

The Red Rider

REVIEW

WEIR

WRAPPED

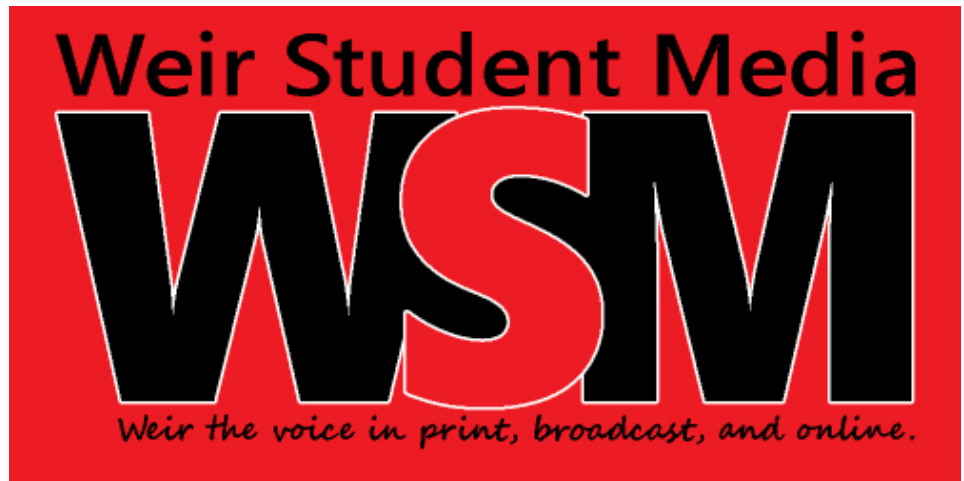
2022 in Review

INSIDE: Spectaculathon | Tridemic | Winter Blues

UPCOMING EVENTS

February

- 1 | Wrestling OVACs
- 1&3 Spring Musical Auditions
- 7 | Academic Games Youth Leadership
- 8 | Group Photo Day
- 9 | Varsity Board Girls' Bball Coaches v. Cancer
- 13 | Scheduling begins Hancock County Schools BOE meeting in Weinberg Theater



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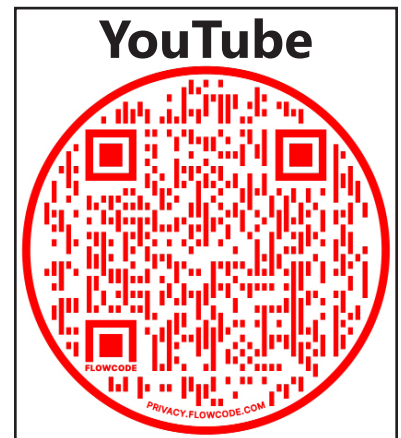
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Mission

Weir Student Media is a student-led journalism staff responsible for creating Weir High School's media publications. Through print, broadcast, and web, WSM students apply journalism skills to produce high-quality content that increases understanding and awareness of relevant news and current issues of importance and interest by covering the school's diverse perspectives with accuracy, fairness, and balance. Our publications provide an open public forum for and by the students of Weir High School. Perspectives expressed in the publications do not represent those of Weir High School or Hancock County Schools faculty, staff, or administration.



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The Brothers Grimm Spectaculathon Coming Soon

The Greatest Show the Stage has Never Seen

By Tanner Finsley

The students in theatre teacher James Truax's fourth block are set to perform Spectaculathon on Wednesday, January 11th in the cafeteria. However, this show was hit with a blow that would forever alter the performance, being that the stage would be used to hold lockers, making it unusable to perform on for the remainder of the first semester.

Despite lockers crowding the stage, making it unusable, Truax's theatre class have still dedicated themselves to performing a play for the school. Since the news originally broke, the class and teacher alike have not been deterred, but rather began to immediately throw out ideas on where to present the new show, ultimately deciding to remove the desks from Truax's room and perform it there.

Past this, however, Truax's classroom has remained a diligent working space for the whole class as they continued to improve each scene with many students voicing their happiness with the work put in by both themselves and others.

One of these students, sophomore, Savvy Swidowski stated, "So far I believe I've done a well job playing my role. Although, there's always room for improvement and I intend

to play my role the best I can and give it my all" when asked how she felt she had portrayed her character so far.



Jason and Savvy rehearse their interactions out of costume.

Similarly, junior, Tyler Allen, stated, "My favorite thing about this role is for sure my lines and cast members. They are all super talented and fun to work with" when asked her favorite thing about her role.

While another student, freshman, Caden Runkel stated, "Johannes is who I felt like I did with while we were casting. I also somewhat relate to Johannes' character.



Gracie confronts Caden in their scene together.

Despite the many positives given from the actors, however, rehearsing has not been a seamless process as sophomore, Bethany Berry, stated "Considering I've only act-

ed on stage one other time and now I'm kinda a main character, the role isn't super easy" when asked how big of an undertaking her role was.

Truax himself would also voice another challenge, being the lack of space, stating "The lack of theater space has been challenging due to the massive cast of the production. However, I believe we have adjusted well despite the issues."



Truax screams as Audience Member.

To follow that positive ending, he would also go on to state, "I feel the production has been very positive. The class has done very well in their respective roles. The inability to use the theater has been a challenge, but the kids have responded well."

As of now the show is expected to be taped by Weir Student Media and distributed school wide at a later date.

