



REED *all* ABOUT IT

February 13, 2020

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LOVE IS IN THE AIR—Kind of?: What Valentine's Day Means to W&R

Devin Neveu, Kishan Patel and Drew Yuhus
STAFF QUOTE GATHERERS

Valentine's Day is certainly one of those holidays that gets mixed reviews.

Love it or hate it, it's supposed to be a time Valentine's Day is a time of expressing love and admiration for the people you hold close to your heart.

We decided to take to the William and Reed "streets" and see what Valentine's Day means to YOU:

Some of the responses were sweet . . .

Seventh grader Spencer Fret said, "It is all about spending time with friends."

Science teacher Ms. Taylor said, "Sweethearts."

Some of the responses were a bit apathetic . . .

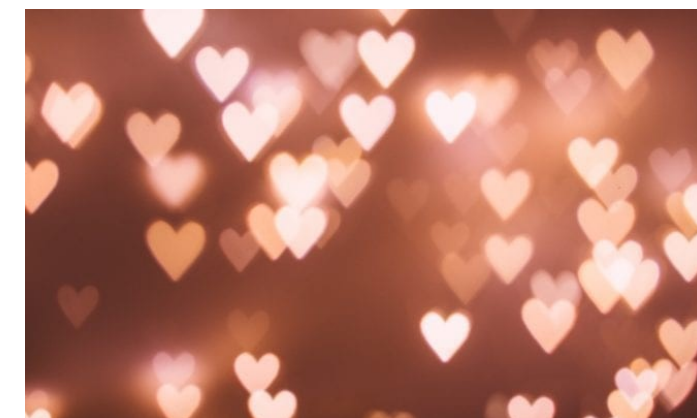
Seventh grader Hayden Mazur said, "It's the fourteenth."

Eighth grader Sean Siracusa said, "It's just a normal day," and seventh grader Diego Moreno-Lule agreed.

"[It's] a regular day," said Moreno-Lule.

Some people remained unimpressed with the holiday . . .

When asked to complete the



sentence "Valentine's Day is ___, new eighth grader Jai Patel responded, "Nothing."

Ninth grader Alexa Madrid said it's "Useless," and eighth grader Gavin Riccardi concurred.

"It's a useless holiday," said Riccardi

Other answers were kind of dark . . .

Seventh grader Heather Hines said, "It means eating candy alone."

Coach McKenzie said, "It's my birthday. It means I'm getting old."

The best answers had to do with food . . .

Eighth grader Jaden Wong said, "Chocolate."

Seventh grader Mia Szirovicz said it's "delicious, because I get to eat a lot of chocolate."

But the most creative and probably on-the-nose answer came from seventh grader Christina Yi, who said, "[Valentine's Day] ends all New Years resolutions."

No matter which camp you fall into—YAY or NAY—you have to be excited that at least we're off school for it this year.

We hope you have a great one!



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Editor: Mrs. Cardenas

Guess Who?

Kailin Neveu
STUDENT EDITOR

Hey, Warriors! "Guess Who" is a fun, quick guessing game, where you read the answers to the following questions and guess which teacher or staff member it might be.

Here is this edition's installment:

RAAI: What sports were you best at in school?

GW: Track and Competitive cheerleading

RAAI: What's your least favorite food?

GW: Candy (besides chocolate)

RAAI: What's your biggest pet peeve?

GW: Littering

RAAI: Who's your favorite artist?

GW: John Mayer

RAAI: What's your favorite cartoon?

GW: Don't watch any

RAAI: What made you want to become a teacher?

GW: "Before I was a teacher, working with teenagers was my favorite part of my old job."



RAAI: What's your favorite animated movie?

GW: *The Lion King*

RAAI: What scares you the most?

GW: "Losing someone I love."

RAAI: What's your favorite place you've ever traveled to?

A: Spain.

RAAI: What's the best memory you have?

GW: "My first best memory was when my sister was born."

RAAI: What's the thing in your life that you are most proud of?

GW: "My kids."



*Which teacher—
or staff member—do you
think it is?**

*SEE BACK COVER FOR THE ANSWER

Introducing the W&R Podcast: *HEAR All About It*

Drew Yuhas
STAFF WRITER

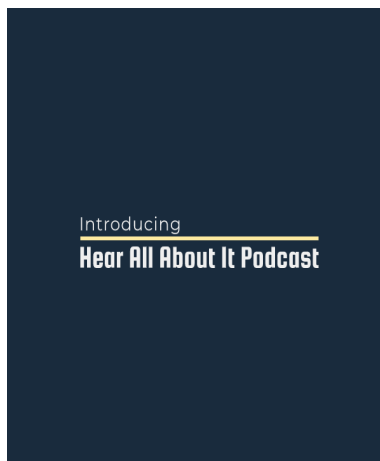
Born out of two successful minimester journalism classes, English teacher Mrs. Cardenas and some enthusiastic students are starting a William & Reed podcast this semester. It will be an extension of Journalism Club and this newspaper, *REED All About It* and it will be called—wait for it: *HEAR All About It*.

During Cardenas's minimester Journalism classes, students wrote articles and some recorded their projects, to impressive results. That, coupled with excitement stirred up during Q 99.5 Adam Bomb's Career Day presentations, solidified the idea for Cardenas.

"I was blown away by how awesome these podcast projects turned out," said Cardenas, "and the idea took off from there."

The first official meeting was Feb. 4, during which it was decided that all subsequent meetings will take place during Flex from 1-2 p.m. on Mondays.

The new group brainstormed possible formats for the shows and came up with a



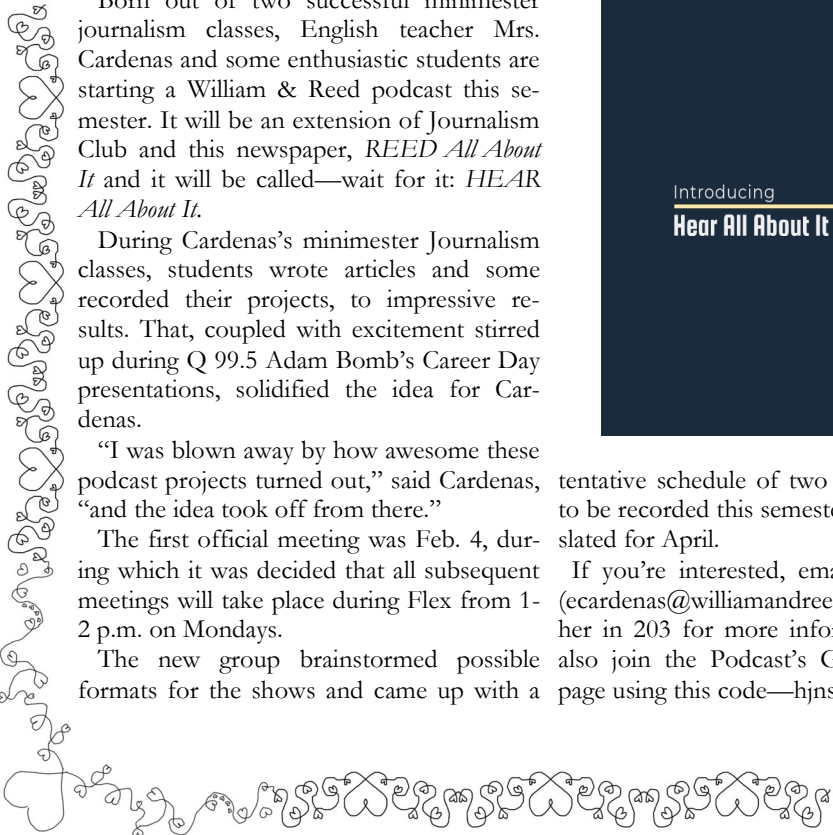
tentative schedule of two to three episodes to be recorded this semester—the first being slated for April.

