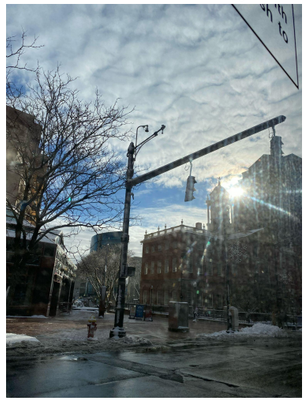
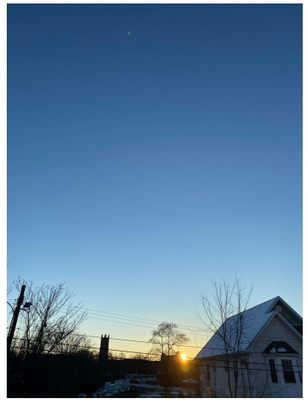
Winter in Connecticut - Photo Gallery By Elijah Delgado and Ariana Murray

Academy Times

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AAE Students Represent the United Kingdom in Model United Nations Conference

By Saanvi Talanki and Laasya Chintapalli

The Model United Nations is a program where school students act as delegates, representing countries and solving global problems. This year's Model United Nations conference took place on December 2 and 3. Our school represented the United Kingdom. As delegates of the UK, we had to consider the UK's position in the world, its values, and the relations that it holds with other countries. Committee VI was the Global Food Crisis committee. Here, we focused on crafting plans to help distribute food to communities in need and helping minimize world hunger.

In order to promote beneficial conversation and efficient problem-solving, the conference has an order of action that implements the usage of structured time. This includes segments such as moderated caucuses, unmoderated caucuses, the introduction of a working paper, voting, etc. During moderated speaking times, delegations come up to the stand to present their countries' views and ideas regarding the specific topic proposed. Unmoderated speaking time is when delegations freely initiate discussions with each other, opening up opportunities for collaboration and clarity of others' positions.

Delegates from AAE during the opening ceremony

As the UK, we prioritized building strong relationships with other countries. We focused on working with countries such as France and the US, who are likely to be our allies. Over the course of the conference, we continued to interact with countries and finalized details of a resolution that we had been working on. The main idea of our resolution was to open a global food bank where countries would grow a specified…

See MODEL UN, p. 2

Door Art Competition - Photo Gallery

By Ariana Murray

Ms. Latournes's door

Sra. del Valle's door

Mr. Howe's door

Get To Know Your Teachers: Ms. Latournes

By Trae-Shawn Brown

Do you know your teachers? Let's find out some fun facts and hobbies about some of our teachers. First, is Ms. Latournes. She is a teacher for the 11th grade, and she likes to quilt blankets, sweaters, and toys.

So, the first question I asked was: How many quilts did you make?

She has made over 10 quilts, but she lost count. She learned how to quilt from her mom. She was 5 years old when she learned how to sew from her mom and learned how to make quilts a few years ago from YouTube. She originally learned to use her mom's sewing machine and then got her own sewing machine.

Right now, she is working on a puff quilt, and it is going to be the biggest quilt she has ever made! Previously, the biggest quilt she has made is special to her, because it is made with scraps of cloth she has collected over the years from her other projects.

Ms. Latournes with one of her quilts

Texas Woman Almost Dies Because She Couldn't Get an Abortion

By Thaylees Werleman

After the Supreme Court's decision this year to overturn Roe v. Wade, a woman's life was put in danger in Texas. Several other women who have been in similar positions as the woman from Austin, Texas, who came forward to speak out pubically about her situation after she nearly died when she couldn't get a timely abortion.

The woman, Amanda, explained how after 18 weeks or just four months into her pregnancy, her water broke. When a woman's water breaks, she is at a high risk for a life-threatening infection, and due to the Texas anti-abortion law, she is not able to terminate the pregnancy. Although Texas law allows for an abortion if the mother "has a life-threatening physical condition aggravated, caused by, or arising from a pregnancy that places the female at risk of death or poses a serious risk of substantial impairment of a major bodily function."