Cast List

| | |
|--|-----------------------|
| Narrator 1..... | Emma Underwood |
| Narrator 2..... | Bethany Berry |
| Actor..... | Tanner Finsley |
| Girl..... | Savvy Swidowski |
| Dirt Merchant/Plinkie Plie...Patrick Newbrough | |
| Enchantress/Witch #2..... | Lillian Roberts |
| The Devil..... | Jason Lipovich |
| Rumpelstiltskin..... | Hayden Eberle |
| Prince #1..... | Noah Meola |
| Gretel..... | Tyler Allen |
| Hanzel..... | Gauge Pierce |
| Witch #1..... | Zu'Kyra Baltimore |
| Audience Member..... | Mr. Truax |
| Dwarf #1..... | Makenzie Stear |
| Dwarf #2..... | Brant Smitsky |
| Snow White..... | Olaniyi Jones |
| Johannes..... | Caden Runkel |
| King..... | Mason Lutz |
| The Raven..... | Gracie Beagle |
| Queen..... | Elizabeth Flesher |
| Cinderella..... | Evangeline Swearingen |

Stage Crew

| | |
|-------------------------------|-----------------|
| Stage Manager..... | Lani Johnson |
| Lighting..... | Izzabeth Lawton |
| Sound..... | Paris Hutchings |
| Stage Crew..... | Ryland Sprague |
| Promotion/Front Of House..... | Ashlynn Dodd |
| Stage Crew..... | Lucas Waugh |

Out of This World

A night to remember: Formal 2022

By Izzy Bernola

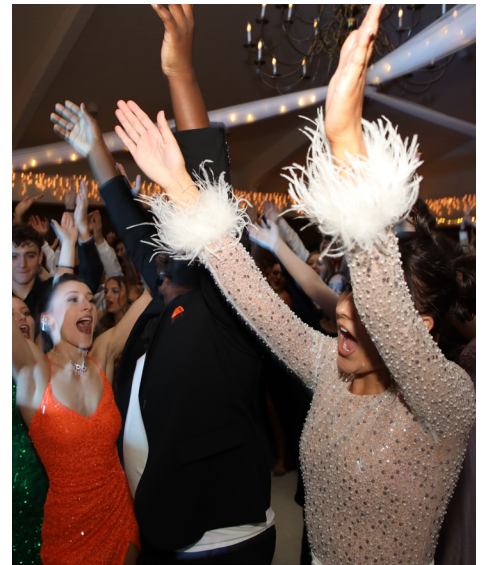
On December 17, GAA held its annual formal dance at the Saint Francis Center in Follansbee. The students in the club were invited to attend the dance for \$25 a ticket and the dance had held many fun, exciting activities.

From last year the number of students who attended formal nearly doubled this year with a number of 174 students who had attended the dance. One of the main reasons for this doubling was the attractions that were featured at the dance.

Sarah Alkire had stated, "We had an ice cream bar,

which is the same person who does our ice cream at the school for athletic events, Jet360, which is a 360 degree camera that allows students to have their videos airdropped to their phones so they can have immediate access for social media, and then we had our returning DJ, Steve Maffie, who is widely known in Pittsburgh for his entertainment."

Elijah Anderson said he attended formal because he never had been to one before and all his friends had wanted him to go. When asked his favorite part about formal, he said he enjoyed the entire dance.



Madison McDonald, Elijah Anderson, and Breonna Parsons dancing at formal. Photo used with permission of Newbrough Photo.

Madison McDonald said she enjoyed formal so much last year so she decided to go again this year. Her favorite part of formal was dancing with her friends and just having fun with everyone.

Holly Jolly Follies

Weir High Follies 2022

By Izzy Bernola

Weir High School held its annual Christmas Follies on December 21 in the gymnasium. The entire school is invited to watch this fun event, which is a major part of the Christmas festivities at Weir High, unless you are on poor school standing.

Follies are a series of games that take place among the classes at the school. This tradition began years ago and throughout the years there have even been teams of teachers. Key club usually sponsors this event, but due to the disbandment of the club for the time being, Pep Club has taken over the event. According to Mr. Angle,

he had even won a coin toss for the responsibility of this event.

The games played in the follies had included a Christmas tree relay race, a human Christmas tree decorating contest, a "wrap" battle, a reindeer antler toss, and the mystery saran wrap ball game. Ten to thirteen students participated from each grade level with the seniors taking the win.

Mr. Angle said, "I truly enjoy watching students enjoy themselves at school and at school functions. More importantly, I love to see students step up and take charge and responsibility. That is what Pep Club did for this event with their leader, Elli Cowden."



The senior class celebrates their win at the Follies. Photo taken by Elijah Anderson.

Cowden said, "I love to announce at the pep rallies because I feel like I get the best view of the event!"

Most Wondrous Time of the Year

Christmas door decorating competition

By Izzy Bernola

During the month of December, classes around the school participated in the annual Christmas door decorating competition at Weir High School.

The door decorating competition is a good way for students and teachers to promote positivity and creativity around the school by decorating their classroom doors in a way that should relate to the class they are in. The students had a nine-day period to decorate their doors.

The school had officials judging the competition who had said Project Lead the Way

teacher, Mr. Owens's students had the best door which featured a light up Christmas tree.

Owens said, "It felt really good to see my students celebrate. They did a lot of work and spent a lot of time working on the design and a few minor burns from learning to solder, again so it was really satisfying to see them get to be celebrated."

Second and third place winners were Mrs. Williams and Mrs. Porter. An honorable mention was given to Mr. Flaus who put a sign on his door saying, "We tried".



The winning door was created by PLTW teacher Dan Owens's class. Photo taken by Izzy Bernola.

Twelve Drummers Drumming

First performance with new band instructor

By Izzy Bernola

On December 18, the Weir High band held their Winter Band Concert in the auditorium. This is the first year the new band director, Samantha Lash, has gotten to help the students with this specific event.

Every year, the band holds a winter band concert, but what makes this year different is the use of a new band director. Lash had said, "I feel really excited to work with this group of students. They are so bright and talented; I hope I can provide them with a fulfilling performance experience."

The students began their work for this performance

in late October. They had also been working on a marching show since August that they had performed at this event.

Lash's favorite piece of the show was the opening performance called, "A Christmas Festival." She said, "this piece was incredibly involved and had some rather tricky elements in it. The students should be really proud of the work they did on this one!"

