

## MUSTANGS

---

All things in our  
community

## LIFESTYLE

---

Everything cultural

## ISSUES

---

Events in our world  
and how we feel  
about them

## KNOWLEDGE

---

News from our  
backyard to your  
screen

ISSUE 4



# M.I.L.K.

Image Credit: <http://www.shutterstock.com/gallery-247555p1.html> mariait <http://www.shutterstock.com> Shutterstock.com



**MUSTANGS** All things in our community

- 03 "Group Projects: Actually Good or Really Bad?"  
**Jaden Longley**
- 4-5 "MSA Shuns Masks at Sporting Events, Continues to Require Them in School"  
**Sarah Palmer**
- 06 "Fans: Something to Seriously Consider or a Hard Pass?"  
**Jaden Longley**

**LIFESTYLE** Everything cultural

- 09 "Holmes and Watson: Cinema Garbage"  
**Matthew Kuhn**
- 10-11 "The Perfect Team: Champion of the Imperfect Season"  
**J. Maclean Tadlock**
- 11-12 "90's Shooters"  
**Matthew Kuhn**

**NEWSPAPER STAFF** Meet the team

- 14 **Sarah Palmer, J. Maclean Tadlock, Matthew Kuhn, Jaden Longley, Sloan Postlewaite, Caila Prestidge**

**ISSUES** Events in our world and how we feel about them

- 7-8 "5 Dead, Countless Injured in Violent Attack of US Capitol"  
**Sarah Palmer**
- 8-9 "The New Road: A Bittersweet Chapter in Educational Reform"  
**Sloan Postlewaite**

**KNOWLEDGE** News from our backyard to your screen

- 13 "MIND BUG: Mental Health During the Pandemic"  
**Sloan Postlewaite**

# GROUP PROJECTS: ACTUALLY GOOD, OR REALLY BAD?

THE IDEA OF A GROUP PROJECT IS GREAT. THE IMPLICATION OF THEM, NOT SO MUCH.

By **Jaden Longley**

Group projects are activities that require students to “work together” to finish them.

To be honest, students don't actually work together to finish these assignments. These projects are not helpful to students in the slightest because of the stress that these can put the students through, and with COVID being around, these projects are limited in use.

Students sometimes rely on other students to do the project for them, adding further stress on those who actually do the project. Additionally, students would rather have control of their own grade, instead of getting a fractured grade due to lack of work from the student's teammates.



If your team is lazy and you and one other person does any real work, there will be no time to relax, depending on the size of the project.  
Source: Systemation.com

School projects are bad, and students hate them. As senior **Matthew Kuhn** states, “I despise them with every fiber of my being and would remove group projects for convenience.” People don't like group projects because they are stressful, slow, and all-around bad. There is no use of them.

They even fail at their main purpose, which is to form stronger bonds among students. In fact, they often degrade relations between students. No one likes them and they are not good for our mental health.



Work anxiety more often occurs when you have a lot of work, i.e someone on your team does not help out with a group project  
Source: VeryWellMind.com

If separate grades were set on each role, instead of just one shared grade, they would be better. Even just adding the option to do the work for the group project independently would be a step in the right direction. Any of these options would be better than the average group project format.

Group projects suck. No one likes them, and they are used way too often. If separate grades per role were used, they would be better. Please either just remove group projects, or change the format. The exclusion of this nasty project format would benefit all of us in the long run.

## You Need a Mixed Bag

These projects are usually used for developing relations with students.

This normally does not happen for a variety of reasons, one of which is putting introverts with introverts. If you want top results in a group project, have it be a group of two: one introvert, one extrovert. The introvert will do the project, while the extrovert will do the presentation.



# MSA SHUNS MASKS AT SPORTING EVENTS, CONTINUES TO REQUIRE THEM IN SCHOOL

DIFFERENCES IN MASK POLICIES DURING SCHOOL HOURS AND EXTRACURRICULAR SPORTS MAY BE SETTING A DANGEROUS STANDARD FOR COMMUNITY.

By **Sarah Palmer**

Mill Springs Academy has a stringent set of policies in place regarding COVID-19 safety, including mandatory masks, temperature checks, contact tracing, and circles of contact. Why do these policies not translate to the school's extracurricular sports?