But Texas lawmakers haven't spelled out exactly what that means, and any doctor that is found to be violating the law can lose their medical license and most likely receive a life sentence in prison.

However, in the position that Amanda was in, she couldn't receive the medical attention that she needed since she was not considered sick enough for her life to be at risk and for them to terminate the pregnancy.

After a few days that Amanda's water broke, Amanda found herself shivering in the Texas heat. She explained how they were having a heat wave with temperatures hovering around 105 degrees that day, but she was freezing. She was too weak to walk or even talk, her body temperature rose to 103 degrees and finally Amanda was sick enough that the doctors felt legally safe to terminate the pregnancy.

Her condition was terrifying; she was so sick that antibiotics wouldn't stop the bacterial infection from spreading through her body. A blood transfusion didn't cure her either. After 12 hours, her pregnancy was terminated but her body is still suffering due to the infection. Amanda's uterus suffered scarring from the infection, and she won't be able to have more children. Amanda's blood pressure plummeted and her platelets dropped and her life was in danger.

Amanda is furious about this whole situation because this could have been prevented, but because of the Texas law they weren't able to attend to her immediately. Amanda almost died because of this and she doesn't feel that this is "pro-life" due to her experience. This experience has caused her trauma, but Amanda is grateful to still be alive.

Amanda spoke out about her situation because she knows there might be other people who are going through the same experience. She wanted to bring light to this topic and bring awareness about how this new law can affect many women across the country. This topic is still fairly recent; there are discussions about it in today's society, especially about how impactful this new law has been.

Many U.S. states have banned abortion, including Arkansas, Kentucky, Louisiana, Missouri, Oklahoma and South Dakota etc. Still, many more states are expected to ban abortion as a result of the decision. Other states like California are making it easier for women to travel to get an abortion, by providing them legal protection to those who don't have access in their state. This way women have access to have an abortion if they chose to by traveling to state that has yet not banned abortion.

This process is not as easy as it is said and many women in the U.S. have suffered because of this new law that took place this year like Amanda from Austin Texas who has been traumatized and now can not have babies due to not being able to have an abortion on time.

This new law has impacted so many women in the U.S. and young women has also spoken up about this situation like this young woman about the age of 17 explained how she is constantly being reminded to look forward or to have hope towards the future but she doesn't know how to have hope when decisions like this are happening and womens do not have the right to make a decision with their own body.

MODEL UN

(Continued from page 1)

number of crops based on their economic and environmental ability. Each participating country would donate a certain amount of crop based on their GDP, and this would contribute to two parts of the bank. A percentage of the collected crop would distribute food to countries below a certain GDP or those in crisis. The remaining percentage of crops would be up for purchase, meaning that countries can buy food from the bank. The money raised from food sales would be redistributed to countries to help fund farming initiatives. As we neared the end of the first day, our group created an alliance with Egypt, France, and the US. We merged our resolution with their in-progress resolutions, and with many allies, we decided to introduce our resolution. We briefly presented the UK's contributions to the resolution, and in the end, our joint resolution easily passed. This concluded our first day of the MUN conference, and we started early the next morning.

On the second day of the conference, we had a limited amount of time to present new ideas. We started the day by continuing to develop our second resolution idea, which would tackle the inaccessibility of grain trapped in Ukraine. We started by presenting our resolution during an unmoderated time in hopes to get support from other delegations. We faced pushback from Singapore, as they had priorities that did not align with ours. When we started to gain traction with our resolution, we were presented with a crisis event. A crisis is when we get news of a worldwide issue that we must attempt to address through the lens of our committee topic. Our crisis was that Russia had blockaded the Black Sea and was threatening to attack any country that offered to help Ukraine or pursue the exportation of grain from Ukraine. As a committee, we had to create a solution to end the crisis from the perspective of how it affects the world food crisis. We decided that the best course of action was to slightly modify our existing resolution and present it as a solution to the crisis because it already focused on getting grain out of Ukraine and recovering in the farming industry after the war. We got Ukraine on board with this plan and continued to rally support. While this went well at first, pushback from the Singapore delegation greatly hindered our efforts. In the end, we lost many supporters of our resolution. By the time we had recovered some support, we were unable to continue to pass our resolution due to time constraints.

