Teenage Depression: Is a Teen Depressed or Just Moody? Preventions & Signs

By Tiffany Mints

Teen depression is a serious mental health problem that causes a continuous feeling of sadness and loss of interest in activities. It affects the way a person thinks, feels, and behaves; it can cause emotional, functional and physical problems.

About 20 percent of all teens experience depression before they reach adulthood. Between 10 to 15 percent suffer from symptoms at any time. Only 30 percent of depressed teens are being treated for it. With teens under enormous amounts of pressure to succeed academically, and with teachers and parents wanting students to do their best, of course all this pressure can be a lot on teens. Social and family expectations and drastic change can create a strong sense of rejection or a sense of emptiness and can lead to deep disappointment.

This can lead to depression because in life sometimes there are big transitions that can cause stress, which is very common for teenagers, and can affect teens’ thoughts and moods. Also with issues such as peer pressure and changing bodies, it can bring a lot of ups and downs for teens. But for some teens, the lows are more than just temporary feelings; they’re symptoms of depression.

Some more signs are: mood swings, over-sleeping, early awakening, insomnia, whole-body hunger, fatigue, loss of appetite, lack of concentration, feeling empty, hopeless, sad, angry, worthless, very guilty, slowness in activities, weight gain or weight loss, behavioral problems such as agitation, excessive crying, irritability, and social isolation and some more serious signs would be thoughts of suicide, attempted suicide, and self-harming.

The treatments for depression consist of antidepressants, talk therapy, or the combination of the two. Specialists for depression or any mental illness would be a Clinical Psychologist, Psychiatrist, and a Primary Care Provider (PCP). These doctors are specially trained to help with depression and any other personal problems or mental illnesses that you may have or may be dealing with. Even if you feel hopeless, depression gets better with treatment. There are a lot of people who understand and want to help.

Although depression is a mental illness, there are some preventions. Although these preventions are not guaranteed to completely prevent depression, they can help. Preventions include: strong parent-child relationship, talking/encouragement, listening, supporting, good environment- meaning at home or at school, enough sleep, finding passion in life, medical checkups, getting help early. If you think you’re depressed, waiting only makes it worse.

Some teens may experiment with drugs or alcohol or become sexually promiscuous to avoid feelings of depression. Depression is real and serious, if you know anyone who might be dealing with this, take them seriously, offer your help, and let them know they are not alone.

Why Did the Students Cross the Road? To Get to Chick-Fil-A

By Douglas Ditto

The Reisterstown Chick-Fil-A and its impact on the Franklin and Reisterstown community will continue to be felt as the brand new restaurant is expected to provide 100 jobs to members of the community, some of which happen to be Franklin High School students. Chick-Fil-A, which opened November 2, is the 79th in the Baltimore metro area and hopes to alleviate some of the strain on the Owings Mills Chick-Fil-A’s as well as bring in new customers.

The popular Atlanta based fast food restaurant is the biggest addition to the Reisterstown Shopping Center since it was purchased by local real estate firm Greenberg Gibbons. Greenberg Gibbons hope to restore the center and are hoping the addition of Chick-Fil-A is a step in the right direction. When asked by a Jewish Times writer, Gibbons felt confident that the community could support the addition of both new Chick-Fil-As saying, “Chick-fil-A is very bullish on the Reisterstown and Owings Mills corridor,” Gibbons said. “The demand for it is absolutely there for this part of town to support it.” The other new restaurant is at the brand new Greenberg Gibbons creation, Foundry Row, in Owings Mills.

Senior Dustin Lucas said that Chick-Fil-A is an interesting and fun place to work. He said the job was interesting because it was able to clear up unanswered questions about the fast food industry. Lucas said “As a kid you occasionally eat fast food and you have questions about how they do everything so fast and the health of it.” Frequent customer and Franklin sophomore, Caleb Kidane, said that he feels “most people around are still excited,” due to the convenience of getting to the debatably favorite fast food restaurant in the area.

In less than a month the restaurant has already caused rule changes in the school and dangerous crossing of Reisterstown road. The school sent an automated message to all homes to urge students to be safe when crossing the street, to use the light/crosswalk, and to warn students that anyone with Chick-Fil-A is very bullish on the Reisterstown and Owings Mills corridor. Gibbons said. “The demand for it is absolutely there for this part of town to support it.” The other new restaurant is at the brand new Greenberg Gibbons creation, Foundry Row, in Owings Mills.

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In less than a month the restaurant has already caused rule changes in the school and dangerous crossing of Reisterstown road. The school sent an automated message to all homes to urge students to be safe when crossing the street, to use the light/crosswalk, and to warn students that anyone with Chick-Fil-A in school would have it confiscated if it was suspected of being purchased during school hours. All in all, the Franklin community has unquestionably been affected already and will continue to be.

INSIDE THIS ISSUE:

- National News
- Arts & Entertainment
- Technology
- Student Interest
- Sports

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Issue 3
By Ryan Harrison

This week, the case of Cyntoia Brown went viral on social media, even though she has already been in jail for more than ten years. Brown is serving a life sentence for the murder of a Nashville man in 2004. According to Brown, after a childhood marked by abuse and drugs, she was raped and forced into prostitution by a pimp. She ended up killing one of her clients out of self-defense when she was just 16 years old. Even though she was sixteen when she committed the offense, she was tried as an adult and given a life sentence.

