teachers, which the CPMS community knows well: Ms. Theriault and Ms. Rios. We wanted to learn more about the new 5th grade teachers, as well as check in with the returning teachers. We found the best way to do this was to interview the people who see them everyday: the CPMS staff and 5th grade students. We are very excited to welcome our new additions with TIGER PRIDE!



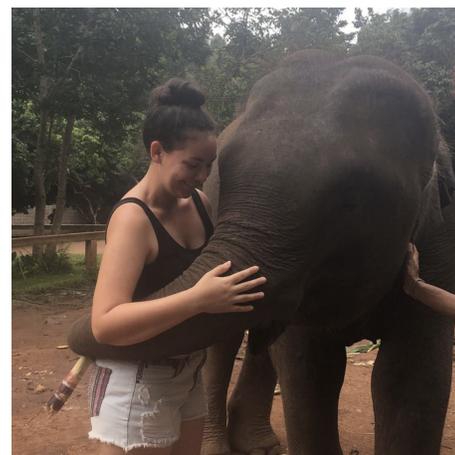
Students tend to only interact with their grade level's staff. So, this article will introduce some people to teachers they have not met yet. We asked the teachers about their hobbies, goals, and anything else they wanted to share with us. We found out a lot about them. Each of the teachers are very interesting characters! Although students and staff are very excited about the new additions, we don't want to forget about the returning teachers, Ms. Theriault and Ms. Rios. Ms. Theriault, who has been teaching 5th grade Social Studies at CPMS for four years now, revealed how she loves to go "hiking and camping." Ms. Rios, another 5th grade veteran, stated she also loves to go outside, and enjoys "running, kickboxing, and rowing." She also enjoys hanging out with her friends alongside her dog. Clearly, these 5th grade teachers are very active and enjoy the outdoors!

Spending time outdoors is something both these returning teachers share with one of our new CPMS teachers, Mr.



Bobroskie. Mr. Bobroskie states that he enjoys "being outside and in the water." He also says that he is looking for some "recommendations for restaurants and other hidden gems in the area" since he is new to San Diego. If you run into him, it might be helpful to tell him some cool places to go during the weekend! Mr. Bobroskie also talks a lot about his Labradoodle, Poppy. Their love for animals is something each of these teachers share!

Another new addition to our 5th grade team, Ms. Gongora, is also a huge pet fan. Although she doesn't own any pets herself, she does "cat and dog sit for my friends and family." While Ms. Gongora spends a lot of time with pets, she also spends that time with family. Every Saturday, she goes to her niece's soccer games to "cheer her on," while on Sundays she goes to her brother-in-law's baseball games. She is a perfect example of making time for the people you care about. Ms. Gongora truly cares about her family and wants them to excel. This quality carries over to teaching, she is always rooting for her students' success. Although teaching takes up most of her free time, Ms. Gongora tries to squeeze in dance lessons whenever she can, because she was a dancer growing up and "it's still nice to have dance in my life every now and then." These 5th grade teachers each make time for their students, as well as for activities outside of school.



In the short time the new teachers have been here, Ms. Theriault states that she is "enjoying working with them." Ms. Rios is also getting along with the new arrivals, stating how she likes how her new colleagues have similar "teaching philosophies and classroom expectations" as Ms. Theriault and herself.

We were lucky enough to take a look inside the 5th grade classrooms by meeting some of the newest Tigers. Amber J., a 5th grader here at CPMS, explains how "Ms. Gongora is a really nice teacher and is understanding." Abby S. also has found Ms. Gongora to be a "good teacher". Other students, like Luis R. and Jack S., said Mr. Bobroskie is a "nice and understanding

teacher." The students enjoy how he can "take a joke" as Miluska C. mentioned. Sabrina A. remarks that "Mr. B is really funny and has a fun class" - which is a sentiment that was shared by most students we spoke with.

The 5th graders loved the school campus and the activities happening at College Prep! Most students loved playing outside. In addition, lots of the students like lunch because of the food and physical activities, such as basketball. Some of the 5th graders said they particularly liked the access to the black top at lunch and PE. Quintin Q. thought that "the teachers are nice and the school is clean." Many 5th grade students agreed with these kinds of thoughts! They all love their 5th grade teachers and our clean campus.

All of the 5th graders like their electives. Art seemed to be popular - with Westan M. saying "Art is my favorite because it is fun and we can create whatever we want." This opinion was shared by other students as well. SEL is a great new addition to the students' lives, as many of them are enjoying this elective. Sarah S. remarked that "SEL is my favorite." Westan M. added that "SEL is relieving." Many students love PE, while others mention that it is challenging. Despite these differing perspectives, almost every student agrees that PE is enjoyable.



As some of you may not know, Ms. Macias is our art teacher here at College Prep. She is a lovely person and is very excited about teaching art to our newest Tigers. Ms. Macias gave us some insight on what 5th graders are learning in art. Some areas of art that Ms. Macias said she is teaching the 5th graders is "Color, Pointillism, Perspective, Portraits & Anatomy, Landscapes, and finally their Creative Writing Illustrations (done with ELA)" As you can tell from this list, Ms. Macias is very passionate about art and about ensuring that her students understand their art. The 5th graders are also learning how to use different mediums and about art history. While covering all this content, Ms. Macias also teaches the kids how to "develop their skill" and "be kind."

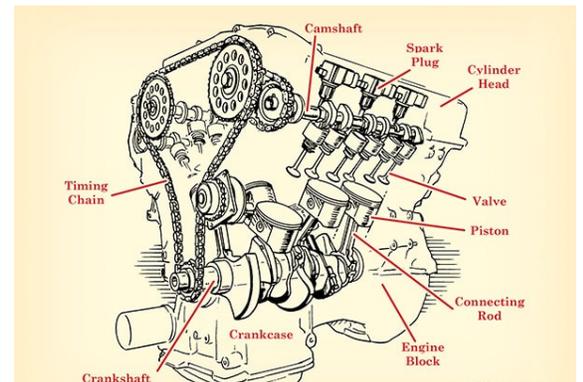
As expected, our new 5th grade team is roaring with TIGER PRIDE! We know a lot about them now, but there is still so much to explore. We hope they enjoy their coming years at CPMS and are able to make the most of them. Go Tigers!