Despite attempts to keep in-person classes as safe as possible, including mask breaks, enforced social distancing, and temperature checks, efforts to keep school sports COVID-safe seem to have stalled. Per CDC.gov guidelines, "Vigorous exercise in a confined space (e.g., indoors) may contribute to transmission of COVID-19 and should be limited. Indoor activities pose more risk than outdoor activities. Minimize the amount of time spent indoors. If it is necessary to be inside, ensure the facility has proper ventilation and filtration systems and open windows and doors to increase airflow throughout the space."

Senior **Maclean Tadlock**, a Varsity Basketball player, shared that he "was not surprised that masks were not forced during practices and if you are playing in the game."

When asked what he thought the reasoning behind lax mask regulations were, he elaborated that "the only reason that I can say that might be the reason is that it is very hard (for me, at least) to breathe and run with a mask on."

Senior **Jody Cleveland**, a track/cross country athlete, was also not surprised about mask requirements during sporting events and said, "It makes sense given the situation that we're all stuck in, but it's very hard to implement in a competitive sports environment where you are basically required to breathe heavily. For the way it's worked since I've been running this semester, it's mostly required for everyone to wear a mask until the moment the actual running starts."

**Cleveland** acknowledges the difference between strict in-school mask-wearing versus practices and games, responding, "I also recognize that it probably defeats the purpose of wearing them at school at that point. A chain is only as strong as its weakest link, so it doesn't make sense that we beef up security in some areas and ignore them in others, no matter how much sense it might make at the time."



At their first game of the season, MSA's Boys Varsity Basketball players line up for the shot.

Source: **Sarah Palmer**

Neither he nor **Tadlock** speaks to the high likelihood that continuing to run sporting events this way puts all those connected to the MSA community at risk.

**Tadlock** does share that "as athletes, we understand that there is a risk, and that you are essentially waiving your rights when you sign up. Plus, if someone wanted to avoid the risk by wearing a mask, the referees are not keeping them from doing so, as long as it is worn correctly." The problem is that though the students directly participating in these sports may have agreed to take the risk, the community as a whole has to be considered.



COVID- 19 continues to infect people each day, and as hospital beds and ventilators are filled up and the death toll in the country continues to rise, behaviors like these set a dangerous precedent. No one wants to lose out on activities that they enjoy, yet barriers should be in place to protect both those who wish to participate and those who chose to sit on the sidelines.

To keep members of the Mill Springs community safe, considerations should be taken to reevaluate how sports at school are conducted.

While it may be irksome to further change how this school year is run, everyone on and off the court should feel safe going to school.



MSA Wrestlers compete at NCCS event.

Source: [Millsprings.org](https://millsprings.org)



Pictured: Senior **Jody Cleveland** running cross country.

Source: **Caila Prestidge**

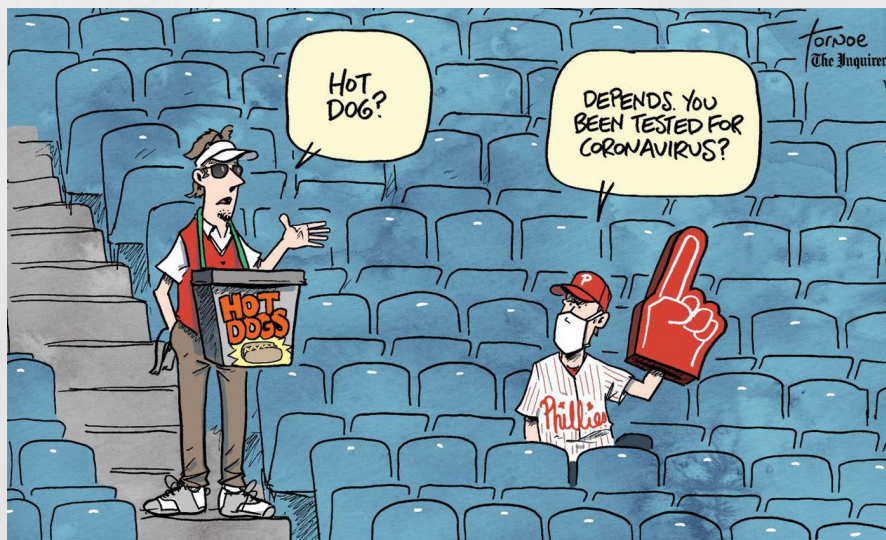
To clarify for the reader: not all Mill Springs' sports are held indoors. While Basketball and Wrestling are conducted indoors, Cross Country/ Track/ Soccer are held outside.