The details of her crime and trial, including that the man who had paid for sex with her was 43 years old, have started circulating again, catching the attention of several famous celebrities who have shared the viral hash tag #FreeCyntoiaBrown. Even before the renewed interest, her trial inspired a documentary and was a factor in a major change in how the state of Tennessee deals with child prostitution cases.

A 2014 petition for appeal stated, “she was staying with different people and using drugs and alcohol.” She then met a 24-year-old named “Cut Throat” who, according to the petition, eventually began physically and sexually abusing her and forced her into prostitution.

On August 7, 2004, Brown testified she was solicited for sex by 43-year-old Johnny Mitchell Allan, who picked her up near a Sonic parking lot and drove her back to his house. She testified that she saw a gun cabinet in Allan’s room. She said she resisted his advances until he appeared to reach under the bed. Brown said she thought he was “gonna get a gun or is gonna do something to me.” She then said she took a gun out of her purse and shot Allan.

During her trial, the prosecution argued that the motive for the killing was not self-defense, as Brown claimed. The prosecution said the motive was robbery, since Brown took Allan’s wallet after she shot him. She was tried as an adult and convicted of first degree murder, first degree felony murder, and aggravated robbery. The convictions carried concurrent life sentences and eight additional years.

Brown’s life sentences caught criticism in Tennessee, and in 2012, a US Supreme Court ruling offered her team a chance of being released at some point. The Supreme Court decision banned mandatory life without parole for juveniles, stating it was unconstitutional. However, Brown’s conviction does carry the possibility of parole when Brown is 69 years old. Still, her advocates are hoping this change and continued interest in her story will inspire a change in Tennessee law.

Influential sources throughout social media today have helped spark this outrage against Brown’s conviction. We do not yet know what will come of this movement geared toward helping Brown receive justice.

All of the facts from the trials have not been fully released, so it is hard to gauge all of the information surrounding the case. The debate centers on whether her act should be classified as self-defense or not, since she claims that the man, who is said to have forced prostitution on her, made advances on her. Prosecutors said Brown shot Allen in his sleep, noting he was found face down with his hands under his head so she could rob him. Brown stole Allen’s weapons and his money, and her juvenile criminal history and drug use were cited during the trial. It has been proven that Brown suffers from Fetal Alcohol Spectrum Syndrome, which played a part in the drug abuse listed by the prosecution, as those diagnosed with this disorder are more at risk to abuse drugs and alcohol and have a higher risk of doing so. However, it is clear that today’s society is taking a stand against this case as well as starting to spread more awareness of the issue of injustice overall and starting to fight for justice within our court systems.

For more background on Cyntoia Brown’s life, go to page 3.

By Jasmin Algararhe

With technology being here, you can expect this holiday season to leave your wallet empty.

Was it like that 10 years ago? Holiday gifts have increased in pricing and in quality. Kids now are putting electronics and other expensive toys on their list this year. Let’s take a look at the top 5 gifts of this year.

Laser tag set: $80 (A set of toy laser guns and sensors for kids to play with friends.)
Zoomer enchanted unicorn robot: $70 (Robot unicorn toy that comes with clothes, a brush, and fake food. Kids can walk it and feed it like it is alive.)
Power wheels wild thing scooter: $240 (an electric scooter, battery charged)
D.I.Y bath bomb kit: $30 (Kids can make their own safe bath bombs with this D.I.Y. kit.)
Little alive pets “My dream puppy,” $54 (A fluffy robot puppy with a bottle and clothes. The puppy makes noises and moves like an actual puppy.)
Scavenger hunt board game: $7 (A board game that challenges kids to find different objects in the game.)
“Who is it?” board game: $20 (Another board game in which one player describes people and others have to guess.)
Star Wars Light Sabor: $15
Lego Kit: $10 (Kids can build different objects.)
Magic tricks kit: $15 (A kit that comes with different magic tricks.)

2017 Top Holiday Gifts vs. 2007 Top Holiday Gifts

The system has failed. It’s heart breaking to see a young girl sex trafficked then when she has the courage to fight back is jailed for life. We have to do better & do what’s right. I’ve called my attorneys yesterday to see what can be done to fix this. #FreeCyntoiaBrown

Repeatly drugged and raped by different men you were purchased by a 43 year old child predator who took you to his home to use you for sex. You end up finding enough courage to fight back and shoot and kill him.

Your arrested as result tried and convicted as an adult for parole when she is 68 years old.

#FreeCyntoiaBrown

West. Photo by littlethings.com

An example of a social media post to spread awareness for Cyntoia’s case by Kim Kardashian West. Photo by littlethings.com

2017 Top Holiday Gifts

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Toys from 2017 are much different than toys from 10 years ago in 2007. Today most toys are electronic and very expensive, but in 2007 the toys weren’t all electrical and most of them are games kids can play with friends. This year, most of the top gifts are individual toys. The highest priced toy in 2017 is $240; ten years ago the highest priced gift was $20, and it was not even electrical. That really shows the difference.