Racing Through Time

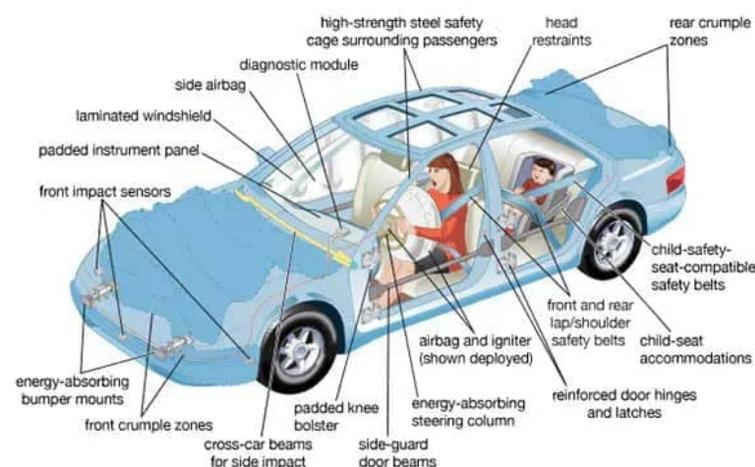
By: Diego S. & Bashar A. & Sam T.

Are you ready to get your fuel sparked? Are you ready to go for a spin? You're probably TIRED from all the jokes so we'll stop. To start us off, the first car would never have been possible unless - in the late 1600s - Christiaan Huygenes designed (but did not build) an engine for an automobile to run on. Later in 1807, an engine was physically built, but this engine needed a body. Some prototypes for bodies were available, but they weren't very reliable and we have no recorded evidence of any of them working. Later on in 1866, the first functioning car was made and named the "Motorwagen" - patented by Karl Benz. Later on, following Karl Benz's footsteps, the first mass produced car - which would be named "Ford Model T" - was created by Henry Ford. It's impressive to see how far cars have changed. In the modern day this invention helps over 75% of the United States get to their job every day. These creations were absolutely amazing for transportation! Continue reading to learn more about this amazing invention.

Engines are complex, but we are here to explain everything to help our readers understand how the modern engine works. The way that car engines run is a very complex system with many parts that react with each other, propelling the vehicle. Also, the majority of components in an engine can be modified or updated to increase the system's speed, which increases the capabilities an engine has, such as more horsepower, better cooling systems and much more. Allow us to provide a simple explanation for how an engine works. There are tiny controlled explosions created by the spark plugs. These explosions set a spark to the fuel, which powers the car's engine by pushing the pistons - which are connected to the crankshaft that helps the car drive forward. These explosions produce some gasses, which exit the vehicle system through the exhaust valve. The catalytic converter cleans the gas being produced out of the exhaust. That's the main process for an engine to work. Motors are a crucial component of vehicles because if we didn't have them, we wouldn't have transportation or anything related would have not existed at all. To learn about the safety of the car keep reading.



In the past, there was a time where no seat belt laws were in place for manufacturers! This was very dangerous; whenever there was an accident, there was nothing to keep passengers in their seats, so this part of improvements on vehicles was very crucial. Since 1968, all cars in the US have required three-point seat belts, which protect the passenger better by strapping the passenger to their seat at the shoulder and the lap. This gives the passenger a much smaller risk of injury than when there were no seat belts at all.



Airbags are also a very important part of vehicle safety that have been required in all cars built since 1998. This is a system where a bag inflates quickly and protects the passenger from hitting themselves on the car during a crash. Another very important safety feature that is becoming more popular today in many vehicles is collision avoidance. This is a quite recent invention, so it is not perfect yet. Collision avoidance systems are made up of many components; here are the main ones. The first is "Forward-Collision Warning" - this part of collision avoidance gives the driver a warning when they get

too close to another vehicle in front of them. On the front of the car there are cameras, lasers, and radars that are used for this system. Another component of the collision avoidance system is a "Blind-Spot Warning," which alerts the driver when they are going to veer into a place where there is a blindspot and the driver cannot see the other vehicle - such as when merging onto a highway. Another component of this system is called "Lane Departure Warning." This is when the driver could possibly be dozing off and they begin to drift out of their own lane. These components of collision avoidance systems keep the driver and other passengers safe by using technology to prevent accidents from happening. We believe that driver safety is very important; it should always be the top priority for car companies to ensure this, this is precisely why we chose to include a lot of information on this topic. Continue reading to learn about the way that electric cars are moving into our life.

Now without us noticing, we are quickly but silently moving towards electric cars. One example of how we are transitioning toward electric cars is that the state of California is banning the purchase of gas powered vehicles after the year 2035. This is a bold start, but obviously won't be the case for a while. While this is good, this law only applies to California - not to the rest of the world. One car company that has been leading the way transitioning to electricity is Tesla. Now we understand there are multiple electric car companies but Tesla set the standard with the Tesla Roadster since it was the first street-legal fully electric car back in 2008. After the initial success of the Tesla Roadster, companies began to follow suit. Toyota, Honda, and Ford all started developing electric and hybrid vehicles, since it was becoming a profitable



business. Over the years Tesla has been growing rapidly and this is most shown by its stock. If someone had bought \$1000 dollars of stock 5 years ago, it's now worth \$13,211 - which is a big jump in the stock price. This represents the popularity of Tesla increasing. Ever since Tesla's popularity boom, the car industry has changed. The basic goal of Tesla is to make cars more eco friendly and since more people are buying cars from them, it influences others to buy them. As the car brand industry sees the success of Tesla, they want to capitalize on

their success. Tesla has been praised for this because they do this by creating new electric cars that are cheaper than Tesla to attract more people to that company. The longer that this trend happens, more cars will slowly become electric. There are also some downsides to Tesla's vehicles. Their all-electric cars are powered by lithium-ion batteries which are not sustainable to create. The electricity that is used to power the car could also be made in power plants that use lots of fossil fuels to create the electricity in the first place. Using solar panels is a good way to cut down even more on fossil fuel use. Lets not also forget the materials that made the Tesla cars are made which are bauxite aluminum, titanium, and boron steel - none of which are eco-friendly to obtain. That all combined adds up to a lot of carbon dioxide in the atmosphere, which adds to human's carbon footprint. Tesla is a double-edged sword, it's car runs on electricity but it also needs more carbon to make and use. That's all for Tesla. Continue reading to learn about public transportation and how it has impacted society.