Per CDC.gov guidelines, the risk of COVID transmission is greatly reduced during outside group events. These risks cannot be weighed identically.



MSA Wrestlers compete at GISA state championship event.

Source: [Facebook.com/MillSpringsAcademy](https://facebook.com/MillSpringsAcademy)



Source: [Inquirer.com](https://inquirer.com)



# FANS: SOMETHING TO SERIOUSLY CONSIDER, OR A HARD PASS?

Fans could really help with air circulation, decreasing the chances of catching COVID-19.

By **Jaden Longley**

## The Necessity of Circulation

AC units really help, but how?

AC units take in the air via outside fans and then filters it. After it has been filtered and cooled it is released into the room that the AC unit is in, forcing out the old air.

It continues this process over and over again and really helps. However, nothing beats just opening the window for a little.

Fans are widely used all around the world for cooling and circulating air, and they may have an even better use during this pandemic. When asked about using fans in the classroom, senior **Matthew Kuhn** stated, "I think that fans would be a pretty good addition to the classroom. The question is how many. I think two per classroom could work." Maybe while we use them during the pandemic, we could more closely interact with other students, unlikely, but maybe. This would be a great way to get back to school without as much worry for getting sick, it's not 100 percent guaranteed to work, but it is worth a try.

There are many types of fans, some less practical than others. Some varieties are ceiling fans, uprights, paper fans, etc. Uprights and AC units are more practical than paper fans or ceiling fans due to the air filtration system in AC units and the single side facing usage of uprights. Both of these also use electricity, which has to be more efficient than a paper fan.



An AC unit is better than a standing fan because of the filters that it has, but is far more expensive.  
Source: PCM-Canada.com

The purposes of fans, moving and circulating air, coupled with open windows, could help to lower the risk of contracting COVID-19 in closed spaces, but student **Sarah Palmer** argues, "I guess I would only use one or the other. I don't see too many reasons to need to use both fans and open windows." Using fans on their own has actually been proven to increase the chances of particles spreading from person to person. Many teachers keep their windows open so that fresh, "un-infected" air can circulate in and out.



A stand-up, rotating fan can work very well in a socially distanced classroom, especially when combined with open windows.  
Source: Lowes.com

During this pandemic, students are longing for a chance to interact closer with their friends and peers. Some say using a fan can be helpful to circulate the air if used with open windows, but there is also evidence that fans actually make the COVID particles more mobile. Can using fans be a solution and should every class have one?



# 5 DEAD, COUNTLESS INJURED IN VIOLENT ATTACK OF US CAPITOL

DESPITE VARIOUS ACTS OF VIOLENCE COMMITTED ON THE GROUNDS OF THE US CAPITOL THE PAST TWO CENTURIES, THIS HAS BEEN THE FIRST BREACHING OF THE BUILDING SINCE 1814.

By **Sarah Palmer**

## The Second Impeachment Trial for 45

**Donald Trump** is the first president in United States history to be impeached twice. On January 13th, in a 232 to 197 vote in favor of impeachment, the house charged **Trump** with "Incitement of Insurrection."

While the Senate is not set to come together before January 19th, Senate Majority Leader **Mitch McConnell** said that their first priority is "facilitating a safe inauguration and an orderly transfer of power" (CNN.com).

**Update:** As of Tuesday, February 9th, the second impeachment trial of **Donald Trump** has begun. The second day of the trial was used to highlight the harrowing events of January 6th, the storming of the US Capitol. **Trump's** defense team is gearing up to take the stand Friday, February 12th.

**Update:** As of February 15th, **Trump** has been acquitted for a second time, falling short by ten votes to impeach him. But make no mistake **Don**, America and the world won't forget how you conducted yourself throughout your presidency.



Pictured: President Donald Trump at a press conference.

Source: [Deadline.com](#)

Senior English Teacher, **Shilpee Kathuria's** initial reaction to news of the Capitol Insurrection was one of "instant fear." She recounted that, "My first thought was that people were going to die and even though I am diametrically opposed to what the rioters believe, I didn't want anybody to die." Five people died in the attack. One police officer perished while physically engaging with rioters, one female rioter was shot, and three other rioters died from subsequent medical emergencies during the breaching of the Capitol.



