



Great Vision

Great Coverage

The Gazette '23-'24

Vol. 87

March 2024

Issue 7

Drawing the Line: the Key to Healthy Relationships

By Kierra Richardson

Boundaries are an essential part of life that keeps many people's privacy where it belongs instead of out in the open. The boundaries are there to help determine what is okay and not okay in the ideal relationships we want. "Boundaries are important to me because it gives me a sense of safety. They are how others around me understand what I'm comfortable and uncomfortable with," senior Madina Azamova stated. Boundaries are a set barrier that helps you define your comfortability in a relationship and how you'd like to be treated by others. Boundaries apply to any relationship you have. This distance gives people enough space and time to be themselves without someone crossing their specific lines. "Incorporating boundaries in new relationships, friendships, and family dynamics is crucial for healthy interactions," Madina Azamova explained. "I like being very clear about my boundaries, and I communicate openly with those around me. Setting clear boundaries is very important and gets the message across." All relationships need those boundaries to stop conflict.



Photo from istockphoto.com

Boundaries are so vital for each person in life to keep a set bubble that another person may not cross. This certain bubble or line prevents things you don't want from happening in the future which helps the relationship all together. "Boundaries are important to me because there is a certain level of respect that should not be crossed and people need to know not to overstep," junior Kamora Gray said. As your privacy is respected, then you feel comfortable and heard in life. Even in friendships boundaries are still needed for that joke that you may not like to talk about or maybe even your personal life that shouldn't be discussed. In the workplace, a boss will set boundaries to ensure things aren't always getting off topic or out of hand at work. Great boundaries build the best professional relationships throughout the workplace.

When setting those boundaries, one should be firm and clear about what is uncomfortable and what happens if boundaries are crossed. Starting a statement with "I feel" allows the person to hear one's specific boundaries. "I have had my boundaries crossed by others many times," Madina explained. "I find an appropriate way to approach them and explain how it has made me feel. Confrontation can be scary, but it also is very necessary." Many believe explaining your boundaries is tough the first time around. Being honest helps you out in the long run by stating openly how you



Woman circling her boundaries lines.

Photo from mentalhealthcenter-kids.com

feel and how things should be unless these boundaries change.

Boundaries can change from time to time according to what one is comfortable with. One's boundaries vary from person to person, depending on length and depth of each relationship. As trust develops between two people, the boundaries may change, and it is always best to have a conversation first discussing the change.

INSIDE THIS ISSUE

Franklin Profiles	2
Student Interest	4
Arts & Entertainment	10

Cheerleading Sensation: Meet the Varsity Star who's Bringing Spirit to New Heights

By Kierra Richardson

Cheer is one of most dangerous sports to take part in, and many don't even realize how terrifying it can be. While this sport looks like rainbows and sunshine from the outside, in reality only brave individuals like junior Makayla Rheubottom stick it out. Makayla is breaking grounds as an exceptionally talented varsity cheerleader.

At Franklin, we have so many sports for students to participate in, sometimes we fail to recognize star athletes like Makayla. Even though a cheerleaders role is to cheer for teams, she deserves a pat on the back as well for working just as hard to show up to games and competitions with routines ready. As for Makayla, her bravery stands alone and carries her far being a flyer on the cheer team. Being a flyer isn't easy, it takes a lot of confidence to be in the air for the numerous difficult stunts she does.

At the age of 6, Makayla began cheering, but she didn't like it as much until she was about 11 years old. "Seeing how my teammates had so much passion for it and seeing how big of a sisterhood the sport creates is what drove me to continue cheering," Makayla explained. "The bonds the sport creates, and the diversity of the sport all contribute to the love I have for cheer." When people think of cheerleaders they often think of the Dallas Cowboy sideline cheerleaders. Cheer is so much more for Makayla, creating a safe haven for her to disconnect from the world and enjoy herself. The comfortable environment allows Makayla to express herself in many different ways. "Cheer helps me show my creativity in different ways such as making up dances, creating new cheers, and even trying new stunts," Makayla stated. Cheer has created key bonds in her life which is essential for a team connection in order to move as one. Bonds are extremely important for keeping cheerleaders in sync in routines and cheers, moving as one is not only about knowing the counts but also being connected as a team. "My favorite



Varsity Cheerleader Makayla Rheubottom in the air for the stunt during a boys basketball game.

thing about cheer is the bonds that cheer creates. Cheerleading is not an individual sport. You NEED your team 100%, and I love how cheer brings the team together as one," Makayla said. The support from teammates in practices or games also boosts motivation. Cheer keeps Makayla on her toes to keep pushing and working harder for her team.