What if someone can't afford a car? This question bothered people in the world and the government heard their voices and provided a cheap alternative to cars: public transportation. Let's dive into the history of public transportation so we can better understand modern public transportation. According to a public transit app, Moovit, In 1890 the first Railway was constructed in Chicago and 2 years later in 1892 the first train was made. This train was called the "L" train which is still operational to this day. In 1922 the first motorbus was created which helped get Americans to places faster. In our modern day society around 400,000,000 people rely on public transportation worldwide which is around 5% of the human population. The reason for this is that either some people can't drive or they don't have much money to afford a car. It

may not seem like it but when we use public transportation we actually reduce the amount of carbon dioxide we put in the air. By taking a bus with other people, someone only uses the amount of carbon dioxide of one car rather than using multiple cars, harming the environment more. The first school bus was made in the 1930s by the company "Wane Works" - but it didn't look like the one we use today, it was a gray and red bus. In 1939 though the University of Manhattan hosted a meeting where they talked about school buses and in that meeting it was decided that the bus should be yellow so people could



easily see it as yellow is spotted more easily than most other colors. Throughout the 1970s and 2000s, school buses gained new safety features now like flashing lights, warning lamps, more emergency exits, and improved mirrors. Continue reading to learn about the way that future cars will hopefully modify and improve on present car builds.

Now since we talked about modern cars and electric cars we can now talk about futuristic cars. Now what makes a car "futuristic". Futuristic cars are just cars but with extra features or features that aren't considered normal, so that's what anyone should expect when thinking about futuristic cars is more improved features to be added to our modern day cars. Let's move on to features that are new and improved. To know what features are new or improved we can use what we call "concept cars" which is a car that is not built yet but it's being worked on or planned. A feature in the making is the self driving feature which is being worked on by Tesla and is still a prototype, this feature uses radars, lasers and cameras to identify its location and drive the car. We also found a very interesting feature that might save money, the self healing feature. Lamborghini and MIT are working on a car where it can detect crashes and heal the dent/damage by using nanotechnology which is an amazing invention that means it's atomic, molecular, or supramolecular scale for industrial purposes. Lastly, the one that is most notable is going full electric, which has already been done by many car companies like Honda, Ford, and Toyota.



In conclusion, we looked into the past, inspecting a very important invention that impacted the life of many, and we can continue to look forward to many improvements for cars.

Academic Years of Success

Trish N. & Grace A. & Melina C.

Properly researching high schools to go to is a crucial step that future freshmen should not overlook. High school has a lot to unfold, there are many burdens but fun aspects of going into high school. High school can determine students' further education like college and their future. Although going to the same high school as their friends is a common thing students do, they should put themselves first when choosing. Choosing the right high school that specifically can benefit a student is imperative since high school can really affect the future of students as well as the school's environment. Good school spirit, fun clubs and sports are also important qualities of a good high school. As Abraham Lincoln once said "The best way to predict your future is to create it." Education and the environment of high schools are important qualities that students should look into when determining which high school to attend.



College Prep students have a lot of choices once they are promoted from the 8th grade. The nearby schools have a lot to offer, from strong academics to great sports and a variety of extracurriculars. There are numerous high schools in San Diego but soon-to-be-promoted 8th graders should look for the ones perfect for each of us - the sort of school that will set strong foundations for the future, such as college. Education is an important aspect when searching for high schools. Graduation rates are a very useful way to see how well students were able to grasp the subjects and successfully get through the school year. The high schools with the most impressive graduation rates in San Diego are Canyon Crest Academy with 100%, Mater Dei Catholic with 100%, and Del Norte and Torrey Pines both with 98%. These graduation rates are extremely high and above the rate of California's graduation rates as a whole, which is 83.6% - according to the California Department of Education. Graduation rates show how successful a school's ability is to educate their students and prepare them for the future, so for these rates to be anywhere near 100% is very impressive. The education systems in these schools are set in place to fulfill their motive of having the majority of their students successfully graduate.

Canyon Crest located in San Diego is a public high school. They claim on their official website that they "sustain a balanced approach to education in an innovative learning environment." Canyon Crest provides free tutoring services after school for the students in need. There's no sign-up needed and teachers are there after school from Monday-Thursday to assist. College Prep also provides help after school called tutorial. Tutorial



have always been helpful for students that do not understand the lessons and need a little extra help. From our personal experience, attending tutorial has helped me catch up with classwork and given me a better understanding of homework. The teachers are always there to help with what I don't understand and to help students succeed. This sort of after-school help can provide assistance for students in numerous ways. This shows that Canyon Crest is interested in providing a great support system for their students, which contributes to why all of Canyon Crest's students are able to graduate.

Helix Charter High School is located in La Mesa with a 97% graduation rate. According to their official website, Helix values their students' education and strives to mold their students for college and to become contributing citizens in their community. Helix is a high school where they take feedback from their students very seriously. They believe in always improving themselves and their students' education. This is a positive outlook and can contribute to students at Helix's overall happiness at the school. Students being able to express their opinions and points of views and being seen and taken into consideration is a major thing. This could improve the mental health of students and prepare them to be contributing members of their community.



Steele Canyon High School has a graduation rate of 95%. They are a very academic school, as their school website implies. Steele Canyon is a charter school in Spring Valley that implements block scheduling for students. Block schedule provides students with more academic time to focus on



specific subjects. This allows them to take the time they need to fully understand a topic without worrying the class will end shortly. Steele Canyon High School also happens to be one of the many high schools that helps students to access college courses at Cuyamaca College to give students more opportunities to gain college credits and prepare them for the upcoming transition to college. Early college credits help students to be accepted into a college they apply to and eventually help students with earning degrees.

College credits are typically earned while students are in college, but being able to earn college credits earlier gives students a big advantage by saving time and money.

Many schools provide college courses which can really help out students for when they are in college. These college courses taken in high school can save lots of time, money and help students gain experience and college credits. Taking college courses in high school cuts back the amount of classes students need to take when actually in college. Stress comes along with the workloads. Although the stress can be overwhelming, it exposes the students to the intensity before they graduate which gives them time to find ways to cope.

Schools with lower graduation rates in the low 90s or below 90% don't necessarily mean that they are bad schools. The graduation requirements can be different for every school. For instance, Cathedral Catholic High School in San Diego has a graduation rate of 93% but Cathedral Catholic has many systems in place to support all of their students and better their knowledge. They offer a vast amount of Advanced Placement (AP) courses like English, Mathematics, World languages and many more, to their students. AP courses are great for students who learn quickly because these courses help students prepare for college. Instead of students having to do classes that are too easy for them, they can enroll in these AP courses and continue to grow their knowledge. When colleges look at applications that have been sent in, AP courses can help students get accepted to the college of their choice. These AP courses can lead to AP exams and these AP exams, if completed successfully, can earn students college credits which again, are very beneficial for students. This saves time and money since students need to pay for each individual course they need to take and the materials needed for each class.