Nick Parker said he felt a little bit nervous coming into the performance, but it ended out working very well. He thought the group did very good for only having the music for two months.



Nick Parker playing the Trombone during the band concert. Photo used with permission of Newbrough Photo.

Although the band went weeks without an instructor, that did not stop them from finding one and putting on this show for an audience to see.

Weir News in Brief



Above: On December 18, 2022, Carrie Gillette, special education teacher and WVU alumna, received the inaugural Presidential Honorary Degree from WVU after being selected by the Weir High School faculty. The award aims to celebrate the work of public education personnel.

Gillette has teaching certifications in autism and trauma in the classroom. She has been teaching special education math and science and workplace readiness at Weir High School for 14 years.



Lizzie Rhodes, who is the recipient of the Silent Service Scholarship Award. Lizzie was nominated by Mrs. Williams. This award is made possible through the Peter R. Marsh Foundation, whose goal is to recognize outstanding students for their service to the community.



Left, on Friday, December 9 Weir held its school-wide Poetry Out Loud competition in which fifteen classroom winners memorized and recited two poems each.

The following students competed: Rylie Baker, Callie Wood, Wyatt Hostuttler, Juliana Campbell, Kiana Luevano, Catherine Glodowski, Eve Swearingen, Elle Mailey, Andrew Manteau, Megan Austin, Leila Schwer, Finch Bowders, Lily Roberts, Tanner Finsley, and Gracie Beagle.

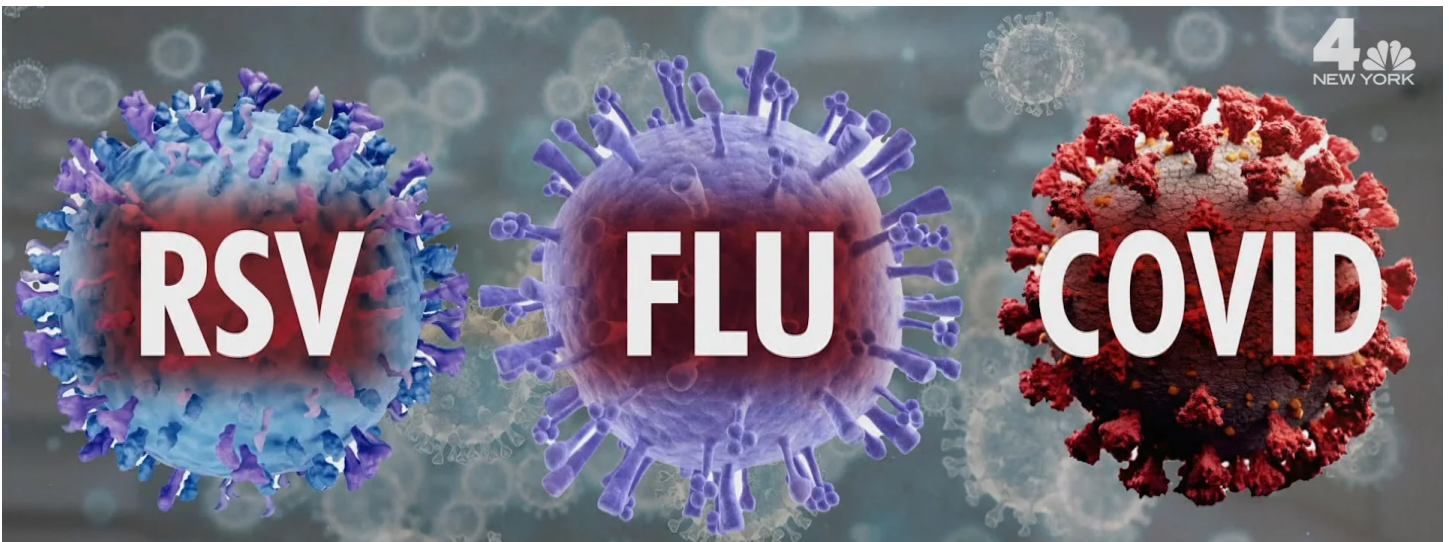
Congratulations to Tanner Finsley, Gracie Beagle and Catherine Glodowski for their respective first, second, and third place finish.



Matthew Jagela and Nick Parker performed in the WV Region I honor band. Jagela also earned third chair trombone in the WV All State Band.



Betty Smith-Montgomery's ASL 1 class visited Kristen Malinowski's, Sara hAlkire's and Kayla Violet's classes to present a program of signed songs and Clement C. Moore's "A Visit from Saint Nicholas." They also gifted stockings that ASL 1 students decorated and filled with homemade ornaments and other items.



TRIDEMIC: Differences, symptoms, and preventions of the flu, RSV, and COVID-19

By Paisley Tice

While what some called a “triple-demic” (a combination of COVID, RSV, and the flu) had enough to make health-care systems crumble has not yet come to pass, viruses are still circulating at high rates this winter.

Each winter, several different sicknesses go around. Two of the most common are the flu and RSV. While these infections devastate millions each year, 2022 numbers are quickly becoming the highest ever seen and staying healthy is crucial.

The flu is categorized as a viral infection that causes fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue. The CDC states, “CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.”

Since the start of October 2022, approximately 78,000 people have been hospitalized, with an estimated 8.7 million illnesses since October 1. The CDC estimates that there have been at least 4,500 flu deaths this year so far, while last year’s total was 5,000.

During the week of November 27-December 3, over 25,000 people were admitted to hospitals for the virus. That number is up 32% from the week prior.

RSV stands for respiratory syncytial virus. This virus can cause runny nose, decrease in appetite, coughing, sneezing, fever, and wheezing. Children and older adults are at the highest risk for RSV, and may de-

velop serious complications, such as bronchiolitis, which is a lung infection that causes inflammation in the small airways of the lungs.

