Franklin High School’s AP Studio Art class will be participating in the Maryland SPCA’s “Kindness for Paws” event at the White Marsh Mall from Saturday, February 9th to Sunday, February 17th. “Kindness for Paws” is a charity event where art students choose an animal from the Maryland SPCA and then create a piece of artwork using the animal as a reference. Their piece will then be displayed and sold to benefit the same animals and others from the SPCA.

Senior Olivia Parks said, “There were so many animals we could pick to draw! The SPCA sent a huge file with lots of animals that they had taken care of somewhere along the road, and it was really hard to pick an animal.” Each student chose a different animal from the file the SPCA sent to recreate. There were over 1,000 pictures to choose from and students wanted to pick the animals they thought looked the cutest or the funniest.

Everyone in the class got creative, with students using materials like water color, Wiki-Sticks, and oil pastels to make their piece stand out and attract customers. Once all the pieces are hung up at White Marsh Mall there will be a one-day auction, with all the proceeds going to the Maryland SPCA. Senior Olivia Parks said, “It’s really cool that not only are we getting the opportunity to showcase our art and create more pieces for our portfolio, but that our pieces are going to be sold for a great cause.” The artwork can also count towards the portfolio students submit at the end of the year for the AP Studio Art exam.

The “Kindness for Paws” art show is a great opportunity for students to step outside of the confines of their typical medium or subject matter. Senior Olivia Parks said, “I would never normally draw animals, but this was a good challenge for me and helped me further understand concepts like proportion and color to make a really cool piece.” The students were required to draw their animals on a smaller sheet of paper and it had to be oriented in landscape, which added another layer of difficulty to creating a successful and appealing piece.

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AP Studio Art helps with “Kindness for Paws”
By Molly Donatelli

Step by Step: Dancers Audition
By Jordan Williams

Dance Company auditions took place on January 28 in Ms. Mathis’s room from 2:30 to 4:30 p.m.

Seniors Jalonche Hawkins and Sophia Trakhtman, who were already part of dance company held the auditions. During the audition, there were many different sections, starting off with small movements of Ballet.

Students were asked to perform certain movements across the floor, learn and perform a small part of a jazz dance, and to improv.

There were judges that were called in that judged the students and gave them points on each section.

During improv, students were called in by their number that they were given, before the start of auditions. They performed the improv section in groups of three.

Sophomore Dayona Wester said “auditions were an easy breeze for me.” Past dancers that are already in Dance Company had to re-audition. Dance teacher Mrs. Mathis said the re-auditions were required for all “so it can be fair.”

Junior Hope O’Connor said, “I actually feel really good.” There were some auditioning students who had past dance experience, while others didn’t.

Points that the judges gave the dancers add up to a certain score. If a dancer gets the same amount of points from each judge, and it meets or exceeds the requirement, then they are automatically on the team. Dancers who are close to the requirement, are decided if they are on the team by the judges.

Dancers were told if they made the dance team through messages on Schoology. Information was sent out Friday, February 1st.
The Baltimore County Student Councils

By Ruben Amaya

The Baltimore County Student Councils (BCSC) is a student-led organization that supports school administrators, the Board of Education of Baltimore County, and the Maryland Association of Student Councils by providing valuable input and feedback on issues that affect all students. The Baltimore County Student Councils serves as the official voice of, and as a representative for, more than 108,000 students within Baltimore County Public Schools (BCPS).

“If you don’t like how the table is set, flip it over,” says senior Zachary Ziman who also serves as the Northwest representative for BCSC. “It is a wonderful organization that has taught me that instead of complaining about what doesn’t work, I can make a difference for things that can.”

This is a philosophy that many like Ziman follow. BCSC gives students a platform to speak up about the issues that matter to them. It also allows students to become better leaders by learning how to network with other students throughout the county.

“I love how BCSC is able to bring people together and share a common bond of advocacy,” said senior Jenifer Fridman, who also serves as Chief of Staff to the President.

Like Fridman, many students can see the benefit that this organization brings when students are able to collaborate about the issues that matter to them. These issues can include school safety, climate, and general services.

Overall, it is the mission of this organization to provide a link between the students and the Superintendent, Ms. Verletta White. With this link, student leaders can be the voice for the voiceless.

Book Club

By Giovanni Parks

Book Club meets every 3-4 weeks in the library starting at 2:20 – 2:30. Students can pick their own books they would like to discuss and read. The book club is run by the librarian Ms. Rigelano and Ms. Merkel. Students have a huge discussion about the book. Any student can join the book club.