In the end, we were able to attain a great learning experience by attending the MUN conference. We learned about representing our country well, how to hold a room, build relations, and speak for values that might not align with ours. Our very own juniors Josephine Beckwith and Shruthi Anandraman from committee VIII even earned the best delegation award for the UK in their committee!

BALL PYTHONS

By Maddox Judson

Growing up, my father owned snakes, but I developed a fondness for all reptiles. I wanted to become a herpetologist and study reptiles and amphibians. As I grew older, my ambitions changed, but my love for reptiles held on. I began breeding ball pythons in 2019, and to date, I own around 120 of them. Most people find my hobby eccentric at best, but ball pythons make great pets, and breeding them can be exciting.

Ball pythons are amazing pets. They are social, docile, low-maintenance animals that have a wide variety of beautiful patterns and colors. Ball pythons, especially those bred in captivity, are well-disposed to being handled by their owners and are typically not aggressive. When being handled, they will not become stressed and will be more docile the more often that they are held. Because they are semi-arboreal, they enjoy climbing and exploring and will interact with their surroundings. They grow to 5 to 6 feet and only weigh up to about 5 to 7 pounds when fully grown, making them easy to handle. They are extremely low maintenance, and besides the initial cost of the animal ($10 to $35,000) and setup, they are relatively inexpensive to care for. They only need to be fed and cleaned weekly, and because of their small size, their enclosure will not take up much space. Most snakes, especially ball pythons, are completely safe to keep as pets. Ball pythons are not as scary as many people perceive them to be. They carry no diseases that are transferable to humans and will rarely bite. When they do, the wound is very superficial and hardly noticeable.

Aside from keeping them as pets, breeding ball pythons can also be interesting. There are a plethora of different pattern and color mutations to explore. It is interesting to find out what kind of mutations you like and how they work together in order to create a type of living art. All in all, ball pythons are docile, low-maintenance, inexpensive pets that are great for anyone looking to keep reptiles, whether as pets or for breeding.

REBUILDING AN ENGINE

By Patrick Woble

Rebuilding an engine for the most part is pretty easy and straightforward. Any engine that was produced by an American car company (Ford, Chevy, GM) is all pretty much the same. When pulling an engine out, you have to take out the accessories. First, you need to remove the eight bolts for the bellhousing. This is what connects the engine to the transmission. After that, if the car is an automatic, you just need to make sure that the torque converter stays in place. This piece is what lets your car move and can be found as the first piece that is bolted into the bellhousing.

Next, there are four engine mounts. Make sure that you've connected the engine jack to the engine by looking on top for the connection point. If not, you can just create a cradle from the bottom and lift. When pulling it out, keep your hands far away, otherwise, they will be crushed. It's highly recommended to use prybars or a large flathead screwdriver to help ease the engine out. Take your engine, be careful not to hit it, otherwise, it will flail and that can cause it to be easily damaged, which requires an extremely expensive repair. Exercise caution as the smallest amount of damage could result in extreme repercussions.

Next, take the pushrods and lifters out. Visually inspect them to see if they are bent or damaged. If they are, they will need to be replaced. After doing this, check the cylinder bores. You can use a micrometer to determine if the engine needs to be bored or not. If the bore wear is less than 200/1000s of an inch, then they should be okay to use again. Anything with a bigger tolerance needs to be bored, and an oversize piston should be used.

The next step is to remove the pistons and rod assembly. Make sure to keep them as pairs so that you do not get them mixed up when you put them back together. Next, you want to pull the camshaft, balancer shafts, and shims. Pay attention to the way that they came out, as you will have to put them in the same way. Also, this is the same with the bearings. Once you have removed the camshaft, flip the engine over and pull the oil pan. After this point, you can take the crankshaft out. Once again, check for any visual damage. At this point, you are down to just the engine block. Look for any damages, like cracks.