Tough sports like cheer can become toxic with all the pressure everyone is facing. Many have had experiences in life where a boss or a coach was difficult, thus making the environment toxic. The constant pressure, arguing, and belittling of others can simply break people down. Makayla has had her fair share of tough coaches but never let them make her quit. "[A coach] did ruin my experience; she even killed my love for cheer at one point. During my freshman year of high school, when I first made the varsity cheer team, they were very welcoming and all was good until competition season came around when it started to get hectic. We were practicing,

practicing, practicing non stop to the point where everything was just falling apart. We practiced so much I ended up injured, not being able to compete in my first ever high school Varsity Cheer competition, along with two of my other teammates, which was devastating for me because out of all my years of cheerleading, I have never had an injury before which was truly shocking to me. Considering the fact that I was injured and could not compete, my coach showed no sympathy for me or any of my other teammates. It was almost as if she kicked us to the curb like we had never played a role. She would also treat us differently from others, almost as if she had favoritism which I was not a fan of." Makayla's perseverance is what got her here today to keep working hard. Just like other athletes, there is a time where you may almost just want to quit, but Makayla's love for the sport is just too deep to give up. "There has been plenty of times where I wanted to quit. During my freshman year with my coach and my teammates I wanted to quit badly," Makayla explained. "The team was just so nasty and mean with each other...But I stayed because I could not let them affect my love for a sport I've been doing for years. I had to show my determination to keep the team whole as one and not give up. Honestly, it was tough going to practice everyday just to hear them bicker for two hours. I wanted to better myself and my skills as a cheerleader, and I also wanted to be that person that brought the team together again."

Makayla dedicates her time to school and cheer being a prestigious student athlete who many look up to. "A normal week is practice everyday after school from 2:45-4:30, depending on the team's work ethic and progress during practice, we may stay longer."

Continued on page 10

Meet Ms. Dellone: a Dedicated Teacher Making a Difference in Students' Lives

By Kierra Richardson

Here at Franklin, there are a variety of teachers throughout the building, but how many of those teachers stand out like Ms. Dellone? Ms. Dellone is one of the newest additions to the teachers and staff here, and she has quickly adapted to what some would say is the Franklin way.

At a young age, Ms. Dellone realized she wanted to be a teacher to follow in her mother's footsteps. "I always enjoyed going to school with her and helping her with her teaching stuff both in her classroom and at home," Ms. Dellone explained. "After I began my student teaching experience in college, my love for teaching only grew more with time and experience, and it continues to grow every day." Teaching may be a hard challenge for some to continue, but for Ms. Dellone, she's determined to proceed. She loves that she can go to work everyday to do something she enjoys instead of being miserable. Her students actually make her day better. "My favorite thing is watching my students grow and succeed throughout the school year. I have enjoyed attending school sporting events and musicals and seeing my students doing the things they love," Ms. Dellone said. She is most excited for her seniors' post high school plans as they prepare for graduation. Motivating students is a key thing for Ms. Dellone in order to build strong student-teacher relationships. The care she has for her students helps them succeed because they are engaged in learning in her class. "Every student is different, and it's important for me as their teacher to be able to understand what works best for them and what they need my support with. Student-teacher relationship building helps motivate students, but also creates an understanding that as their teacher I believe in them and support them in all that they do," Ms. Dellone stated.