If you're interested, email Mrs. Cardenas (ecardenas@williamandreed.com) or go see her in 203 for more information. You can also join the Podcast's Google Classroom page using this code—hjnsoz4—to get more

details from the first two podcast meetings.

Bottom line, they would love to have you be a part of this new endeavor.

Be adventurous—and be heard!



Health Over Cost—Is Buying Organic Worth the Price?

Isabelle Taiana
GUEST WRITER

Have you ever seen the organic label on produce you buy at the supermarket?

Depending on where you shop, organic produce has become more popular in the last few years. In fact, organic food sales in the United States rose 5.9% in 2018 to reach \$47.9 billion, according to the 2019 Organic Industry Survey released May 17 by the Organic Trade Association.

So, why are more and more companies moving toward selling food that is organic? The answer is simple: the public is becoming more informed about the risks of consuming non-organic foods.

Simply stated by organic.org, “organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation. Animals that produce meat, poultry, eggs and dairy products do not take antibiotics or growth hormones.”

It is truly shocking how many unhealthy and dangerous substances make their way



onto people's plates.

Just take a look at the most popular cereals at a grocery store—most of which are not certified organic. Most likely, they are heavy in carbohydrates, pumped full of sugar and made mostly of unrecognizable ingredients that are difficult to pronounce and/or understand.

Additionally, there have been multiple studies that prove there are health benefits to consuming organic foods. When it comes to meat and milk, organic products can have about 50% more omega-3 fatty acids—a type of unsaturated healthy fat—than con-

ventionally produced products, according to a 2016 study in the *British Journal of Nutrition*.

Some organic foods have also been proven to have more antioxidants which have enormous health benefits. In a recent six-year study in the *Journal of Agricultural and Food Chemistry*, researchers found that organic onions had about a 20% higher antioxidant content than conventionally grown onions.

This is just one example, but there are many other studies currently underway along with multiple that came up inconclusive.

The bottom line is, organic foods seem to be much safer and healthier. More people are being informed of the benefits of consuming organic foods, and as a result the sale of these foods have risen in the past years.

Hopefully, over time, organic food will be the new “regular” food, and people will enjoy the lasting effects of a much more nutrient rich diet.

W&R's Politics Junkie on Her Phone Call with Pete Buttigieg

Caroline Warner
STAFF WRITER

A note from the editor:

While most high school students are working hard on geometry or cursing the wonder that is annotations for English class, ninth grader Caroline Warner is out there immersing herself in all things politics.

In fact, she recently participated in a supporters phone call with Democratic nominee hopeful and South Bend, Indiana, mayor Pete Buttigieg.

While REED All About It does not endorse any candidate or political party, we do feel Warner's motivation about the upcoming election is cool—and thought it might be equally such for students to read about how she's gotten involved with a candidate she likes for president. We felt it might spark interest for others to do the same with other candidates they might like—to do their part to become informed and involved—be they liberal, conservative or independent.

Without further ado, here is more about Warner's experience:

The point of the phone call was to discuss Buttigieg's campaign and his policies—but also for him to raise money. Through the experience, I learned more about some of

his ideas and policies as well as how he plans to beat out the other democrat candidates and win the 2020 nomination.

After Buttigieg welcomed his supporters to the call, he jumped right into his hopes and to what he considers the hard facts.

On the subject of his campaign, he said, “We have a message of belonging, for people of different backgrounds and cultures.”

Buttigieg stated that equal rights for everyone has been a major part of his *modus operandi* since he became South Bend's mayor.

“We need to keep an underdog mentality throughout the caucuses,” he said on the call that happened prior to the Iowa caucus.

Also, to support his case on going from a rural town mayor to United States president,



he stated that, “for past few years, every time we have elected a democrat, he has been new to the scene.”

Buttigieg also believes he is more relatable to the average American citizen than any other candidate and plans to use that to his advantage.

He said, “A *Forbes* list just came out. I am the least wealthiest person running for president. But that doesn't matter. We have you.”

He suggests here that almost all of the money he has raised

for his campaign has come from donors—instead of from a personal fortune that he says he doesn't have.

Buttigieg also maintained he didn't go into his campaign with an economic mindset; he said he went in with the mindset that he wants to help every American across the country.

(continued on p. 8)

New Year, New Gradebooks: Study Tips for a Successful Semester

Carlee Schmelzer
STAFF WRITER

It is officially a brand new decade, and a brand new semester! With the start of the new year, many people come up with resolutions. For students, a common goal might be getting their grades up.

Whether it is to impress one's parents or to get into college, these tips can help you study better and more efficiently—which inevitably will improve your overall performance.

Turn Off Your Phone.

This may seem cliché, impossible or like a no-brainer; however, this really can have a big effect. People reach for procrastination-inducing apps like Snapchat or TikTok because they are quickly accessible—so make them harder to access. When you turn your phone completely off, it takes more time to get to them, which is ultimately less tempting and will keep you focused longer.

Quiz Yourself.

Flash cards can really help people memorize material in any subject. Quizlet is also a good option if you don't have a lot of paper flashcards.

If you are tight on time, study your notes by covering up possible answers with a piece of paper, and that will help you memorize them.

Take Breaks.

It can be tempting to want to just tackle



studying in good old “one and done” style, but studying very hard for a straight hour can burn you out. Studies show it is better to study in intervals with small breaks (20 minutes of studying, 5 minutes of break) so your studying can be as useful and engaging as possible.

Don't Cram.

It is best to study for a test a few days in advance—not only the night before—because it will decrease the heavy load.