Students join the book club to read books that are interesting to them. Items from the book are used for showcase. Students enjoy themselves and live the moments in the book. Students place a vote on which book they would like to read next after the meeting. Teachers pick up the books at the public library and bring them to Franklin High. Ms. Merkel helps provide students with information about the book club.

President of the book club, senior Makynzie Gibson-Jones supports the book club by getting students interested. Gibson said, “I make the flyers and keep everyone up to date.” Junior Louis Sharpe, one of the members of the book club said, “Wrinkle in Time was a very interesting book.”

Ms. Rigelano believes book club is important—she said, “it creates a small community within a large school which is great.” Ms. Merkel also stated, “I think book club is important because it gives students an opportunity to read books that are fun”. Ms. Merkel believes the students should have leadership in the decisions they are able to make while participating the book club. Ms. Merkel said, “we want the students to be the leaders, so we can encourage them”.

The book club has 10-12 students participating every 3-4 weeks. Members of the book club have been trying to spread discussion about the club to other students, so they can join. Staff members believe students participate in this club since its more than just reading a book, it is entertainment.

Students are also able to eat and enjoy friends while they are in a discussion about a certain book. The staff of the book club brings sodas and pizza. This club is said to help students have fun while reading. Since most of the time students wouldn’t want to read in their spare time, the book club provides a new experience. If you are interested in the book club, go to the library and talk to Ms. Rigelano.

Students Of the Month

January

Iyana Brown, Vincent Cobb, Jada Cook, Tyese Ford, Sara Habtemariam, Carly (Caroline) McCann, Alina Scurea, Tanaya Simmons, Elijah Solomon, Shael Stepney-Gomez, Emma Vento and Megan Wagner.
Left and Right Negotiate a Compromise

By Zachary Simons

The longest shut down in the United States’ government history recently ended, after 37 days. But what is a government shutdown, and how does it affect us?

During a shutdown, there is no funding for government operations and agencies. This affects all federal workers, as they were working without pay for those 37 days. Senior Andrew Gersh’s father works for the Department of Justice. Gersh asked his father how it has affected him, he replied “it is unfortunate to have to work without being paid.”

Those who were not affected by the shutdown financially were still affected by it emotionally. Citizens nationwide were frustrated, down financially were still affected by it emotionally. Citizens nationwide were frustrated, and it has sparked much debate. Donald Trump is determined to have a wall constructed between the US-Mexican Border, and Democrats do not want to help fund the wall. Trump has been preaching a wall ever since he was elected, and it has not slowed down. However, he has changed his mind a little bit. In June of 2015, he said a wall is only necessary in certain sections of the border. He now thinks the entire border should be covered. The Congressional Progressive Caucus has called for “zero funding for Trump’s ill-conceived border wall.”

The shutdown is estimated to have cost the government $3 billion. Additionally, it delayed about $18 million of federal discretionary spending. Fortunately for the government, it ended before airport staff planned on striking. This money lost is extremely significant, as the US is currently $22 trillion in debt.

The solution is only temporary as the agreement that ended the shutdown is only valid until the 15th of February. Democrats and Republicans hope to strike a permanent compromise sometime soon.

Women rally together in DC

By Megan Schanker

On Saturday, January 19, a women’s march was held in Washington, D.C. to raise awareness for the issues surrounding women today. Women from all over showed up to express their support for issues that they feel passionate about.

“The Women’s march was neat, I just wish I knew about it before it happened,” says Senior Emma Diaz.

The march started out with tension when rumors of controversial statements by one of the movement’s leaders and accusations of anti-Semitism questioned whether the march would move forward as planned. The Co-president Tamika Mallory of the march was seen in a photo with Louis Farrakhan, a minister who has made several racist and anti-Semitic statements in the past. People were afraid of whether she supported those views and while she stated she does not agree with his views, members of the community still did not have full trust in her.

“I don’t agree with these statements,” said Tamika Mallory. “It’s not my language, it’s not the way that I speak, it’s not how I organize ... I should never be judged through the lens of a man.”

Although the march started out rough, it soon became a significant way to protest hate and show support for the community of women marching for equality. Not only in DC did women come together showing support, women all over the country planned marches for their community and did what they could to raise awareness about the issue.

“I’m all for marches and raising your voice,” says sophomore Rori West.