Clearly, holiday shopping in 2007 was a lot cheaper and less of a headache than this year.
Trump’s “Bathroom Memo” Affects Schools

By Kennedy Allen

With the recent election of the first transgendered person in the U.S state house, times are defiantly changing in our society. But are schools taking part of this change?

Earlier this year the Trump Administration issued the bathroom memo. The bathroom memo revokes protection for transgender students in school. The Obama administration had a memo addressing the same topic. But the Obama administrations memo allowed transgender students to access the bathrooms that aligned with the gender they identified with.

On average, students spend 1,000 hours at school per year. All students must feel as comfortable as possible in school, being as most of their time is spent at school. Oliver, a sophomore and a transgender male says he’s often “reluctant to go to school” because of students bullying him due to him being transgender. “There are a handful of folks who deliberately misgender me out of spite,” Oliver says.

With Trump’s new memo, transgender people are now even more reluctant to use bathrooms that match their gender identity. With the fear of being assaulted or harassed in the bathroom Oliver goes to the bathroom of his biological gender.” Because of Trump’s new memo and the fact that I’m no longer protected as a transgender student, I no longer feel safe using the bathroom of my identified gender, so for my own safety I go to the women’s room.”

Transgender students no longer feel comfortable enough to use the bathroom of their identified gender, this makes them feel out of place and uncomfortable.” The discomfort is absolutely present all the time,” said Oliver.

Schools are constantly looking to improve when it comes to making transgender students feel more comfortable. Certain clubs in schools like the Gay straight alliance defiantly helps LGBTQ students. Many transgender students feel that schools as a whole aren’t necessarily the issue. Maryland schools follow their own rules and regulations, being a liberal state administrative decisions don’t affect Maryland schools. “It’s the people in the school that are the issue. People are always going to be people you can’t expect everyone to be accepting,” said Oliver.

But that memo was never enforced after 13 states expressed their dissenting opinions against the memo. But even with Trumps new memo, schools are still allowed to make up their own minds on how to treat transgender students in school. Sarah Warbelow, a legal director of the Human Rights Campaign comments on how she feels about Trumps new memo. “We worry it encourages states and local governments to behave badly toward transgender people.”

Cyntoia Brown and a Life of Instability

By Kennedy Allen

In 2011 filmmaker Daniel Birman produced a documentary called Me facing life: Cyntoia’s story. Cynthia Brown was a 16 year old who had been consumed by a life of drugs and sex trafficking. This documentary follows Cyntoia’s court case for seven years. Brown’s court case and Birman’s film resulted in a law in Tennessee which states that any person in the state of Tennessee 18 or younger can’t be charged with prostitution. If Brown was convicted after the law was passed she would have been treated as a victim of child trafficking, yet she still sits in jail.

Cyntoia brown was born January, 29th 1988 to Georgina Mitchell, a 16 year old runaway. Her mother suffered from alcoholism, drug abuse, and prostitution. Because of Mitchells heavy alcohol use Cyntoia suffers from Fetal Alcohol Spectrum disorder.

Mitchell was certain about who fathered Cyntoia but soon pinpointed John Harleston. Ellenette Brown was the mother of John Harleston. Mitchell asked Ellenette Brown to take care of Cyntoia for a few weeks, those weeks soon turned into months, then years. Cyntoia continued to live chaotic environment and suffered from emotional instability. By the time she was 14, Cyntoia had run away from home.

Cyntoia lived a life on the streets and soon came into contact with a group of malefactors that would soon cause her life to spiral even further downward. A member of this group named “Kutthroat” convinced Brown that she needed a source of money in order to survive on the streets. Kutthroat ultimately began soliciting Brown. Brown began to lead a life filled with drugs and prostitution.
How Bruno Mars stole the 2017 American Music Awards

By Myles Jay Wortman

This past Sunday, Nov 19, 2017, the American Music Awards were held at the Microsoft Theater in Downtown Los Angeles, California. The ceremony was hosted by “Girlfriends” and “Black-ish” star Tracee Ellis Ross. The AMAs were created to award American artists for their brilliant music and that’s exactly what went down at this year’s engagement. Here are a few of the winners and their respective categories from the 2017 AMAs.

Artist of the Year: Bruno Mars
Collaboration of the Year: Luis Fonsi & Daddy Yankee feat. Justin Beiber – “Despacito”
Video of the Year: Bruno Mars, “That’s What I Like”
Favorite Female Artist: Lady Gaga
Favorite Duo or Group: Imagine Dragons
Favorite Male Artist - Country: Keith Urban
Favorite Rap/ Hip Hop Artist: Drake
Favorite Rap/ Hip Hop Album: Kendrick Lamar, “DAMN”
Favorite Rap/Hip Hop Song: DJ Khaled feat. Justin Beiber, Quavo, Chance the Rapper & Lil Wayne, “I’m the One”
Favorite Female Soul/R&B Artist: Beyonce
Favorite Alternative Rock Artist: Linkin Park
Favorite Latin Artist- Shakira
Favorite EDM Artist- The Chainsmokers

It is pretty safe to say that the night belonged to Bruno Mars, being that he won 7 out of the 8 awards he was nominated for! The 2017 AMAs was also a loving mother-daughter affair with Tracee Ellis Ross awarding her mother Diana Ross with the prestigious “Lifetime Achievement Award”. At last, the 2017 American Music Awards was exactly what it was supposed to be with awarding and commemorating amazing American artists for their brilliant music and impact.