Now you can focus on the heads. Use a valve spring compressor to compress the springs and remove the valve keepers. You can then simply remove the valve springs.

BEAUTY TRENDS

By Janelly Cruz

The year 2022 was all about skincare, and according to Instagram, TikTok, and Google searches, the most popular trend is Retinol. You can find this ingredient in many serums and creams. The reason it's so popular is that it has many benefits, including the reduction of fine lines, blemishes, and pigmentation issues. On TikTok, there are over 1.2 billion views under the hashtag #Retinol, making this the most popular beauty trend.

The second most popular trend in 2022 is graphic eyeliner. Eyeliner trends reminiscent of those from the 1960s and 1980s are coming back. Many of the graphic liner trends have been worn by celebrities Gigi Hadid and Kylie Jenner, boosting their popularity since two big influencers have done this trend.

Ranking third as the most popular beauty trend in 2022 is the gua sha. Gua sha is a traditional Chinese practice used to treat pain and reduce puffiness in the face. This has been practiced by people daily for centuries and has just recently started to be a social media trend because it helps build the jawline.

A face roller and gua sha (Pexels)

In 2022, TikTok had multiple trending hairstyles and colors. In the fall of 2022, the butterfly cut was the most popular - a style with volume and layers. Teens loved the way this looked because it made straight hair appear more full. Another trending hairstyle is called the "it girl." This is a shoulder-length cut similar to the butterfly cut but with bangs. This haircut is more popular with light-colored hair. Long, voluminous layers are also what Gen Z loves right now.

The hair colors copper, auburn, and caramel have been very popular in 2022. Many people are choosing these colors for more dimension and a richer feel. This is a popular color on TikTok; teens love the way this looks on others and often decide to do it themselves. That's how it became such a popular color.

Music Review - Steve Lacy's Gemini Rights

By Sebastian Munera

Earlier this year, Steve Lacy blessed the world with his junior album, Gemini Rights, a melancholy tender R&B record covering topics and themes such as love, bisexuality, breakups, and unhealthy relationships. His previous albums were primarily, if not entirely, produced by Steve himself. Gemini Rights, however, sees Lacy collaborating with more studio workers and engineers, most notably, John Caroll Kirby, a prolific composer and keyboardist who specializes in new age jazz and R&B. Lacy and Kirby's production, added with Lacy's unique vocals, work together to make this album a shining outlier in his discography. This mostly benefits the album but can also harm it in some aspects as some songs do not work hard enough to differentiate themselves from each other, making the themes and production somewhat repetitive.

Starting with the first track, Static, Lacy lays out all the themes that will be talked about through the whole album from drugs to running away from relationships to his bisexuality in the line "Looking for a b---- 'cause I'm over boys". Helmet kicks off with a catchy vocal motif followed by lo-fi drums and guitar riffs. While the main vocal melody is catchy, it feels like it pads out the song's length without adding anything new, but the occasional bass solo and vocal solo throughout the song partially save this problem. The lyrics, while simple, clearly tell about a breakup and a bad relationship with lines like, "But loving you was a hazard, so I got my heart a helmet" and how he wants to move; themes that continue in the next song. Mercury keeps the listener in silence for a moment and then transitions to beautiful Bossa Nova production followed by the "ba ba ba ba baba ba"'s that easily make this track the highlight of the album. The melodic pattern of the song is great, while the song has the most vocal melody switches of the whole album, they are all respectively catchy without being repetitive or outshining the chorus melody and production. The outro brings a satisfying end to the song with a vocal solo. In Buttons the album takes a slight turn production-wise and thematically as Lacy reflects an experience he had where he became vulnerable with his partner which led to him being mistreated over a more hi-fi instrumental of drums, bass, and guitar that builds up until the outro where it sends off aggressively. This song represents Lacy's bass and vocal ability the best on the album. Bad Habit, the mega-hit of the album, starts with one of the catchiest hooks of the 21st century and does well to stay consistent with the energy it brings in the opening throughout the whole song. 2Gether is a short interlude that foreshadows the next song with themes of wanting someone back and jumps straight into Cody Freestyle where Lacy talks to a man about not bothering him and wanting the relationship to be less codependent than it is over dreamy synths provided by John Caroll Kirby. Amber serves as a jazzy homage summarizing what the album has been about up to this point from meeting a person, not knowing how to handle it, and trying to move on. Sunshine is a more chill track with Fousheé providing a soft mellow chorus and Lacy providing more simple guitar chords and is not much to write home about. Steve ends the album by serenading the listener with his soulful vocals in Give You the World with some intricate bass and soft synths in the background. Thematically, this track sees steve wanting to go back to his partner and promising them the world.