Fifteen to twenty minutes a day for a few days is way better for you than two straight hours of math in one night.

Also, cramming is likely to lead to sleep deprivation, which has also been connected to poorer test results in some studies.

Find a Good Environment.

This depends on the individual, but it can help one focus. Some people like studying on their beds, due to its convenient and

relaxing atmosphere—but some can't do that, due to the comfiness putting them to sleep and would rather do it at a desk.

That said, some find desks to be too painful for their backs, so they prefer a living room chair instead.

Eleventh grader Kailin Neveu does just that.

“I prefer to study downstairs, away from my bed,” she says.

Use Music.

Listening to music while studying works for some, depending on the type of music one chooses. A lot of times, music with lyrics can distract one from the act of memorization; however, it can also help keep others awake, who are practicing math problems.

White noise is also helpful for those who don't like to listen to music while studying but do not like silence.

Eleventh grader Brennan Marasco has his own take.

“I personally like lo fi,” Marasco says.

Overall, studying will be most effective if you eliminate distractions, find environmental preferences and use memorization tactics. It may take time to figure out what works and what doesn't, but the end result will be less stress and better grades.

Happy studying!

iLike the iPad—Apple's Underrated Tablet

Kishan Patel
ASSISTANT LAYOUT EDITOR

Tech giant Apple's most underrated device is the iPad—and it's only gotten better since it came out. This underrated product has many great qualities, and it's time it gets the credit it deserves.

When the original iPad was released in 2010, it was an immediate hit. People lined up outside Apple stores to wait for these top of the line products. Since then, the iPad has been a success, with new variations and models coming every year since 2012.

Starting with a lightweight model, called the Air, this product was groundbreaking when it was released. The current iPad Air models still sell quickly. Available in a variation of sizes, it's the perfect lightweight tablet.

In the same year, Apple released the wildly successful iPad Mini, which is up to five

generations today.

The year Twenty Fifteen brought the opposite of the Mini—the iPad Pro, which is the biggest and most advanced iPad yet.

This item is big for Apple—no pun intended—because the it's a tablet two-in-one computer due to its size and versatility. They now offer a full screen model, the same camera as the iPhone XR, Apple's patented FaceID technology and are often sold with a smart keyboard that connects through Bluetooth. You can even set it to be a second screen for your iMac and MacBook models.

Surprising to some, the iPad is a best-selling device at Apple. The iPad Mini is selling its 5th generation, the Air is selling its third model and the iPad Pro continues to sell out its 2020 model.

These devices use Apple's A series chips,

which are also used in the iPhone and allow for fast responses, often processing things faster than computers.

If you're looking for a new computer to use, the iPads with smart keyboards are always a smart choice.



Social Media's Role in Gen Z Depression

Caroline Warner
STAFF WRITER

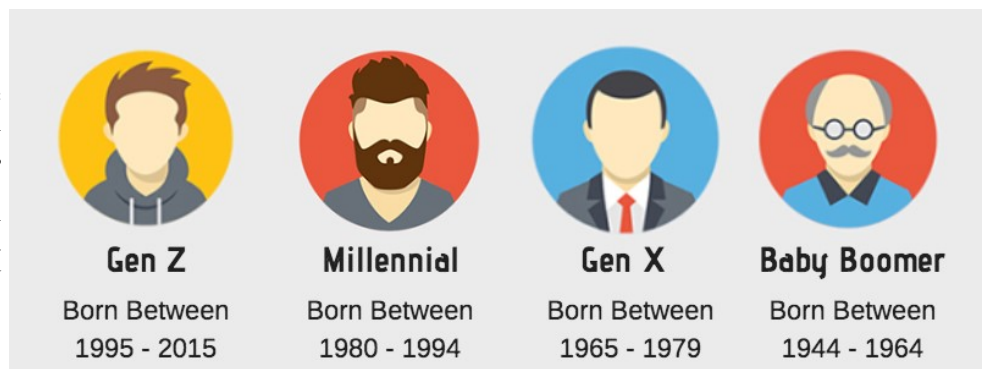
From the impression of memes, Tik-Toks videos and serious articles, Generation Z (made up of individuals people born between 1995 and 2015) has been given the reputation of being depressed, iPhone addicted and grade obsessed. According to the world health organization edelements.com, "Never before has a generation had so much and seemingly wanted for so little," which could be considered a little bit depressing.

But why is that? Why is this generation known for being the "luckiest generation yet" also known for having a pattern of depression and stress?

The first thing we need to know is if all of this talk even true.

Edelements also notes that "depression is the predominant cause of illness and disability for both boys and girls aged 10 to 19 years. Suicide is the third most common cause of death in adolescents."

This shows the mental health state of Generation Z. It has been proven that majority of teen's biggest worry is getting good



This means that today's young people are scared to talk about or expose their feelings because social media gives off a message that you should always be happy. Not a lot of people process that the pictures posted on social media are the highlight of an individual's life, and can be edited and changed. Kids and teenagers are constantly looking at other people's "highlight reel" and this is offered to them 24/7. This can really affect one's mental health, because teens could feel like their lives are not interesting or as "good" as other people their age.

Some other factors are helicopter parents (a parent that takes an overprotective or excessive interest in the life of their child) removing all challenges from a young person's life. Also there has been a lack of unconstructed play (free play not focused on the improvement of self), outdoor activities, and community engagement from younger kids' lives. This damages the nature of being a kid.

This all suggests that Generation Z's mental health is not in good

shape, and that it is continuing to plummet. This means accepting that not everyone should always be happy (despite what you see on social media) and encouraging young people to ask for help when they need it. This way, the adolescent can see a counselor or therapist, and can improve their physiological health and become more mentally stable.

Also, everyone (even other generations) can benefit from a social media detox. In today's world, people almost never get a chance to disconnect from stress. With a social media detox, you can relax and disconnect and focus on your health and what actually matters. This can mean not going on your phone for a few hours or deleting your most used apps for a week.

In addition, we can teach students how to manage their school-related stress. This includes teaching good time management, stress management and even the notion that sometimes grades are not everything that matters.

In conclusion, Generation Z seems to always be not in the best state of mind and this can be changed if everyone makes an effort—including Gen-Zs themselves.



grades, according to *The Economist*. But they say this does not come from nowhere—parents, teachers and even the government have impressed their expectations for grades the adolescents and teen anxiety is the result.

Journalist and writer Mark Sparvell writes that "Some experts cite unrealistic expectations around social, work, academic, and sporting achievements combined with the constant bombardment from social media that we should always 'feel good', etc. may have contributed to young people lacking coping skills required to navigate these complex, ambiguous times."