Netflix vs. Disney: The Battle of the Streaming Services

By Myles Jay Wortman

In a recent earnings call on Nov 9, Disney CEO Bob Iger announced the company’s plan to launch its very own streaming service filled with all Disney-owned content. The new service will compete with top streaming services such as Hulu, Amazon, and the godfather of all streaming services… NETFLIX! While you may be thinking “There’s no competition. Everyone has Netflix! Who in the world still watches Disney Channel??!” Although in recent years Netflix has been seen as nearly untouchable, the service is predicted to take a way bigger hit than expected. Disney’s new move is expected to be a real blow to Netflix, who secured an agreement with Disney back in 2012 but the deal only kicked into effect last year, leaving Netflix with very little benefit.

What most people don’t realize when it comes to what Netflix will lose is that its way more than just movies like Camp Rock, High School Musical, Mulan, Zootopia, Finding Dory, The Jungle Book, and Moana. Netflix will lose absolutely All Disney and Pixar owned programs, like certain titles under the Marvel, Pirates of the Caribbean, and even Star Wars franchises!

Granted, Netflix will still be home to hit shows like Stranger Things, Black Mirror, Bojack Horseman, and Orange is the New Black. The question is, however, how they will hold up against what Disney has in store? Disney is planning for their new platform to be home to the biggest and most iconic Disney content, both old and new. From classic titles like The Lion King series, Cinderella, and Brother Bear to new titles such as the new trilogy of movies in the Star Wars universe, Toy Story 4, and programs based on Pixar’s Monsters Inc franchise.

Netflix is known to pick up and put their hands on brilliant original shows and movies that viewers love, so there still is hope for the multi-billion dollar corporation. Nevertheless, the Netflix team will have to bring in a lot more valuable content to keep them in the running, and they need to do it fast considering that Disney is planning to release the new elite service in late 2019. Leaving Netflix almost two years to stock up on as many eminent titles as they can. While there’s still a great chance for the two companies to coexist and thrive together, but in the world of business, it’s only a matter of time before things get super competitive and we find out exactly which service lands on top.
By Matt Stine

Former actor and son of superstar actor/musician Will Smith, Jaden Smith has released his debut album after being three years in production. Titled “SYRE,” the album presents multiple genres of music like rap, alternative, and a mix of blues. Smith takes listeners on a journey through his mind that begins when his acting career fell through, flows into the beginning of his music production, and ends when Smith gets ahead of himself by calling himself an icon. Smith also touches on his relationships in the past which influenced songs on the album like “Fallen” and “The Passion.”

The first four songs on the album are titled “B”, “L”, “U”, and “E” which together make a 15-minute ballad that lays the foundation of the album because each song leads into each other and create a continuous story from failure to hope to breakup to now. In an interview with Billboard, Smith says “BLUE” is the main reason for the three years in production because he wanted to be able to invite the listener in the right way. There are some big names in the featured list for the album including A.S.A.P Rocky in “Breakfast” and Raury in “Falcon.” Smith’s girlfriend Odessa Adlon performs on “Lost Boy” which is a description of him during his childhood who didn’t know what he wanted to be or who he was. The reasoning for these collaborations was stated in Jaden’s interview with Billboard where Smith admitted, “I really wanted to be like Kanye [West] and work with a bunch of artists.” He wanted to work with artists close to him to keep the album personal to him.

Nearing the bottom half of the album, songs like “Icon” and “Watch Me” are meant to describe Smith’s self-confidence and how he portrays himself as a musical and acting icon. Smith’s chorus in “Icon” says, “I am just an icon living.” This is a reference to K-Pop star G-Dragon, who Smith refers to as “A style icon, the one.” Many songs on the album include short to long monologues in which Smith speaks as if he is telling a story about someone or something that he refers to as “SYRE.” There have been rumors of a “SYRE” movie by Smith, which is assumed to be the subject the artist references throughout the album.

The multitude of genres and beat changes that are used during listening to the album shows that Smith is really trying to showcase everything that he can do musically. In half the songs, he is rapping to a fast pace beat, in others he’s singing to a slower rhythm, and in a majority, he starts rapping then changes the beat and begins singing. It seems like he is trying to find out who he is, and this album is sort of like a voting opportunity for his fans to decide whether he should rap or sing.

No matter what the public may think about Smith, this album definitely shows a lot of potential for future albums and is a gateway for artists to test the waters and make music similar to Smith’s debut album. Hopefully, Smith’s father, The Fresh Prince will decide to come out of retirement for a father-son collaboration, but fans will have to wait and see.
Bill Gates invests $80 million in Belmont: a futuristic smart city in Arizona

By Jake Hermann

According to Forbes, Bill Gates is worth over $90 billion. What do you do if you have everything? Buy an island? Buy two islands? What do you do after you’ve done both of those things and own one of the most successful software companies in the world? Why not build the future?