Devoting all of her time to teaching and sports, Ms. Dellone is dedicated to the Franklin Family. Her tight-knit schedule keeps her on track and organized for the week. "I use my planning time (first peri-

od) to plan lessons for the weeks ahead, grade student work, and look at performance data to decide what to teach/ re-teach next. On A days, I teach English 12 2nd-4th period; on B days I teach English 12 1st and 4th, and AVID 11 3rd. On Mondays, I usually have a meeting after school. Towards the end of the week every week, I print out copies and get everything together for the lessons I will be teaching the next week and make sure I'm caught up on grading," Ms. Dellone said. Outside of school she enjoys reading, exercising, traveling, spending time with family and friends. Being that she's a big sports fan, she loves snowboarding, longboarding, and watching baseball, basketball, and football. "I used to cheer and run track and field," Ms. Dellone stated. In addition, she is the coach of the Junior Varsity Cheer team in the fall. Key role models in Ms. Dellone's life are her parents as she has always looked up to them and is very thankful for all they have done for her. "Growing up, they both had careers in which they helped others selflessly," Ms. Dellone explained. "My dad was in the Air Force and my mom an educator. Both in and out of work, they both have always cared for and helped others, and they instilled those same values in me. They are the reason I am who I am today and they continue to inspire me everyday!"

A difficult profession that stands out like no other is teaching. How the students react to a teacher could make or break them. However, for Ms. Dellone this hasn't been the case. She has excelled phenomenally in less than a year with the students and staff. Teachers are bound to have some students who they may not share certain interests with and have disagreements. Ms. Dellone is extremely thankful to all of her students for the experiences she's encountered that shaped her into who she is today. "Teaching can be stressful sometimes, but I am extremely fortunate to work alongside such an amazing and supportive school staff," Ms. Dellone explained. "In my first year here at Franklin, everyone has



Ms. Dellone after graduating from Towson University.

made me feel welcome and like a member of the Franklin Family. Working with a supportive staff has alleviated that stress and has helped me focus on continuing to become a better teacher every day!"

Ms. Dellone hopes all of her students continue to leave with knowledge and knowing she believes in them. A quote she lives by is "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel," Maya Angelou said. She desires to better herself as a teacher through experience and professional learning opportunities. "Ms. Dellone is a very good teacher," senior Tiara Cheathon explained. "Because she is young, I feel she can relate more with students which personally, I feel benefits the students. She is very sweet, and I can tell she loves what she does. I know she will have an impact on students for years to come."

Breaking the Silence: Shattering the Stigma of Men's Mental Health

By Kierra Richardson

The mental health stigma on men is yet to be lifted off of today's world. Even though some views have shifted over time, things haven't fully changed. Men are expected to carry a very distinct persona of masculinity. This stigma can make men ashamed or embarrassed for having mental health issues which stops them from receiving help.

The gender stereotypes seem to be present in our everyday lives. Masculinity is the word for certain qualities and behaviors that are expected from men. These behaviors that are considered masculine often validate manliness. In modern day, the common signs of masculinity include expectations that men must act aggressive, be athletic, show no emotions, and talk about sports or other masculine topics. For lifetimes, many have looked to men as strong-willed and privileged. Although, when a man has a mental illness, they are seen as weak. "The common narrative around men and boys that teaches them that boys don't cry or that they should be able to walk it off, take it like a man under any circumstance," Dr. Wizdom Powell, associate professor of psychiatry at UConn Health explained. "You could imagine how the habitual practice of not telling anyone about your pain or worries could have significant implications."



Masculine Stereotype: three different sayings that are commonly said to men.
Photo from dailyevergreen.com



Break the Stigma and Empower Men's Mental Health
Photo from linkedin.com/pulse

Unfortunately, men fall into dangerous patterns of behaviors to deal with their mental problems instead of getting help. "There are a downstream of consequences of not really having a healthy outlet to dispense negative emotions. If you're bottled up all the time, it's like Whac-A-Mole; it will pop up behaviorally in another way," Dr. Powell said. The stereotypes placed in the world play a big part in causing men to avoid getting treatment, since they are judged the minute they open up. Simply being seen as less than by another male takes away from their masculinity, which could also be another reason many don't seek treatment.

Many males weren't able to showcase themselves for who they are from day one, whether it was their more emotional side or interests that could be seen as less than masculine. Other than society, family members or friends may be a big cause of why a person had to hide their true emotions. "I

was always hiding my identity," Wade Davis, professional football player, activist and writer explained. "I was always performing ideas of manhood and masculinity that were really stifling and almost choking. Even though I was living out a dream, I was also in the midst of a nightmare."

The lack of knowledge plays a big role in why these stigmas still exist in the world. Stigmas like these create an environment where men aren't able to accept help and get better. Nonetheless, conversations that normalize everyone talking about their mental health of men, safe environments to express emotions and openly talk. Reforming the views of masculinity in society will help men freely be themselves.