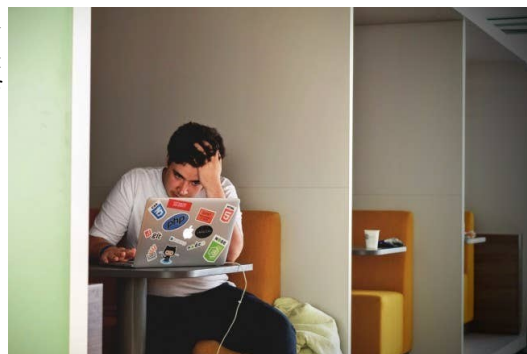
shape, and that it is continuing to plummet.

Western Governors University says that "Only 45% of Generation Z individuals say their mental health is good, or very good. That's 11% less than the next closest generation. A whopping 91% of Gen Z said they experienced a physical or emotional symptoms due to stress and mental illness in the past year."

This shows how much Generation Z needs psychological help.

The question is, how can we take charge of this problem?

The first thing we can do to help is to



Five Makeup and Beauty Tips to Make You Look Marvelous

Victoria Dhar
GUEST WRITER

Huda Kattan is a fashion beauty blogger from Tennessee who started her own cosmetics line in 2013.

With over 20 million followers on Instagram, she is a self-made millionaire and has her own beauty line, Huda Beauty.

As a beauty aficionado myself, I have learned a lot of makeup and beauty tips by watching her YouTube tutorials, and I want to share some of those with you today.

Condition Your Lashes.

Kattan says, "Neulash or Revitalash are my favorite lash conditioners to use before I apply mascara."

It will help your lashes grow longer and appear more beautiful. Longer lashes help your eyes to look bigger and, some feel, more attractive.

Color Your Lips Red.

According to Kattan, everyone should have a red lipstick—and they should use it.

"My favorite red lipstick is 99 Pirate from Chanel," says Kattan.

A red lipstick really accentuates the lips



and enhances beauty.

Always Remove Your Makeup.

Taking off your makeup before bedtime is very important for healthy skin. Healthy skin will require less makeup to achieve that sought-after look of "perfection"—if any makeup at all.

The beauty guru recommends using men's shaving foam to take off your makeup. For this, she suggests L'Oreal Men Expert Shaving Cream.

Apply the cream to your face at bedtime and use a warm, wet towel to wipe off your makeup.

Depuff Your Eyes.

Kattan recommends a jade roller to decrease the swelling under her eyes. She puts the jade roller in the refrigerator and lets it get cold. She rolls the cold jade roller under her eyes and says it makes her look like she's had more sleep than she did.

Love Yourself.

Beauty begins with loving yourself and projecting a positive self image to the world.

Kattan recommends that you put self care and self love first, so that you have enough to give to others.

My self care includes taking long bubble baths and using essential oils every day.

All in all, following these makeup and beauty tips can really help to improve your health and mental well being.

I highly recommend following Kattan's Instagram and Facebook Reality Show, *Huda Boss*, to help you to learn more tips that could change your life.

Why You Need Tyler, The Creator's *IGOR* on Valentine's Day

Dominic Yeremian
STAFF WRITER

Valentine's Day is approaching, and what better way to spend it than listening to music one your own or with someone else?

Tyler Gregory Okonma, professionally known as Tyler, The Creator, released an amazing album in May 2019 titled *IGOR*, which became a 2020 Grammy winner for Best Rap Album and is Tyler, The Creator's first number one album.

It's a fresh take on the story of the popular character Igor from the 1974 comedy *Young Frankenstein*—and, although Igor is a specific character, an "Igor" can be any character that resembles a creepy, decrepit, ugly man with a hunchback. In the album, Tyler takes you through Igor's journey of love and heartbreak.

Track 2: "EARFQUAKE"
(ft. Playboi Carti)

"EARFQUAKE" is definitely the most viral song on this album. You've probably heard it on the radio, as a Spotify suggestion, or even on TikTok. This song is a flashforward of what's to come later in the album.

Tyler speaks in the perspective of Igor, making his Earth "quake."

The song's first words, "For real this

time" act like Igor's conscience, telling Igor and the listener this situation he is dealing with is not a joke—and what he says to the person is the last chance of reconciliation.

Igor doesn't want confrontation with the person he loves and he takes the blame for everything that had happened.

Playboi Carti's feature is short, simple and to the point, giving the track a lighter mood toward the end. The song has a lot going on, which resembles Igor's situation. There are many different instruments used—the most prominent being the keyboard.

Track 6: "NEW MAGIC WAND"
(ft. Santigold)

In my opinion, this is the best song on the album. Its tone is so serious and dark, but exciting. At the same time, it starts off with Jerrod Carmichael saying, "Sometimes you have to close a door to open a win-



dow." This proverb means something new is to come from something else ending. Tyler then says, "This 60-40 isn't working," meaning he is done with a relationship being hangouts and instead wants a relationship that means something. He also is being accused of still loving his ex by his current love interest.

The title "NEW MAGIC WAND" ties it all together, as Tyler would use a "magic wand" to "get rid" of his ex so he and his current love can finally be together.

The fourth verse is his explanation about how he is not in love with the ex in the first place: "Can't be in the picture if it ain't got no frame," but if it helps he would "Blow the whole spot up" with his "new magic wand."

All in all, this album is a 10/10. There are many other songs, but we'll cut it for the sake of space! The album's moods vary throughout and do so well in a way that keeps the listener interested. It is a breath of fresh air from the generic hip-hop on the radio right now.

IGOR is great for Valentine's Day, whether you are listening on your own or with someone you like.

Books We Love: *Caraval*

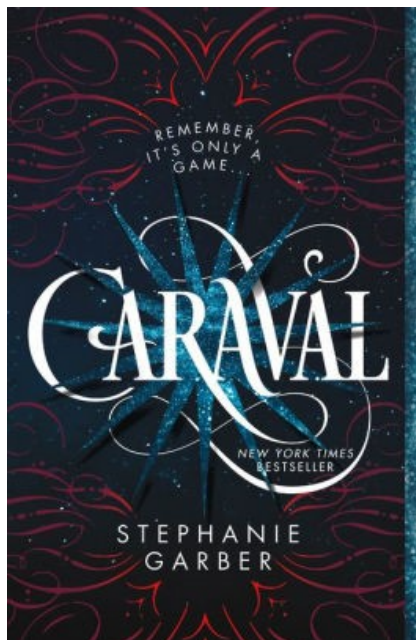
Maddi Germain
GUEST WRITER

The book *Caraval* by Stephanie Garber was published in spring of 2018 and is a great read for any fantasy or adventure readers because of the keen imagination and creativity of the story.