Bill Gates has invested $80 million in Belmont, a futuristic smart city in Arizona. Gates owns the father company of Belmont: Cascade. The model for the futuristic city looks like something out of the movie iRobot. Destined for Arizona, the city will be the size of nearby Tempe, Arizona with a population of nearly 200,000. Belmont has partnered with Uber and other motor companies to equip the city with a fleet of completely autonomous vehicles. The city will include 80,000 smart homes; 3,800 acres reserved for industrial, office, and retail space; 3,400 acres of open land; and 470 acres for public schools.

“Belmont will transform a raw, blank slate into a purpose-built edge city built around a flexible infrastructure model,” Belmont Properties said in a statement.

The plans for this futuristic city is to be a high-tech prototype test center and a home for 200,000 people. The model looks something like this: People live in smart homes which run on regenerative energy sources and share free high-speed Wi-Fi. They are driven to work by autonomous cars. Factory jobs are almost non-existent as they are carried out by autonomous machines with few workers to oversee the manufacturing. The residents go to work on high-tech prototypes that will be tested in their own community. Their children go to futuristic public schools that have the premier educational technology. The agricultural land will be farmed with new technology, utilizing the land as efficiently as possible.

Belmont will set the standard for the future as well as test groundbreaking technology the world does not know exists yet. “Belmont will create a forward-thinking community with a communication and infrastructure spine that embraces cutting-edge technology, designed around high-speed digital networks, data centers, new manufacturing technologies and distribution models, autonomous vehicles and autonomous logistics hubs,” Belmont Partners said in a news release. Gates has been known for innovation and this proves to be one of his most exciting ventures yet. Hopefully this venture does not result in the Terminator traveling back from the year 2029 to go after Bill Gates.

Bitcoin Prices Confuse People across the World

By Andrew Gersh

Bitcoin is an online cryptocurrency that was created in 2009 by an anonymous creator, “Satoshi Nakamoto.” Bitcoin is most easily described as an online cash option to take out the “middle-man” banks. It gives you the option to electronically give someone else money without going through a bank. While it provides a great alternative to the known means of transferring money, it also provides a great investment opportunity.

As of 2013, Bitcoins were worth around a whopping $13 USD. They are now up to around $10,000 USD. The prices fluctuate so rapidly that it becomes a crazy profit source if bought at the right time. People have even released videos of themselves buying Lamborghinis with just $100 because when they put that money into Bitcoin years ago, it has gone up so much that it can buy a Lamborghini. Another case similar to this was a man who bought a pizza with 10,000 bitcoins in 2010. That is worth around $100,000,000 now.

Bitcoin is not the only cryptocurrency that has seen huge increases in prices to USD though. There is actually over 1300 cryptocurrencies and that number is still increasing. Notably, Ethereum and Litecoin are the main competitors to Bitcoin. Ethereum is worth around $450 and Litecoin is around $90. Like Bitcoin, the prices of those have gone up drastically as well. This year, Ethereum has increased around 5,400% and Litecoin has increased around 2,313%.

The increases in price for these online currencies is unheard of. The overall trend of cryptocurrencies is up and forgetting about the investment side of things, the practicality of these currencies is very beneficial to the common person. As the technology develops and becomes more sound, they can truly become a part of everyday life as a way to make purchases of all kinds.

Tesla Semi Event opens up with a chitty chitty bang bang

By Jake Hermann

The Tesla Roadster made headlines when Elon Musk, head of Tesla, revealed it along with a fully electric tractor-trailer at the Tesla Semi event. Set to enter production in 2020, reservations for the roadster are pouring in as consumers rave about the speed, luxury, and efficiency of the groundbreaking vehicle.

At its base model, the Tesla Roadster can go from 0-60 in 1.9 seconds. With a top speed of over 250 miles per hour, the luxury vehicle will seat four and have a base price of $200,000 dollars with a reservation price of 50,000 dollars.

The futuristic vehicle is by far the most exciting vehicle coming into the market in the near future and Elon Musk hints at some exciting features. The billionaire tweeted two days after the reveal event, “Should clarify that this is the base model performance… There will be a special option package that takes it to the next level.” What other features could the roadster have in store for the roughly 400,000 buyer-market Tesla is targeting?

(Flying Magazine)

Could it be flight? Will the skies be over-crowded by commercial airplanes, drones, and now, the Tesla Roadster? The man who once said the future of transportation is underground will be completely enabled at least. Musk tweeted, “Not saying the next gen Roadster special upgrade package will definitely enable it to fly short hops, but maybe… Certainly possible,” he wrote. “Just a question of safety. Rocket tech applied to a car opens up revolutionary possibilities.” Could this mean that the more financially affluent people will be hopping over traffic while the rest of us sit in our Honda Civics listening to NPR?

While advances in technology have changed the way we live our lives, the world isn’t quite ready for flying cars. Less than three years down the line before the Tesla Roadster makes its big release in 2020, a lot will have to change including the installment of civilian-flight regulation.
Student Athletes Balance Practice and Homework

By Jacob McCarthy

In the middle of the second marking period with winter sports beginning, students will have multiple after school activities to participate in. With all of these activities, students with have less time to complete their homework, does this mean there is too much homework or that coaches need to change practice times?

