

The Tomahawk

Student Newspaper

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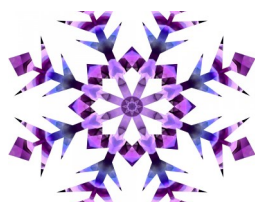
“Striving to Be
the Best”

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A Spirited Week Once Again at ICHS

By Ella Wyzkiewicz, *senior*

Spirit Week at Iroquois has been an ongoing tradition for decades, and this was one to remember because much of the school community got involved! It was filled with many surprises and fun!

The week kicked off on Monday with Class Color Day, a yearly theme day. The hallways were filled with color. More importantly, the Powder-Puff Football game took place on the new home turf, and to everyone’s surprise... the freshmen won!

Tuesday was Adam Sandler Day for the students and White Lie Day for the faculty! It was a surprise when the students walked into the school and saw all the teachers wearing little white lies on their T-shirts.

“I’m really excited to read your essay,” said Mrs. Winter’s shirt. “I have a quick story,” said Mr. Randall’s (everyone knows he’s notorious for telling the longest stories ever!). Another said, “I was not a school mascot,” written on Madame VanMaaren’s shirt.

“It was interesting to walk around

school and see different teachers’ “white lies”; it added excitement to my day,” said Kristina Theal, grade 12.

As the teachers walked around campus with their white lies, the students were dressed

“It was a welcomed return, to say the least. Everyone embraced the activities that SGB planned, and we loved it!

*Mrs. Muskopf,
SGB Advisor*

in long basketball shorts and oversized t-shirts, imitating Adam Sandler. Some students even brought sunglasses to perfect the look!

Ava Cimini, grade 12,

said, “This theme day was different. People weren’t as involved as they could’ve been, but I think that was because some people did not understand the topic.” The mixed theme day was unique this year.

On Wednesday, the school dressed as they did over quarantine on Zoom—fancy on top, comfortable on the bottom. Some people went all-out with suitcoats, ties, and fancy shirts combined with pajama pants and sweats.

On Thursday, students dressed up as flashy as they could for “Let’s Glow Iroquois,” the same theme as our dance on Saturday. People wore glow sticks, reflective vests, and neon shirts.

“I wore my glow in the dark tie, and I felt so cool, like a gangster!” said Joey Gott, grade 11.

Glow Day brought a lot of excitement to this week as well as bright color!

On Friday, Iroquois

See **Homecoming**, page 9

C-RAD Hosts School Diversity Conference

By David Nottis, *senior*

Have you ever wondered how you can make a difference in your school? Diversity Club has an interesting opportunity for you.

This fall, C-RAD took time out of their day to connect with Sweet Home and Starpoint high schools. C-RAD is the acronym for Coalition to Recognize and Address Diversity. It is a student-led group that produces ideas to make schools better for all students.

During the conference, students from all three districts interacted by playing games, doing ice breakers, and presenting ideas about different topics that need to be addressed in order to make a more inclusive environment with-

in the different districts.

The Director of C-RAD, Mrs. Slowik, indicated that the mission of C-RAD is “to meet with students, to discuss Diversity and ways to support increased acceptance and celebration of Diversity within our districts through education, awareness, promotion, and opportunities.”

Slowik went on to explain that the club has been going on since 2019. Iroquois currently has 12 students, while Sweet Home has 14 and Starpoint has 12. Six adults moderate the club.

Diversity is important because so many students lack understanding, nor have they been

See **Diversity**, page 8

Recycling at Iroquois

By Ella Wyzykiewicz, *senior*

Recycling here at Iroquois is a large topic, yet talked very little about. You can see the blue recycling bins through the halls as you go about your day, but do you know what they can actually accept for recycling? Do you ever use them? Do you even notice them as you go from class to class?

Various teachers and faculty members at our school gave some of their input on the topic.

Mr. Beetow shared how he feels about recycling at the school. He replied, “I have mixed emotions about it. On one hand, we need to be doing everything we can to recycle, but it's hard to find companies to work with that recycle well.”

“There are large piles of plastic sitting in warehouses and people don’t quite know how to go about recycling it,” says Mr. Beetow. This makes it difficult for the school to keep up with recycling when there doesn’t seem to be a place to put all of these plastics.

After gaining input from many students and adults, everyone agrees that as a school, we could be doing more to be environmentally-friendly.

Aleksandra Trivanovic, a foreign exchange student from Serbia, says, “I never see any recycling happening as I walk through the halls, not empty lunch bins, bottles or even much paper.” This is much different than her community in Serbia, where she says most everything is recycled.

The high school community must know the rules of recycling

See **Iroquois Recycles**, *page 8*

Banned Books in America

By Anthony Linski, *senior*

America has something known as “The Banned Book List.” The books on this list are banned from being in libraries and schools in certain states for various reasons. Oftentimes, banned books have something in common: they usually offer new ideas, highlight an event in history, or address a social issue.

Sometimes, parents or politicians see them as too questionable, upsetting, or explicit for youth to read, so they are banned. A few states like Texas, Florida, California, Pennsylvania, and Tennessee ban books. They address this by offering an “opt out” like the Conejo Valley Unified School District.

Mrs. Freatman, Iroquois HS Librarian, reported, “Books have been challenged or banned in other areas of the country. The Iroquois librarians work to ensure that all materials in our collections are age-appropriate and follow our Materials Selection Policies.”

One book that appears on banned lists is *Night*, by Elie Wiesel. This book is a primary source victim account of the atrocities committed by the Nazis during World War II and the Holocaust. Wiesel gives a detailed account from the moment he was forced into a train car with his neighbors like cattle to the arrival at the Nazi extermination camps. He describes the horrors and suffering that he witnessed as well as endured at Auschwitz and Buchenwald.

The overall message Wiesel gets across is that we need to hold oppressors and bystanders accountable for these atrocities committed so that history does not repeat itself. Wiesel also shares his story because he feels that it is important to learn about the Holocaust and understand the true horror endured by the millions of victims involved so we understand humanity’s past mistakes, so that they are never repeated.

Holocaustremembrance.com stated, “Teaching and learning about the Holocaust provides an essential opportunity to inspire critical thinking, societal awareness, and personal growth.”

Mrs. Hartnett stated, “Night is an extremely important piece of writing that gives the voiceless a voice. Wiesel felt that silence perpetuates violence, and his intention was for the atrocities in the Holocaust to never happen again.”

When *Night* was banned in California, the issue parents had with this book is that the scenes Wiesel describes are violent and explicit. But, many argue that if you take out the graphic scenes in this book, then there would be no point in reading it as the book is supposed to teach about the suffering endured by many in the Holocaust.

See **Banned Books**, *page 12*

WNY Hurricane Accounts

By Thomas Pazian, *senior*

In late September of this year, Hurricane Ian ravaged the Caribbean and the Southeast United States. Hurricane Ian made the history books by being the most powerful hurricane to hit the U.S. within recent decades. During its trek through the Caribbean and the Southeast U.S., the hurricane reached winds of 155 MPH, just under the requirements of being a Category Five storm, the strongest type of hurricane, at a minimum of 157 MPH.

Many people of Elma, Marilla, and Wales had friends and family affected by Hurricane Ian; some were even caught in the midst of the storm.

Aryanna and Collin Lee, in 12th and 11th grade respectively, were in Miami, Florida, specifically at Hallandale Beach right before the storm hit, but it was not in the pathway of the hurricane. They witnessed strong winds and rain while the storm was happening. Aryanna Lee said that she was excited about the hurricane as she loves storms. She also had a friend down by Daytona Beach who witnessed a bunch of power outages for two days.

Meghan Aichinger, a junior at Iroquois High School, has a grandmother who lives in Florida. Anne Aichinger, a former Elma resident, has lived in a condo by Fort Myers since the 90s. During the storm, she was fortunately safe in Buffalo, since Hurricane Ian did strike Fort Myers pretty hard. When she went back to Florida, she found her condo flooded and her car totaled.