Time and stress management skills are another benefit of taking college courses while still in high school. These courses will give students college-level workloads. The college-level workloads differ from high school workloads in terms of amount. These workloads will prepare students and get them used to it before the transition to college. Playing sports for your high school would also help students transition to playing for college teams.

When our soon-to-be-promoted 8th graders are looking for schools, one main priority for attending the chosen high school may be athletics. High school sports teams teach essential skills such as physical stamina, determination, team dynamics, responsibility, discipline and school spirit. When taking the right path in choosing a high school with strong sports, high-schoolers can get a better high school experience while also getting college advantages such as athletic scholarships and college credits.

Athletic scholarships would be incredibly convenient for students going into college - especially if that student cannot afford the full cost of tuition. Some students may not be able to get into the college or colleges of their choice based on academic ability, but athletic scholarships can help when maintaining a certain GPA. Colleges will reach out in some circumstances, or students can apply for these athletic scholarships. Athletic scholarships can fund tuition fees, living expenses, supplies and other fees. Some of these scholarships pay partially, which means it does not cover all of the college tuition. Alternatively, some scholarships are what is referred to as "a full-ride" - meaning that it can cover everything. Overall, athletics are something you should look into when entering high school



Helix Charter High School is a great school for athletes going into high school. This season the Helix football team has been dominating the field, winning most of their games so far. They have won games by margins as large as 52-0 and as close as 49-42 - talk about a good game! Not only has Helix's football team been doing great but also their varsity girls lacrosse team. These girls have ability and adroitness, while also having a great team dynamic. Not only

have they won many games during the 2021-2022 spring season, but heartstopping games as well, winning 12-11 when battling Valley Center High School, and 15-8 against Valhalla High School. Overall, Helix High School is known for having great sports and may be perfect for CPMS students who enjoy participating in sporting activities.

Helix is not the only option for prospective student athletes, Cathedral Catholic High School also has a great athletic program, winning 188 California Interscholastic Federation San Diego Section championship titles. According to their website, Cathedral Catholic student athletes learn teamwork, discipline and leadership. Cathedral Catholic football is ranked #4 for San Diego high school football. So far this season, the Dons have won twenty out of the 26 football games. Cathedral Catholics football is good, but do you know what's better? Their girls volleyball team. Cathedral Catholic has been picked for #1 in the California Division Open. Their team is run by Julia Blyashov, who won a gold medal with team USA in 2019 for volleyball.



Valhalla High School girls tennis has beat four schools in a row, which is an impressive amount! They might not be consistent in their wins but Valhalla's girls tennis team has won many games this season including this four game run, this season they have won 11 games out of 14. Valhalla's boys



varsity water polo has had 13-5 overall so far, winning 5 games in a row. Winning the majority of their total games during each of their seasons is an impressive feat. Steele Canyon High School's boys varsity soccer team has won the 2022 CIF SoCal Boys Soccer Championships, bringing home the first CIF soccer championship in Steele Canyons history. Divisions IV and III. Last season they won most of their games against many other different high schools around the county. Monte Vista High School boys varsity basketball team was thriving during the 2021-2022 winter basketball season. Winning multiple games 2022 CIF San Diego Section Boys'

Basketball Championships (California) Division IV, having scores from 69-51 to 54-36. While owning the court during their home non-conference game against Victory Christian Academy with a score of 82-66, it is needless to say that Monte Vista has a great basketball team for athletes and future athletes.

As a whole, each of these schools has their strengths and weaknesses. But each has done very well in their sports. The majority of their students attend their official games to show their school spirit. This is a great way for students to bond and show their pride for their school. School spirit is important for schools because it helps students have a closer bond and socialize better among other students.

School fun generally improves a lot of the mood around the school, which can lead to happier students. Happier students can perform better academically in classes and clubs.

When in high school there are varieties of activities to engage in such as joining clubs. Clubs can have great impacts on student's education, also used for many different ways to express yourself.



They can help soon-to-be promoted 8th graders, be more involved in school, be more social and build a foundation for their college application. These gained skills learned from clubs will help and guide students as a person and throughout life. Each high school is different when it comes to clubs, some high schools have numerous clubs while other schools have not as many clubs.

For instance, Valhalla high school has a total of 7 clubs. Out of all the seven clubs in Valhalla the most creative and interesting are, Creative Writing Club, Medical Pathway Club, Norse Players Theatre Arts, Yearbook Club and more. Helix High School has a total of 15 student-run clubs. The most intriguing ones are Art, Astronomy, Mental Illness and numerous other clubs. Steele Canyon high school has a total of 32 clubs. Out of the several clubs Steele has, the greatest ones are Mental Wellness, Robotics, Debate and more. Granite Hills High School has a total of 26 entertaining clubs they have are California Scholarship Federation, Graphic Design, Environmental, Social Justice and more. Monte Vista has a total of 23 clubs. The most engaging clubs are Debate Club, Health Careers Pathway, Healthy Eating, and more. Cathedral Catholic high school has a total of 46 clubs. Among the most interesting clubs are Cancer Kids First, Key Club, Eye Fight for Sight, Human Rights Club and more. Eastlake high school has a total of 29 clubs.

Fascinating clubs that Eastlake has are Robotics, Red Cross, Speech and Debate, Dance and more. Clubs will leave a great impact on the student's life and teach them healthy and important life long lessons. For instance, Cathedral has a great



number of important clubs such as Cancer Kids First Club, Human Rights Club and more, that surround the idea of health and can give students a perspective of people's struggles and daily experiences. These positive clubs teach students to be the best they can be and show the importance of caring for others who struggle in life. Depending on the high school there will be lots of motives for wanting to be socially active and to be educated.

When asking soon-to-be promoted 8th graders about their main motivation for going to their chosen school, Zayde I. (8th grade) stated that she wants to go to Steele Canyon High School because "they

have a lot of sports and electives which are good for college application”. Mohammad E. (8th grade) looks forward to going to Steele Canyon because he will be “joining clubs and trying to get scholarships to universities.” As Zayde I. and Mohammad E. mentioned, clubs really can benefit a college application. Clubs look good on applications because they could show the faculty members reviewing the application that the student has dedication, high skill level, is community-minded, and shows that the individual is an excellent collaborator. Clubs will give students lessons that they could use throughout high school, college, and in the future.

Choosing the right high school is an incredibly important choice for incoming freshmen to make. This can affect students’ future since they need a good education which makes a good foundation for college. Students should select the high school with the best education and systems that are right for them. Choosing a high school that is not right for them might not help them to grow knowledge at their pace or not having good support systems can affect students and their learning capabilities.