The story focuses on a teenage girl named Scarlett, who has always dreamed of attending the mysterious interactive magic show called Caraval. After her cruel father arranges her marriage to a stranger, Scarlett believes her dreams of participating in Caraval will be shattered permanently.

When Scarlett believes all hope is lost, she and her fearless younger sister, Tella, receive an invitation for Caraval at long last. In order to escape their father, Tella arranges for Scarlett to be taken to the mysterious island where Caraval is played.

Shortly after Scarlett arrives, Tella is kidnapped by the show's mastermind, Legend.



In order to find her sister, she must win the game or risk losing her forever.

Torn between her fiancé and the magical show that only occurs once every year, Scarlett is forced to play Caraval in order to save her sister before it is too late.

This story has very vibrant descriptions and focuses on themes of unconditional love and inner strength. Because of these themes, the book is very relatable to young adults, teaches the message that courage can be found in all forms—and that one should not be afraid to take risks in order to get desired results.

It was one of my favorite fantasy novels—I loved every second of it!

It is also a great read for any fantasy lover. It sweeps the reader off their feet and whisks them into the magical world of Caraval.

(continued on p. 8)

Books We Love: *Keeper of the Lost Cities—Legacy*

Josh Germain
GUEST WRITER

The newest book in Shannon Messenger's *Keeper of the Lost Cities* series was released in November 2019—*Keeper of the Lost Cities: Legacy*.

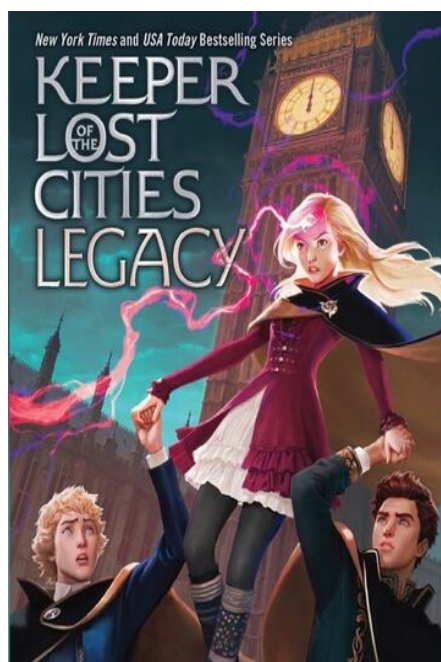
Legacy is the 9th book in Messenger's bestselling *Keeper* series. It is currently on the New York Times and USA Today's bestselling book series lists, and it contains the elements of bravery, fear and elvish-magic that contribute to the book's overall theme.

Legacy follows the main character, Sophie, and her friends as they continue the battle to take down Neverseen permanently. It also gave insight into Sophie's personal goal of finding her biological parents as well as rescuing Tam from Neverseen.

It also contained many hidden pieces of stories and mysteries that helped contribute to completing the big picture in Neverseen's plan.

The book is labeled in the genre of fantasy fiction and is recommended for children ages 10 and above.

I have been following this series for a little over seven years, and I love how the plot continues to thicken with each new book. Messenger ends each installment on a



cliffhanger, making the reader wait to find out what happens next.

The books are each around four-hundred pages, but they fly by.

Another serious reader, ninth grader Mad-

di Germain states, "There was a twist in every chapter. I stayed up late every night because I just could not stop reading!"

The series has a large international following, as the whole *Keeper of the Lost Cities* fan group waits for the next book to be released.

As for Sophie and her friends, they still continue on their plan to stop the Neverseen as they wait for Keefe to wake up from whatever internal transformation he is going through.

If you give these books a chance, you will not be disappointed.



What's the Deal with Leap Day?

Giselle Huggins
STAFF WRITER

Everybody knows that February has 28 days; but, sometimes, it has 29. When that happens, it means we have a leap year. But why do we have a leap year? Who discovered it? When did we start having it?

Seventh grader Heather Hines had no idea why we added another day—and neither did I until I researched it.

We have 365 days each year; but the time it takes to orbit the sun is actually 365.2421 days.

Even though that's a small difference, that difference adds up over time.

To stay consistent with the astronomical year, you have to add an extra day to make up for the lost time—and, *voila!* Leap Day.

According to my research, no one really knows who discovered that we needed the leap year.

Seventh grader Mikaela Contreras thought maybe some kind of scientist who was counting the days in each year invented it,



but really the Egyptians discovered that they needed the leap day first. And it didn't reach Europe until Julius Caesar's reign, and he's been called "the father of the leap years."

Roman officials were supposed to add an extra month every so often; but, when Caesar started to rule Rome, the calendar had gone way off course—so, Caesar began to consult with the top astronomers at the time about it. In 46 B.C., they decided to begin adding one day.

That was the same day the Julian Calendar started.

This still wasn't completely accurate, however. We were still off by eleven minutes; and, by the 14th century, we were behind the solar year by ten days.

Because of that, Pope Gregory XIII came up with a plan.

In this plan, leap years would happen every four years, as long as the year would be evenly divisible by 100—but not 400. This was called the Gregorian Calendar, and

it is the one we use today.

This year fits the bill—so, this month, we have 29 days.

What will you do with your extra day?

Caraval Review

(continued from p.7)

In addition to this, *Caraval* is on the New York Times bestseller list and received a 4.5/5 on Good Reads.

Another reader of *Caraval* was anxious to give her opinion.

"I just could not put it down," she said. "The whimsy and imagery on every page were unbelievable."

In conclusion, *Caraval* is full of thrills and magic and will keep one's heart pounding throughout the entirety of the novel. The enchanting diction and the stunning settings throughout the book paint a gorgeous picture, and readers cannot wait to see what Stephanie Garber comes out with next.



Buttigieg Phone Call

(continued from p.3)

Also on the call Buttigieg detailed that, if elected, his husband, Chasten, would use his platform as First Man to help educators across America by raising teachers' salaries and improving the public education system altogether.

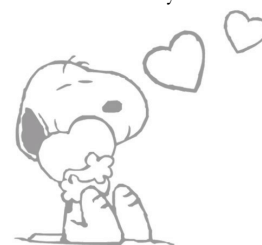
The mayor said, "We are excited by how much Chasten and I will be thinking of educators in the White House."

But Buttigieg did not just focus on his ambitions and policies. He discussed his challenges as well.

"We have to put in the work over the next few days [leading up to the Iowa caucus] or we are out of this thing." He ended the call by telling all of his supporters: "This is the fight of our lives, and our opponents are going to stop for nothing."

Take it from me—you are never too young to start learning about politics in our country!

Happy election year!



Gaga Over Gaming: The New Google Stadia

Devin Neveu
STAFF WRITER

The Google Stadia is a brand new cloud-based video game streaming service. It was just released on Nov. 19, 2019. Its purpose is to play all these games that are available on Xbox, PlayStation and even PC but without the big heavy console and long downloading speeds.