Grade Boosters: 9 Proven Strategies to Skyrocket your Grades

By Kierra Richardson

One of the biggest problems in many schools is the number of students failing and possibly dropping out of school. “One year of bad grades can change the life trajectory of a high school student,” Robin Lake explained, the director of the Center on Reinventing Public Education, a research and advocacy group at the University of Washington Bothell. “A failing grade means the student did not master the course content and will likely struggle for the coming years without a lot of extra support.” Online learning during the pandemic may still be to blame for students’ lack of work ethic. Students have gotten used to using online apps to answer questions for them rather than using their own notes. Many also believe that a lot of the time, it isn’t that the work is too challenging for the students, but it is the fact that students won’t take the time to do the work. However, with these nine strategies, grades can change tremendously.

Actively participate in class

Participation in your class will allow you to get familiar with the work and teacher instruction, and it can be a grade in some classes. Confidence may build for a person who keeps engaging in their class. Taking notes throughout the class is crucial, especially when a teacher is going through a PowerPoint slideshow. It’s always better to have more than enough notes than to miss something important. If the teacher is moving through the slides too fast for you, then take pictures and refer to them afterwards when you write them down.

Ask for help if needed

When confused about something in your class, don’t hesitate to ask for help. Staring around and not completing the work is the worst option to do. Unfortunately, many are scared to ask the wrong questions in front of a full class. Which prompts students to continue the class confused without speaking up. Teachers are thrilled and want to answer questions by students, and asking your peers is also an easy option. Alternatively, ask your parents for a tutor to help you. Teachers are a resource for students specifically to ask questions and learn from.

HOW TO GET MOTIVATED TO DO SCHOOL WORK



Photo from upchieve.org

Don’t procrastinate; do your work

Use a quiet place to do your homework or classwork without things that distract you. Turn devices off and mute notifications by using features like do not disturb on phones. Turning off your phone for the duration of your study session is also always an option as well. Taking a study break may be helpful when information isn’t clicking in your brain as much as it was before. When this happens simply walk around your house or get a snack that makes you feel better. A study schedule could also be of great help for students to ensure they aren’t procrastinating and waiting till the day before the test to start studying. Working in small clumps is beneficial so your studying isn’t rushed. “My grades were low for simply just not wanting to do the work because of procrastination,” senior Cameron Crocker explained, “but I later learned just doing the work even when you don’t feel like it will benefit you in many ways later on.”

Study with classmates

Studying with your fellow classmates can motivate the group to work harder together to be productive. Organizing a group that works well with you could be a good option, so if you are absent, you can catch up with the help of your peers. When the teacher has his or her hands full, you may refer to a student for help.

Establish a Healthy Sleep Routine

A healthy sleep routine is so vital for studying and learning throughout the year. When you sleep well, it improves your day with the benefit of a better mindset. Overall, many are happier when waking up to feeling good in the morning instead of being tired. Being overly tired can impact what you do in class; some often sleep in class or don’t pay atten-

tion to the lesson plans thus putting them behind in work. The best work of students isn’t done sleepy or rushed.

Get a planner

The use of a planner could be very beneficial for students to organize what they need done and certain deadlines that are in the near future. A mobile or paper planner helps you by storing the info of due dates, tests, club meetings, sports and important events. “Having a set time to do your work gives you more motivation, and you’re more likely to do it because it’s a part of your schedule and you are used to it,” Cameron said. Using a planner is a great strategy for time management that helps ensure that your time is used wisely and productively.

Check your grades regularly

Checking your grades regularly is something that is essential for students to stay updated. Having the Schoology app on your phone or a device you use often allows notifications from the app to come through to your phone which shows your grades. If a person was to get a notification of a low grade on an assignment, they are able to quickly email their teachers to ask when they have coach classes for redoing an assignment.

Be Determined

Be determined to get your grades up whether it’s asking questions every class period or showing up to all coach classes. Stay focused on improving your grades the best you can and use resources you have in the school building. Being motivated throughout the year can boost your confidence and grades. “When I wasn’t doing so well in a class, I prioritized getting my grades up by catching up and finding ways to keep myself motivated,” senior Cameron Crocker said.