High schools are an incredibly important decision in students' lives and should be taken seriously because they can impact students’ futures. Education, athletics, and extracurriculars are important aspects to look into.



Mental Health

Mariam S.

Mental health is very important. Mental health is the control over our thoughts, feelings, emotional and social health, which helps all of us with making decisions, thinking, focusing, and more. Many people don't realize the importance of this, but mental health "self-care" is an important part of a successful and thriving life. For this reason, numerous articles about mental health are written to help improve mental health for people that need some assistance with their mental health. Doctors publish these articles to help people with poor mental health. People can find these articles online. Examples are MentalHealth.gov, nature.org, and wiredforhappy.com - following the advice in these articles can really help people with their mental health.

Mrs. McNamara (the school counselor at CPMS) states "Just like we do things like exercise and eat healthy foods to take care of our physical health, we need to make sure that we are paying attention to our mental health." Mental health is super important and something that needs to be cared for. Poor mental health can lead to more serious situations. If there is anything serious, people need to see a doctor or therapist. Poor mental health does not only affect the head, it spreads to the other parts of the body, which can lead to very dangerous health conditions including diabetes, heart disease, and stroke.

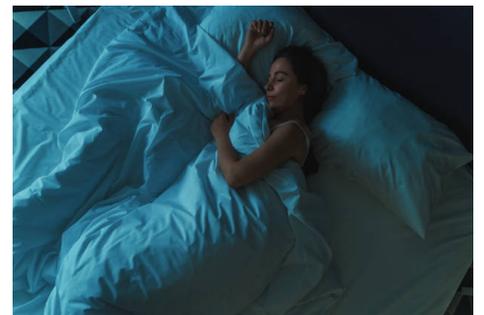
Teens struggle a lot with their mental health. This can be to do with comparing themselves to others, isolating themselves, starving themselves, and more. Teen brains are still developing, and it is kind of a confusing time in their life due to the many changes happening around them. The Family Education website, created by two authors and

teachers with more than 60 educational publications to their credit, states that "Young girls who entered puberty early, have low self-esteem, or have negative feelings about their bodies are also potentially at risk." This is important because it tells us how social media affects young people throughout their whole lives.



A recent news report on NBC San Francisco made the point that Instagram affects young girls. This app shows photos of other girls' bodies. Teens think the photos show "perfect bodies" and compare those photos to themselves. This false comparison can lead to really unhealthy results. Instagram should not allow photos that show "perfect bodies"

because it can make many people think negatively of their bodies. Mrs. Mac states that "It's no surprise that it is estimated that 1 in 7 teenagers will experience a mental health issue." These mental health issues can happen from being bullied at one point in life. Liliana M. (8th grade) says that she thinks bullying is more common today than it was before, "which is not a good thing. It's a big problem that affects many people. Especially people who have really bad anxiety." Baron R. was asked about his opinion on bullying and how it affects people. Baron says that he thinks bullying never has benefits, only bad effects. Baron also thinks it does bad damage to people's mental health.



Many students also suffer from stress. Some know how to manage their stress while others don't. That can lead to different stress levels. Anabella S. (an 8th grader here at CPMS) explains that "My stress levels aren't very high, and for me, are very easy to get in control of." Another 8th grader, Chloe B., stated "I am really bad at managing my stress levels, so they are normally really high." Many students have different stress levels. Stress levels can increase or decrease many times throughout the day. This can be due to stressful activities, mood, stressful events, etc. If people don't take care of their mental health, it can get worse and turn into something bigger.

Mental health is very important and it impacts many things. Thankfully, Mrs MacNamara is teaching all students important SEL (Social & Emotional Learning) skills this year. Even 5th graders are learning these lessons, and the

students in 5th grade say that they think SEL has been a helpful tool. Sarah S. says that SEL is her favorite elective while Weston M. says that SEL is relieving Here are some more of Mrs. Mac's thoughts on Mental Health importance overall: "Your emotional and mental health impacts every area of your life! Just like we do things like exercise and eat healthy foods to take care of our physical health, we need to make sure that we are paying attention to our mental health. We can do this by learning and developing helpful tools (like ones you are learning in SEL) and getting enough sleep, surrounding ourselves with supportive and positive people, etc." Mrs. McNamara is right = when people don't get enough sleep or food, it will prevent them from performing daily activities properly.

Some tips and tricks to relieve stress include:

- Going outside to meditate or jog can help a lot and can clear people's minds. It also helps people appreciate nature and how amazing it is.
- Getting enough sleep is also very important, because if people don't get enough sleep their day will become stressful and not many tasks can be completed because of low energy.
- Eating healthy is also very important because when you eat healthy your body feels better. Bodies release energy after the person has eaten.
- Taking breaks and deep breaths when stressed or anxious, which could be a great tool to get a hold of your stress. "It is scientifically proven that doing certain types of breathing exercises like the 4-7-8 breath can be very effective at helping," says Mrs. MacNamara.

Always remember, take care of your Mental Health and stay positive even during hard times!



All About San Diego

Baron R. & Drake D.

If you haven't explored San Diego, what are you doing? San Diego is a beautiful place that you will regret ignoring! This city in southern California has a lot of fun events and places that are cheap and great for families to visit. One of the main attractions though would have to be Balboa Park, which houses numerous museums, gardens, and more. On



top of all that San Diego is a coastal city. Because of this, San Diego has numerous beaches great for swimming, surfing, or any other water activities, paired with the weather this makes it a great place to relax. San Diego also has great food, it has everything from Mexican cuisine, to freshly caught seafood.

Over 35 million people visit San Diego yearly, but why? San Diego is known as the finest city in America for several reasons including its numerous beautiful beaches, including Mission Beach, Pacific Beach, Ocean Beach, as well as many more. Along with beaches, San Diego also offers a year-round subtropical climate which is optimal for going outside and having fun. San Diego also has amusement parks that the whole family can visit and enjoy including Sea World, Legoland, and the Del Mar Fair. Along with attractions and beaches great for families, San Diego is known for some of the most authentic Mexican food America has to offer, a trendy choice for visitors is the fresh fish tacos. All of these things that San Diego has to offer are just some of the reasons that it's one of the most visited cities in the United States.