According to the CDC, “An estimated 58,000-80,000 children younger than 5 years old are hospitalized due to RSV infection.” Infants are the primary concern, as their symptoms more frequently require hospitalization.

The CDC says, “One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, IV fluids (if they aren’t eating and drinking), and/or mechanical ventilation (a machine to help with breathing).”

If you contract one of these sicknesses, the most important thing is taking care of yourself so you recover as quickly as possible.

To recover from the flu, antiviral medications may be prescribed. These medicines help you recover quickly and fight infec-

tions. To speed up recovery you should hydrate, rest, take medication, and stay home.

RSV is typically gone within 2 weeks. However, you may heal more quickly if you hydrate, rest, manage your fever, and talk to your physician. Infants may need to be hospitalized to get oxygen and/or IV fluids.

To prevent getting the flu or RSV, you should keep your distance, wash your hands regularly, avoid touching your face, and regularly disinfect surfaces.

| | COVID-19 | RSV | Influenza |
|---|-----------|------------|------------|
| Onset of symptoms | Gradual | Gradual | Sudden |
| Cough | Common | Common | Common |
| Diarrhea | Sometimes | Rare | Sometimes* |
| Fatigue or tiredness | Common | Sometimes | Common |
| Fever | Common | Common | Common |
| Headache | Sometimes | Common | Common |
| Loss of taste and smell | Common | Rare | Rare |
| Muscle or body aches | Sometimes | Rare | Common |
| Runny or congested nose | Common | Common | Common |
| Shortness of breath or difficulty breathing | Common | Sometimes | Rare |
| Sneezing | Common | Common | Common |
| Sore throat | Common | Common | Common |
| Vomiting | Sometimes | Rare | Sometimes* |
| Wheezing | Rare | Sometimes* | Rare |

Experts say the only way to confirm a diagnosis is with testing. No matter the symptoms, people should stay home when sick and seek medical help if they experience any trouble breathing.

*MORE COMMON IN CHILDREN
SOURCE: CDC, MAYO CLINIC

Weir Wrapped: 2022 in Review

By Addi Mikula

Now that 2022 has come to an end, it's time to look back at the best music and television of the year, as well as the most notable events and deaths.

A survey was sent to all students, and here are the results.

According to Billboard's list of the top artists of 2022, the top 10 (in order) were

- Bad Bunny
- Taylor Swift
- Harry Styles
- Drake
- Morgan Wallen
- Doja Cat
- Ed Sheeran
- Adele
- The Weeknd
- Lil Baby



Billboard's top artist of 2022: Bad Bunny.

Out of 90 respondents to the school-wide survey, the top choice was Taylor Swift with 20 votes, followed by Morgan Wallen with 15, and The Weeknd with 14. Another popular artist among students was Rod Wave.

Senior, Maddie Miralrio, attended Rod Wave's concert last year and stated that, "It was the best day of my life. My favorite part was just being there, but my favorite song was 'Sweet Little Lies'."

When it comes to albums released this year, Billboard also included that the album with the top sales

this year was *Midnights* by Taylor Swift, which 20 students said was their favorite, making it the most popular with them. Other common answers were *American Heartbreak* by Zach Bryan, *Harry's House* by Harry Styles, and *SOS* by SZA, which was just released on December 9.

A wide range of new television series and movies were released this year, from *Heartstopper* to *Wednesday*, from *Top Gun: Maverick* to *Minions: The Rise of Gru*, and many more.

With 23 votes, most students chose the new Netflix show, *Wednesday*, which follows the Addam's Family character through her experience at Nevermore Academy while she attempts to solve a mystery. Following behind *Wednesday* was *Stranger Things*, which released its fourth season in May. Another student favorite was *Euphoria*, with a third season expected in either late 2023 or 2024.

Students' top movie choice was *Minions: The Rise of Gru*, with 20 votes. According to *Deadline*, this movie, "...clinches an Independence Day 4-day opening record of \$125.1M...". The next most popular release was *Top Gun: Maverick* with 13 votes.

Besides popular media, there were many notable events last year.

In January, Elon Musk started purchasing Twitter shares, and in October, he purchased the company entirely. This was controversial, as one of his more significant changes to the



Elon Musk's twitter poll that concluded that users don't want him to be the CEO of the company.

platform was paid verification, where a user can pay eight dollars to receive a blue "verified" checkmark next to their username. This feature wasn't very successful, as it still allowed users to impersonate others. Musk conducted a poll at the end of the year, and the majority that voted believed that he should step down.

In February, Russia began its invasion of Ukraine. Ukraine's president made a historic visit to the US in a plea for help. The Office of the High Commissioner for Human Rights states that, "From 24 February to 4 December 2022, OHCHR recorded 17,181 civilian casualties in Ukraine: 6,702 killed and 10,479 injured." Millions of Ukrainians have fled to other places since the beginning of this situation, and this has had an impact on the whole world, slowing the global economy and causing negative effects



President Biden speaking with Ukraine's president, Volodymyr Zelenskyy, during his visit to the United States.

in countries that depend on products from Russia and Ukraine.

Also in February, Super Bowl LVI was held at SoFi stadium in Los Angeles, with the LA Rams and the Cincinnati Bengals. The Rams won, with a score of 23-20.

The Tampa Bay Buccaneers' quarterback, Tom Brady, announced his retirement on February 1. However, less than two months later, he announced that he would be returning to the team for his 23rd season in the NFL.

From April to June, the Depp vs Heard trial took place in Fairfax County, Virginia. The trial was viewed by millions on numerous social media platforms and television, and it ended with Depp being given \$10 million in compensatory damages and \$5 million in punitive damages, according to NBC News.

In May, one of the deadliest school shootings in the country occurred in Uvalde, Texas. 19 students and 2 teachers were killed, and 18 people were injured. The response that the police provided was heavily criticized, which resulted in country-wide public outcry to bring attention to gun violence issues.