Hurricane Ian caused an estimated total of about \$77 billion in damages according to ABC News.

During the end of Hurricane Ian’s lifespan, it diminished at Florida’s west coast and then reformed on the east coast as a Category 1 hurricane.

See **Hurricane**, *page 11*

Concert Back With a POP!

By Cordelia Thomas, *junior*

Traditionally, every year the Iroquois Band puts on roughly 4-5 concerts. Throughout the pandemic, one of the district’s favorite concerts was lost. This concert is called the Pops Concert, and has been a long-standing tradition starting roughly in the 1970s and loved by many since.

The reasoning that the Pops Concert has been a perennial favorite is because it has always been more untraditional. It is typically performed outside, weather permitting, of course. Friends and family members, as well as many people from the community come and bring lawn chairs to watch the band perform.

On June 2, this Iroquois tradition was brought back. At the Pops Concert, the symphonic band, jazz band, and wind ensemble played, all of which Iocco oversees.

The ice cream social aspect of the concert continued, yet this Iocco invited the Taffy’s food truck that served milkshakes for the audience.

All three bands preformed separately, until the end of the concert when they came together to play two patriotic pieces.

However, this year Iocco brought back

See **Pops Concert**, *page 11*

Benefits of Playing Video Games

By Veljko Rakic, foreign exchange alumnus

The controversy over whether playing video games is useful or harmful for gamers has been going on for years. Video games have been portrayed by today's media in negative light, but despite that there are many benefit's of video games that are not talked about.

The evolution of video games and the great growth of their consumers in recent years have encouraged more research on the impact of video games on human health, especially with children and teenagers.

With more and more scientific research done on it, there are some benefits of playing video games.

Making faster and more accurate decisions

On August 24, 2010, cognitive science professor Daphne Bavelier and her colleagues from the University of Rochester published a study that showed that playing action games increases the possibility of making faster

and more correct decisions.

Action game players not only honed their gaming skills after a long period of playing but also developed many others, useful for everyday life, such as better navigation in space, the ability to more accurately track individuals in the crowd, and faster reading of texts in smaller letters.

One of the biggest advantages of these people was the increased ability to work several jobs at the same time, in other words multitasking. In the scientific journal Current Biology, Daphne Bavelier, Alexandre Pouget and Shawn Green stated that people who play action games make decisions 25 percent faster than other people who do not play them.

Team spirit

Sometimes playing video games is a good way for people

See [Video Games](#), page 10

Beloved TV Series Return

By Emma Wilson, alumnus

Timeless tales are brought to a new relevance years after they have ended. Describing something as timeless means that it is so good or beautiful that it cannot be affected by changes in society. In the world of the performing arts industry, any movie, TV show, or musical that had strong popularity in an earlier era still resonates with audiences today.

With today's streaming services, many companies are offering reruns of former TV series in full seasons. Bringing back favorite characters of the past allows multiple generations to enjoy these shows, even though most viewers were not born when they first came out.

Television shows tend to be the go-to for many people. It is easier to watch a 25-minute TV show streamed without ads than it is on cable at a specific time with commercial breaks. Platforms such as Netflix, Hulu, Disney +, and HBO Max make it possible for successful series to linger in the public eye. It's not uncommon for students today to speak of *How I Met Your Mother* or *Gilmore Girls*.

Compared to today, watching television before the 2000s was reliant on cable showings and then DVDs that only surfaced in late 1996. This made Netflix eager to jump on the opportunity opening a video rental service in 1997. Originally, it worked similar to Redbox rental service, only it was online and then mailed to you. Netflix's model has evolved to be the most popular form of streaming with over 213 million subscribers. Not only does it have entirely new content, but it also has older series and reboots from well-known movies.

The recent line-up includes: *Cobra Kai*, a spin off series from the *Karate Kid* films in the 1980s; *A Year in the Life*, a limited series from the 7th season show *Gilmore Girls*, which aired from 2000-2007. And, last but not least, *Tick Tick Boom*, the 2021 movie adaptation from the musical starring the 2022 Golden Globe Award winner Andrew Garfield, for best performance by an actor in a motion picture for a musical or comedy. These all stream on Netflix, as television reboots from earlier versions.

Another older TV series introduced to a new generation is the TV

See [TV Comeback](#), page 10

Time for College Apps

By Rachel Kelly, alumnus

Applying for colleges is a confusing, tedious process and many students tend to stall when having to fill them out. There are many ways that you can make yourself stand out from other applicants, and many resources that make applying for colleges an easy process.

The best known application platform is the Common App. You only have to fill it out once and can send it to any of the 800 colleges that accept it. On the Common App, there are many different sections that need to be filled out. It can take hours to finish, so most students start early and finish it over a series of days or weeks.

Some colleges may have a different deadline, so it is important to make sure that you make a checklist and finish on time. If the college has rolling admission, you should still apply early to make sure your spot is reserved, pending acceptance. A rolling admission means you can apply as late as you want; they only stop accepting applications once the class is full.

Once accepted into a college, you must make a decision if you are going to go to that school by May 1, which is the National Deposit Deadline. This means you must pay the college tuition fee by then.

If you are thinking of applying to a SUNY school, there is an application you can fill out that all SUNY schools accept, which includes over 300 SUNY schools across the US.

Finding the right college can also be a stressful experience, and there are many resources that the school and online offers to help.

Bigfuture.org is a website where you can fill in all the different things you are looking for in your college and it narrows down the search between 3,800 schools across the country. Keep in mind that applying to a range of colleges increases your likelihood of success. It is recommended that you apply to 3-5 colleges so that you are able to have a variety of options when determining your final decision. This includes out-of-state colleges.

Knowing that a college is right for you can be a difficult thing. Often you hear of students going on college visits to make sure that they like the campus. There are a lot of things to consider when visiting a college: look for a good location, campus layout, services, efficient transportation, classroom setting, and dorm options.

It is important to make sure you try to visit the college before May 1 so that you know it is a good fit and you will not be wasting your money. There are alternative ways to look at the campus before visiting, like taking a virtual tour of the campus layout. Yet, nothing beats going to the college itself. Colleges take note of any time you put forward to contacting their school or campus, and can help you stand out over other applicants.

The college essay can pose a challenge because it is often hard to write about yourself. Remember, make your best impression in 650 words or less. You can choose 1 of 7 prompts. Topics that are easy to write about are a locale that you traveled to and something that you learned from that experience; how you obtained your service hours and what you gained from helping the community; your viewpoint on a topic that you feel strongly about; or an accomplishment that you are proud of.

ACTs or SATs are currently needed for all four year schools unless the school is registered with fair test, meaning that they don't believe in

See [College](#), page 9

Earning a Place in Iroquois' NHS

By Arija Hartel, *senior*

Are you a motivated and inspiring individual? National Honor Society is dedicated to improving the school environment through different acts of scholarship, leadership, service, and character. They strive to create a better school community using beneficial school activities, and joining this prestigious club creates many opportunities later in life.

A nationally recognized institution, NHS was founded in 1921, as an institution of character, scholarship, service, and leadership. Currently, around one million students are members of NHS. There are chapters in all 50 states, U.S. territories, Canada, and more around the world.

NHS has some big events lined up for this holiday season. They are once again sponsoring the Giving Tree where they host families

by helping them with holiday gifts. The program is sponsored through the Rural Outreach Center (ROC). In addition, they are partnering with Danny's Helping Hands for a Coat Drive to help others get through the cold season.

In the new year, NHS plans to partner with the Sophomore Class to host a pet therapy event.

NHS is focused on helping the community, so more events are more likely to help out the people in the area.

Membership consideration requires that you not only need an average of at least 94, but also the demonstration of the values NHS believes in: scholarship, leadership, service, and character. Eligible juniors and seniors can be chosen.

See NHS, *page 9*

Donkey Kong: A Digital Legend

By Riley Kistner, *alumnus*

DK. Donkey Kong. He is one of the most iconic video game characters ever and is a major reason that video games have grown into such a powerful medium in entertainment. This monkey has been at the forefront of gaming since the beginning, and yet has taken to the sidelines in recent times, being overshadowed by his partner in crime named Mario.