At the march women came prepared with posters protesting topics, as well as showing support for what they believe in. Signs ranged from “Girl power” to “Boys will be... Decent human beings”.

While marching for women’s rights was their main priority, the women’s march had several agendas. The committee supported topics like equal rights for all, environmental justice, racial justice, LGBTQA rights, immigrant rights, ending violence and war, reproductive rights and justice, and many more. The primary purpose of the march was to protest hate in every form that it comes from.
Brady Gets Number Six

By Jacob McCarthy

The highly anticipated Super Bowl 53 matchup between the New England Patriots and the Los Angeles Rams was hosted in Atlanta, Georgia where Maroon 5, Travis Scott, and Big Boi performed during the game’s halftime show. This was New England’s 9th Super Bowl appearance within the Brady-Belichick era. Their previous eight trips to the Super Bowl had a close score, within 8 points between the two teams.

Many have questioned if this was the last game for the veteran superstar Tom Brady, but he still feels he belongs in the league and is proving that by competing at a high level. When asked if there was any chance of him retiring after this game Brady said “Zero.” The Patriots with Tom Brady have been one of the most dominant forces in sports for the past two decades, but this year they are challenged by a roster that is loaded like none-other in the NFL.

The last time the Rams were in the Super Bowl was back in 2001, where they faced off against none other than Tom Brady and the New England Patriots. Their team consisted of Hall of Famers such as Torry Holt, Marshall Faulk, and Kurt Warner. Unfortunately, the Rams were unable to defeat the Patriots, but this season looked promising as they attempted to get revenge and bring their franchise its first Super Bowl ring. This year’s roster for the Los Angeles Rams consisted of star talent, from Jared Goff and Todd Gurley, to Aaron Donald and Ndamukong Suh.

The game was quite underwhelming due to a lack of scoring from two highly talented offenses. The end score of the matchup was 13-3, with the Patriots securing the victory. This win for the Patriots gave Tom Brady his 6th super bowl win, leading all players in league history. Many fans of the NFL are now considering Tom Brady the greatest player to ever throw the pigskin, and the Patriots the greatest franchise ever.

Girls Varsity Basketball

By Evan Ternent

The girls’ varsity basketball team has had a strong season so far with some wins and losses.

The team has had some very good wins this season. One game was a home game where the team had faced off against Dundalk. The final score was 88-6 with Franklin taking the victory. Junior Esti Lichtenberg said, “This was a great game to play and a good way to start off the season.”

Another good game the team played was against Dulaney. This game was an away game, and Franklin took the win for this one also. The score of the game was very close with Franklin winning with a score of 58-57. Lichtenberg said, “This game really showed the talent we have and how we can come together as a team to get the victory.”

The team also played against CMIT North which was an away game. The ending score was 43-36 with Franklin taking home the victory.

The team also had a very close game that ended in a loss. This game was an away game against Perry Hall. This ended with Franklin taking the losing score which was 47-50. Lichtenberg said, “It was still a good game. We played well as a team, and we learned from our mistakes that we made during that game.” Jaida Garnes and Esti Lichtenberg.
Big Ten and ACC Dominating the Country at the Season’s Midway Point

By Seth Craven

With 13 weeks into to college basketball season, four different teams have been ranked #1 in the College Basketball AP Poll: Kansas, Duke, Gonzaga, and Tennessee. Additionally, no undefeated teams remain in the country, as the last two, Michigan and Virginia, both lost during the 12th week in conference road games, to Wisconsin and Duke, respectively.

The ACC and Big Ten have been the premier conferences this year, both having over half of their teams in NCAA Tournament Contention. Duke has spent more time at the #1 spot than anyone else, in large part thanks to freshman stars Zion Williamson and RJ Barrett. Williamson is one of the highest touted recruits in recent history – many mock drafts have him going first overall in the upcoming NBA draft. “Williamson will be the first pick in the draft. At this point, the only debate lies in how he measures up against the other No. 1 overall picks this decade,” said Ricky O’Donnell of sbnation.com.

Another big headline has been the comparisons between the two powerhouse Big Ten schools: Michigan and Michigan State. Michigan only has one loss on the season compared to Michigan State’s two, but Michigan State has a better conference record, thus putting them in first place in the Big Ten.