As soon as they hit the fence line, the fight was on. Violent confrontations from the start. They came with riot helmets, gas masks, shields, pepper spray, fireworks, climbing gear — climbing gear! — explosives, metal pipes, baseball bats. I have never seen anything like it in 30 years of events in Washington." — Capitol Police Chief Steven Sund Source: [WashingtonPost](#)

On the day of the attack, countless flags were flown as the hordes of insurgents marched beneath them. While not all were explicitly violent in nature, a majority carried racially charged flags and other insignia with a long past of traceable, hateful rhetoric. Flags and symbols flown that day included the American flag, the Nazi flag, the Confederate flag, "Proud Boy" merchandise, and QAnon gear (paying tribute to an anti-Semitic, anti- LGBT-related conspiracy theorist).

The flames of anger and bigotry have been fueled during President Donald Trump's four years in office, culminating in a violent riot where the US Capitol building was stormed in an effort to overturn the results of the 2020 election. But make no mistake, these violent aggressions committed during Trump's presidency are neither new nor the direct fault of his actions; this is America.

On January 6th 2021, members of Congress were meeting to confirm Joe Biden's victory from Presidential election results. Armed with pipe bombs, handguns, assault rifles, and the materials to build eleven Molotov cocktails with homemade napalm, per Independent News Outlet, rioters had overwhelmed temporary fencing constructed by police by the time Vice President Pence had begun speaking with Congress ("Capitol Riot").

Mill Spring's Junior, **Kat Hellerstein**, was assertive in her belief that this storming of the capitol was an act of domestic terrorism saying, "When people think of terrorism, it's always a foreign country, but it can happen most anywhere... it doesn't happen here because it's America [emphasis added], but it really did happen. A crowd of people ruled by one singular person who gave them the okay to do that. And they were breaking laws... And people were killed."



**Hellerstein**, an AP Psychology student, pulls from her studies in an attempt to analyze how this tumultuous situation quickly became a self-righteous, violent attack on this country's democratic processes.

**Hellerstein** draws focus to a phenomenon she calls, "The Crowding Effect." To give a quick overview, she illustrates that people are more likely to act out and be bolder when surrounded by those with similar beliefs. She explains that the subsequent train of thought would fall along the lines of, "hey I should do that because people that are on my side are doing that." In short, birds of a feather flock together.

**Kathuria** spoke in reference to the historical nature of this event, remarking, "This is clearly a significant moment [...] because never in the history of the modern political era has the US Capitol building ever been breached, with evidence of clear threats to our Congressional leaders, the Vice President, and the police. Having family in India and conversing about it first hand, the one thing that the US is known for internationally is to have peaceful and congenial transitions of power.



Pictured here: one of the maskless rioters who overtook the Capital, unafraid to reveal his identity for the photo. Source: NBC News

Bloody acts when leadership change occurs is just not part of our political process, although it is sadly the norm in other parts of the world." An attack of this magnitude will forever be marked in America's history as one of blatant insurrection against the standard of democracy this country has upheld.

While America attempts to heal, President **Joe Biden** has begun his Presidential term. In the short time he has been in office, Biden has worked to enforce mask mandates and COVID-19 vaccine efforts, added new immigration policies, and rejoined the Paris Climate Agreement.

# The New Road

## A BITTERSWEET CHAPTER IN EDUCATIONAL REFORM

Image Source: DBayan

By **Sloan Postlewaite**

The U.S.A's educational system isn't designed to educate every child equally. Billions of dollars are spent on the best students, the ones who ace testing and are socially fit. Students who are struggling in American public schools are left behind.

As a part of the US government's approach to educational reform, one of the procedures is to pick out students from a certain area who demonstrate aptitude in better schools.

Often, the government only chooses students that are well off and the cheapest to teach.

School isn't just about learning the material and being forced in a box. It is about shaping who you are and building relationships. When you are in school, find someone who will help you in classes, introduce you to new things, and always offer a hand with things when you are in a dark place. It is possible that the current educational reform system is working better than some might think.

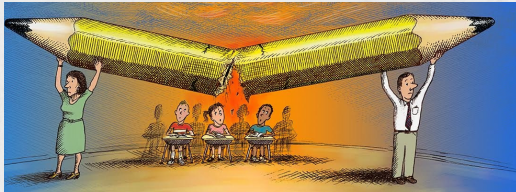
During the current situation and the Great Recession, it might take time to flourish.