Three students that participate in after school activities were asked about how they feel about homework. They all believe that these activities can lead to them doing homework late at night. They said some nights they would only get around 4 to 5 hours of sleep and could not focus on their school work. I spoke with sophomore Ethan Silverstein and he says “I am on the tennis and badminton team”, so he is packed with sports year long. Sophomore Justin Carswell said “I feel like I need to do my homework in the morning”.

U.S. News took a survey on the average time for high school students to do their homework and the average time was around 17.5 hours a week. Although this was an estimate from a survey that they took, student athletes and kids involved in after school activities have a packed schedule after school and end up working late at night to finish their assignments. Sophomore Caleb Kidane said “I don’t have any after school activities right now but I still have lots of homework every night.”

Pets Make Owners Happier and Healthier

By Melissa Otis

Pets can do many things from keeping your company to the extent of even saving someone, and whether or not it is saving someone, all pets give you and show you how much they love you. Pets can also help keep you happy, in good shape, and help with depression. How pets bring out the best in us and other things is their good vibe, and they help in one way or another. Keep your pets close with love, and they will love you.

When students of Franklin High School were asked about their opinion on how pets can bring happiness in theirs and others, these were some of the few that stood out the most. This quote is from a female student in 10th grade named Kaliyah Mora, and she had expressed, “I believe pets are many people’s best friends. They are a gift because most of them help bring joy to their lives who might have been through a lot, and they even save their lives by making their owners happy.” Another female student who had asked to be anonymous exclaimed, “Pets can bring happiness in many different ways, and they have feelings just like we do, so they easily become our best friends.” Finally a female student named Tiffany Mints in 10th grade empathized, “Pets are great to keep around, and they bring comfort and happiness to their owners when they need it.”

Statistics show that more than 60 percent of United States households include pets, and those pet owners pour $41 billion in pet care a year! Pets are beneficial to owner’s health, too. For example, psychologists have found reason to believe that owning a dog helps lower blood pressure and cholesterol. A study of more than 4,000 cat owners over 10 years revealed that owning a cat can dramatically reduce a person's chance of dying from heart disease.

Researchers believe this probably has to do with the obvious fact that pets provide love, and the structured routine required for taking care of a pet is a positive!
Order on the Court

By Zach Simons

After many grueling days of tryouts, the Franklin Indians’ Junior Varsity and Varsity rosters are decided. Tryouts began October 15th, and the team was decided on the 20th.

Varsity squad, coached by Mr. Lampery and Mr. Agent, consists of sophomore Shamar McCall, juniors Avery Sims, Quinten Conwill, Isaiah MacK, Justis Sloan and Chidziee Uzoma; seniors KJ Lewis, Larry Smith, Tyler Spears, Sam Westerman and Tamir Williams. Lampery is affectionately known as coach I. Coach I teaches business at Franklin, and Agent is a gym teacher.

Junior Varsity squad, coached by Ron Swanston and Garreth Carey, consists of sophomores Jalen Banks, Nick Hall, Max Holzman, Karen Moore, Chuck Mody, Michael Prozeller, Jaelen Swantson and Eric Herbert; and freshmen Reid Bark, Kameron Howard, Bryant Jordan, Micah Lowry, Seth McCready, and Anthony Morante. Their student manager is sophomore Demarcos Moore. Neither Swanston nor Carey work for the school.

Franklin Track Team Looks Forward to More Success

By Ryan Harrison

Franklin High School is looking to make another dominant run in this year’s indoor and outdoor track seasons. The girls’ team won the 3A state competition last year, and placed third the year before. One of the most dominant teams within the girls’ team is the 4x400 relay team consisting of sophomore Jasmine Johnson, senior Tyler Colbert, senior Cameron Hinton, and senior Nyjari McNeil. The girls’ 4x800 team placed third at states for indoor after placing first in regionals.

The boys team also had several relay teams qualify for states during the indoor season, such as the 4x200 and 4x400 team, with the 4x800 team qualifying for states in outdoor. There were also numerous individuals that made it to states for both indoor and outdoor track.

Some standout performers that will return for their final season are: seniors Nyjari McNeil and Mkenzie Patrick. McNeil has earned twelve state titles over the course of her high school career and is currently ranked in the top five of high school track and field for four events including the 400, 500, 600, and 800. Mkenzie Patrick placed first for the two mile at regionals in both the indoor and outdoor seasons.

When asked about her upcoming expectation for the team and herself, Patrick said, “I believe both the boys and girls teams have a strong chance at winning regionals, and being able to have enough people qualify for the state competition to compete and possibly place in that meet as well. Also, the girls 4x800 team is going to beat Hereford at counties this year!”

Both teams will be led by Head Coach Paul Hannsen. Hannsen said, “For indoor, the girls are looking to win counties and defend the region and state titles from last year. The boys will be looking to win regionals and do some damage at the state meet. For outdoor, the girls will look to break through and finally win an outdoor state title to go with the region title we got last year. For boys, again we will be trying to win the region and see how we stack up at states.”

Both teams have a large number of returning members and have already started training to prepare for the first indoor meet that will take place in early December. If history repeats itself, Franklin can expect more trophies to come at the end of both seasons.
Who hit it out of the Park this Season?