So what sets it apart?

One pro that Stadia has is that it has demos for games. Demos are free versions of games where you can only play for a limited amount of time to decide if you want the full-version of the game. This way, you want to know what the game is about, you can try it before deciding if you want to buy it. Demos are very rare nowadays. They were included in a lot of 90's consoles but they aren't included in any gaming consoles anymore.

Another pro is that there is no downloading games. If you want to play a game, you can just play it. It is already there for you. You don't have to spend hours downloading and updating games before playing them. You will save tons of money as well. Depending on if you are a PC or console gamer you will have to spend hundreds of dollars to get good performance and graphics but with the google stadia if you have good enough internet that should be all you need to have good graphics.

As well, you will save tons of money with Stadia. Sure, it is a subscription that you must pay every three months, but you don't have to pay for games. With normal gaming consoles, you have to pay the \$250 - \$500 once, but you have to pay for all the games. There are services for those consoles to play a limited amount of games for free, but they are expensive.

For six months, it's \$60 and twelve months is \$120. If you don't have that subscription, though, you have to individually

pay for every game. Games range from \$15 - \$60 usually.

According to Nick Pino, a Home Entertainment Editor for TechRadar, on techradar.com, "Google Stadia is cloud gaming's first truly bright long-term forecast. After spending years tied to the console the up-

played on the screen per second) is a big issue. If you don't have fast enough Internet, Stadia will have a hard time running at a good constant FPS. If you have multiple devices running on the same wifi, it will run slow. Not only will the game lag, but it was tested and the input latency (amount of time it takes for your inputs on the controller to happen in the game) is not very good at as high as 167 milliseconds. That may seem like almost nothing; but, trust me: when you are playing a game, that is a big delay.

There are ways to fix this problem though. Using wired Internet connections are a lot faster and stronger than wireless ones. You may also move closer to your router, if you are playing wirelessly. When not using devices that use Internet, power them off or disconnect them from the internet.

According to Kevin Lee, a Hardware and Roundups Editor, on ign.com, "The service seemed like the future when it was initially announced, with a dizzying array of features like letting you play on any device or instantly jumping into a game with your favorite streamers.

However, in reality, Stadia is still missing more than half the functionality Google initially promised."

The Stadia is worth buying. After reading the reviews and articles about the Stadia, I would say it is worth buying because you can use it on any device, and you I don't have to carry around a big heavy box if you want to play video games on the go. All you need is the Stadia app on your phone and the controller.



grade cycle, gamers are about to get a welcome reprieve."

Yet another pro is that you can also play on any device. With a PC or console however, the only devices you can play on are monitors or TVs with HDMI ports. With Stadia, you can play on your TV, computer, your tablet or even your phone!

Although there are a lot of things that Stadia does better, there are some cons. For Instance, lag or stutter and low frames per second (fps is the amount of images dis-



WILLIAM & REED
ACADEMY

Spread the Love: Valentine's Day Gift Ideas

Giselle Huggins
STAFF WRITER

During Valentine's Day, we like to give gifts to the people we love to show them we care. Red roses, a box of chocolates, chocolate-covered strawberries and teddy bears are all classic Valentine's Day gifts.

But what else can we give that isn't so cliché?

On Valentines Day, giving gifts to your friends is important because it shows them that they have a space for you in their hearts.

For friend gifts, or if you're having a Galentine's Day—which is Valentine's Day but completely focused on friends instead of romantic relationships—you can give your friends friendship bracelets to unionize your friend group. You can give also them chocolates.

Seventh-grader Mia Szirovecz says, "That's what I would give my friends."

Family gifts on the 14th are also a big part



of most families' lives because the gifts you give can show how much you love them without having to say so.

For parent gifts, you can give a sculpture showing your relationship—like if you play football with your dad, you can get a sculpture of a father and son/daughter passing around a football.

For grandparent gifts, give your grandma a

locket with a photo of you or your siblings that maybe has an engraving. That will touch her heart.

For Grandpa, give him a personalized mug with a picture of the whole family.

English teacher Mrs. Blevins recommends writing a sweet note to your grandparents because that's all an adult really wants.

So, if you're looking for another option for Valentine's gifts, I

hope this little list helps you.

Happy Valentine's, everybody!

Valentines Day Search



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HEARTS
HUGS
JEWELRY
TEDDYBEAR
ADMIRER
CUPID
CHOCOLATES
ROSES
VALENTINE
FEBRUARY
PRESENTS
FRIENDSHIP

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Alternate Ways to Spend Valentine's Day

Kailin Neveu

STUDENT EDITOR

Valentine's Day can be disappointing if you end up spending it single, but it doesn't have to be! There are plenty of Valentine's Day alternatives you could take part in with your family and friends, or even just by yourself.

According to English teacher Mrs. Yuhas, it's a "commercialized holiday [...] and you should celebrate your Valentine every day. It seems artificial just to celebrate them when [someone tells] you to."

Why not avoid the commercial aspects of Valentine's Day and celebrate your own way?

Friends Night Out

Valentine's Day isn't just about boy-friends and girlfriends—especially according to W&R eighth grade girls who say it's a "boring and pointless holiday."

Lilly Engle says "it's a Hallmark holiday" we could do without.

So maybe this year make Valentine's day mean something to you. This holiday can be about the love you share with your friends! Celebrate with people who have stuck by you through your ups and downs.



Show them you love and appreciate them too! Go out to eat, have a sleepover, or take some photos!

Spoil Your Parents

Valentine's day also doesn't have to specifically be about your own love life. You could plan a night out for your parents to help them celebrate your love for them and their love for each other. Or maybe get

them flowers or candy-- even just make them a card!

Pamper Night

Aside from friends and family, Vday can simply be about your love for yourself! Do something nice for yourself, like taking a bath or watching your favorite movie and eating your favorite snack. Or maybe you could treat yourself to a new outfit or buy yourself some candy!

Movie Marathon

This can take place with whomever you want. Pick a series with hours worth of movies and find some family members or friends to spend the day bingeing them! Or you can watch movies alone. Either way, maybe choose some rom coms to celebrate the day, or completely reset Valentine's Day altogether and binge some horror movies. Your call! Enjoy.

Wallow

Maybe you really wanted to have a significant other to celebrate Valentine's Day with this year, and it just didn't happen. It's just a "lonely holiday" in general says Andrew Siebert (10th grade). If that's the case, take

The Story of Cupid

Mia Szirovecz

STAFF WRITER

Valentine's Day would not be the same without the infamous Cupid. It is said that if Cupid shoots you with his arrow of love, you will fall madly in love with the next person you meet.