Overall Gemini Rights is a great direction for Steve Lacy's dominance over the modern R&B genre and sees him doing more of the same but more polished than ever. It has very high highs with songs like Mercury and Bad Habit and the lowest quality the songs get to are just decent like Sunshine. Thematically the album tells a very simple story that can add to the experience upon a relisten but can get repetitive as the themes stay a little too similar through each song. To rate Gemini Rights, I would give it a 7.8/10.

The album cover for Gemini Rights

Movie Review- Falling for Christmas

By Lydianis Santos Cappas

The Netflix movie Falling for Christmas starring Lindsay Lohan and Chord Overstreet as the main characters shows us a really nice Christmas story, about a young,newly engaged heiress who has a skiing accident in the days before christmas. After the accident she is diagnosed with amnesia, this handsome man who had taken her to the hospital is taking well care of her and making sure she has all she needs at all times, he is a cabin owner with his daughter. He has taken care of this young woman since he found her after the accident. This Woman whose name in the movie is Sierra, she is engaged to a young man named Tad, they were getting ready to form a family but sierrahad the skiing accident and has forgotten everything.

When I watched this movie I was thinking that sometimes we live a life where we think that everything will always be happiness and that we will never suffer, but this movie has shown me that no matter how happy you can be is not always like that, accidents occur, changes occur and many more things why do I say this? Because Sierra was engaged with Tad and minutes after they got engaged Sierra suffered a skiing accident that has left heer with amnesia. Jake, who is the man that has helped her, is trying to help Sierra remember what had happened and who she is but she can't. The day she finally remembers she realizes that what she had is not what she wanted and wished for, she realized that she had caught feelings for Jake and that she wanted to be with him and not tad. This shows me that sometimes we are seeking happiness in the wrong place, time or with the wrong person. Sierra thought that she had all the happiness being with Tad because he was a famous influencer but comes out to be that he only cares about himself and no one else.

Sierra has made the best decision which was to say no to Tad and be with the man she has really fallen in love with, which was Jake.

WORLD CUP

By Cody Chivinski

This year the World Cup was in Qatar, which is located in the Middle East to the right of Saudi Arabia. There has been a lot of controversy around them hosting the World Cup because of their strict laws. Their laws don't relate to the laws in the western part of the world. Alcohol was prohibited in all stadiums and is only allowed in hotels where alcohol was already available and FIFA's main fan festival. So, Budweiser, which signed a deal with FIFA to sell its beer at the World Cup stadiums, was unable to.

In addition, Qatar lied a lot to land the World Cup back in 2010. It's a homophobic country and doesn't allow people to wear pride clothes at all inside the stadiums or in public because of their religious views. In instances where people have worn them, they were asked to change or get their visa revoked and leave the country.

For the first time in eight years the United States Men Soccer Team (USMST) made the World Cup. It was a super young team compared to the other teams that competed. Many doubted the USMNT's ability to win and get out of their own group because of their skill and age. Their group consisted of England, Iran, the U.S, and Wales. They surprised the soccer world when they played great defense against England and caused the match to end in a 0-0 draw. The star on the team, Christian Pulisic, plays winger or an attacking midfielder. Pulisic has assisted on every goal the USMNT scored, while also scoring the game winning goal against Iran to allow the U.S. to pass them within the group and advance to the round of 16. However, the USMNT fell in the round of 16 to the Netherlands 3-1.