We should keep failed attempts in mind when trying to improve the flawed system for the better. Attempts considered a failure include "No Child Left Behind" (2001-2015) and the "school choice" movement. We can learn from the positives and negatives of the past, and settle for better-working and modern approaches to the issues at hand.

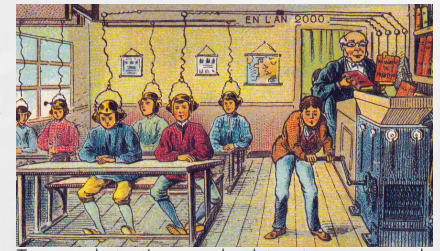


The backlash and praise are equally understandable. Creating a just system for students to get an equal education, despite factors putting them back for children that will shape the future of this country, sounds like a common dream among families. On the flip side, there has been too much testing, "narrowed curriculum, too little quality control in the school choice movement, etc." (Educationnext.org).

It is quite obvious to see how we got to the crazy point we are at. Educational reform is working on how it is designed day-by-day. We have made a lot of progress in the system, but there is still a lot we need to work on. Changing the education system for the better won't be easy, but we are getting closer every day.



Educational reform may not be as bad as it sounds, it may just take some extra time to bloom to its full potential. Source: Hoover.org



Too much testing can lead to strenuous work, and not enough socializing and individuality. Source: FordhamInstitute.org

# HOLMES AND WATSON: CINEMA GARBAGE

There are movies that are so bad, they're good... and then there's this one.

By **Matthew Kuhn**

Movies like *The Room* are honestly great. Some things don't need to be good to be entertaining and they make good movies even better in comparison. I remember going into *Holmes and Watson* with no idea what I was in for. Getting out of the theater felt strange. Though I laughed sometimes at how bad the movie was, it felt like a fever dream. It is genuinely some of the worst comedy I have ever seen. The jokes are either drawn out for too long or feel out of place.

A comedy movie about Sherlock Holmes is not even that bad of an idea: it's pretty good. The execution of this movie, however, is horrendous. The movie is dead in the water as soon as it starts, giving a backstory that is not needed.

The budget of this trash fire of a film was 42 million dollars, which would have been better used for poor communities in need. But no, the world needed *Holmes and Watson*.

The story itself is fairly simple: Sherlock and Watson have to stop Moriarty from murdering the queen. They go from place to place to do whatever gags the writing team thought up.

It's not that complicated but what matters is the comedy in the scenes. Suffice it to say, they could not do anything right. Some jokes either flop or are underwhelming after a buildup of the joke. The jabs at Donald Trump, in particular, feel very out of place, seeing as the movie is set in a different time period and a different country.

Not that I have a problem with these jokes, but it's just awkwardly thrown in there. Don't even get me started on the bar hijinks because it's just horrendous.

I don't think that there was a single joke that was genuinely intelligent. In the end, watching this movie is like rubbing sandpaper against your eyes. I could give a hundred different movies that are way better than this mold stain of a movie. If you like keeping your sanity and brain intact, don't watch this. Use that hour thirty to do something productive.



What were they thinking?  
Source: IMBd.com



# THE PERFECT TEAM: CHAMPION OF THE IMPERFECT SEASON

## HOW ALABAMA WAS ABLE TO OVERCOME 2020 TO WIN THE COLLEGE FOOTBALL PLAYOFF NATIONAL CHAMPIONSHIP

By **J. Maclean Tadlock**

### INSIDE THE JOURNEY OF DEVONTA SMITH



Wide receiver **Devonta Smith**. Source: [espn.com](https://www.espn.com)

Meet **Devonta Smith**: the Alabama wide receiver who, prior to the 2020 College Football season, was only known for his famous game-winning touchdown catch in the National Championship Game on Monday, January 8, 2018. Born in the small town of Amite City, Louisiana, Smith went to Amite High Magnet School. Though **Devonta** didn't have the size and strength, he made up for it with his killer speed and quickness. It is said that his teammates at 'Bama call him the "Slim Reaper," due to his skinniness and because he takes souls while on the field. Though Smith has declared for the NFL Draft, the wide receiver claims that he will be the hardest worker regardless of who picks him in the draft ([nfl.com](https://www.nfl.com)).