In Roman mythology, Cupid is the son of Venus, the goddess of love. In Greek mythology, he was known as Eros and was the son of Aphrodite.

This is the Roman version of this love story, according to Holiday Insights.

Cupid once longed for love. His mother, Venus, told him not to go near the god Psyche because Venus was jealous of Psyche's beauty. Despite this, Cupid couldn't help but fall in love with the beautiful Psyche.

Eventually, Cupid and Psyche got married, but Cupid told Psyche to never look at him in public so—that way—his mother would never find out about them.

To keep their secret safe, he didn't even want her to look upon his face, so he only visited Psyche at night.



After a while, Psyche's sisters convinced her to look upon Cupid's face; so, while he was asleep, Psyche lit a lamp and stole a glimpse.

Sadly, however, Cupid awoke while she was looking at him, and left her immediately for her betrayal of his wishes.

After that, Psyche wandered for days looking for her husband. One day, she happened to stumble across the Temple of Venus.

Venus, who was looking to destroy Psyche, gave her unfortunate daughter-in-law a

series of peculiar tasks—each more difficult than the next. The final task was to deliver a box to the Underworld and get some of the beauty of Proserpine.

Venus warned her not to open the box. Once again, however, Psyche's curiosity got the best of her, and she opened it—and there was nothing inside but deadly slumber.

Cupid, who truly loved Psyche, found her lifeless body in the forest. He forgave her, swept the deadly slumber back into the box and the gods made Psyche a goddess.

Seventh grader Christina Yi said, "Cool," while fellow seventh grader Lily Ayer said, "I feel so bad for Cupid because he has to go around watching people fall in love, and he has had nobody for the longest time."

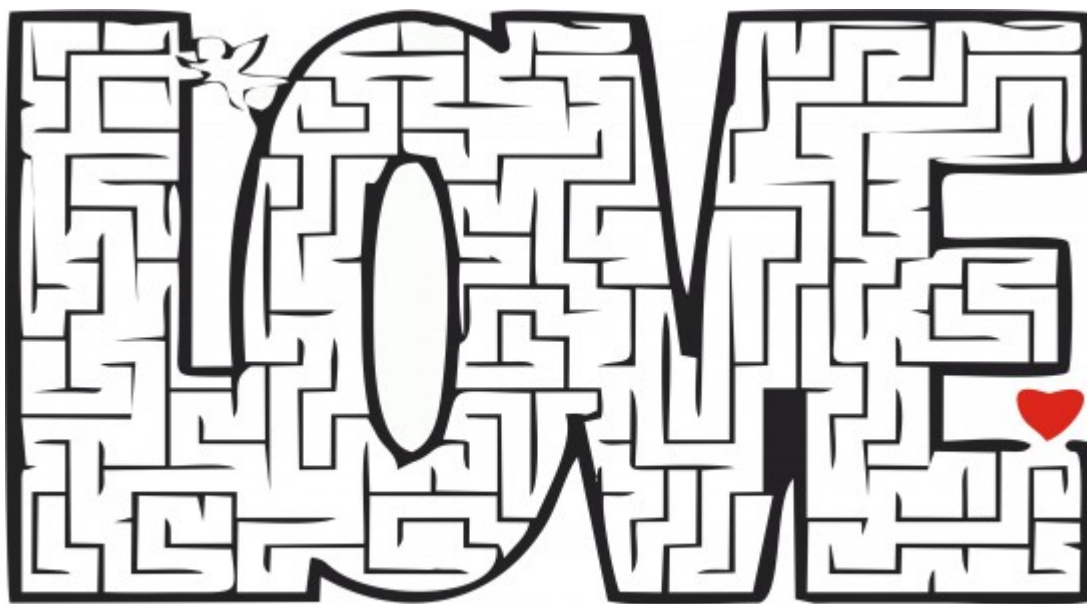
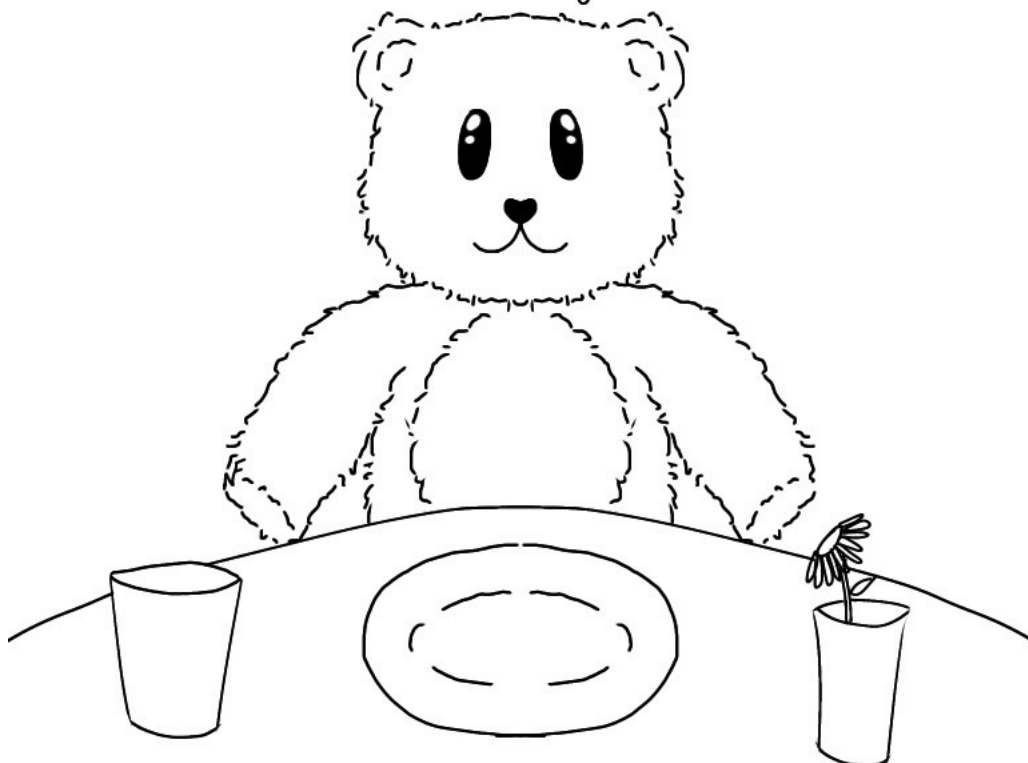
Q: Why is Cupid sometimes blindfolded?

A: Because love is blind.

A Very Valentine's Cartoon

Noor Fong
STAFF ARTIST

#Singles Awareness Day



<Fast seo guru.com>



Fab Feb Holidays!