Donkey Kong first debuted in his title game called simply Donkey Kong in 1981. It was a one-screen puzzle-action arcade game by Nintendo that also saw the debut of their main flagship character, Mario. It set a standard of quality for video games that was previously undefined and was a massive success, being a staple of many early arcades.

The booming reception of the classic inspired Nintendo to create two sequels. An expanded version of the game was also put on the Gameboy in 1994 as well.

A change in the formula of Donkey Kong games occurred with the creation of Donkey Kong Country in 1994, a 2D side-scrolling platformer developed by Rare software for the SNES. This game introduced many mainstay and recognizable characters from the franchise, such as Diddy Kong and King K. Rool.

Along with two-player multiplayer, Donkey Kong Country was a massive success and got two sequels on the SNES in 1995 and 1996.

Alongside the Donkey Kong Country series on the SNES, a Donkey Kong platformer series was also developed for the Gameboy, titled Donkey Kong Land with 3 entries. Donkey Kong Land (1995) and it's two sequels, continuing the tradition of Donkey Kong series' being trilogies.

In the same year as the final installment of the Donkey Kong Land series, a spin-off title called Diddy Kong Racing released. It was a Donkey Kong-themed kart racer for the N64.

Diddy Kong Racing was one of two Donkey Kong games on the N64. The other was more notable, being Donkey Kong 64 in 1999. It was a 3D platforming game and is well-known as one of the best of its kind. It was called a collect-a-thon for its focus on collecting large numbers of certain key items to progress and defined the genre along with N64 title Banjo and Kazooie.

The collect-a-thon genre could be seen as a precursor to modern day open-world exploration games, such as Skyrim and Legend of Zelda: Breath of the Wild. Both genres are similar in the way they boast large, lively worlds that feel real. These games thrive on their sense of wonder and exploration of a strange, new place, and collecting treasure and skill along

See Donkey Kong, *page 12*

Big Films Hit for Holidays!

By Grace Pickering, *senior*

Everyone loves great movies! December is a huge holiday release season because it's Christmas time!

Even on Christmas Day and the days following, people are generally off of work and businesses are closed, so this offers enough time to be able to sit down, relax, and watch a movie, says Jordan Breeding of cracked.com. There is a great line-up of movies that are coming out in December 2022.

Matilda: The Musical, according to MTI, is the story about an extraordinary girl who dares to take a stand and to change her own destiny.

The original *Matilda* movie was released in 1996. *Matilda* is a captivating masterpiece created by Roald Dahl, who was a British novelist, short-story writer, poet, and screenwriter. The movie portrayed a fearless girl who wasn't afraid to stand up for what was right. Though many believe that the original film was unsuccessful at the box office since it only grossed \$33.5 million in the U.S. against a \$36 million production budget, many fans found it a heartwarming story worthy of a remake for children and families.

The Musical will be released on December 9. Alisha Weir will continue to star as the role of Matilda.

Avatar: The Way of Water, is going to be released on December 16. The film has been pushed back since 2021 due to the ongoing global health crisis. The budget for *Avatar: The Way of Water* was about \$250 million. It is the most expensive film of all time, according to the Filmtek team.

The sequel to James Cameron's record-breaking *Avatar* series has managed to hold firm to his final release date in December. Zoe Saldana, who starred as the role of Princess Neytiri, and Sam Worthington as Jake Sully, will be returning to their roles for the movie. Stephen Lang is back as the dead Colonel Miles Quaritch, who stars as the main villain in all four movies.

Kate Winslet is playing the role of Ronal in all the *Avatar* sequels, marking Winslet's and Cameron's first collaboration since the film *Titanic*, in 1997. *Game of Thrones'* Oona Chaplin, will play Varang who is said to be the "strongest character" that was in all four movies. Marvel's Michelle Yeoh has also joined the cast and will be playing the role of scientist Dr. Karina Mogue. Yeoh played the role of Florence in the movie *Gunpowder Milkshake* in July 2021 as well as *Guardians of the Galaxy 2*. Get out to see the amazing *Avatar*.

Puss in Boots: The Last Wish will be released December 22. It's a sequel to the *Puss in Boots* released in 2011. According to DreamWorks Wiki, Antonio Banderas and Salma Hayek will be returning with their roles. Florene Hugh, Harvey Guillen, John Mulaney, and Ray Winstone will be joining them to voice new characters.

In this movie, Puss in Boots discovers his passion for adventure has taken its toll. He has burned through eight of his nine lives, leaving him with only one left. He sets out on a journey to find the mystical last wish and restore his nine lives. It is also the first franchise based on a spin-off.

Don't forget, these movies come out in December, so don't miss the chance to go watch them in theaters!

Varsity Swimming Returns Strong

Matthew Sitarek, *senior*

Men's Varsity Swimming has had a fantastic season last year, so they are fired up for a strong showing this winter!

The season was loomed over with the team being bumped up into ECIC Division II from Division III. This meant a dramatic increase in competition school size and talent. The team had a total of 11 athletes last year, many of whom have returned this season: Matthew Sitarek, Alex Zveryev, Quinton Driggs, Jaylon Morgan, Tuscan Conorozzo, Vincenzo Conorozzo, Grayson Decker, and Xavier Canaple.

In 2021, the team was able to put together a good regular season as a team despite the challenges that came with moving into ECIC Division III. Strong leadership from our all junior captains Sitarek, Zveryev, and Driggs also had a large impact on such a successful season. The last meet of the year against Frontier was the closest competition; however, the team was unable to pull through and lost by only two points.

However, the post season was when the team was able to shine the brightest. ECIC Championships were held at Alden High School where the team performed well. Zveryev had a nice time drop in the 100 yd Backstroke to qualify for the Class B meet. Vincenzo Conorozzo was also able to pull off over a second drop in the 100 yd Freestyle. Another performance from Sitarek in the 200 Individual Medley put him 7th overall with a time of 2:11.56.

The Class B Championship meet came a week later. Only Zveryev, Sitarek, and Driggs had qualifying times to attend. Zveryev competed in the 100 Backstroke and 100 Freestyle placing top 15 and dropping drop in both events. His performance in the 100 Backstroke gave him a Section VI championship cut time.

Driggs was also able to place well in the 500 freestyle and the 200 freestyle as he joined Zveryev in the top 15. Sitarek was also very successful with the 100 Breaststroke and 200 IM. His time drops put him in the top 4 for both events as well as solidifying his Section VI Championship attendance. His time in the 100 Breaststroke puts him within 3 seconds of the Iroquois school record.

"It really was such an exciting year and an even better experience for myself and the athletes. Knowing that we lose no seniors this year is so reassuring as I have the same team next year," said Varsity Coach Michael O'Connor.

The House That Josh Built

Matthew Sitarek, *senior*

The Buffalo Bills had a fantastic, yet heartbreaking, season last year, but that's not all that was spoken about in the offseason.

The Bills' current arena, Highmark Stadium, is growing old and as some deem it as "falling apart." It is now commonly agreed upon that the Buffalo Bills are due for a new stadium within the decade. This is not the first time that people have thought this, however. The Buffalo Bills and the public have been asking and inquiring about a new stadium in years past, but now something is actually being done about it.

Last spring, New York State released information that a new Bills football stadium will be built and finished by 2026. The funding is as follows: \$850 million from state and local contributions; \$200 million as a loan from the NFL; and \$350 million from the Pegulas, the Bills' current owners, all according to the *Buffalo News*.

This news is very exciting to some; however, other residents tend to think quite the opposite. Erie County is to cover only \$250 million of the \$850 million coming from public funds, despite the fact that the stadium is being built in Erie County. This \$850 million coming from the public around NYS is the largest funding from the public for a stadium in NFL history.