It is not just the location that attracts people to this beautiful city San Diego also has many great events that are hosted year-round that families can enjoy. These fun events include the San Diego Crew Classic which is located right on our very own Mission Beach. This is a major rowing regatta, which brings athletes here from all across different schools and universities. This enormous event takes place in March - the two-day long event consists of over 100 races and 4000 athletes. This could be an exciting event to watch with family. This event is also a great place for unknown talents to show off their skills and get their names out there. Another one of San Diego's family events is the Parade of Lights, which happens yearly on the evenings of December 12 and December 19. It is a great show with many different customized boats to watch sail. This year's event will be the 52nd anniversary of what is said each year to be a dazzling experience for anyone who comes to watch, including whole families. People watch this awesome parade at The Embarcadero, Seaport Village, the Pier at Cesar Chaves park, the Coronado Ferry Landing, and Shelter island. However, the place that is said to have the best view is The Maritime Museum of San Diego.

The San Diego Bay also has a great showing of the Fourth of July fireworks, specifically the Big Bay Boom fireworks. These fireworks mesmerize anybody who chooses to watch with splashes of red green and blue that light up the sky. along with The San Diego County Fair which is a great place to visit with family and friends, it has lots of food and fun things to do. The places you can eat at and their specialties include The Deep-Fried Twinkie (which you



can get at Chicken Charlie); Barbecue Sundae (which you can get at Chuckwagon Express); and finally Seven-Layer S'mores from The Gingerbread Shop. There is much more to eat but naming all the places would take an eternity so instead, I'll tell you about their fireworks. At the San Diego County Fair, they launch their firework display along with some great music. You can come to Jimmy Durante Blvd in Del Mar for this event, which can have up to one million people attend annually. Finally, SeaWorld hosts its firework show through the 1st and 4th of July, which is extremely fun to visit. You could visit all the fun rides and eat in the morning and watch this amazing firework show at night!

San Diego has many places perfect for families to visit, including already well-known places like SeaWorld, Legoland, and Sesame Place. SeaWorld is famous for entertainment for the family, exciting roller coasters, and some beautiful marine life. As well as entertainment and animals, SeaWorld offers delicious food such as pizza, steak, chicken, hot dogs, and popcorn. Admission prices for this park start at \$65 and go up for the number of people and the amount of time stayed at the park, like other places they have different deals. The park also has some great water rides, so make sure to bring a towel!



Legoland is well-known because it offers fun rides for anyone, not just for Lego enthusiasts. Also, there are great sculptures made of Lego that took hours to build, a wide range of unique treats, and a water park that features many fun rides. Admission prices for this park start at \$65 and go up for the number of people and the amount of time stayed at the park, like other places they have different deals. All of these things combined make Legoland one of the top places for families to visit.

Even though Sesame Place opened more recently than the other parks, it has already made its mark as a great spot to take families, especially young children. The admission price to get into this park starts at \$80 and goes up for specific deals and amounts of people. Smart shoppers will book ahead on the website and only pay \$65 a ticket. This park is based on the children's show Sesame Street. It has many rides based on the popular characters from Sesame Street, this park also has many kid-safe water rides and attractions perfect to splash in with family. Just like the other parks, this place also has restaurants for families. All of these things make it another one of the best spots to go with family. These places are famous because they have locations worldwide and even have ads on television and on websites like YouTube. They are also popular for their thrilling rides for kids of all ages.



Another place that is great for families to visit in San Diego is Balboa Park, which is located near the center of San Diego and has many different places within it. Balboa Park is also the home of many different beautiful gardens - one of which is the Japanese Friendship Garden. This garden consists of streams of koi fish and over 200 cherry trees spread across twelve acres of land. This beautiful garden is a symbol of peace between the United States and Japan, and you are sure to enjoy the amazing views there. Balboa park also has many different museums including, The San Diego Automotive Museum, The San Diego Air & Space Museum, The Museum of Us, The Veterans Museum, The WorldBeat Center, the Institute of Contemporary Art, the San Diego Museum of Photographic Arts, and more. So, with all of

this to explore, a family could spend the whole day just here in Balboa Park. They could visit The Air and Space Museum and explore. After that, the whole family could go to the San Diego Zoo and look at all the animals. The best way to finish off this exciting day would be to eat at one of the many restaurants in or near the park. These restaurants include Panama 66, Prado, the Tea Pavilion, and many more.

San Diego may be an expensive place to live, but there are still many fun things to do here that are cheap or even free. These things include visiting the popular star of San Diego, Balboa Park - known for its numerous museums and gardens, which are all great places to visit on their own, though some of them aren't cheap. You can also go surfing or swimming at some of the many beaches San Diego has to offer. Old Town, which is the oldest city in California, is also another great place to visit located right here in San Diego. This city offers knowledge of the history of California by giving insight into the lives of the people who lived there during the 1800s. If a family were to spend a day at Old Town, they would be able to enjoy some of the activities such as candle making and museum visiting. After a full day of doing activities, you then have the opportunity to dine at the Old Town Mexican Cafe which cooks tortillas right in front of the diners.

With all of these things to do in San Diego, its tropical climate, and great food, is there any reason not to visit it? I sure would like to know one!

What is Water Polo ?

Angelena M.

When Water Polo comes to your mind what do you think of ? Water Polo is one of the most competitive sports in the world. Water Polo started off in 1888, and became a sport in 1900. A lot of people play water polo, and there are younger teams and older water polo teams. My club, Odin Water Polo, includes teams ranging from age 6 to 18 years. A lot of people are not familiar with water polo but that's okay. Hopefully this article helps them to learn!



I surveyed 8th graders to see what they know about Water Polo. Some wonderful responses to the survey came in, including Jane R. (8th grade), who likes to swim but has not played this sport. She also said that her brother plays water polo so she knows that it's a labor-intensive sport. Which means a very hard and competitive sport. Also Jane said that a lot of her friends play water polo and tried to encourage her to join. Another classmate Anabella S. (8th grade) said that she doesn't like to swim, but that she does know

that water polo is a great source of fitness and is an amazing sport. Alexa A. (8th grade) said that she does like to swim and that water polo is a good sport. Last but not least, I spoke with our PE teacher Coach Laszlo. Mr. Laszlo has been playing for a long time and has a lot of knowledge. It's great how our P.E. teacher is a water polo player!



When someone explains to you how to play water polo, the sport sounds a bit like volleyball - but it isn't. Water polo is closer to handball, but it is played in the water. Water polo has two teams of seven players. There are four quarters in the game. Players shoot the ball into the other team's goal. If the goalie blocks the ball, it can be grabbed and thrown again. When there's a foul ball the coach gets to pick which team has the ball. Players pass to their own teammates when attacking, and can lean on the other team to get the ball when defending. Have you ever thought about playing water polo? It's really fun and you should try it.