Drew Yuhas

STAFF PLANNER

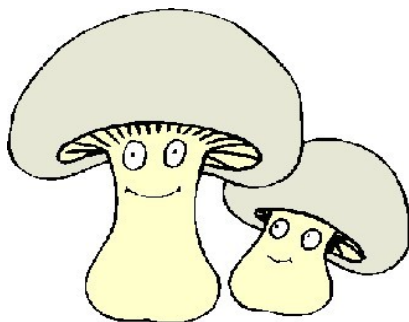
February 1st—Eat Ice Cream for Breakfast Day



February 2nd—Groundhog Day

February 3rd—Feed the Birds Day

February 4th—Stuffed Mushroom Day



February 5th—National Weatherman's Day

A day to honor all the weathermen and weatherwomen who work hard to accurately predict the weather.

February 6th—National Chopsticks Day

February 7th—National Bubble Gum Day



February 8th—Boy Scout Day

A day celebrating the birth of Boy Scouts of America. On Feb. 8, 1910, Chicago publisher William Dickson Boyce filed incorporation papers in the District of Columbia to create the Boy Scouts of America.

February 9th—National Pizza Day

February 10th—Umbrella Day

February 11th—National Inventors Day

President Ronald Reagan declared this day because Thomas Edison was born on this day in 1847. Edison was known for inventing the lightbulb, and he had over 1,000 patents.

February 12th—National Lost Penny Day



February 13th—Get A Different Name Day

February 14th—Coach McKenzie's B-day

February 15th—Susan B. Anthony Day

February 16th—National Almond Day

February 17th—Random Acts of Kindness Day, a day to do something kind to a friend or loved one.

February 18th—National Battery Day

February 19th—National Chocolate Mint Day



February 20th—Love Your Pet Day

(Although—we at *R4AI* believe you should love your pet EVERY day!)

February 21st—Card Reading Day

February 22nd—George Washington's Birthday

The "Father of This Country" was born on this day in 1732.

February 23rd—Play Tennis Day

February 24th—National Tortilla Chip Day

February 25th—Rubber Duck Day



February 26th—Carnival Day

February 27th—Polar Bear Day



February 28th—National Chili Day

February 29th—Leap Day

An extra day added to February every four years. The year a leap day occurs is called a leap year. (See Giselle Huggins's article on page 8 for ore details!)

Valentine Color by Numbers

Carlee Schmelzer

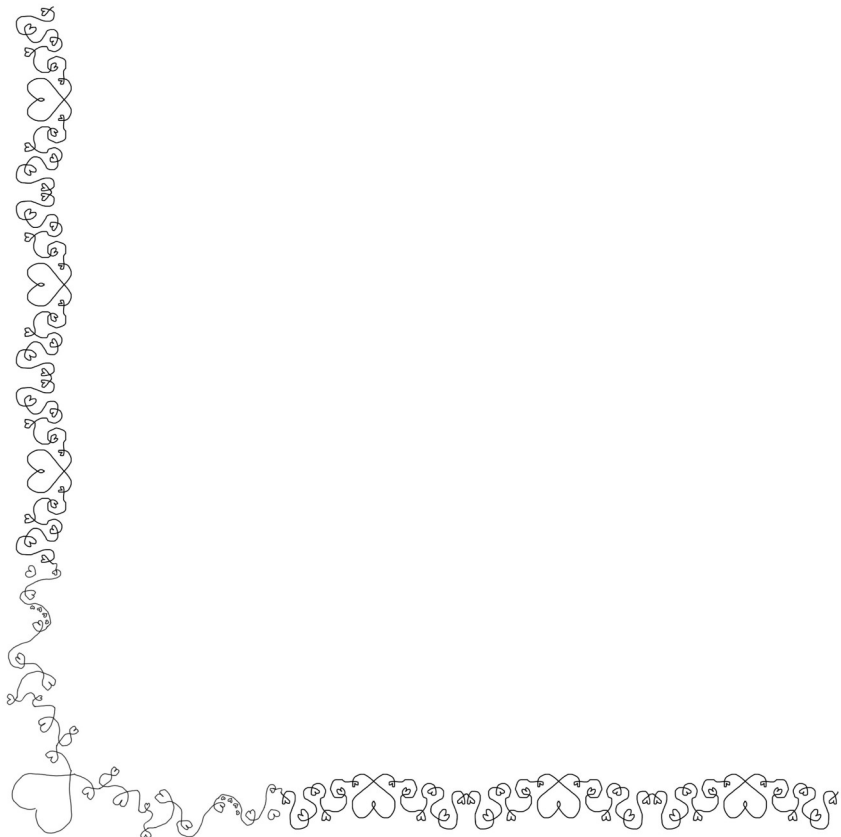


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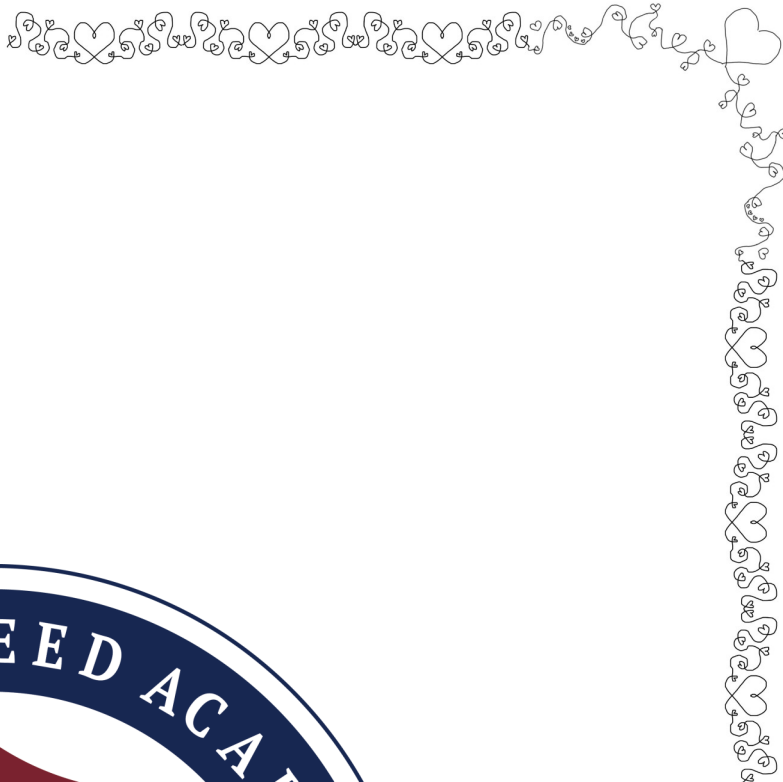
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“GUESS WHO” ANSWER: MRS. BLEVINS!