The state also plans to use \$350 million from Seneca Nation Casinos. Although the money from the casinos is owed to the state, previously the tax money was used on ecological and other sustainable purposes. The Seneca Nation has displayed their disapproval of the use of money. The Seneca Nation pays for the costs that it takes to run a casino, and using \$350 million dollars towards the Bills' stadium does not help their industry or support their lifestyle.

It is not all bad though. Due to the state contribution of \$850 million, New York State would own the stadium and lease it out to the Buffalo Bills. The construction of this would create up to 10,000 jobs. The stadium would stay in

See Bills Stadium, page 8



More Than a Team!

Matthew Scott, *junior*

Varsity Hockey is gearing up for another strong season! The Varsity Iroquois/Alden Hockey Team's previous season came to an end in a heartbreaking 3-2 loss against Frontier in the first round of the playoffs. This remarkable team was led by Head Coach Ziegler and senior team captains Sam Staerker and Collin Harrington.

Although, they might have lost early in the playoffs, Ziegler said, "It's not about wins or loses; it's about character."

The team came out hot with a record 7-0-1 with a highlight reel of then-sophomore Jett Malczewski scoring a remarkable 3 goals in 23 seconds against Amherst, putting the team up 6-3 early in the 3rd period. With Malczewski's hat trick, known as his "Miracle on Ice," and undefeated record, things began to heat up.

Even though the team was losing close games, Ziegler stated "There's nothing like putting on that jersey; you'll never regret it. It's about having fun."

Heading into the last game of the regular season, the Chiefs lost to Lew-Port again in another close match ending 3-2. After the game, Ziegler would have one of his biggest regrets of his life: he forced to sit out of the post-season game against Frontier after getting into an argument with the opponent's coach on and off the ice, resulting in a devastating suspension.

In conclusion, the Chiefs fought Frontier as the higher seed, but lost 3-2.

Ziegler said, "They didn't deserve that."

But, he noted that fortunately the team captains Staerker and Harrington stepped up and helped the younger kids.

Now, Ziegler is excited for this new season and feels that the returning players are promising. He is eager to see senior Kevin Rieman play, saying "he sees the ice."

With the graduation of Staerker and Harrington, Ziegler said, "It'll be hard to fill that kind of leadership," but he's also looking forward to the new leadership in seniors Michael Cappozzi and Braden Axelson.

The future looks promising for this hockey team with the emerging players like center ice man Mark Klubek, junior.

Finally, Coach Ziegler described his job of coaching these players with a single word..."lucky."

Struggles With Friendships

By Jillian Boyle, *senior*

In high school, it is known how it is important to develop healthy friendships during your four years. While most students maintain healthy relationships, an occasional negative friendship may stir up considerable emotions. According to aha-now.com, these are some types of friendship struggles: jealousy, peer pressure, fear, and popularity. All of these contribute to creating unhealthy friendships.

For starters, jealousy in friendships isn't just normal, it is extremely common. Studies have shown that jealous friends tend to have low esteem, self-confidence, or feels threatened by them.

Kathy Nickerson, a Ph.D., states, "Someone with low self-esteem generally has a negative view of themselves."

This negative view can come into play when someone sees a friend succeed in any way, which makes that person compare his or her accomplishments, leading them to become envious. This will eventually make that individual feel worse about himself or herself.

According to experts online at shaped.com, there are solutions to solve this problem. If you are jealous of a friend, confront the situation and think positively. Turn the problem around on yourself and figure out what good can come from this. Another is to talk to each other one on one. Talking it out is one of the best ways to resolve bad situations.

A huge contributor to problems in friendships is peer pressure. When you feel obligated to do something because your friends are doing it,

See **Friendships**, page 8

How Teens Manage Stress

By Lena Paszek, *alumnus*

For a teenager, stress is inevitable. Between school, work, and feeling overwhelmed with all the tasks they must complete, adolescents are bound to get stressed. In their daily lives, stress is quite normal for teenagers. Because of this, it is important for teens to know how to cope with their stress and understand where their stress stems from.

Former senior, Valerie Wloch, said the two things that cause the most stress in her life is school and work.

As a matter of fact, a survey from the American Psychological Association (APA) was given to teens and 83% of them said school was a significant or somewhat significant stress factor in their life.

Many teens worry about getting good grades and being able to maintain them. On top of getting good grades, many teens become stressed about going to university in fear of the unknown. According to a 2020 survey, 66% of teens reported that they were "often or always worried about being accepted in their chosen college."

Two other big reasons teens are stressed is because they feel underprepared, or they are overwhelmed by tasks they must complete.

Health teacher, Mrs. Reedhardt, has an interesting perspective on what causes stress in teenagers' lives. When asked what she thinks causes of stress are for teens, she said, "I think it can be everything and anything."

She believes that because individuals are unique, they respond to situations differently. Therefore, what causes stress for one person, may not stress another person out.

Despite academics being a major stress cause in teenagers' lives, there are other things that cause stress for teenagers.

A 2018 survey done by the APA reported that teenagers felt stress regarding issues such as gun violence and school shootings, rising suicide rates, climate change, treatment of immigrants, and sexual harassment.

Additionally, in recent years, teens also reported they feel stress about peer pressure around substance abuse.

In fact, according to peer pressure statistics on the Adolescent Substance Abuse Knowledge website, in a 2006 study it was proven that everyday 2,500 teens choose to abuse some type of pain reliever for the first time. About 1/3 of these teens reported that they felt pressured into trying them. Because of these different factors, it is important for teens to find ways to manage their stress so that it does not become too much for them.

When you are feeling stressed, there are plenty of ways to manage it so it does not start to consume you. One coping mechanism for dealing with stress is getting enough sleep. Experts say that teens need eight to ten

See **Stress**, page 9

Teens Working Through School

By Grace Pickering, *senior*

Working during high school can be a learning experience, and it is also very stressful. Working can help students gain money for college, but it can also cause students grades to fall.

According to Shannon Doyne of the article "Teenagers in The Times," many students today lack responsibility and time management. She believes kids should get jobs while in high school because it teaches them how to take care of themselves and be more responsible with their time wisely.

"The pros of working after school for students is that students can help pay for college tuitions, personal expenses, and gain valuable work experiences," says Emma Kerr of *Pros and Cons of Working during High School*.

According to Dominic Soto, a junior at Iroquois High School, he feels that working can be very stressful. He also said that sometimes students can be scheduled for way too many hours. The drama at school can be very overwhelming, but he still recommends everyone get a job during high school because it helps with social skills.

"Anything over 20 hours can be overwhelming," notes Soto, but it also helps with college and money for a car. Even though it can be very busy, his co-workers were always there to help him when he was stressed out.

Daniel Douglas, co-author of 2019 Rutgers Education and Employment Research Center Paper, stated, "The more you work during your first year of college, the more you earn after college."

There are some explanations for why Douglas would say this. "If you're working during college, you're gaining important social skills that will be valued by future employers. Those who

See **Working Teens**, page 10

Are New Students Welcomed?

By Jillian Boyle, *senior*

Every year, new students come to Iroquois for a variety of reasons. For example, it could be because of family moves, a foreign exchange program, or even switching from a private school. No matter what it is, they come and experience the way our school works. But, every new student experiences high school life differently. Some can feel a wave of uncertain emotions, while others are comfortable from the start.

Studies have shown that it is not easy moving schools. Even teens who haven't moved have that stress as well.

According to superschool.org, "Students most frequently reported feeling stressed, bored, and tired. Researchers also found that students reported having these negative feelings 60 percent of the time while at school."

When it comes to new students struggling to fit in, current students should take their needs into consideration.

From a website called Edutopia.org, it stated, "Spending a few moments welcoming students promotes a sense of belonging, giving them social and emotional support that helps them feel

See **New Students**, page 12

Lego: The Bigger Piece!

By Anthony Linski, *senior*

Lego is a household name that’s known for their construction brick playsets. Since Lego’s initial start in 1958, the company has changed and grown quite a bit with different lines and types of sets. With every year, Lego has had its successes and failures with its various lines and series. Lego attempts to release series that will be popular among audiences at that particular time.