The Supreme Court overturned Roe v. Wade in June, a case that gave American women a constitutional right to abortions, resulting in protests around the country. Protection of the right to abortion no longer exists at a federal level, and the decision is now up to the states. This has and will continue to lead to more restrictions and laws against abortions in many states throughout the country.



Protesters from both sides of the issue made their opinions known outside of the US Supreme Court building.

On June 16, Golden State defeated the Boston Celtics to win their fourth NBA championship in eight years.

The Las Vegas Aces won their first WNBA championship against the Connecticut Sun on September 18.

The Colorado Avalanche won its first Stanley Cup in 21 years, beating Tampa Bay on June 26.

Back in 2021, the James Webb Space Telescope was launched into space. Throughout 2022, the pictures that the JWST captured were released. Space.com says that the JWST is the "largest and most powerful space telescope to date".

The Houston Astros won three straight games to win the 2022 World Series for the second time in six seasons on November 5.

On November 15, the world's population surpassed eight billion.

From November to December, the FIFA World Cup was played in Qatar. Argentina defeated France in the final game on December 18.

In December, new scientific discoveries were made. The New York Times states, "Scientists studying fusion energy at Lawrence Livermore National Laboratory in California announced on Tuesday that they had crossed a long-awaited milestone in reproducing the power of the sun in a laboratory." This could make huge changes in where energy comes from.

There were multiple "firsts" for the year of 2022.

One of those firsts being that Apple was the first company to have a stock market value of three trillion dollars.

Ketani Brown Jackson became Justice Breyer upon his retirement from the court on June 30, 2022. She is the first Black woman and the first former federal public defender to serve on the Supreme Court.

Victoria's Secret featured Sofia

Jirau, their first model with Down syndrome.

The Conger ice shelf in East Antarctica collapsed due to climate change.

Stephanie Frappart became the first woman to referee a men's World Cup game at the Costa Rica and Germany match in December.



Stephanie Frappart celebrates refereeing at the men's World Cup.

Unfortunately, many public figures passed in 2022, including:

- Barbara Walters (September 25, 1929 – December 30, 2022)
- Queen Elizabeth (April 21, 1926 – September 8, 2022)
- Stephen "tWitch" Boss (September 29, 1982 – December 13, 2022)
- Artis "Coolio" Leon Ivey Jr. (August 1, 1963, September 28, 2022)
- Kirsnick "Takeoff" Khari Ball (June 18, 1994 – November 1, 2022)
- Leslie Jordan (April 29, 1955 – October 24, 2022)
- Loretta Lynn (April 14, 1932 – October 4, 2022)
- Pope Benedict XVI (April 16, 1927 – December 31, 2022)
- Olivia Newton-John (September 26, 1948 – August 8, 2022)
- Ivana Trump (February 20, 1949 – July 14, 2022)
- Taylor Hawkins (February 17, 1972 – March 25, 2022)
- Bob Saget (May 17, 1956 – January 9, 2022)

The year 2022 was full of new experiences for everyone, ranging from life-changing events to new discoveries. No doubt, 2023 will have even more to come, hopefully better!



13 ways to ease seasonal depression.

- Talk with your doctor
- Ready your mind I the fall
- Try light from a box
- Use dawn simulators
- Consider taking antidepressants
- Prioritize Social activities
- Add aromatherapy to your treatment plan
- Stick to a schedule
- Get moving
- Let the sunshine in
- Take a vacation or “staycation”
- Keep a journal
- Get enough vitamin D

By Jordyn Ferguson

Seasonal Depression occurs in 0.5 to 3 percent of individuals in our general population according to MedlinePlus.gov

According to the Mayo Clinic Seasonal Depression, also known as Seasonal affective disorder (SAD), is a mood disorder characterized by depression that occurs at the same time every year. It occurs mostly in climates where there is less sunlight

at certain times of the year. SAD begins and ends at about the same time every year.

If you are like one of the many people with SAD, your symptoms start in the fall and continues into the winter months, sapping your energy and causing you to feel moodier. These symptoms will often resolve during the spring and summer months. It will less often cause depression in the spring and early summer months and resolves during the fall or winter months.

melatonin. Melatonin calms the body and allows you to sleep. When the sun comes up our brain produces serotonin which induces feelings of wakefulness. When the sun’s ultraviolet rays touch your skin, your body will produce vitamin D which also helps the body maintain proper serotonin levels, all according to the Mayo Clinic.

It is completely normal to feel sad from time to time. But if you feel down for days at a time and you can’t get motivated to do activities you normally enjoy, you should see a health care provider or speak to a parent or trusted adult. This is especially important if your sleep patterns and appetite have changed, you turn to substances for comfort and relaxation, or if you feel hopeless or think about harming yourself.

Signs and Symptoms

- Feeling listless, sad or down most of the day, or nearly everyday
- Losing interest in the activities you once enjoyed
- Having low energy/feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain.
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

In most cases sad symptoms appear during late fall or early spring and go away during the sunnier days in spring and summer. Symptoms may start out mild and progressively get worse as the season progresses.

“To me, seasonal depression makes it hard to find energy to do simple tasks during the fall and winter months. Medication and therapy help significantly.” - Addi Mikula

The cause of SAD is still unknown. However, the main reason is the lack of sun. Sunlight affects the brain by increasing melatonin while decreasing serotonin and vitamin D levels in the body. When exposed to sunlight, your optic nerve sends a message to your brain to produce less

A Look into Social Anxiety: How the disorder affects education

About every student experiences being nervous during a presentation or answering questions in class, but there's much more to social anxiety than just that.

Social anxiety is a condition where social interactions cause irrational anxiety. According to the National Institute of Mental Health, Social anxiety has affected a estimated 31.9% of young adults and their education.