There are some downsides, but they all have solutions. Once you start to play water polo your hair and skin changes. Your hair starts to become blonde and rough from all the chlorine in the pool. To fix that, players use "Swimmer's Shampoo and Conditioner." Your skin will itch a lot because of the strong chlorine. So then you will use swimmer's lotion on your arms and legs. All the gear needed



for water polo is goggles, a swim cap, and a water bottle. Sometimes players develop a condition called swimmer's ear, which means that your ear feels like you're in a plane landing and your ear gets clogged up. This can be helped by wearing ear plugs (for swimming). If your eyes burn a lot because of the chlorine, then eye drops will help.

Onto the fun stuff! The most important thing that you need to know about water polo is eggbeating, breaststroke kick, and the correct way of passing. Let's start with eggbeating: first, rotate your right leg counterclockwise and your left leg clockwise. When eggbeating, the legs should never touch each other, because that would mean you're doing it wrong. You can fix that by practicing on a chair - that's how I was taught! Why is eggbeating so important when playing water polo? Eggbeating is important because this is how the player stays buoyant.



I think that you should look into water polo and see what you think, and maybe you might become a water polo player!

Warmer Winters? Summer in Spring?

Julian K. & Baqir C. K.

Imagine a future where climate change has been left to ravage the Earth. A large majority of the Earth's species have gone extinct, possibly including humans. Nature exists in rare patches, and the rest of the Earth is a horrendous wasteland that can barely support life. It would be like a science fiction book describing an apocalypse after a nuclear war. But this time, although this is also human-caused, this is something that humankind saw coming for decades, yet never did anything about it. Movie star and climate activist Leonardo DiCaprio does a good job at putting how we could end up here into words: "mankind has looked at climate change in that same way: as if it were a fiction, as if pretending that climate change wasn't real would somehow make it go away. But...we know better than that." Climate change shows up in weather forecasts, on the news, in economic reports; it feels like it is practically everywhere. According to the United Nations, "climate change refers to the long-term shift in temperatures and weather patterns." When discussing recent fluctuations in sequences of weather, climate change has been driven mainly by human activities from as far back as the Industrial Revolution all the way to the modern day. Climate change has been warming our planet and has caused countless disasters, which is part of the reason why it is also referred to as global warming. Unlike in the past, when climate change was just a problem far-off in the future, it's now a very real and present problem... It's here, and it's wrecking our planet.

What Is Climate Change?

According to the UN website, climate change is the shift of weather patterns over a large period of time. This term could be used to describe something naturally-occurring like the Ice Age, which refers to a frozen period that ended 11,000 years ago. The difference for the current climate change is that, according to the United Nations, "since the 1800s, human activities have been the main driver of climate change." One of the main activities that contributes to climate change is the burning of fossil fuels, which includes coal, crude oil, and natural gas. The gasses that are released by these are called greenhouse gasses, which include carbon dioxide, methane, nitrous oxide, and fluorinated gases. The term "greenhouse gas" is used because - as stated by Purdue (an established and respected college) - these gasses lead to the Greenhouse Effect, which traps heat within Earth's atmosphere. The Greenhouse Effect is named for how a literal greenhouse works. A greenhouse traps heat and sunlight within a building, usually made of glass or plastic, which will help the plants grow. This is similar to how the Greenhouse Effect traps heat within our planet.

However, human contribution to the

Greenhouse Effect is not a positive thing.

Something of note is that the Greenhouse Effect is a natural process that is important to life on Earth, with water vapor and clouds being the main natural greenhouse gasses.

However, humans putting greenhouse gasses into the atmosphere along with the natural greenhouse gasses already in the atmosphere, has led to a noticeable increase in temperature across the globe. According to our 8th grade science teacher here at CPMS, Ms. Spencer, "By burning these [carbon fuels] we have released CO₂ into the atmosphere and shifted

the concentration of the greenhouse gas on Earth." We are replacing natural greenhouse gasses with greenhouse gasses from fossil fuels, which will become a catastrophic climate crisis if this continues.



Some people believe that climate change is natural and not human-caused, or just flat out deny its existence. However, there is an overwhelming amount of evidence that refutes these claims. Although the Earth has experienced cooling and warming cycles in the past, today's rate of climate change is unprecedented and cannot be explained through natural processes. As reported by NASA, scientific information from tree rings, ice cores, rocks, and satellite photos all show evidence of a rapidly warming climate. Before the Industrial Revolution, the highest amount of carbon dioxide in the atmosphere in the last 800,000 years was 300 parts per million. As of 2021 the average carbon dioxide parts per million is 414.7, according to the US government's official website climate.gov. The extremely high presence of carbon dioxide has had many visible and major effects on global warming, including global temperatures rising, the oceans warming, ice sheets shrinking, glaciers retreating, snow cover decreasing, sea levels rising, arctic sea ice declining, increasingly frequent extreme events, ocean acidification, and much more.

So what specific human activities cause global warming? As stated before, the main human contributor to climate change is the release of greenhouse gasses from burning fossil fuels. But some specific human activities that cause climate change are transportation, generating electricity, agriculture, factories, consuming too much food, and other various sources. Additionally, cutting down trees for lumber and farming livestock releases greenhouse gasses. According to the Center for Climate and Energy Solutions (an environmental nonprofit organization), yearly global carbon dioxide emissions have skyrocketed within the last 70 years. Now, at the current rate of climate action, those levels are projected to remain steady, although still perilously high. As developing countries emit more, advanced economies cut back on emissions. However, even if this becomes true, emissions will still be at such a high level that climate change will have devastating effects. Also, it is important to understand that emissions of other greenhouse gasses, such as methane, nitrous oxide, and fluorinated gasses, are projected to rise by 30% - showing that climate change will just continue to worsen.

Has Climate Change Been Worsening?

Climate change over the past few decades has been significantly worsening. In 2021, the land and the ocean temperature increased by 0.08°C (or 0.14°F). This made 2021 the sixth warmest year we've ever recorded on Earth.