Wide Receiver, and 2020 Heisman Trophy winner **Devonta Smith** making a famous one-handed catch against LSU. [kplctv.com](https://www.kplctv.com)

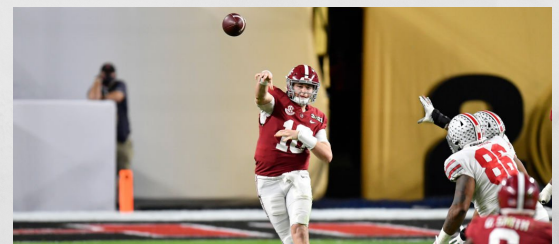
On Monday, January 11, 2021, the University of Alabama Crimson Tide won their third College Football Playoff National Championship, their 13th National Championship in the poll era, and 18th all-time.

The Crimson Tide traveled to Hard Rock Stadium in Miami, Florida, where 14,926 socially distanced fans watched Heisman Trophy winner **Devonta Smith** have 12 receptions for 215 yards and three touchdowns. The most successful College Football program in history rolled to a 52-24 win against The Ohio State University Buckeyes. Alabama quarterback, and Heisman Trophy Finalist, **Mac Jones** completed 36 of 45 passes for 464 yards and five touchdowns. This beat out last year's Heisman Trophy, and National Championship Winning quarterback, **Joe Burrow** of LSU (Louisiana State University). "I think the stats speak for themselves, [and] Alabama had an offensive line that allowed **Mac Jones** to put up big numbers," **Michael Tadlock**, an avid 'Bama fan claimed.

The National Championship is the culmination of the entire season. Alabama's success would not have been possible without quarterback **Mac Jones**, running back **Najee Harris**, and wide receiver **Devonta Smith**, who became known as "The Big 3." This win is a continuation of a long dynasty under **Nick Saban**.

This dynasty has been strong through many players and assistant coaching changes over the years. Though **Mac Jones** has declared for the 2021 NFL Draft, **Bryce Young** is scheduled to take over as a sophomore next season. Even a major change at quarterback should not slow down the Crimson Tide next season.

"I believe they will be [dominant] in the next few years because of the huge talent of the recruits they are bringing in [...]," acknowledged MSA Senior, **Taylor Mallady** when asked if he thought Alabama would continue their dominance in the coming years. One thing that has always been consistent about Alabama since the hiring of Head Coach **Nick Saban** in 2007 has been depth. In fact, because the Tide are so deep there have been key players lower on the depth chart that have transferred out in recent years. Even though some key players have transferred, it has not killed the overall success rate of the team, as will be seen with the transition from **Mac Jones** to **Bryce Young**.



Quarterback **Mac Jones** in the National Championship against Ohio State



When **Nick Saban** put the iconic scripted letter "A" of Alabama over his heart for the first time, he already had one national championship ring from his time at LSU. The Alabama program was barely staying above water. Their proud history of winning championships had almost been forgotten since they last won it all in 1992. At the time many Tide fans were still holding onto the 25 years of glory from 1958-1982 with former Alabama player **Paul "Bear" Bryant** as Head Coach.



Running back **Najee Harris** ends Notre Dame player' career by using him as a hurdle in the National Championship Semi-final.

During that time they won six national championships and 13 conference championships. Since the **Nick Saban** era began, 'Bama has won both championships seven times each.

Though some key pieces will be missing next year, there is still a lot to look forward to in 2021. Bryce Young will be returning as a sophomore with current freshman running back **Jase McClellan** and sophomore tight end **Jahleel Billingsley**. Though the future remains bright for Alabama, there is one thing that also continues to remain: the expectation to keep the Dynasty alive.

# 90'S SHOOTERS

## ARE THEY BETTER, OR SIMPLY NOSTALGIC?

*Ultrakill*, a game inspired by 90s shooters like quake, you quite literally bathe in the blood of your enemies.

Source: [SteamPowered.com](https://www.steampowered.com)

By **Matthew Kuhn**

The modern-day games industry is one of the craziest and over-budgeted industries in the world. Video games have been around for a while now, but have they gotten worse over the years? The truth is yes, and no. Yes, in that triple-A studios can get pretty lazy with their development of video games. On occasion, however, a truly great game can come from these studios.