The Pac-12 Conference has had a very poor season overall, with zero teams in the Top 25 rankings. The conference is on pace to put the fewest teams into the NCAA Tournament ever. In the mid-major conferences, (every conference that is not the ACC, Big 12, SEC, Big 12, or PAC-12), there have been six prominent teams in the rankings: The Gonzaga Bulldogs of the West Coast Conference, The Nevada Wolfpack of the Mountain West Conference, the Buffalo Bulls of the Mid-American Conference, The Houston Cougars of the American Athletic Conference, and the Marquette Golden Eagles and Villanova Wildcats of the Big East.

The Player of the Year race is going to come down to the wire, with multiple deserving candidates. Markus Howard Jr., Guard for Marquette, is one of the leading candidates – he is averaging over 24 points per game on the season and has scored over 45 points in a single game three times this season.

Who’s Balling?

By Doug Ditto

Coming up this NBA All-Star Weekend, each team has played a little more than half of their 82-game schedule. Ethan Happ of Wisconsin is another name being mentioned a lot in the Player of the Year Race. The Wisconsin big man is averaging 19 points, 10 rebounds, and 5 assists on the year, but may have his chances hurt by Wisconsin’s lackluster performance this year as a team.

Two of the more popular names in the race are Ja Morant and Zion Williamson. Morant, a Guard for Murray State, is dropping 24 points and 10 assists a game for the Racers. Williamson is producing highlight after highlight plays for the top ranked Duke Blue Devils and is arguably the most popular player in the country, and his future is being highly anticipated - “[Williamson is] a future Bull”, says Senior Deonte Felder.

With 13 weeks into the NBA season, four different teams have been ranked #1 in the NBA: Boston, Golden State, Miami, and Indiana. The top-ranked Tennessee Volunteers (Source: USA Today Sports) comes off the bench and makes a major contribution to their team, with the winner typically coming from one of the winniest teams in the league. This year’s candidates are Derrick Rose of the Minnesota Timberwolves, Domantas Sabonis of the Indiana Pacers, and Montreal Harrell of the Los Angeles Clippers. It is typically given to a guard, although Harrell and Sabonis break this trend as they are both big men. The favorite for the award was Sabonis before his superstar teammate Victor Oladipo’s season ended early due to a knee injury. This will likely cause the Pacers to fall out of a top 6 seed in the Eastern Conference. This makes Spencer Dinwiddie, guard on the Brooklyn Nets, a strong candidate for the award. The Nets are soaring and are the 6 seed in the Eastern Conference.

Mike Budenholzer and Mike Malone are the frontrunners for the Coach of the Year award, as they have taken their teams to top seeds in their respective conferences, exceeding expectations from before the season. Budenholzer is aided by Giannis Antetokounmpo, an MVP candidate.

(continued on page 6)
Who’s Balling?

(continued from page 5) as the Milwaukee Bucks are soaring to a top 2 seed in the Eastern Conference. Mike Malone is having an exceptional start to the season with the Denver Nuggets, as they are shaping up to not only make their first playoff appearance in years, but also be a top seed in the Western Conference. Expect Budenholzer to win due to the Bucks seeming more likely to be a title contender than the Nuggets as well as it being his first season as their coach and showing dramatic improvement.

The rookie class this year is headlined by Slovenian star Luka Doncic. He entered the draft as the most accomplished European prospect of all time, having won Euroleague MVP before the age of 19. He was drafted 3rd overall to the Dallas Mavericks and has quickly proven himself to be the best of the bunch thus far. He will run away with this award as long as he can stay healthy and remain at his current level of production as the Mavs continue to build around him as the leader of the franchise. Jaren Jackson Jr of the Memphis Grizzlies seems to be his biggest competitor, although it is not a close race at this point.

The Defensive Player of the Year award is given to the player who displays the best performance on the defensive side of the floor, typically on a top tier defensive team in the league. The leading candidates thus far are Paul George of the Oklahoma City Thunder and Robert Covington of the Minnesota Timberwolves. Typically, the award goes to a center, which makes this year unique as both players are forwards, specializing in perimeter defense. The winner will likely be Paul George, who is averaging 2.3 steals per game.