Be consistent

Being consistent in following all of the steps above is crucial to improving your grades. None of these tips will work unless you continue to work hard in school. Don’t give up if something doesn’t go right the first time, persevere throughout the year.

Celebrando el Mes de la Historia de la Mujer: Empoderando a las Niñas para Alzar Sus Voces

Por Desiree Miranda Dardon

En un mundo donde los libros de historia a menudo pasan por alto las notables contribuciones de las mujeres, el Mes de la Historia de la Mujer se erige como un faro de luz, iluminando las historias de innumerables mujeres pioneras que han moldeado nuestras sociedades. Es un momento para celebrar sus logros, honrar su resistencia y allanar el camino hacia un futuro donde la igualdad de género no sea solo un sueño, pero una realidad. Pero ¿por qué es tan importante celebrar el Mes de la Historia de la Mujer, especialmente en los países de Latinoamérica? Profundicemos en el vibrante tapiz de tradiciones y celebraciones que hacen de este mes realmente especial para las mujeres en Latinoamérica.

Desfiles coloridos serpenteando por las calles empedradas, adornados con banderas de icónicas figuras femeninas como Frida Kahlo y Eva Perón. En los países de Latinoamérica, el Mes de la Historia de la Mujer no es solo un momento para reflexionar sobre el pasado, pero un festival de empoderamiento, un carnaval de voces alzadas en unidad para defender los derechos y las libertades de las mujeres en todas partes.

En las calles de la Ciudad de México hasta las exuberantes selvas de Brasil, las mujeres

se reúnen para compartir sus historias, celebrar sus logros y encender una chispa de inspiración en los corazones de las niñas que observan que hacen. Es un momento en el que las abuelas transmiten cuentos de resistencia y valentía, las madres dicen palabras de aliento a sus hijas y las hermanas se mantienen juntas, listas para enfrentar juntas al mundo.

En Colombia, el Mes de la Historia de la Mujer es una sinfonía de fuerza y solidaridad, con exposiciones de arte que muestran las obras de artistas mujeres que pintan sus sueños con tonos de desafío y liberación. En Argentina, los bailarines de tango se balancean al ritmo del empoderamiento femenino, sus movimientos gráciles contando una historia de pasión, perseverancia y poder. Y en Chile, las producciones teatrales dan vida a las historias de heroínas olvidadas, cuyas voces resuenan a través de las edades, exigiendo ser escuchadas y recordadas.

Pero más allá del boato y la pompa, el Mes de la Historia de la Mujer tiene un significado más profundo, especialmente para las niñas que miran a las mujeres. Es un recordatorio de que sus voces importan y que tienen el poder de cambiar el mundo.



*Imagen tomada de
telemundonuevainglaterra.com*

Cuando abogamos por el Mes de la Historia de la Mujer, no solo estamos honrando a las mujeres que nos precedieron; estamos allanando el camino para las mujeres que vendrán después de nosotras. Estamos creando un mundo donde las niñas crecen sabiendo que pueden ser lo que quieran ser, que sus voces tienen el poder de romper techos de cristal y derribar barreras.

Así que levantemos nuestras voces en celebración, en solidaridad y en hermandad. Levantémonos juntas, mano a mano, y marchemos hacia un futuro donde la historia de las mujeres no sea solo un mes en el calendario, sino un legado que moldea el mundo para las generaciones venideras. Y hagámoslo con una sonrisa y un fuego en nuestros corazones, porque cuando las mujeres se unen, no hay límite para lo que podemos hacer.

Aquí está el Mes de la Historia de la Mujer, para las mujeres que nos precedieron, para las mujeres que están a nuestro lado y para las niñas que un día ocuparán nuestro lugar. Que sus voces sean escuchadas y sus sueños realizados, como una bandada de coloridos pájaros danzando por el cielo.

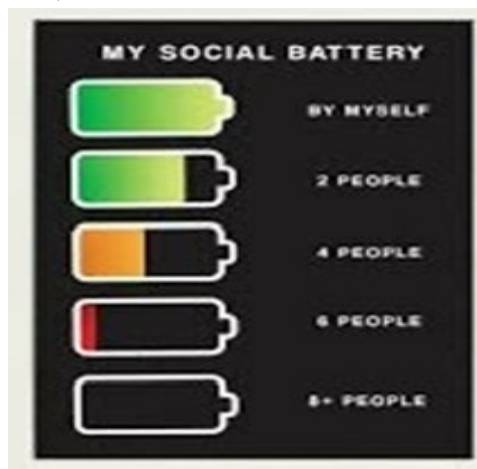
Feliz Mes de la Historia de la Mujer, Latinoamérica. Celebremos a las niñas que nos observan, porque algún día serán ellas las que van a tener las banderas del cambio por un futuro más brillante y equitativo.



