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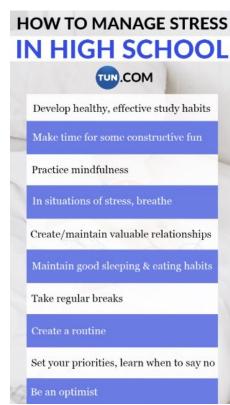
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Tips For a Stress-Free School Year

By Gabrielle Unger

As we all return to school, it's important to done on your planner!). We all need to renot only organize your time, but block out lax after 7 hours of Spanish, APUSH, some for yourself, too. A few students Chemistry, and any other class we have. shared with me how and why they like to Before you start freaking out over all the keep stress free. If you want ideas on how homework you have, you can do whatever to make school more manageable, keep makes you feel most in tune with yourself. reading! Making sure you write all your Eleventh graders Alyssa Banks and Lily plans/assignments out ensures that you Logie agree that watching Netflix and eatstay on top of your deadlines and do so in ing your favorite food is the way to go, 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 mind yourself not to take life so seriously. paper-and-pen planner, I prefer using the Sometimes school may seem like the most Reminders app. My app has assignments from chapter notes to syllabai with due a feeling that is understandable. But, ordates on each one. Organizing your work ganizing everything on your to-do list and has real benefits; it combines the feel of taking some time to yourself can be a real productivity with actual productivity! Ad- help in relieving some of that anxiety. justing to school can be a pretty stressful Hopefully, this article aided in giving you ordeal, which is why it is so important to some ideas on how to achieve these goals carve out time for yourself (which can be and make school the best it can be!

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 reanxiety-inducing place you've ever been in;



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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/ Schoology 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

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¡Feliz Mes de la Herencia Hispana!

Por Kylie Leeks



Jovita Idár

Image from wikipedia.org

¿Usted sabe que es el mes de la Herencia los derechos de los jugadores afroamerica-Hispana? Está bien si no, porque yo estoy nos y latinos. ¿Qué tal Sonia Sotomayor? aquí para decirte sobre el mes de la Heren- La primera jueza hispana de la corte sucia Hispana. Primero, ¿Qué es el mes de prema. Una mujer fuerte quien lucha para Herencia Hispana? El mes de Herencia que sea verdad. 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.

hispanas 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 hispana del béisbol en el

¡Felíz el mes de la Herencia Hispana! Hall of Fame de MLB, quien luchaba por

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 Nosotros aprendimos sobre personajes 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 good- melancholic. Adding more flavor are the bye / 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

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

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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