Information from “Ramblingbrick” states, “The lines Lego has released 2011-2020 that had an appearance on the best performing annual reports are *Lego City* with 10, *Star Wars* with 6, and *Friends* with 8.”

These lines stick with strict and specific themes. The Lego City sets are an in-the-middle type of line, having builds for simpler, younger audiences, as well as more moderate, older audiences. It features medium-sized builds such as roadways, school settings, hospitals, and fire stations just to name a few.

Star Wars is more of a mature line, featuring builds as small as the Imperial Probe Droid or as large as the Millennium Falcon, ranging from around \$30 to almost \$900. The *Star Wars* line is not entirely meant for toying around, but rather more of a collector’s line.

Unlike the *Star Wars* line, Lego’s Friends is geared towards a younger female audience, featuring treehouses and many minifigures. This line has farms, an art school, a space academy, and even an advent calendar! Most sets are meant to tell a little bit about each Lego character, like Olivia,

See *Lego Generation*, page 11

Evolution of Video Gaming

By Thomas Pazian, *senior*

Since the 70s, video games have had a huge spike in popularity and growth of sales. According to Pelham Smithers, the gaming industry didn’t make much money until around 1975 when they made almost twice the revenue as the years before. The early gaming industry had several downfalls throughout the next decade until it peaked in 1993. After 2000, the gaming industry has been steadily rising for the most part until 2020.

According to Statista, during the time of Covid 2020-2022, video games surged in popularity and consumers spent much more on video game products.

Video games, primarily for the high budget ones, have a standard cost per game, which can differ per edition of the games and when the games are old.

According to Whatnerd, during the time of PlayStation, Xbox, GameCube, SNES, and more, the standard price of games was about \$40-\$50. Around the year 2005, the era of the Xbox 360 and PlayStation 3, the standard price per game jumped up to \$60, which still stands today. Of course, no one really liked that hike in the price.

There are always popular games in every decade. Both simple games and complex games emerge annually, yet there will always be a standout few.

According to Aboutthe80s, **Pac-Man** (1980), **Tetris** (1985), and **Super Mario Bros** (1985) were the top three games of the 1980s. The top three games of the early 2000s, according to Tvoermind, were, **The Legend of Zelda: Majora’s Mask** (2000), **Grand Theft Auto III** (2001), and **Resident Evil Remake** (2002).

As this decade is yet to be finished, here are the top 3 games of 2020.

Resident Evil 3 Remake, the **Final Fantasy VII Remake**, and the third most popular game of 2020, **DOOM Eternal** are all fan favorites, according to ManofMany.

There are many games that revolutionize the gaming industry, with new additions, making the games we love today even better.

According to Looper, **Jurassic Park: Trespasser** was the first recorded game to use ragdoll physics instead of premade static death animations. Another mention was **Quake II**, which was the first game to use the standard W A S D keyboard control scheme.

An honorable mention that goes to a game that revolutionized gaming is **Half-Life** (1998). Instead of hand feeding you the story with cut-

See *Gaming Evolution*, page 10

Model UN Gives World Outlook

By Cordelia Thomas, *junior*

All the world is a stage, where diplomacy can reign. Model UN is designed as a scholastic competition that started in 1927 to provide high school students with a simulation of the United Nations. Students pair up and are assigned a country upon which they delegate for, by debating solutions and attempting to get their resolutions passed.

Model UN, according to Mrs. McCoy, the current club advisor, is a way for students to keep up with world-wide current events, as well as an opportunity to intelligently socialize with kids from other schools.

Many students know of Model UN; however, they don’t understand the purpose or benefits of participating in the club.

Mr. McAtee agrees that it is a chance for students to “think beyond the bubble” they live in. Model UN isn’t offered by every school.

Luckily, Iroquois attends two conferences: one at Canisius and one at the University at Buffalo (UB). Iroquois competed on November 3 at Canisius’s 44th Annual Conference for high school students.

Iroquois joined 28 other high schools in this simulation. The students were split into different committees including the Security Council, the Historic Security Council, ECOSOC and the Human Rights Council. All delegations were given two issues to find a solution for. These issues typically revolved around a country or two, and it is the delegation’s duty to solve these problems.

For example, the Historic Security Council had two issues from 1972, regarding apartheid in Africa and the independence movement of Ireland. Each issue takes roughly two hours with a luncheon in between the two issues. The objective of the conference is to find a solution that benefits the struggling country or countries, peacefully. The delegates create a resolution addressing the problem.

Iroquois had 20 students participate in this conference. Megan and Gabbie Aichinger (Russia Federation), Ella Wyzykiewicz and Olivia Beyer (United Arab Emirates), Ethan Enright and Jeremy Gratien (Norway) were all part of the Security Council.

Cordelia Thomas and Grace Czech were delegates of Japan and part of the Historic Security Council. Isaac Geiser and Matthew Scott (Israel), Leah Schwaab and Isabelle Canaple (Nigeria), Aleksandra Trivanovic and Kristina Theal (Russian Federation) were all part of the ECOSOC delegation.

Seth Wyzykowski and Parker Cantie (China), John Kenefick and Robbie Schmidt (Pakistan), Matthew Fredricks and Bryan Yerina (Poland) all took part in the Human Rights Council.

Matthew Fredricks and Megan Aichinger agreed that the conference was a great opportunity to socialize with students from surrounding schools. Parker Cantie also enjoyed the experience as well as the food Canisius served.

The UB conference typically takes place early spring. McCoy believes that Canisius is a great starter for the year because it is easier to be involved and interact with others. Nevertheless, UB is very popular. McCoy believes it is a more accurate representation of the United Nations.

McCoy noted that she was very pleased with the Iroquois students’ performances at the conference.

Bills Stadium,

Continued from page 5

Orchard Park, directly adjacent to the current one. The majority of the public considers this to be a huge win, while governmental officials think that a stadium downtown would bring more business to the city of Buffalo and would economically be the better choice.

“No state has EVER paid for that much of a football stadium...but anything for the Bills. Go Bills. Josh wants a dome!” said Tyler Muskopf, senior.

“Well, here’s the deal. I currently own season tickets. When this new stadium is built I will not continue to have them. I won’t pay for a seat license and then the seat on top of it,” says Mr. Dombrowski

Friendships,

Continued from page 6

or they are making you feel like you must, well that is called peer pressure. It doesn’t manifest in only one way. There is spoken or unspoken peer pressure, which is when a person either tells you to do something or when you still feel like you must because it is implied. Some ways peer pressure comes into play is with being weak, having a fear of rejection, or trying to avoid bullying. Any of these things can happen when you are being pressured into stealing, drinking, doing drugs, or even changing the way you dress just to fit in. Studies have shown that surrounding yourself with people who constantly pressure you to do bad things is always a problem. Find some friends who think the same as you, so you have someone who can help you through that stressful moment.

Another struggle when it comes to friendships is popularity. Sometimes people use your popularity among other students for their advantage. You know that someone is doing this when they constantly ask for favors, or when every conversation is about themselves and they leave your needs or feelings out. When things like this happen, you might begin to resent that friend. Yet, there is another way popularity can get in the way of friendships. If one of your good friends starts to pull away from you because they met new people, they could start to exclude you from hangouts, ignore you in school, and drift away because they are getting caught up in their new social life. The best thing to do is find a group that you fit with instead of worrying about the friends you lost. This way, you will be happy with how everything worked out.

According to senior Lily Bremer, most of her friendships ended because of jealousy. Usually it stemmed from certain relationships that she was in and her friends would become hateful for her successes. She stated that her ways to cope with this is to, “try to forget until eventually you do.” But, coping is different for every person. Bremer suggests finding a friend who appreciate you for yourself!

All in all, these friendship problems always have a solution. Anyone who is struggling with this should talk to a counselor or a family member. Ms. Emily Robinson, a social worker from Student Support, suggests finding a group, club, or team inside or outside of school to help find friends who enjoy the same things as you. This is a great way to step out of your comfort zone or to have friends who truly appreciate your well-being. Going to a therapist to talk to about these issues is also a great way to relieve stress, anxiety, and other mental illnesses.