People that struggle with social anxiety have different ways to explain it because the disorder is so unique to each person. Teachers, for example, could feel more pressured in a classroom filled with louder students, or not be talkative at meetings.

Troy Whittaker, math teacher said that he just works through social anxiety with his life and career. Some teachers do have some similar feelings on the condition.

Sarah Alkire, a special education teacher explained how it has felt to experience anxiety: "Understanding my own issues really help recognize and identify a student who may have difficulties."

Students may feel anxious when group work is brought up in a classroom, be nervous to ask for help in a class, or not able to focus in class.

Freshmen, Gracie Beagle says, "It's

almost like someone's pulling and ripping at my stomach and sitting on my chest." She also went on to explain that she feels awful every time.

Another student, sophomore Peyton Northcraft states that in class she feels stressed and overwhelmed in class.

It can be difficult to identify when someone has social anxiety. An individual may not realize when they are experiencing symptoms, parents may not be aware of their child's symptoms, peers may not be able to recognize why their peers are so quiet.

Now, there are many ways to notice these things. Students mentioned that body language is a good way to tell.

Symptoms

- fear of interacting with people
- tremble, sweat, blush
- shaky voice
- concern about offending someone
- rapid heart rate
- mind going blank
- rigid body posture
- avoid crowded places
- difficulty making eye contact
- difficulty to speak to others

Sources; Mayo Clinic, National Institution of Mental Health,



A lunch group where one student is too nervous to engage in the conversation. 9th graders Megan Brinkley and Paden Pernell, and 10th graders Ava Babinchak and Karlie Bailey.

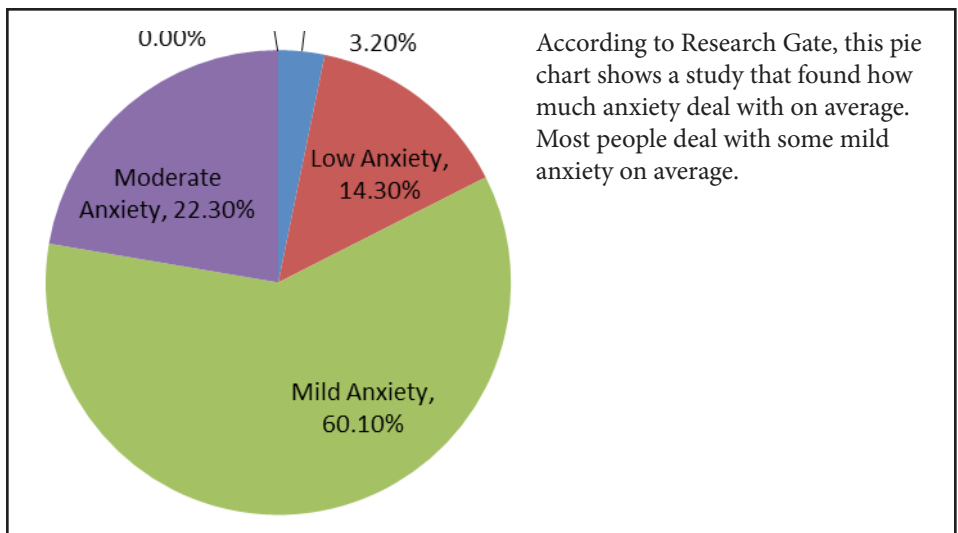
Beagle mentions that there could be shortness of breath, fidgeting, or watery eyes.

National Institute of Mental Health suggests ways to help. The first way you could help is to educate yourself, keep up with current research and treatments. Communication is also a big key, be honest about how you feel.

Knowing when to seek help for yourself is a suggested way to help from Mental Institute of Mental Health.

School Counselor, Natalie Charlton said the best advice for students struggling with social anxiety is "ask for help, just go to someone and let them know you're not okay." She mentions students should advocate for yourself and go to someone you trust.

If you are looking for help, you can go to one of the counselors in school, or there is a therapist in the school with the program



Weir Procrastinating:

What is it, how does it affect you, and how to fix it?

By: Nick Parker

Do you ever just say, “Eh, I’ll do it tomorrow.”? Or “This isn’t due till midnight, I’ll do it later.”? Well, if you do, this is called procrastination.

According to the Oxford Dictionary, “procrastination is the act of delaying something that you should do.” But, why do we procrastinate?

Lifhack.com states that the number one reason for procrastinating is because you don’t want to do whatever you have to do. For example, your mother tells you to clean your room but you continue to put it off and not do it until you absolutely have to.

Procrastinating also happens in school, which affects students’ grades. Students often wait as long as possible to complete their assignments. This can lead to little effort and, in result, a lower grade. This will affect students in the long run because they may have to retake a class, and their overall GPA could lower.

Studies have shown that procrastination can lead to stress, depression, anxiety, and low self-esteem. This can turn into a vicious cycle and worsen these things.



USCDornsife.com stated, “When faced with a task that they may consider tedious, stressful or overwhelming, people may engage in procrastination to experience short-term pleasure and avoid negative feelings.”

So what are some cures for procrastination?

- Narrow your focus. Don’t look at the big picture. Take it step-by-step so you don’t get overwhelmed
- Reward yourself when goals are completed.
- Hold yourself publicly accountable.
- Don’t lose momentum.

- Do a “power hour.” Set aside distractions and complete the work that needs to be done.
- Start today. Don’t keep putting it off.

Even though procrastinating allows your brain to think over a topic more in depth and come up with dif-

ferent ideas, it only causes more stress later on.

Many students were asked “How often do you procrastinate and why?” and “Does procrastinating give you more stress or relieve stress and why?” Here are some of their responses...

Angela Paull stated, “It gives me more stress because I feel like I need to get it done and if I put it off, the deadline seems to come sooner and I feel rushed.”

Tanner Finsley stated, “It doesn’t really pull me back a lot, but



it does require me to play catchup. I usually procrastinate when it’s something I’m not interested in.”