Video game studios can get quite demanding with their deadlines when making video games. This has resulted in a terrible, yet hilarious lack of quality control.

Examples include "Fallout 76," "Aliens: Colonial Marines," and now "Cyberpunk: 2077." These games are notorious for either being rushed to meet a deadline or launched in a state that could only be described as unplayable.

Of course, nowadays games could simply have their problems patched out as with "No Man's Sky." Then again, games should launch playable and with features they promised. As with retro shooters they often had to launch in a finished state.

Some of these games include "Doom I" and "II," "Duke Nukem 3d," "Quake I" and "II," and "Unreal." With a resurgence in retro revival games coming along, how do older games hold up?

I personally really enjoyed my playthrough of the "Quake" games. "Quake" I has a very dark and Lovecraftian atmosphere to it. The weapons are satisfying and the level design is very fun. A few nitpicks are that enemies can be a bit spongy and the color pallet is a bit repetitive.

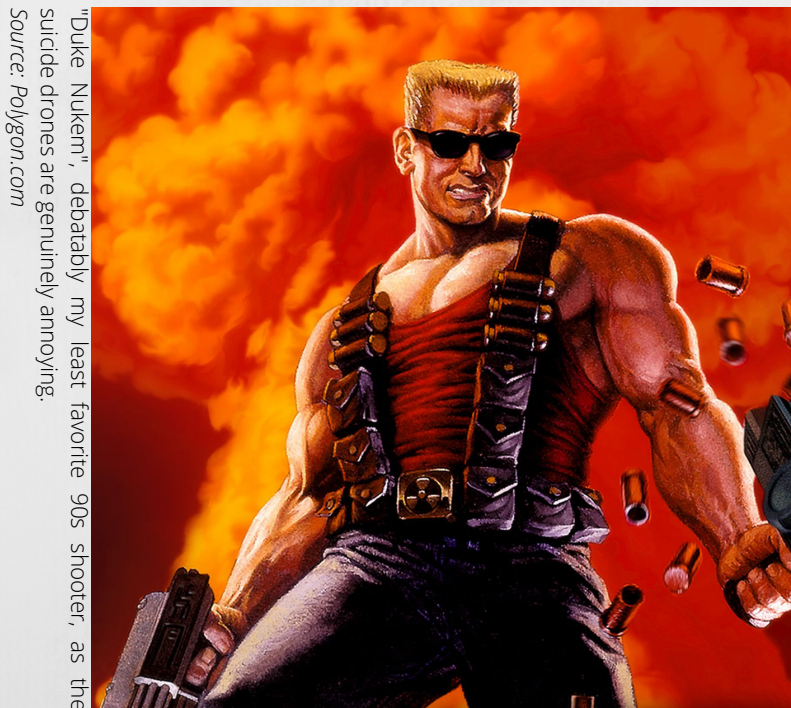


I feel a very similar way about "Quake II," though its weapons are a bit more fun. "Doom I" and "II" are also loads of fun. Though they are old, a strong community of map and mod makers has immortalized the game with endless hours of user-made content. "Duke Nukem 3D" is overall a fun game: the story is absolutely ridiculous and filled with adult themes, and the guns are fun. The downsides are that the levels consist of hit-scan enemies in corridors and cheaply placed kamikaze drones in front of doors.

Retro shooters and their revival counterparts are a lot of fun. If you have any interest in these games give them a try even if they're not your taste, if only for the appreciation of how they paved the way for modern games.



Welcome to your doom, ha.  
Source: TheXBoxHub.com



"Duke Nukem", debatably my least favorite 90s shooter, as the suicide drones are genuinely annoying.  
Source: Polygon.com

## "Doom": A Quick Synopsis

Doom is debatably the first FPS ever made. Sure there were first-person games made before it like "Wolfenstein 3D," but these were relatively primitive, and not very advanced in mechanics. "Doom" changed that by adding verticality to the scene. In addition to that, the game's shooting just feels better vs something like "Wolfenstein." It was released in 1993. After receiving overwhelmingly positive feedback and becoming the arch-nemesis of workplace productivity, it received its sequel "Doom II" one year later, which expanded on the first with new enemies, the super shotgun, which became a staple to the series, and cemented "Doom" as a series. Later on, "Doom III" would release. Though controversial in nature, and changed the formula to focus on horror, the game nonetheless is still a blast to play. Later "Doom 2016" and "Doom Eternal" would release and remind the public of this amazing series.