Imagen tomada de telemundodallas.com

Lost Spark: Recognizing the Signs of Depleted Social Batteries

By Kierra Richardson



See how social batteries get drained in crowded settings.

Many people experience the feeling of the loss of interest in talking to people during the random parts of the day. Simply just not feeling up to socializing is one of the key details. Social battery is the term used to describe this feeling of the amount of time and energy a person is able to socialize until feeling mentally and physically drained by it. As individuals, we each have a different amount of time that our social battery can last.

After a while, an introvert specifically often reverts straight to getting quiet, annoyed,

or irritated. Mostly spending your days alone and staying to yourself can make it harder to socialize for long. The environment can become unrecognizable after trying to socialize in loud places. Thus making an introverted person feel disconnected since this isn't something they're used to, the socializing can become too much. Socializing with some may require lots of energy that a person may not have, while socializing with close friends or family members may come easier.

Everything doesn't just apply to introverted people depleting their social batteries, but others whose day isn't going well may have negative impacts on their social battery. "I do find myself more social at times than others," senior Tiara Cheathon explained, "because there are many factors like the environment, such as how my day went, what the event is etc. It really all just depends." There are so many factors in everyday life that contribute to the draining of your social battery, which is very unique to you. It's no crime that a person wouldn't be as talkative as usual after having a bad day. Things happen which prompt everyone's day to change. Socializing can become a last priority when your day has been terrible, many often would rather just stay home and watch television. Some may ar-



Time to recharge: a moment of solitude after a day of social energy spent. Photo

gue that when horrific events happen, we see friends that say it is in their best interest to go out and socialize at places to have fun.

When you go to public events or places and your social battery runs out, often then you are mostly like having this same situation. This is not something to be ashamed of because this can just as easily happen to anyone else as well. It's best to start easing yourself into more public events if you'd like to change this about yourself. Most importantly know yourself and what you're comfortable with because you shouldn't throw yourself into something too quick that you're not used to. A common example may be a party that a friend invites you to that you normally say no; take your time.

Album Review: *You Belong There* by Daniel Rossen

By William Taylor



Album art from Genius.com

"Clean start for another day / Chased out to a stolen range / The red planes beyond the fence / They're dead calm, but there's solace here / It's a choice to live this way." (from "Celia")

The lush soundscapes of *You Belong There* are a spectacle to witness. Every chord feels like you're pulling back the green curtains of a forest, as Rossen guides you into an ever foggy path.

The instrumentation of this record is gorgeous. Chamber strings, winding guitars, and fluttering drums are as crisp as falling leaves and are arranged like a tapestry. Combined with Rossen's breathy but still resonant voice, he creates a persistent

sense of dense natural scenery. Although they do feel unnecessarily busy at times, it's an acquired taste and patience with the record will reward you.

Rossen's poetry plays into this atmosphere. He invokes mystery and rural life; passages, ranges, serenity, and silence all are heavy themes on this album. Their vagueness lets you wander through them and explore what they could possibly mean.

You may not get the charm of *You Belong There* at first, but once you allow its world to wash over you, you'll find its strange beauty staring you in the face.

From Chaos to Calm: Transform your Life with Time Management Strategies

By Kierra Richardson

Time management is a beneficial strategy to have that takes loads of stress off of a person. It requires the planning and execution of controlling time spent on tasks that help you organize your time, dividing a person's time between activities and priorities that need to get done. Time management also helps many learn decision making skills and goal setting skills while budgeting their time the right way.

Using your time efficiently allows for greater achievement and satisfaction. Franklin teachers and staff encourage good time management skills and prioritizing deadlines to get assignments done on time.

There are long lasting benefits of having time management skills. Improving your multitasking skills improves happiness by reducing stress that comes from everything you have to complete. "Time management is important to me because it helps me split up things I need to do," sophomore Alexis Gamble explained, "and still have time for others. Time management helps with organization a lot." Setting realistic deadlines helps focus your energy on tasks so you can accomplish them quickly.