By Justin Magaziner

After many ups and downs, the 2017 Major League Baseball Season has come to a close. Now it is time to look at who won the Gold Glove, Silver Slugger, Rookie of Year, Manager of the Year, CY Young and Most Valuable Player awards for their positions or teams. Winning these awards are very important to a player and can have a major impact on their resume as some of them will try to make a run for Cooperstown once they are retired. Some of the winners are adding on to their resumes while others are only cementing their legacies.

The American League Gold Glove Winners were headlined with Alex Gordon winning his fifth Gold Glove in Left Field, Eric Hosmer winning his fourth and the rookie Byron Buxton winning his first in Center Field. In the National League Jason Heyward won his fifth Gold Glove in Right Field and Nolan Arenado also won his fifth at third base. The Silver Slugger was headlined by all three AL MVP candidates. Jose Ramirez was nominated for third, Jose Altuve at second and rookie sensation Aaron Judge won in right field. In the National League both the Rockies and the Marlins had two players nominated for the award. Giancarlo Stanton and Marcell Ozuna won for the Marlins and Nolan Arenado and Charlie Blackmon won for the Rockies. It was Arenado’s fourth straight year winning the award. He made history by becoming the first third baseman ever to win the gold glove in each of their first four seasons. No third baseman has won four straight Gold Gloves at any point in their career since the early 2000s. When he was asked about the achievement Arenado said “I have worked really hard at my defense. This is something I take a lot of pride in.”

6’7” and 282Ibs Judge was able to make balls soar out of Yankee Stadium which drew fans all season long with his longest being 495ft in a game. Judge and Bellinger faced off in the semifinals of the Home Run Derby. Bellinger hit a respectable 12 homers but Judge came to the plate on a mission. He hit four moon shots over 500ft with his longest being 513ft and his clinching homer being 507ft.

His instant popularity carried Judge to be a candidate for the American League Most Valuable Player. The other candidates were the Houston Astros star second baseman Jose Altuve and the Cleveland Indians third baseman Jose Ramirez. The race was mainly between Altuve and Judge. They could not be any more different players. Altuve is one of the shortest players ever and Judge is one of the tallest players ever. Judge is a power hitter and Altuve is a contact hitter. In the end Altuve towered over Judge in the voting as he finished with 405 votes compared to Judge’s 279 votes. When asked about being the shortest MVP ever he said that’s what I love about baseball, that every single guy can play the game. There’s not a rule you have to be six feet tall to play baseball and become a good player. The National League vote was much closer, Giancarlo Stanton and Marcell Ozuna edged out Joey Votto by only 2 points. Stanton became the first Marlin to win the award.

The Rookie of the Year candidates have come the first Marlin to the award. He said being the shortest MVP ever and Judge is one of the tallest players ever and Judge is one of the shortest players ever and Judge is one of the shortest players ever and Judge is one of the tallest players ever. Judge is a power hitter and Altuve is a contact hitter. In the end Altuve towered over Judge in the voting as he finished with 405 votes compared to Judge’s 279 votes. When asked about being the shortest MVP ever he said that’s what I love about baseball, that every single guy can play the game. There’s not a rule you have to be six feet tall to play baseball and become a good player. The National League vote was much closer, Giancarlo Stanton and Marcell Ozuna edged out Joey Votto by only 2 points. Stanton became the first Marlin to win the award.

The National League CY Young candidates included future Hall of Famer Max Scherzer and former rookie phenom Steven Strasburg from the Nationals. The third candidate was future Hall of Famer Clayton Kershaw. Scherzer was the reigning winner and he had previously won the award in 2013 when he was with the Detroit Tigers. Kershaw had an average season by his standards but he was still able to keep himself in the conversation even though he missed time with a back injury early in the season. Scherzer ended up winning by over 75 votes becoming one of only nine pitchers who have ever won at least three Cy Young awards. The three candidates for the American League were the Indians former CY Young winner Corey Kluber, the Red Sox quirky side armer Chris Sale and the young Yankees starter Luis Severino. The race was really between Sale and Kluber as they were clearly the best two pitchers this season. Kluber was voted as the clear winner, beating Sale by 78 votes.

As the 2017 season has come to a close, the Astros are World Series champions for the first time in their history, and many players significantly boosted their resumes this season as they make their push for Cooperstown.
The Hero World Challenge which took place from November 30th - December 3rd, featured many star golfers that have been some of the most competitive in the world in recent years, including the currently ranked top three in the world: Dustin Johnson, Jordan Spieth, and Justin Thomas. However, all eyes were on the host, Tiger Woods.

Tiger Woods can be credited as the man who changed the game of golf forever. He single-handedly brought excitement to the game and inspired many young athletes to take up golf and actually enjoy it. Between his success, enthusiasm, domination, and drama, he is truly fun to watch. He especially showed his domination from 1998 -2009 as he finished top 10 in 150 out of 210 tournaments. Not to mention he has the second most PGA wins of all time (79).

Through all of this success, he has had his failures as well. In May of 2017, he was arrested for driving under the influence when he was found asleep behind the wheel in Jupiter, Florida. This turned into a large controversy as Tiger explained why that happened. The root cause of this influence he was under was a series of pain medications that he took as a way to compensate for his back pain. Everyone remembers his back issues as they were the underlying causes of the decline in his career in the first place.