Paul George is also a fringe candidate for Most Valuable Player, although Giannis Antetokounmpo and James Harden are considered to be ahead of the rest of the candidates in what’s becoming a 2-man race. Antetokounmpo, the “Greek Freak”, is having the best year of his career with the Milwaukee Bucks who seem to finally be getting over the hump from bottom tier playoff team to title contender. However, James Harden is on an unprecedented scoring run, having scored at least 30 points in more than 20 straight games. Harden’s offense has carried the Houston Rockets, who have been plagued by injury to Chris Paul and Clint Capela, to a 6 seed in the Western Conference. Harden is already the reigning MVP and adding a second straight MVP award would put him in an elite group of multiple time winners. Expect Harden to repeat as long as the Rockets are able to secure a top 6 seed and Harden can keep up his efficient scoring numbers. Dark Dallas Mavericks Slovenian sensation Luka Doncic. Photo from usatoday.com

March Attendance Incentive: Perfect Attendance in March = Free Stuff!

Students who have perfect attendance for the month of March will have the opportunity to win valuable prizes! Two seniors with perfect attendance in March will be chosen to receive a free senior prom ticket. Two juniors with perfect attendance in March will be chosen to receive a free junior prom ticket. Two sophomores and two freshmen with perfect attendance in March will be chosen to receive valuable gift cards from local merchants. Students who are ever absent from school or truant from class will be disqualified. Students who are late to school more than once or off campus without permission will also be disqualified. There are only 21 school days in March—you can do it!
By Megan Schanker

On Sunday January 27th, the highly anticipated live performance of the Broadway musical Rent premiered on Fox. It was the 22nd anniversary of a musical that was a major step in theatre.

Rent is a musical about seven people living in New York in 1991 dealing with poverty, aspiring careers, and the AIDS epidemic. In a world that seems like nothing good can come out of it, they find each other, love, and a new sense of belonging.

The musical was intended to be a live filming of the performance, but due to the unforeseen circumstance of Brennin Hunt, who played Rodger, one of the main characters, breaking his foot the night before, Fox was forced to show the filmed dress rehearsal. This led to some critics and audience members not enjoying the show as much. The sound was not the greatest at certain points and since it was a dress rehearsal that was not intended to be premeditated, the actors might not have done as great as they would have if it was the intended night.

“It was really fun and different,” said junior Alexis Campbell. “Each actor that played that character was unique from the original Broadway cast.”

Although there was an unforeseen change in the plans, the musical was still an amazing experience to watch and a worthy tribute to the creator of Rent, Johnathan Larson, who unfortunately died before seeing Rent premiered off Broadway. The set was unique and consisted of multiple sets put together instead of just one stage. The band was visible on stage and made to look like they were part of the set.

“Fourteen years ago, I was at a dinner with a mentor of mine, and he said, ‘What is a very specific dream that you have in your life? A very specific pipe dream?’, I said, ‘I want to be the first ethnic Mark Cohen on Broadway.’” said actor Jordan Fisher. “And here we are. I’ve never done the show, but I’ve known it for forever.”

The costumes had a unique aspect to them that made this performance own, while keeping the original designs. The costumes showed who the characters were without having to clearly state them. Rodger wore tight pants, a tank top, and a leather jacket to show the rocker he is, while Mark wore a sweater with a scarf to show that he is somewhat less cool than the others, but still an inspiring artist.

“I thought it was good considering the circumstances,” says teacher Mr. Kessell. “There was good energy in the cast. I liked having the original cast at the end for nostalgia, although the crowd was a little annoying.”

The acting and singing during the show exemplified how talented the actors were. Jordan Fisher as Mark, Brennin Hunt as Rodger, and Vanessa Hudgens as Maureen all left a mark on the characters they portrayed. With big shoes to fill such as Anthony Rapp, Adam Pascal, and Idina Menzel who portrayed the original Mark, Rodger, and Maureen respectively, the new cast portrayed the characters extremely well. The songs were catchy, and the singing made the songs worth listening to over and over again.

By Jaylen Dorsey

2019 is starting off with bang when it comes to music

In the rap category, the songs that made it on the top 100 charts are the popular song “Sicko Mode” by Travis Scott and “Drip Too Hard” by Lil Baby and Gunna. In “Drip Too Hard,” both rappers were trying to tell about how they have swag, but since the word is so old and rarely used they call it drip. The song was another way to talk about all their jewelry, grills, and money.

Travis Scott’s song called “Sicko Mode” made a huge headline when he performed during the Super Bowl halftime show recently on February 6th. The songs have been viewed by over 30 million people on YouTube so far.

Another song that broke the charts is Post Malone’s “Sunflower” featuring Swae Lee. It is categorized as rapping and was featured in the popular new Spiderman movie. Also, Post Malone’s song “Wow” had 29 million views on YouTube and has been played multiple times on radio stations recently.