Iroquois Recycles,

Continued from page 2

here, yet many people are in the dark about it.

Did you know that you can recycle cans and bottles in the small blue bins in every classroom? Iroquois is now working with Casella, a waste collection service in New York that is environmentally aware and cautious, recycles, and has “zero waste solutions.” When Casella first came into the Iroquois district in November 2021, there was no clear indication as to how cans and bottles were to be recycled, only paper. By the spring of 2022, Casella updated their recycling options to now include plastics and aluminum. Unfortunately, many students and staff missed the updated announcements, so there was a general lack of awareness until the building populations were educated on the procedures.

Leah Schwaab, grade 12, commented on how she feels there is a lack of knowledge on the topic. “Students aren’t pressured or told the rules of recycling. I’m not sure where to put certain objects, and there are no signs indicating where to put plastic,” she says.

Her statement is on par with the other students interviewed. This seems to be a common thought from the community here at Iroquois.

Mrs. Freatman, the leader of the STEM Club (Savings Through Energy Management), had a lot to say on the topic. “We could always be doing more, making people more aware of it.”

The STEM Club goes around every Friday collecting the blue bins from every classroom and emptying them into the larger bins. Through a separate recycling company, Imagine It Recycling, STEM also recycles empty printer cartridges, cell phones, and tablets in the library.

Our recycled objects go into recycling facilities owned by Casella, where they are put on a conveyor belt, and sorted by machines. It makes the workload and difficulty of recycling here at Iroquois virtually nonexistent. The bins at our school accept cardboard, paper, plastic, metal cans, and glass. The only problem is that the items need to be cleaned, which isn’t truly an issue, but some could argue that a lot of people don’t care enough or want to wash their recyclables.

Many people in the school are still unaware of the resources provided to them.

“As a school community, we could work a little harder to spread the information about recycling at Iroquois to help make this a more environmentally friendly place,” Olivia Beyer says.

Even one person makes a huge difference!

Diversity,

Continued from page 1

exposed to a diverse population within their communities.

When asked why she thinks diversity is so important, Slowik responded, “As diversity amongst the community grows, we want to make sure everyone feels valued and welcomed. We also want to encourage people to enrich their lives by learning about and being exposed to different cultures in a positive way.”

Offering the student perspective, a new member of the club was willing to provide insight into why people might be interested in joining Diversity Club.

Iroquois junior Megan Nottis spoke about the interactions with the students from the other schools.

Nottis commented, “This gets more people exposed to other cultures and ideas.”

Diversity is more than appearances or people’s physical characteristics. It’s about celebrating different perspectives and viewpoints that others share, even though these ideas may not show on the surface.

“We stood up and agreed or disagreed with questions and statements about diversity. There can never be enough diversity in the schools. The social interactions between the schools and students from every district were amazing. Everyone was communicating and getting along, and no one was just sitting there—not participating,” Nottis noted. “At the first gathering of all three schools, there were people from different cultures and races all getting along and discussing important things.”

Grayson Decker, a sophomore at Iroquois and Diversity Club member, participated in the C-RAD conference as well. He stated, “It was fun, a good learning experience. It did help us communicate and address diversity in a positive manner.”

Decker felt that it was important to get many viewpoints from different people.

Nottis encourages Iroquois students to check out the club and become involved. It’s a positive and rewarding experience for all.

If any student is interested in joining the C-RAD team from Iroquois, please contact Mrs. Slowik in the Athletic Office.

Homecoming,

Continued from page 1

girls dressed up in their decorated Senior Jeans, an ongoing tradition here. This was the part of the week that nearly every senior girl was anticipating. After working hours on decorating, painting, and bedazzling their jeans, the girls walked into school on Friday with lots of markers ready for their classmates and teachers to sign them!

"I spent all week on my jeans and felt a lot of anticipation walking into school and seeing everyone else's," says Olivia Beyer, grade 12.

Hayden Herbold had very artistic overalls, painted with many different designs and topics.

Friday's afternoon Pep Rally took place with the entire school gathered in the main gymnasium for the first time since the Seniors attended their freshman homecoming. The Seniors won the annual Spirit Chant and the entire competition!

"It was a nice victory for us, even though it was all fun and games. It brought us together," said Tyler Muskopf, grade 12. It was a good way to finish off strong for the Class of 2023!

The Homecoming Court announcement was filled with many cheers and surprised faces, like always. The Freshman attendees were Josh Pfeiffer and Brynn Vetter. The Sophomores selected were Mateo Conorozzo and Hailey Kulnieszewski. The elected Juniors were Marin Schaub and Seth Wyzykowski. Lastly, Homecoming King and Queen were awarded to Seniors Katherine Derck and Braden Kostusiak!

Regarding the spirit events, Mrs. Muskopf, SGB Advisor, stated, "It was a welcomed return, to say the least. Everyone embraced the activities that SGB planned, and we loved it!

The Homecoming Football Game on Friday was a fun-filled night, with Iroquois finishing with a win of 69-0! Although it was windy and cold, much of the school still gathered together to cheer for our football team on our new home turf!

"I felt school spirit in the stands. We were all cheering together!" said Tennessee Beckwith, grade 11.

The theme at the Homecoming Dance was Let's Glow Iroquois. Glow sticks and rings were handed out to students and there was a spinning camera set up to take slow motion videos of the students. Pizza Delizia, a local restaurant, provided the pizza at the dance.

"I enjoyed the decorations and the spinning camera," said senior Taylor Morris.

Muskopf commented, "It was great to see kids having fun and I think that they have a new appreciation for school events. Powder Puff was exciting to host on the new field. Plus, having the Pep Assembly and Homecoming Dance back in the gym was a nice way to return to tradition."

Overall, Spirit Week helped make long-lasting memories for all!

Stress Management,

Continued from page 6

hours a night. On top of getting enough sleep, it is also recommended that teens limit their screen use at night. Dr. Harneet Walia, MD, a sleep medicine specialist in Miami, Florida, recommends that teens limit screentime to an hour before they go to sleep.

Another good way to cope with stress is physical activity. Exercising is a stress reliever, similar to meditation in motion because after you are done, you may find yourself forgetting what you were stressed about in the first place. It also helps you improve your mood.

Phys-Ed teacher, Mrs. Kiblin, also believes that exercise is a great way to cope with stress because it allows someone to take a mental and physical break from worries.

Talking to a trusted adult in your life is another great way to handle your stress. Talking about the source of your anxiety with a trusted adult can help teens put things into perspective and find possible solutions. For instance, they may have personal experience regarding your predicament and have advice for you or they can direct you to someone or something to help.

Additionally, Iroquois guidance counselor, Mrs. Johns, stated that talking to a trusted adult about stress can help adolescents organize and prioritize things.

You can also journal when you are stressed. Research done by the American Psychological Association has shown that if you write about positive feelings you have, such as things you are grateful for or things you are proud of, negative symptoms will ease up. Additional research states that when someone expresses themselves through writing, their mental distress will be reduced, and their overall well-being will improve.

All teens manage their stress differently. For example, Wloch finds that closing her eyes and taking deep breaths helps her manage her stress. If she is very stressed, she will take a break from whatever she is doing and just try to relax. She encourages others who are experiencing stress to not cram their schedule so they can leave room for themselves. That way stress won't consume you.

Reedhardt's advice for ways teens can manage their stress is to find something they enjoy doing, get enough sleep, practice mindfulness, talk to trusted friends or adults, and disconnect from social media, as it can be very harmful to mental health.

She also believes the school can help in some ways. She stated the school staff should be there if students need to talk and teachers should be flexible with extending due dates if the student communicates with them. She also expressed her desire for the school to have a mandatory class on stress management.

Most adolescents will experience stress at some point, but the important thing is understanding how to manage stress so that you do not become overwhelmed.