Kylie Dunmyer stated, “Procrastinating helps me get my work done because if I start it early, then i won’t finish it because I don’t care about it.”

Jordan Wiseman stated, “When I procrastinate, I feel like it makes stuff seem easier before making things 10x harder than they have to be.”

While there are different views on procrastinating, serious procrastinating can lead to negative problems, but luckily there are many solutions available.



The Effects of Social Media on Student Life

By Alexander Orris

About 90% of all teens in the US use social media according to a 2022 study by the American Academy of Child and Adolescent Psychiatry. Over 67% of these teens use TikTok.

TikTok debuted in 2018 and has had a hold on the eyes of American teens ever since. How has this platform and many social media sites like it affected students' and teachers' daily life?

With the instant gratification these platforms give people, have they caused many to have an unhealthy obsession with being connected online?

When asked if social media was inherently addictive, Teacher, Mr. Truax said, "Yes, I think it's very addictive and that's why so many people are having is-

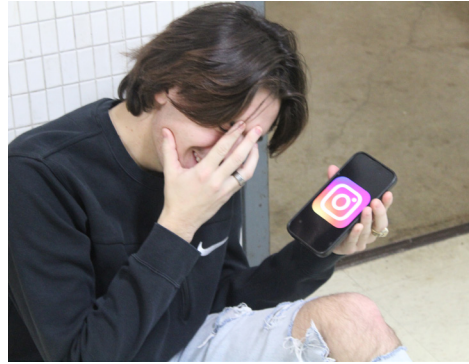


issues with it negatively because so many people are on it. It is so hard for people to unplug from it out of fear of missing out on what is happening."

When asked the same question, senior, Patrick Slattery said, "Of course, yes."

This is supported by recent studies showing that approximately 350 million users are addicted to social media sites according to a study by the Leuven Engineering College. With the monthly number of social media

users projected to reach 4.5 billion users by 2025, this will cause the problem of social media addiction only to become more apparent and wide-spread.



Patrick Slattery shows his emotions about Instagram and its effects on his life

Social media can bring students together with access to instant communication from anywhere in the world, but it also has had many adverse effects. These sites have made both bullying and harassment as simple as tapping on a screen a few times.

This has been a growing problem, according to a 2019 study from Cyberbullying.org, 37% of young people between the ages of 12 and 17 reported that they have been bullied online, with 30% having had it happen more than once.

These growing problems can carry over into the classroom, according to the department of education, victims of cyberbullying often report mental health issues such as anxiety and reduced concentration in school.

When asked how social media has affected their job as a teacher, Mrs. Lengthorn, said "Students are on social media all the time and I think it affects their lives because theirs all these things happening on social media

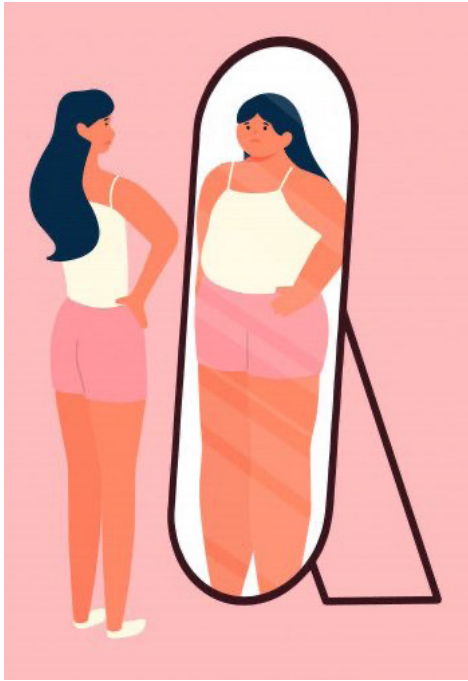
that we don't see, but it is affecting them in ways like they're getting bullied or having break ups. We don't see these things but they're still effecting our kids (students)."

Social media has become a huge part of our generation and how we interact with each other on a day-to-day basis, but with the growing number of problems it has been shown to cause among students it can be a double-edged sword with both great and bad effects on student life.

Parents and teachers alike have growing concerns on social media effects on their children and student, according to a 2022 study by the Pew Research Center showed 46% of parents are extremely worried on their children wasting far too much time on social media.

Along with the worry of far too much screen time, the use of social media has been shown to cause greater neural sensitivity in parts of the brain that assess emotions according to a study by JAMA pediatric. It is not clear whether the neural changes resulted in an increase in anxiety or addictive behavior, but the study showed a noticeable change in how the brain of teens today process emotions differently than those pre-social media.

“Perfect” Bodies Do Not Exist



By Shaylah Arvin

According to the aacap.org teens spend 9 hours on their phone for their own amusement. In that 9 hours of a day teens get exposed to thousands of subtle messages of the “ideal” body.

Society tends to lean towards girls suffering from body image issues, but boys go through the same thing. Starting at an early age they play with superheroes and action figures that depict an unrealistic body type. We are all taught this at an early age, and we are not told the harm it is doing to society.

Movies, commercials, social media accounts, and websites often portray that thin, smaller people are the ideal beautiful body that society accepts. Society expects females to hourglass figure and men to have a muscular physique. It is all so unrealistic.

Many pictures and videos are photoshopped for a slimmer look that is all fake. Influencers on social media say that being smaller and attractive is the way to a happy life. According to the NY post the Kim Kardashians figure is harmful for body image. It can cause disordered eating, unhealthy weight-control behaviors, low self-esteem, and social anxiety

According to theticker.org this can affect children as young as 3 years old. They are taught that being slimmer is better than being bigger. By the age of 10, 80% of American girls have

dieted by the age of 10.

Teens crave validation from their peers and people online by posting pictures and videos by getting a fast reaction to make themselves feel better. Many people judge their attractiveness by the amount of likes under their post.