After many months of rehabilitation, probation, DUI school, and community service, he was ready to make his comeback. He practiced almost every day that his back would hold up and was actually playing very well. Star golfer, Rickie Fowler, actually came out saying that in a practice round, Tiger was out-driving him on almost every hole. There were also videos of his new, slower, swing that got many fans excited.

Finally after all of that, he was ready to play in an official tournament, the Hero World Challenge. This is actually a tournament sponsored by him and held at Albany Golf Course in the Bahamas and features most of the top players in the world.

The first day of the tournament, Tiger shot an impressive 69. Although his chipping could see some improvement, he played relatively well and shot a great score. The second day he shot an even more impressive 68, and as he was finishing up the front-9, he actually was the solo-leader at -8. The third day is where things went a little haywire as he shot a 75 albeit in very poor conditions. He finished the tournament off with another great 68 and finished T-9. This was very impressive, but perhaps the best part is that his arguably best round of the tournament actually came on the last day indicating that his back held up well. It was a true success.

Considering the facts: Tiger’s a new and improved swing, a top 10 finish in the toughest of competitions, many major winners are in their 40s, and the fact that Tiger is among the most successful and consistent American athletes in history, fans may be in for a treat within the next few years.
Bama Rolls Tide All Over the Top 25

By Matt Stine

This college football season has been nothing short of spectacular with the amount of upsets, ranking changes, and turnover chains. With pre-season playoff favorites like Ohio State and Penn State slowly tanking their seasons with losing crucial games to inner conference opponents and the kings of college football, Alabama continues to cruise through all of their opponents and once again looks like no-brainers for the championship. There have been many teams who have made an unexpected name for themselves this season by proving their worth, like Wisconsin going 10-0 and Georgia making their way up to number one before being embarrassed by the Tigers of Auburn. On the other hand, there are teams like The University of Miami (F1) who’ve taken the nation by storm with their lockdown defense and flashy offense. Miami showcased their dominance on their home field against third ranked Notre Dame, which brought back the classic rivalry where Miami plastered Notre Dame 41-8.

Although many people believe the teams in the top four are the teams that are going to stay, there are a few teams outside of the bubble looking in, hungry for a spot in the playoffs. Most favorable Ohio State has a chance to make it in despite getting embarrassed by Iowa. The Georgia Bulldogs are looking to rebound and are committee favorites if they can win the SEC championship game. But, due to Auburn’s win against Georgia, the Iron Bowl is looking very exciting for changes if Auburn can upset the top dog Alabama and can allow teams like Georgia and Auburn to get in, and possibly Ohio State with a bit of luck.

The Heisman Watch has been shaking up due to the heroics of Baker Mayfield and J.T. Barrett. Superstars like Penn State’s Saqoun Barkley and Stanford’s Bryce Love were over looked by the 40 touchdowns of Mayfield and Oklahoma. The Baker Mayfield effect has many advantages and one VERY big disadvantage. An advantage is after Kansas refused to shake hands with Mayfield before their game against the Sooners. Their disrespect lead to a 41-3 thrashing of the Jayhawks. The disadvantage of getting Mayfield that fired up is him gesturing to the Kansas Bench inappropriately. Mayfield was demoted from starting quarterback and team captain for their game against West Virginia, which is Oklahoma’s senior game and Mayfield’s last home game for the Sooners.

LiAngelo Ball and Fellow UCLA Basketball Players Caught Shoplifting in China

By Andrew Gersh

The Ball family has been a common topic of sports news within the past few months. From Lonzo Ball, who now plays for the LA Lakers and has made an immediate impact since entering the league to LaMelo Ball who is a junior in high school that is known for getting a Lamborghini for his first car, tallying 92 points in a single game, and being homeschooled to focus on his “career.”

LiAngelo, the middle child, never really got as much media attention as his brothers… At least until he decided to steal a pair of sunglasses from a Louis Vuitton store in Beijing, China alongside two other teammates. He is widely regarded as the worst player out of his brothers but still managed to secure a spot on the historically powerful UCLA basketball team. Lonzo had previously attended UCLA and LaMelo is headed there in a few years.

Some may argue that none of the three brothers are even the most famous and widely-discussed person in the family; rather Lavar, their father. Lavar has been the headline story in all news pages at some point in the past few months for being a very outgoing, loudmouth business man, that spoils his children to the max. To name a few: said he could beat Michael Jordan one-on-one, got his 17 year old a Lamborghini and signature shoe, placed outrageous prices on all items sold, etc. Lavar has recently separated from his past ways as he has not voiced his opinion on the topic as much as expected.

The players were placed on house-arrest in their hotel in China until people could figure out what to do with them. President Trump himself asked the Chinese government to release the boys back to the U.S. Although this was successful after a few days, the boys were not off the hook. UCLA announced that they will be suspended indefinitely.

This is the topic amongst many experts in college basketball and no one really knows what will happen. They are definitely suspended for the time being but they can lift that suspension whenever they want. UCLA has a lot to consider because this is a potential precedent-setting moment but they still want to appeal to the Ball family because of LaMelo deciding where to go to college in the near future. He is currently committed to UCLA but not binding and could sign with any team he wants.

The story of the Ball boys is only getting started as LaMelo finishes up high school, Lonzo begins his career, and we see what ends up happening to LiAngelo.