NHS,

Continued from page 4

An essay is then written by the students to show that they are interested. Students must participate in 24 hours of service each year and have good academic standing to retain membership. This, along with scholarship, leadership, service, and character, are necessary to be considered. NHS is dedicated to help other organizations, so they need individuals willing to get their hands dirty and volunteer.

Future applicants can start working toward these points even today. Junior Cordelia Thomas expanded her resumé with many activities, from music to Model UN to help her stand out—and it paid off!

"NHS is a prestigious and respectable institution. After my sister was in it, I knew that I wanted to be part of (NHS) because of its character values," said Thomas.

Another option for students in NHS is officer positions. These are peer-elected positions that allow the electees the ability to help lead the club and get experience.

NHS is an organization that promotes bright scholars dedicated to helping people in the community. Membership is also way great way to boost your college application.

Freshmen, it is never too soon to start planning ahead!

College,

Continued from page 3

testing and do not require the scores on an application. There are more than 1000 schools that do not require an ACT or SAT and there is a website on the Iroquois High School home page that lists out all these colleges. Most 4-year schools, however, do and these schools require either an ACT or SAT, not both.

Notably, the Common App is accepted by over 800 colleges. There are around 7 different sections to the Common App: your profile, family, education, testing, activities, and essay/writing. Then, you must answer the college specific questions, which are questions about what you plan to major in or any scholarships application.

Lastly, if requested by an institution there may be additional short answer essay responses.

There are more resources to help the application process become easier as you go along filling it out. Applying to colleges can be difficult and time consuming so it is important to do it at your own pace and take your time. Remember to always check and recheck your work so that you appear in a professional at first glance.

It helps to think about the college application process in a positive light instead of allowing the negatives to weigh you down. After all, it is the beginning of the rest of your life!

Video Games,

Continued from page 3

to spend time together and learn how to communicate better. Playing games in groups is a specific social experience because that is how you meet new people and acquire teamwork skills (millions of people around the world are gathered in virtual groups to play certain video games).

If a family or a group of friends play together in a team and solve problems together, it is a chance for them to see a new perspective and deepen their relationship.

Jett Malczewski, Iroquois junior, said, "Playing online games helped me meet a lot of new friends that I like playing and having fun with, even though we have never met before."

Creativity in children

Michigan State University professor and psychologist, Linda Jackson, conducted scientific research with her associates that included over 500 children aged 12.

Research has shown that the creativity of children who play video games is increased compared to other children, but also that the use of mobile phones, the Internet, and computers for purposes other than playing had a negative effect on children's creativity.

The research conducted by Jackson was conducted with the help of the Torrance Test, a scientifically accepted test in which it is necessary to draw a creative piece using curved lines, name the drawing, and later write a story about the drawing. This research was published in 2011 in the scientific journal *Computers in Human Behavior*.

Reduced aggression

According to Professor Christopher Ferguson of Stetson University and independent researcher Cheryl Olson, who published the study in the scientific journal Springer's Journal of Youth and Adolescence, games like HALO, Mortal Kombat, or Grand Theft Auto do not increase depression or aggression in people where depressive symptoms are present.

According to this research, people who have a symptom of lack of attention received a calming effect after playing games, which helped them reduce aggression.

Ferguson and Olson conducted a study on 377 teens of different ethnic groups with an average age of 13-18. This research was part of a large project done by the U.S government, which was in charge of examining the impact of violence in video games on youth.

The conclusion reached by this study is that no association was found in the increase in delinquent behavior in teenagers of the tested age who have symptoms of depression and attention deficit.

Resolving problems and memory

In order to win the video game, players learn to plan their actions and to distinguish important from irrelevant information. Playing video games improves problem-solving and memory skills because children remember their previous actions.

The positive impact of playing video games on the ability to solve problems is greatest with a moderate number of hours spent playing. However, playing video games cannot be a substitute for learning or doing homework.

Some games can help you stay in shape

There are games for different consoles in which you need to use the controller to imitate what you see on the screen, so you can compete in dance, tennis, Zumba, and many other sports. This type of game is much healthier than just passively watching TV or surfing the Internet.

"One of my favorite games of all time is Just Dance because I can follow dance moves to all songs that I like, and it is great exercise!" said graduate Hollianne Dudek.

A good way to get away from reality for a while

In times when stress and problems are pressing from all sides, games can be a great pastime and a way to relax.

When students at Iroquois Central School District were asked why they play video games, Dan Morgan answered, "After being most of the day in school learning and working a job after, a little bit of playing before bed really helps me relax and enjoy great storytelling of my favorite game."

As we have seen, games can have quite a positive impact on players. If you are a gamer, you have surely experience this for yourself. Not all games are good for the mental and physical health of the players, nor is it good to spend too much time playing. Be responsible to yourself and your families. Gamers should have fun playing and solving various obstacles, especially when playing as a team.

TV

Comeback,

Continued from page 3

series *Friends* (1994-2004). The show does not have a sequel or anything following the story, but it does have the friends experience in NYC, which opened early in 2021, about 18 years since the last episode. This experience allows fans to walk through the sets of the show. *Friends* is available on HBO Max, along with the cast reunion from 2021, which also aired on live television.

On its first day of release, *Friends* was watched by an estimated 29% of U.S. streaming households, according to variety.com. This is fairly surprising considering the pilot of the original show aired on September 22, 1994 and had approximately 22 million viewers. It gained around 30 million more fans across the span of 10 years when the finale aired on May 6 2004, which had 52 million viewers.

So, what do all of these performances have in common to come back to the screen? A successful series needs good characters and relatable style-writing that pulls an audience together. With the advent of greater technology, great narratives (or even their spinoffs) can return to life decades later and stream right into our homes, so now the story never really disappears from our memories.

Working Teens,

Continued from page 6

balance school and work also may go onto higher earnings because they have more developed skills and a stronger social network," he noted.

For many students, jobs create responsibilities and make them very successful. Unfortunately, working too many hours can cause kids' grades to decline. It is important that each individual seeks out employment that will strike a healthy balance for that student's academic success.

Gaming Evolution,

Continued from page 7

scenes, it relies on scripted sequences that are placed around the levels, usually that are in your path, according to Vrscout.

The video game industry since its creation has been improving to ensure that the industry stays alive and well in coming years. Since the dawn of video games, their popularity has increased as the technology used to make them has become more advanced.

Hurricane,

Continued from page 2



Anne Aichinger's condo complex
in Fort Meyers, Florida

Mrs. Drechsel, a high school special education teacher at Iroquois, has a brother that lives in Florida. Marc Kirsch lives two miles off the Atlantic coast. When the hurricane hit, he was working at Halifax Hospital, and he ended up working there for three days straight.

When he returned to his apartment, he was greeted with the roof nearly missing, water and tree damage all around his apartment, and the pool area of the apartment complex was destroyed.

Hurricane Ian affected many people's lives leaving a staggering amount of damage and hardship for many Florida residents.

According to ABC News, Biden said that it is expected to take years to rebuild Florida and have a full recovery from the massive storm.

Pops Concert,

Continued from page 2

alumni from the previous two years returned to play with the current students. These alumni had missed their own Pops Concert due to the pandemic.

Performed by the band, were pieces more popular than your average, traditional band music, including theme songs from movies and musicals. This concert was viewed as the last hurrah of the band that year. Students were very happy that Iocco brought this tradition back.

These two patriotic pieces are called, "Stars and Stripes Forever" and "Armed Salute." They are played every year during this concert.

The song, "Armed Salute," is a medley of the five branches of the military's songs. These branches include, army, air force, navy, marines, and coast guard. For every branch's song, the veterans in the audience are asked to stand during their feature section. They receive a thank you and applause from the band and audience for their service in the U.S. military.

When asked about the importance of playing patriotic songs in the concert, Iocco states that it was a meaningful way to end the concert. He discusses how after 9/11 there was an increase in patriotism, and he wanted to honor that. It also shows gratitude towards all the students' family members and relatives who have serviced for our country.

All in all, Iocco and the Iroquois community were excited to bring this tradition back. Iocco was ecstatic for the concert and decent weather, too.