Teens receive a lot of harsh criticism and hate comments on their social media. Cyber bullying can be very damaging to a teen’s body image.

According to the women’shealth.gov some of the factors that portray a negative body image include:

- Getting made fun of as a child about their body
- Growing up in a household that focuses too much on dieting
- A tendency to judge people by their appearance
- Peer pressure among teenage girls and women to be slim, go on diets, exercise, and compare themselves to others
- Media that promotes appearance ideals
- A tendency in women’s media to push diets and weight loss programs
- Poor body image leads to other profound consequences and problems. Some develop eating disorders and battle depression.

That said, a negative body image can lead to critical outcomes. Which include eating disorders like anorexia, bulimia, binge eating and binge eating. Others can obtain body dysmorphia, which is when one looks in the mirror and it is a grossly distorted view of what they look like, according to centerforchange.com. Being diagnosed with any of these can lead to depression, isolation, and anxiety.

Nurse Amber Chappell explained that some of the signs

of eating disorders to look out for are not eating in front of others, using the bathroom a lot while eating, decayed teeth, and they can be very secretive.

According to thethriveinitiative.org here are ways to help poor body image:

- Hold conversations about unhealthy body images.
- Talk about body acceptance and that everybody is different and beautiful.
- Mention that drastic, unsafe measures some people take to obtain these body types.
- Become passionate about this topic because the more people talk about it, the more it will be normalized and everyone with be accepted no matter what their body looks like.
- Everyone deserves love and acceptance no matter the circumstances.

If you are struggling, counselor Natalie Charlton said, “Reach out to their parents, make an adult aware. Your parents can connect you with your primary doctor. Therapy is always great just to talk to someone about their struggles, as well as finding a therapist that does specialize in eating disorders.” Everyone deserves love and acceptance no matter the circumstances.

FACTS ABOUT TEEN BODY IMAGE

ABOUT 18% of boys are dissatisfied with their bodies.

of girls are OVER 90% dissatisfied with their bodies.

“You’re trying to figure out who you are and what you should look like and what you should wear. You turn to the culture around you and what your culture tells you.”

Jennifer Hagman, Child Psychologist

ALMOST 3 IN 5 girls feel very pressured to be a certain weight.

10 MILLION men will suffer from a clinical eating disorder in their lifetime.

SOURCE: Viewpointcenter.com

Let's Talk about the Future:

Is Community College right for you?

By Angela Paull

To continue with the College series, next up we'll talk about Community College.

If you thought a 4-year college might not be your path, maybe you can look into community college.

With information and advice from school counselors and pros, our new "Let's Talk about the Future" series is designed to help students explore their options for after high school. Next, we will talk about community college.

According to, "Federal data indicate that 7 million students were enrolled in public two-year colleges during the 2020-21 academic year, about 33% of undergraduate students."

What is Community College?

Community College is a public higher education 2 year institution with very affordable education for everyone.

A lot of students go to community college after high school because they don't know what they want to pursue.

How is community college different than 4-year college?

- College is a 4 year institution to get a bachelors degree
- When community college is typically 2 year associates institution to get a associates degree
- College is expensive since it's 4 years
- Community College is affordable
- College have more programs to

- choose from
- Community College have fewer options
- Colleges are designed for degree courses carefully selected for students
- Community Colleges serve the public as educational, professional training, trades, and adult education courses

Benefits-

- It's a lower intuition
- Time to adjust to college life
- Flexibility in your schedules
- Smaller class size
- Easier access to professors and advisers
- Save money
- Living/eating at home

Challenges-

- Unpreparedness
- Dropping out
- Balancing work and school

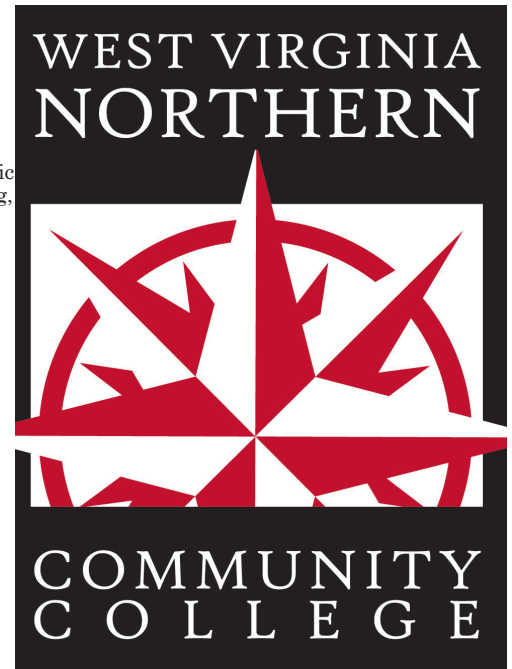
Tips-

- Be prepared
- Take advantage of flexible scheduling
- Ask for help
- Explore you interests
- Do your work
- Have fun with

While some students might be concerned that they'll miss out on college life or living on their own, there are lots of ways to still do these things while attending community college.

Here are some ways you can have the college experience:

- Go to the Football games for different colleges
- Save money
- Being able to be responsible
- Visit friends



There are WVNCC locations in Weirton and Wheeling. Many local students will attend this community college after Graduation.

Why did you decide to go to community college?

Weir Class of 2020 alumnae Claire Stewart said, "After high school I went to college for a year, I didn't have a good experience so I quit school. After a year, my brain felt like mush so I decided to go to Northern to take a couple of classes. I went to Bethany college so the classes weren't huge, but I never made a connection with my professors or classmates. At Northern my educators tell me they want us to succeed. Also I'm closer to home and get to stay in my own room."

Do you have any tips for any student that plans to attend Community college?

Stewart said, "The tips I have for students going to community college, it's still college and you still have to try hard, do your work as soon as you get it."



This is another Community College named Eastern Gateway located in Steubenville. Most people might attend this community college after Graduation.

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