Time management skills consistently help when it comes to staying on top of your everyday life tasks or responsibilities. "I try to use my time to mainly work on trying to stay productive and doing work," senior



*Tick Tock: Learn to manage your time in a distracting and busy life.
Photo from coamplifi.com*



Seven healthy tips for time management. Photo from corporatefinanceinstitute.com

Maluan Davis explained, "so that way when I get home, I can unwind from my day." Productivity is one of the key things that goes along with time management, being that a person needs to be efficient in planning their day beforehand to manage their time.

Without time management, people may fall into bad habits of procrastination, waiting until the last minute to complete assignments. Procrastination causes overall stress for the average person when thinking about what hasn't been started. "I think time management is important for me because I hate being rushed, so being on time and having things in order on time feels re-

warding," Maluan Davis said. Others who do extracurricular activities like sports or clubs can be prone to stress if not managing their time. Due to all the time they have to devote to these activities, it may be hard to keep up with deadlines. "When I have basketball and then school work, time management really helps me balance those two out," varsity basketball player Alexis Gamble said. However, when having a late night sports practice, it's best to complete the work beforehand.

It may seem like extra work to schedule time to complete assignments, but after trying it, students see that it leads to more peace of mind when tasks are complete.

Building Empires: the Entrepreneurial Vision of Billionaire David L. Steward

By Rudra Rami

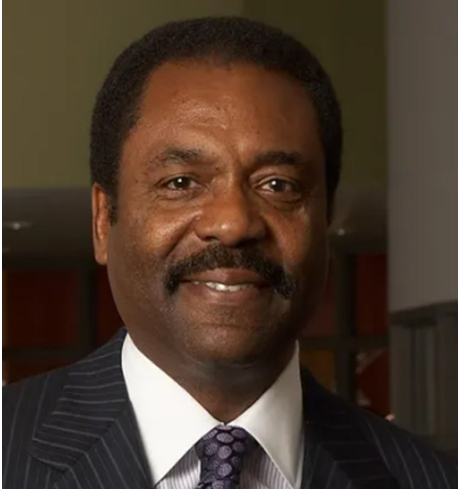


Photo from Forbes.com

David L. Steward is a billionaire, founder, philanthropist, and CEO. He made his fortune from information technologies. Steward grew up in the small town of Clinton, Missouri, in the segregated south, where his father was a janitor and trash collector. Steward didn't have the greatest childhood growing up, and neither did his mother. When his mother was a teenager, her family had to move to Chicago, Illinois, because the local high school wouldn't allow black kids. Steward's mother and her family had to make a living in Chicago. While his grandfather was working in factories, his mother had to provide for her 4 children. Steward's mother soon gave birth to her fifth child, David Lloyd Steward, and right after that, they moved back to Missouri to settle on a farm. Steward ended up having 7 different siblings and had to live in a small house, which had no indoor plumbing or heating. They raised cows and farm animals, churned their own butter, and grew their own food. Steward's parents had to provide for 8 different children, while raising their own food, and working long shifts

with low pay. This provided Steward with an aspiration to provide for his own family. Steward's father had to work different jobs, from janitorial services, to mechanic, to watchman, to provide for his family.

Steward went to school in the '60s, during the Civil Rights Movement where integration was starting to take place in schools around America. This put him in situations which made him the only African American male in his high school class. Steward used his resources in high school to gain role models, such as teachers, coaches, boy scout leaders, and even outside of school, such as leaders from church. After graduating from high school, Steward studied at Central Missouri State University and started his career in St. Louis, Missouri, moving in with his sister while he tried to find a job. Steward ended up working at companies such as Boy Scouts of America, Wagner Electric Corp, Missouri Pacific Railroad, and FedEx. Steward earned positions such as marketing and sales executive, Senior Account Executive, and during his time at FedEx, Steward earned the award of 'Salesman of the Year', due to his hard work. Steward was awarded an empty silver bucket with his engravings on it. This made him rethink his life, as he realized he was working paycheck to paycheck, struggling with simple things such as bills, and parking tickets, and he realized that he had a bigger fulfillment and future to accomplish. Steward went on to found Transportation Business Specialist in 1984, and then a sister company in Transport Administrative Service in 1987, and then World Wide Tech Incorporation in 1990. Steward also launched 2 different books on his experience from business, and his work as founder and CEO of World Wide Tech Incorporation made him a billionaire.