# MIND BUG: MENTAL HEALTH DURING THE PANDEMIC

## HOW THE PANDEMIC HAS AFFECTED OUR LIVES

Image Source: DBayan

By **Sloan Postlewaite**

**W**e all know people react differently to stressful situations.

The amount of precaution and stress can depend on your background and social well-being. Taking care of your mentality by learning facts about the pandemic and the current situation in your area always comes first. Connecting with other people using social media and unwinding yourself in hobbies can help.



Indulging in activities and using social media to interact with the outside world can help lift moods during COVID-19. Source: [yesmagazine.org](https://www.yesmagazine.org)

For example, sophomore **Jaden Longley** and senior **Maclean Tadlock** played video games throughout the pandemic. Teacher **Caila Prestidge** spent time with her roommate and set up her apartment.

The pandemic hits differently for everyone. The general youth doesn't have experience with pandemics, the older population is at a higher risk of contracting COVID-19, and the middle population is left working with people.

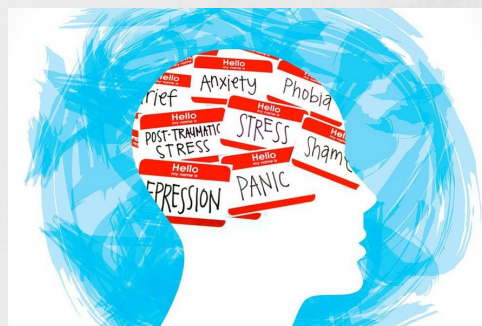


Loneliness often leads to deeper depression, and it is important to reach out when you feel hopeless. Chances are, there are others struggling just like you.

Source: [Mwongella.Medium.com](https://www.mwongella.medium.com)

COVID-19 started hitting the U.S.A. and the rest of the world in around February 2020, and is ending mid-2021 to 2022 in most countries. Social distancing can make some people feel isolated and lonely, causing stress and an increase in anxiety and depression-related disorders, while some people don't feel like much has changed. Maintaining a regular schedule can be hard in a season of change that has also brought up a sea of loneliness.

COVID-19 can also cause Guillain-Barre syndrome, which causes brief paralysis (CDC.gov). The pandemic can also increase the risk of developing Parkinson's disease or Alzheimer's (CDC.gov). The pandemic can cause stress, which increases the chances of healthy and unhealthy habits to take place.



A lot of bad thoughts can arise during the pandemic, along with the increase of depression-related diagnosis. Source: North Central Behavioral Health Services

Everyone reacts differently during stress. People who may react strongly to the pandemic include youth, caretakers, essential workers, ethnic minorities, disabled people, and people who live in rural areas (CDC.gov). In conclusion, mental health during the pandemic has been rough and definitely changed our outlook on the world. As new vaccines are coming out around the world, less cases have been reported. Soon enough, most of the world will continue to slowly get to how life was before the pandemic started.



# THE NEWSPAPER STAFF

## WELL-WRITTEN CONTENT FOR THE MSA COMMUNITY

We are so thrilled to be covering all the goings-on of our Mill Springs community and world! Feel free to reach out if YOU want to be featured in our next edition!



**SARAH PALMER**

Editor in Chief, Op-Ed Editor

**Why did you choose Newspaper as an elective?**

"I love writing but have little practice writing news articles. I wanted to challenge myself to try something different."



**J. MACLEAN TADLOCK**

Sports Editor

**What skills have you learned being in Newspaper?**

"I have learned that there is a lot more that goes into writing an article than just what is seen in the issue: interviews, editing, etc."



**MATTHEW KUHN**

Reporter, In-Depth Report Editor

**Why did you choose Newspaper as an elective?**

"I enjoy writing, and Newspaper feels freer than your average literature class."



**JADEN LONGLEY**

Feature Editor

**What do you like most about being on the Newspaper staff?**

"The new experiences were something I've enjoyed. They don't have Newspaper club in the UAE."



**SLOAN POSTLEWAITE**

News Editor

**What do you like most about being on the Newspaper staff?**

"I like the ability and freedom to write to the whole school."



**CAILA PRESTIDGE**

Advisor, Layout Editor

**What do you like most about advising the Newspaper staff?**

"I love getting to see my students grow in confidence with their voice and scope of influence with their writing."