Argentina vs France met in the final on Dec. 18. France is the reigning World Cup champions. Before this, there was a curse that the reigning champions wouldn't get out of the Group stage. However, they did. Also, Argentina has been an underdog as of late, especially against Croatia, who made it to the championship in the last World Cup. Everyone is cheering for them as this is most likely Messi's last World Cup and everyone wants him to win one.

However, France is a tough opponent offensively and is favored to win the game. With the star players on both sides with Mbappe and Messi but it will be great for whoever can pull out the win to win the 2022 World Cup.

BASKETBALL TRYOUTS

By Arelys Otranto-Centeno

The AAE High School Boys' Basketball team recently held two intense days of basketball tryouts. Tryouts consisted of tests of ball control, shooting, speed, stamina, defensive, and rebounding skills. These six components are vital skills that will define how players will perform in a game.

The 6 Components

The ball control test consisted of dribbling two balls up and down the court at the same time, while alternating movements with the ball.

The shooting test had two lines on each side of the court, with one side passing balls to the other, and the other line players cutting to the free line to take a jump shot.

The speed and stamina section included "1 3 5 7," wherein a player sprints down the court one, three, five, and finally seven times. The first sprint is five seconds, the next three sprints are fifteen seconds, the five sprints are twenty-five seconds, and the seven sprints are for thirty-five seconds.

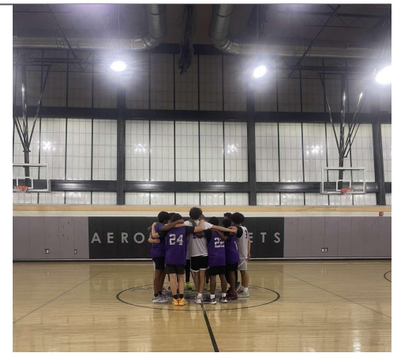
In the defense section, the players participated in a three vs two player activity. Two defensive players had to work harder to stop the offensive team, made up of three players. If these two players stop the offensive team, then they will take possession of the ball to try and shoot it into the hoop on the opposite side of the court. At the same time, one of the three offensive players has to run back to prevent the now-offensive team from shooting.

The rebounding test consisted of a king of the court drill. With three people at different baskets, a coach would start the drill off by throwing a ball off the backboard. Then, the players would have to try and score first to three wins to move up to the next round. However, you can only gain points by layups, which creates contact between players, while making them also go up for rebounds.

Perspectives on the Tryouts

"This year I think that tryouts will be a little more difficult for the boys because our [head] coach is really passionate towards this season and strives to see improvement in the players this year." Boys Basketball Manager Kareena Khalil answered when asked about the stress level compared to this year and last year.

"Probably my personal performance, like how I do and how I contribute as a teammate as well as a[n] individual." J'Veous G. a former basketball player, replied when asked about how his stress would be affected



Pictured: Myles F., Raymond U., Antione S., Mahath G., Sulo A, Trikal D., Brandon B., Jayden R., and Coach Narcisse
Photo Credit: Kareena Khaili

towards this year's basketball tryout.

"They were alright, they weren't that bad compared to my first new year. As a junior now it's pretty easy knowing the ways of the basketball tryouts." Raymond Udobong, a current player, replied when questioned on how he felt towards basketball tryouts.

Each of these perspectives informs us that, like any tryout, you may be worried about your performance. However, eventually, it is something that becomes second nature, like riding a bike. At first, you may fall and get bruised, but eventually, you will be able to ride with no hands. It takes time, and it isn't easy, but if you put hard work into what you are working for, you'll achieve it.