Steward once said, "We must give back in order to move forward." And he did just that. Steward received both the Horatio Alger Award and the St Louis' Citizen of the year award in 2014. He also won the Variety The Children's Charity Humanitarian Award in 2013, and the National Urban League's 2008 Business Pioneer Award.

He and his wife Thelma, received the Jane and Whitney Harris St. Louis Community Service award in 2008. Mr. and Mrs. Steward have also been recognized for the millions of dollars they've donated to the St. Andrews Charitable Foundation. The CEO of the Foundation, Mary Alice Ryan, said, "Their impact on the community is enormous. We are grateful and blessed that they have chosen to support St. Andrew's Charitable Foundation enrich the lives of seniors." David L. Steward is currently 72, and continues his work with the World Wide Tech Inc, and continues to inspire millions today.



*Photo from
standrewscharitablefoundation.org*

Album Review: *Knock Knock* by Smog

By William Taylor

"I had to leave the country / Though there was some nice folk there"

(from "Hit the Ground Running")

Just like how thunderstorms take time to grow, so does *Knock Knock*. Smog's sparse arrangements and powerful lyrics create an atmosphere of pastoral nostalgia for simpler times.

Whether a slowcore ballad or an indie rock jam, *Knock Knock* remains consistently engaging. Hooks never seem to be wanting your attention, but grab it anyways. Slow-burners like "River Guard" or "Teenage Spaceship" never seem to try to pull at your heart, but they do regardless. *Knock Knock's* charm feels less like a goal but

more like a byproduct of its honest performances.

What sell the emotions on the record are the lyrics of Callahan. With David Berman as a muse both vocally and poetically, *Knock Knock* lyrics show a restrained beauty on nearly every track. The raw liberty felt on "River Guard," the listlessness of "Teenage Spaceship," the desire to escape on "Hit the Ground Running;" they all reinforce the overarching themes of serenity, longing, and moving on.

Knock Knock was made for still air and calm, empty fields. Few albums let the world around you crumble away like *Knock Knock* does.



Album art from bandcamp.com

Cheerleading Sensation from page 2

By Kierra Richardson

Continued from page 2: However, around competition season, cheer comes with long evenings, early morning practices, all day practices, and sometimes even Saturday practices. Keeping up with this schedule can get tough for athletes, but Makayla is all in when it comes to cheer and school. Makayla is fully dedicated to one sport but does share interest in making charm bracelets, and doing nails, hair, and lashes. Cooking and dancing are specialties of hers as well. A key inspiration in her life is Gabi Butler the famous cheer icon for her leadership skills and work ethic. "She is an amazing cheerleader. In every aspect of cheer, she demolishes. Her work ethic is phenomenal. She always pushes for success on a new skill or in life in general. I can say that I aspire to be her because of her work,

the hard work she puts in, the motivation she has. I want that times ten," Makayla stated. Makayla looks up to Gabi Butler for her flying skills which motivates her to work just as hard if not harder, Makayla said. In tough situations Makayla takes control and leads by telling her team to give it their all every time. "I always tell my team they're doing a good job, they look great on the competition floor, and I always let them know how proud I am of them. I also let them know that nobody is perfect, it is okay to mess up, it is okay to forget, it is okay if something or someone falls. It is life. I let them know it is okay to be upset with each other, and it is okay to cry, but do not let your emotions get in the way of you being the best cheerleader you can be," Makayla said.

Makayla looks forward to completing the rest of her junior and senior years while still cheering. She hopes to continue cheer in college at an HBCU, looking into schools like Norfolk State University, Hampton University, and Bowie State University. Makayla bids her praises to her coaches and teammates for getting her this far and supporting her.

Junior Makayla Rheubottom poses for cheer pictures.



The Gazette Editors:

Kierra Richardson

Ms. Hodskins, Advisor and Editor-in-Chief

Thanks to Gazette Staff Writers and Contributors:

Desiree Miranda Dardon, Rudra Rami, Kierra Richardson,

William Taylor, and the Spanish National Honor Society.