The next song on top of the list was “ZEZE” by Kodak Black featuring Travis Scott and Offset from the Migos. It came out three months ago but is still being played on the radio as if it came out yesterday. On YouTube it has over 171 million views and topped the chart for fourteen weeks.

Another song that topped the chart for 34 weeks was “Girls like you” by Maroon 5 featuring Cardi B.

Most of these songs may have been from 2018 but are still popular this year. Radio stations and sites like YouTube and Spotify still have these songs on the top of their charts.
Are You and Your Partner Compatible?

By Kameron Mishoe

It's February and with Valentine's Day, the students of Franklin High School are feeling the love. Astrological signs play a big part in couples compatibility today. Some students believe strongly in how their horoscopes play a part in their relationships.

Aries: Mar 21 – Apr 19
You are most compatible with Leo.
Aries are passionate people, so paired with a passionate & charismatic Leo, the results are sure to be in your favor.

Taurus: Apr 20 – May 20
You are most compatible with Virgo.
Taurus are slow, relaxed & good communicators. When paired with Virgos, who are good listeners, this relationship would result in healthy communication.

Gemini: May 21 – June 20
You are most compatible with Libra.
Geminis are fun, playful people. The pairing with a Libra will provide a fun-filled relationship and life on the edge. They have low tolerance for boredom and hate anything dull.

Cancer: June 21 – July 22
You are most compatible with Scorpio.
Cancers always need to feel secure with their significant other, and Scorpios have a reputation for being the most emotionally connected sign.

Leo: July 23 – Aug 22
You are most compatible with Sagittarius.
Leos are charismatic and love being the center of attention whenever possible, and Sagittarius are affectionate and love to give all the attention their partner needs.

Virgo: Aug. 23 – Sept. 22
You are most compatible with Capricorn.
Virgos are simple people, like Capricorn, so the pairing would be a simple yet meaningful relationship.

Libra: Sept. 23 – Oct. 22
You are most compatible with Aquarius.
Libras are very much in touch with what they like, whether it be music, art, shows, and Aquarius help contribute to what their partner likes.

Scorpio: Oct. 23 – Nov. 21
You are most compatible with Pisces.
Scorpios are known for being very fiery and have difficult times controlling their temper, and Pisces help keep the relationship balanced.

Sagittarius: Nov. 22 – Dec. 21
You are most compatible with Leo.
Sagittarius are spontaneous people and love change. They pair well with the creative, fun & spontaneous Leo.

Capricorn: Dec. 22 – Jan. 19
Most compatible with Taurus.
Capricorns are reserved and relaxed people, and Taurus respect the relaxation of the relationship.

Aquarius: Jan. 20 – Feb. 18
Most compatible with Gemini.
Aquarius are good listeners, and relatable people. With a talkative, candid Gemini, the pairing could lead to great therapy sessions with each other.

Pisces: Feb. 19 – March 20
Most compatible with Scorpio.
These fellow water signs will create a harmonious and long-lasting relationship. There’s a similar mood of the two because of the shared water sign.

“I’m a Pisces, and I had an ex that was a Sagittarius,” said sophomore Toni Pelington. “We got along well, but our relationship was very toxic in the long run.”

“I’m a Scorpio and my last relationship was with a Pisces,” said sophomore Jillian Freyman. “We were compatible, but he moved, and I couldn’t do long distance.”

Striving for Better School Meals

By Kameron Mishoe

Healthy school breakfast and lunch are an essential to students all around the country. Some think healthy school meals are not effective while others think it makes a big difference in energy and diet.

Studies show that the processed foods that schools use in their meals are high in fat, sugar, and salt and are contributing to the childhood obesity epidemic. Bringing awareness to this topic is extremely vital due to the rise in childhood obesity. An estimated 17% of children and adolescents ages 7-19 are obese, according to the Centers for Disease Control and Prevention. That’s more than a 10% increase since 2007.

School breakfast can be ultimately beneficial. Breakfast is famously known as the most important meal of the day. So healthier options could do a lot to help students. Fresh fruits could replace the sugar filled honeybuns, or breakfast biscuits. Students could get energized on those items for one or maybe two class periods, and they slowly start to get tired again.

“Schools should provide a more balanced breakfast to keep students energized throughout the day,” said junior Zoe Haynes.

Junior Keegan Logie said, “In order to do good you have to eat good as well.”