The Intensity

According to my sources, I can conclude that the AAE High School Boys' Basketball tryouts were intense and oftentimes intimidating due to the pressures of what the coaches will and won't accept in their athletes. The expectations that you need to meet in order to make the team can be overwhelming. However, to be the type of athlete that coaches are looking for doesn't necessarily mean you have to be perfect at everything that you do, but rather that you have to want to have a strive and a work ethic for what you are trying to achieve. To do more than what is expected, to want to be there. At times players may cloud their judgment on what the media presumes that basketball is simply being able to dunk like Michael Jordan or to shoot three-pointers like Stephen Curry. It is all about the heart and soul that you put into your performances every time you step on the court, so don't be intimidated and have confidence that you will do everything in your power to be the best athlete that you can be.

AAE BASKETBALL

By Laylah Garcia And Myles Fournier

This upcoming year is an interesting one on the basketball court, with a situation Aerospace hasn't faced in recent history. After the graduation of 10 senior basketball players after the 2021-2022 season, we are looking at our youngest team ever: with six juniors, four sophomores, and one freshman, and no seniors after the departure of Mahath Gaddipati and Rhamsez Batchelor.

Varsity Roster

Name	Grade
Raymond Udobong 11	11
Tim Balnis	11
Brandon Bourne	11
Myles Fournier	11
Jayden Ramirez	11
Sulo Adzioviski	10
Trikel Delaire	10
Julian Surdyka	10
Antoine Smith	10
Kimar Malone	9

We had a chance to speak to the basketball coach (Mr. Narcisse) and ask him some questions about this season.

Our first question was, "What are your intentions for this year ?"

He stated "My intentions are to create and foster a culture that is enjoyable and promotes character, student growth, and leadership."

Narcisse has fully taken over this year after longtime coach Mr. Parkington's departure midway through last season.

"I feel that it's important and difficult to continue the success and culture of the program," said Narcisse. "However, I'm eager to shift the culture in my vision," said Narcisse.

A common question people have is why is Narcisse so hard on his athletes?

"I am tough on my student athletes because I hold them to a standard and expectation and I will never lower the bar for them."

When asked about his expectations, he stated, "The team will have our share of struggles and battles, but with a young group, I think there's something there that'll help us be successful."

Narcisse's statement emboldens the message the team is setting for this year- showing a bright spot to be seen with a young team, with ambition and excitement for the season backed by lots of preparation.

Scan the QR code to see the schedule below and come see a game when you can!

AAE's Basketball Team

AAE INDOOR TRACK

With the winter sports season underway, the AAE jets are ready to take flight across the track in the 2022-2023 indoor track season. The team is led by our senior captains Zachary Krar, and Meghana Murugan, and junior captain Arelys Otranto-Centeno. Meg and Zach have been a part of the indoor track team since freshman year and return for their senior year.

Meg has been suffering from continuous ankle injuries ranging from sprains to even stress fractures but is coming back one hundred percent for her senior season. Zach is determined to qualify for the 300-meter dash to compete in the state track meet at Hill House High School. Arelys is excited to help lead the track team and intends to be seen as a leader and role model amongst her peers. The Aerospace indoor track team is missing their key hurdler Nathan Magold this season which will hinder the team's ability to get points as Nathan was the team's best hurdler. Although the team lost a key player, this year the indoor track team is the largest it has been in a long time with a variety of seniors, juniors, sophomores, and freshmen.

Included in the new members, Senior Rhamsez Batchelor has joined the indoor track team. Rhamsez has never been a part of the indoor track team but is an important member of the outdoor track team as he has qualified for the 100m and 200m multiple times and is rumored as the fastest sprinter in the school. Also among the new members is Sophomore Nemiah Bowens. Nehemiah is also an important member of the outdoor track team and is also one of the fastest-distance runners in the CREC district placing first in many cross-country meets.

With the new additions to the team, the AAE jets have big goals to attend states and big plans for the 4x200 team consisting of Rhamsez Batchelor, Zachary Krar, Nehemiah Bowens, and Clayton Waugh. With the cold winter arriving, the AAE jets start their season in the flames of hell with Coach John to condition them and prepare them for the upcoming season.