Lego Generation,

Continued from page 7

Mia, or Stephanie.

Minifigures have been a fan-favorite feature for Lego, as builders often lean toward particular sets just to obtain a certain minifigure. Lego's minifigure "blind bags" have gone through a controversial change recently. After 23 different series of these minifigures, Lego has always sold them in plastic blind baggies. These plastic bags allowed the customer to feel certain pieces of the minifigures that they wanted. Starting September 2023, these minifigures will be sold in cardboard blind boxes due to environmental concerns, but now this eliminates the opportunity to search and feel for a certain minifigure.

Jaysbrickblog reported, "You can automatically tell that it's going to be near-impossible to "feel" and easily identify Collectible Minifigures, which has been a tradition as old as time."

This is not the first controversy the minifigure line has been in, *The Simpsons* blind bags series 1 and 2 also caused issues. Fans of Lego believed the television show *The Simpsons* was too inappropriate, as it is a cartoon for adults.

CNN reported, "Some LEGO fans initially railed against the idea, questioning the behavior of the show's characters and its treatment of mature topics."

For years, each Lego line has had a couple of small inexpensive sets and large expensive sets. The more expensive sets have a bigger build and more minifigures than the smaller ones. A very common theme with the minifigures included in the bigger sets usually featured exclusive minifigures you can only get with that set. Now when kids want these minifigures that are only included in the expensive sets, their parents spend more money and possibly buy more.

Continuing, Lego has a line known as the *Architecture* line, which started in 2008 and the focus is different buildings or landmarks such as *The White House* or *Tokyo Sky-lines*. The series have been marketed for older audiences, as they are not meant to be played with but to be displayed. You'd hope the sets would show a full model of what they are supposed to be replicating, but certain sets fail to do this. *The Statue of Liberty* set in the line is a small-scale replication of Lady Liberty. Yet, one crucial part is left out; there is no detail in her face, only a blank green piece. *The Pyramid of Giza* set is a large build, but the product is only a little over half the pyramid.

Lego takes other parts of the architecture line and creates them to have as much detail and accuracy as possible. For example, the Lego *Titanic* itself is made up of 9,000 pieces, which makes its total size 53 inches long. To get as close as to the *Titanic* as possible, there is interior detail as well as exterior.

The difference between the more detailed sets to the basics is in the initial development phase. Lego sets start out as concepts and drawings; this process decides the complexity and size of the set. Then they are developed with 3D modeling on computers.

"Here the designers play around with texture, color, and finish," stated Christopher McFadden, an editor from *Interesting Engineering*.

Following the design phase, the sets eventually are printed as prototypes for testers to play with. This phase will fix any problems or flaws that the new prototype sets may have to help create a perfect product. Finally, the best set is selected from the prototypes and then mass produced to be sold as a new product.

Back in 2008, Lego released a set of the *Hogwarts Express*, which featured the train, tracks, and a few minifigures. Its special feature is once fully built, the train could move around the tracks. The new 2022 *Hogwarts Express* set comes with more minifigures and the build has a bigger scale, but this train cannot move like its older counterpart.

Both young and old fans keep coming back for more, disregarding any controversies in their build choices.

According to Google, Lego's net worth is approximately \$9.1 billion U.S. dollars. So, regardless of these decisions, they are still a successful company that knows what they're doing.

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Judging

Dec. 20

By Main Office Staff

Banned Books ,

Continued from page 2

With *Night* banned in some districts, kids will not learn about the topics the book addresses. This can be said about all banned books as many focus upon different social issues about humanity's past mistakes. If students don't study them at all in school, then many worry that society may allow it to let it happen again.

Drew Miller, a junior, stated, "The book *Night* is important because it shows us the horrors of the past and tries to ensure they will not be repeated."

This American censorship is reminiscent of some of history's most vicious dictatorships. One main action these regimes would take to make sure they have full control over its people are censoring different types of media that allow other ideas that contradicted their radical and extremist beliefs. Adolf Hitler and the book burnings in the square at the State Opera of Berlin; Mao Zedong and the cultural revolution in 1966; Joseph Stalin and the censorship in the Soviet Union with movies and television such as *Rocky 3*; and even modern-day China today with the great fire wall of censorship that denies its people different services like Facebook and Twitter. Many feel that history is repeating itself today in America in 2022.

According to the American Library Association, books continue to be banned from American schools. Notable books that were banned last year in 2021 are: *The Hate U Give*, by Angie Thomas, due to explicit racial content; *Out of Darkness*, by Ashley Hope Perez, due to its mature ideas; *Me and Earl and the Dying Girl*, by Jesse Andrews, because of the situations presented in the book.

Donkey Kong ,

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the way to a Journey's end

Donkey Konga (2003) and Donkey Kong: Jungle Beat (2004) both released on the GameCube, being spin off titles utilizing the Donkey Kong Bongos accessory for the console. It was a pair of bongos that would send inputs to the system when hit and is one of the most iconic Nintendo console accessories to exist. Jungle Beat would be ported to the Nintendo Wii, but with remote controls instead of bongo requirements.

Before that though, Donkey Kong stormed onto the Nintendo Wii in 2007 with Donkey Kong Barrel Blast, which was another racing game. Both these releases, however, were overshadowed by his third arrival on the console, Donkey Kong Country Returns (2010). It was a return to the 2D Donkey Kong Country series and a wonderful return to form.

Country Returns was followed by the most recent Donkey Kong game, Donkey Kong Tropical Freeze for the Wii U and Nintendo Switch. It is the second entry in the revived Donkey Kong Country series, and was well received on both platforms, being called the best non-Mario 2d platformer by fans.

Unfortunately, the Donkey Kong games never do as well as the Mario games. Most people only know the character from crossover games, most notably and recent Mario Kart 8 Deluxe. He is seen as a side character for Mario, when his name was on the first box. However, he still has a very dedicated fanbase that know how invaluable he is to the gaming world.

Throughout his history, the consistent pattern of Donkey Kong is his persistence. He has had one of the longest running franchises ever, and it cannot be understated the impact he has made on genres and video games as a whole. He is a beloved character by many, and it is easy to see why. He is simple; he likes bananas and he is an ape wearing a tie. He is Donkey Kong.

New Students ,

Continued from page 6

invested in their learning."

Marin Schaub, a junior, stated she wasn't welcomed into Iroquois High School with open arms. She was a new student during her freshman year. She knew some people before she came, but it did not make much of a difference. She usually went a whole school day only speaking to one person. For Schaub, her high school life during this time was not the best.

Another junior, Abby Kowalow, states the students really reached out to make her feel welcome and wanted her at this high school. Our Iroquois students made a great impression of themselves to this new student.

Teachers can also shift someone's feelings towards a new school. For example, talking to them after class starts or starting good conversation can create a positive climate. Schaub spoke about Mr. Betrus, who truly made her feel welcomed into the high school and made her new experience more comfortable. Mr. Violanti also contributed to her transition.

Kowalow also stated some teachers were helpful during this huge change. She spoke of Mrs. Muskopf and Mrs. VanMaaren.

According to Mrs. Ford, Student Services tries their best to get them involved in the activities they might enjoy, whether it's sports, clubs, or other events.

Schaub stated that she joined outdoor track, where she began making good friends. She finally felt much more comfortable at Iroquois.

Sometimes, students don't get off to a good start at a new school. One of the main reasons is because of students not being welcoming to others when they need it most. But according to Schaub, you can turn it around and end up having a great year!

Other ways to help a new student are introduce them to your friends, sit with them at lunch, and help them with their schedule. Every small gesture goes a long way, especially for someone who is anxious and doesn't know anybody.

Ford explained some ways that she and other school counselors help new students, such as putting them in class with already known friends or setting them up with kids who are outgoing or involved in many activities.

Furthermore, make sure all students are making new students feel welcomed into our school—even teachers, too.

Striving to be
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- Jillian Boyle
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- Grace Pickering
- Thomas Pazian
- Ella Wyzkiewicz
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