According to the 2017 U.S. Climate Science report - created by the government program of US Global Change Research - if yearly emissions continue at their current pace, the Earth could be 5-10 degrees Fahrenheit warmer than



1901-1960 by the end of the 21st century. So, if annual emissions increase slowly year by year just by 2050, models indicate that the Earth would be 2.4-5.9°F warmer than the first 50 years of the 20th century. With climate change continually worsening, the sea levels have risen due to global warming melting the glaciers and ice sheets. But right now - according to NASA - the whole world is affected. If the ice sheets melt, problems will occur in the ocean. NASA also states the

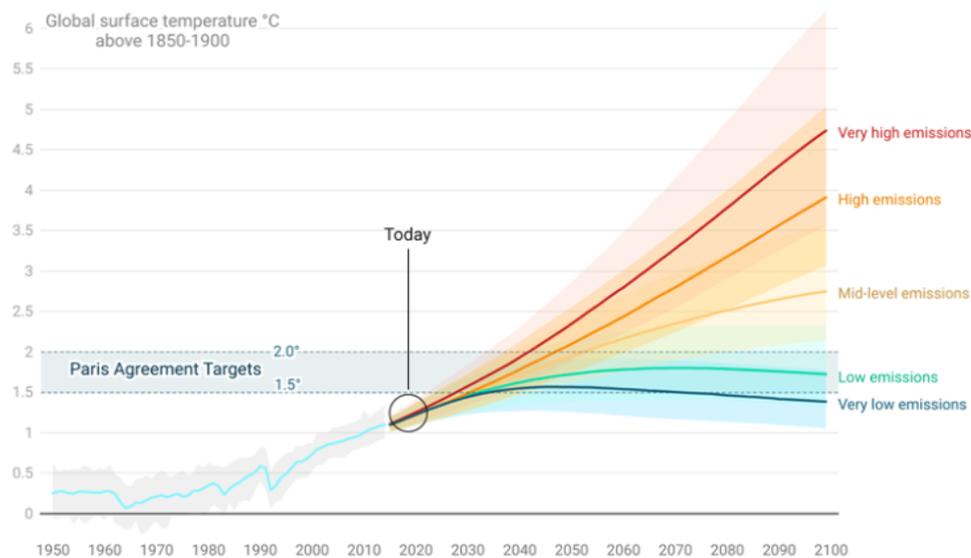
regions being affected are experiencing this crisis in dramatically different ways. Climate change is part of the cause of droughts, rising sea levels, diseases becoming more frequent, more floods, less water supply, more common (and more intense) natural disasters, heavy downpours, worse air quality, deteriorating health for people, quality and quantity reductions in crops and livestock.

Not only is climate change having a problematic effect, but we can see things getting worse. Scientists have already figured out the dark future of climate change if no one takes action. Most of the habitats and wildlife we know will be destroyed, which could cause the sixth mass-extinction event on our Earth after the first five, which are the Ordovician Mass Extinction, Devonian Mass Extinction, Permian Mass Extinction, Triassic-Jurassic Mass Extinction, and the Cretaceous Mass Extinction. All these events were caused by either volcanos or asteroids, with the first happening 440 million years ago, and the most recent 66 million years ago with the extinction of the dinosaurs. Even if a mass extinction doesn't happen, all the ice sheets from the Arctic will be melted away and natural disasters would occur more frequently than before - causing a climate crisis.

Our 8th grade science teacher, Ms. Spencer shared her thoughts on climate change and its influence in her life. She stated that, while living in California, her life “has been influenced by droughts.” Before moving to California in 2005, in Georgia she had been “affected by severe storms and tornadoes,” which have only “increased over the years.” As for the future, she stated that she views the Weather Channel, and so she “watches what happens nationally and around the world.” She observed how “droughts have increased, fires have become more numerous, and hurricanes have strengthened.” Because of these occurrences, she thinks that “people should be aware of what happens not only locally, but worldwide, in order to be both knowledgeable and prepared.” Overall, we agree with Ms. Spencer; climate change has worsened drastically, and people need to know about it.

The Potential Solutions to Climate Change Explored

There are ways that people can help fight climate change and some of them are already being implemented by the government. On August 12, 2022, President Biden signed the Climate, Tax, and Health Care Bill and on August 16, 2022, he signed the Inflation Reduction Act. As stated by the official White House website, the Inflation Reduction Act tries to reduce inflation, and the act states that small business owners who use trucks for transportation will be



granted 30% funding for electric trucks, bringing prices down something like \$10,000 to \$30,000 - making purchasing more accessible for more people. Not only that, but the Act also spent nine billion dollars to help rural electric cooperatives. When President Biden signed the Climate, Tax and Health Care Bill in August, the New York Times described it as a landmark bill which “takes significant steps toward fulfilling his goal to modernize the American economy and reduce its dependence on fossil fuels.” Also, under President Biden,

the United States rejoined the Paris Agreement, an agreement signed by many countries back in December 2015 that has the goal of limiting global climate change.

But what are some things that each of us can do at home to combat global warming? Well there's a whole truckload of things we can do! One of the first things we can do is to swap out that truck for an electric vehicle, or even an electric truck - which many car companies are now selling, such as Ford's new electric truck. Also, another good option is just using public transport - or your own feet if the destination is close enough. Also, eat more vegetables; they take a lot less water and release less greenhouse gasses than the farming and slaughtering of animals for meat. On the topic of

water, there are many ways to waste less water. Take shorter showers, turn off the tap while brushing teeth - just in general be more water wise. When it comes to food, try to waste less of it. And while you're in the kitchen, or anywhere in your house, try to save energy and use more energy efficient appliances. Also consider powering your home with renewable energy. An easy way to save energy at home is by weatherizing, so that it uses less energy in heating and cooling. Swap out lightbulbs for more efficient LED bulbs. Unplug devices that are rarely used, and unplug devices once they are fully charged. And of course, a phrase that you've most likely heard hundreds of times, but that doesn't make it any less important: reduce, reuse, and recycle. Reduce what you originally use and buy, reuse what you do have, and recycle when it is beyond the point of repair.



Climate change has become an almost uncontrollable problem, and everyone has to pitch in to stop it. We've calculated the bleak future of our Earth if we don't stop climate change. That's why some governments are already trying to help by signing agreements and making pledges. But no matter how helpful they are, they won't stop climate change on their own. We need to band together and try to stop this mess not for us, but for future generations and for the planet we share called Earth.



A big Tiger's Roar to our student journalists:

- | | |
|-------------|-------------|
| Bashar A. | Julian K. |
| Grace A. | Tristan K. |
| Roman B. | Angelena M. |
| Chloe B. | Liliana M. |
| Jayson B. | Jordan M. |
| Baqir C. K. | Trish N. |
| Melina C. | Baron R. |
| Drake D. | Jane R. |
| Mohammed E. | Diego S. |
| Makenna G. | Bella S. |
| Jocelyn H. | Mariam S. |
| Zayde I. | Sam T. |