AAE's Indoor Track Team

Opinion - Education

By Kevin Johnson

I feel like schools play a major role in preparing students for the real world. I feel like our school has not done enough for us. Being prepared is a combination of many things, and some people's definitions may even vary. To me, being ready for the real world means you're ready to handle the challenges that come with college, trade school, or any path you choose to take after high school. People's levels of preparedness will vary because your home life also plays a big role. If your parents are investing in your future and paying for certain programs, you're more likely to be ready for college. Not all students have the same resources; some can only rely on the information they are given from schools.

At our school, students are forced to fill up their schedules with classes that will not benefit them in the future. I can see why math and English are required all four years, but I do feel like if a student has their mind set on a specific goal, the schools should allow them to take classes related to what they want to do after high school. If a student is passionate about being a doctor, our school should let their schedules be medical orientated. If the school does not have the resources to provide such classes, I think a program should be established to get the students dually enrolled with the local community college, and those classes should count for credit when they graduate.

A student's success is determined by a plethora of things, but one suggestion is that schools should change the way they teach them. If there are changes made, students may have a better chance for success after high school. For example, schools can start to cut classes that aren't really needed E.g., elective classes.

Opinion - College Admissions Process

By Imaria Simms

The college process is exceptionally long and time consuming. If you're a senior, such as I, you know it's a hassle sometimes. One thing that I finished ahead of time to ensure success was my college essay. I encourage everyone to take the time during their junior year, or the summer before senior year to start writing your college essay. Once you get that big piece done and out of the way, everything else is a breeze.

I also recommend having a clear list of the schools you want to apply for. Something else you need to make sure you get done is your FAFSA, so you get more money offers and assistance for your education.

If you are like me, you might want to apply to other schools after the ones on your list, because you would already be on top of everything else. Honestly, if you look at it, the college process can go one of two ways; it can be easy or it can be impossible. You obviously want to take the easy route if it would make life less stressful and give you more time for schoolwork and to fill out scholarships. The college process should not have to be stressful, or have you super tied up. So, getting everything out of the way early was the best option for me, and I highly recommended it to you. All I am doing now is waiting to hear back and keeping up with my grades as much as possible.

TV Review - Wednesday

By Allessandra Sono-Ampuero

The new Netflix series Wednesday, starring Jenna Ortega, Luis Guzman, and Catherine Zeta-Jones, is based on the Addams family, but from the perspective of Wednesday Addams. Wednesday is an unusual girl; she's more of a dark child. With trying to control her new vision powers Wednesday is now on the hunt to unmask who the killer monster is. This series monopolizes your attention with all the action and drama. This isn't the first appearance the Addams Family has made, with the hit musical in 2009, The Addams Family, but this is the first time we focus on one character, Wednesday Addams.

Forbes critics say that "Wednesday is an okay show that is turned into a good one by the pretty astonishing performance from its lead, Jenna Ortega."

Jenna Ortega has been moving up in the industry lately with her performance from the original netflix series YOU, to the new SCREAM movie, and now Wednesday. Multiple critics are captivated with Jenna Ortega's work in this new series, she did an amazing job working up to play Wednesday Addams and put her all into it, learning many new things and trying new things as well.

Wednesday may be an upcoming show, but it brings a unique twist on a classic play. I totally recommend watching this show.

Jenna Ortega as Wednesday in S1 E4

TV Review - The Rookie

By Shamiya Marie

The Rookie is a cop-based show about a 40-year-old man, John Nolan, played by Nathan Fillion, who is going through a mid-life crisis and decides to join the police academy. As the oldest rookie, he faces many challenges and struggles while working, but in the end, he starts to prove himself. The show has good supporting characters, such as Lucy Chen, Tim Bradford, and Angela Lopez. Each of these characters are interesting because they have their own character arcs and personal struggles. The writers do an excellent job of showing the relationship between each rookie and the training officer. The Rookie does an outstanding job of showing real-world conflicts and how the LAPD works. The Rookie is an excellent show to sit down and binge-watch when you have nothing else to do.

The Rookie's TV Poster