



Great Vision

Great Coverage

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## Tips For a Stress-Free School Year

By Gabrielle Unger

As we all return to school, it's important to not only organize your time, but block out some for yourself, too. A few students shared with me how and why they like to keep stress free. If you want ideas on how to make school more manageable, keep reading! Making sure you write all your plans/assignments out ensures that you stay on top of your deadlines and do so in an efficient manner. Some people like the feel of a physical planner, like junior Talia Oberfeld. Talia says "I use a planner to keep track of my homework. I just like having everything I need to do right in front of me on paper." While many like the feel of a paper-and-pen planner, I prefer using the Reminders app. My app has assignments from chapter notes to syllabi with due dates on each one. Organizing your work has real benefits; it combines the feel of productivity with actual productivity! Adjusting to school can be a pretty stressful ordeal, which is why it is so important to carve out time for yourself (which can be

done on your planner!). We all need to relax after 7 hours of Spanish, APUSH, Chemistry, and any other class we have. Before you start freaking out over all the homework you have, you can do whatever makes you feel most in tune with yourself. Eleventh graders Alyssa Banks and Lily Logie agree that watching Netflix and eating your favorite food is the way to go, while Bella Kozak thinks taking a shower "relaxes and cleanses" her of all her stress. Whatever it is, the activity that relaxes you most is what you should stick to practicing after school in order to destress and remind yourself not to take life so seriously. Sometimes school may seem like the most anxiety-inducing place you've ever been in; a feeling that is understandable. But, organizing everything on your to-do list and taking some time to yourself can be a real help in relieving some of that anxiety. Hopefully, this article aided in giving you some ideas on how to achieve these goals and make school the best it can be!

### HOW TO MANAGE STRESS IN HIGH SCHOOL

TUN.COM

Develop healthy, effective study habits

Make time for some constructive fun

Practice mindfulness

In situations of stress, breathe

Create/maintain valuable relationships

Maintain good sleeping & eating habits

Take regular breaks

Create a routine

Set your priorities, learn when to say no

Be an optimist

Graphic from tun.com

## Interested in writing for the *Gazette*?

We are looking for passionate writers to add to the staff. This student-written school newspaper is published monthly. A staff writer's job is to investigate, collect, and present information in writing.

Stop by room 106 or send an email/Schoolology message to Ms. Hodskins.

Dr. Martin Luther King said, "Our lives begin to end the day we become silent about things that matter." Become a voice of truth.



The Gazette

Instagram: @fhsgazette\_

### ¡Feliz Mes de la Herencia Hispana!

Por Kylie Leeks



Jovita Idár

Image from wikipedia.org

¡Feliz el mes de la Herencia Hispana! ¿Usted sabe que es el mes de la Herencia Hispana? Está bien si no, porque yo estoy aquí para decirte sobre el mes de la Herencia Hispana. Primero, ¿Qué es el mes de Herencia Hispana? El mes de Herencia Hispana es una celebración en septiembre cuando personas celebran las contribuciones de la comunidad hispana en los Estados Unidos. Pequeño a grande, este mes es el mes para reconocer todos los personajes de la comunidad hispana y todo lo que hacen.

Nosotros aprendimos sobre personajes hispanos importantes como Cesar Chávez o Dolores Huerta, pero hay más personas hispanas que hicieron un impacto grande. Jovita Idár (la foto), quien usaba la noticia de su papá (La Crónica) para denunciar racismo y luchaba por los derechos de las mujeres hispanas. Era una mujer muy valerosa. Mientras, Roberto Clemente, el primer jugador hispano del béisbol en el

Hall of Fame de MLB, quien luchaba por los derechos de los jugadores afroamericanos y latinos. ¿Qué tal Sonia Sotomayor? La primera jueza hispana de la corte suprema. Una mujer fuerte quien lucha para que sea verdad.

El punto es, hay muchas personas hispanas que merecen reconocimiento por sus trabajos importantes e impactantes. Todos los días, hay un personaje, pequeño o grande, que hace un impacto en el mundo, y el mes de Herencia Hispana está aquí para dar reconocimiento a las personas hispanas que hacen el mundo un lugar mejor. Así que, toma el tiempo para dar gracias a una persona hispana en su vida, este mes es el mes por eso.

### Album Review: *American Football* by American Football

By William Taylor

"These four years / And how we say goodbye / To these four years / A long goodbye / With mixed emotions / Just fragments of / Another life."

(from "But the Regrets Are Killing Me")

As far back as I recall, I was avoiding any and all things emo. And if there was an emo subgenre I avoided the most, it was Midwest emo. Even with my near-200 albums under my belt, the genre still alludes me. Its (arguably) definitive work only grazes my interests at most.

The biggest thing pulling me toward this album and the genre as a whole is the guitarwork. American Football's shimmering guitars are simultaneously sublime and

melancholic. Adding more flavor are the occasional trumpets and Wurlitzer on the closer. The often uncommon time signatures add to the listlessness of each song.

While the instruments are quite nice, the vocals are what stops me from really enjoying it. I've always enjoyed "Never Meant" all the way up to 50 seconds in, before Mike Kinsella's lyrics come in. I don't find what he's saying all that moving, and I don't find his whining delivery exciting either.

*American Football* may be soul-crushing to some, but to me, it's more or less like white bread made soggy by tears.



Album Art

Image from fontsinuse.com

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