



The Jag ROAR

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Photo Credit @bluebox_team

WHS Robotics Team poses with their medals and trophy.

WHS Robotics Team Goes to States

By Ethan Tacy
JagRoar Staff

Windham's neighborhood robotics team, B.L.U.E. Box, competed in the First Tech Challenge (FTC) State Championship on Saturday, February 12th at SNHU to show off their robotics skills with other middle and high school teams.

"We outperformed our original expectations winning three awards and being the top pick as an alliance team," said Isabelle Daniels, a junior and member of the B.L.U.E. Box team.

When the team went to the NH state championship for the First Tech Challenge, they were hopeful as "it was our opportunity to go to Worlds," said Emily Joaquim, another senior and team member.

"We have been working really hard to be part of the championship," said Isabelle Daniels. The World Championship is a gathering of the best robotics teams from around the world to compete

against one another.

The First Tech Challenge State Championship "is usually the biggest competition we compete in each season," said Joaquim. Daniels described the event as featuring "teams from around New Hampshire, both school and neighborhood teams, like B.L.U.E. box."

This event is made up of middle school and high school level competitors who participate on local teams and in school-run programs. VER-TEX, The Light Brigade, and Banana Box were some of the other teams present.

"Personally I believe we did really well and believe it was my team's best year," said Emily Joaquim. According to the First Tech Challenge Website, B.L.U.E. Box was awarded with the Motivate Award, Promote Award, and Compass Award. The website also mentions that they were the 1st team selected for a winning alliance and out of the 5 matches they played they won each of them.

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Jag Opinion

The SATs Should be Canceled

By James Toubia
JagRoar Staff

USA - Students in America are forced to take an intensive standardized test that determines their value as a student.

The SAT is a standardized test created by the College Board that tests all high school students in America on mathematics and English. All students are required to take this test, regardless if they are planning to go to college or not. For years, colleges used the results of the SAT in the admissions process to determine the students' value. When asked in an interview, Ethan Tacy, a senior at Windham High School, said, "Colleges should evaluate students based on their GPA and take into consideration extracurricular activities and personal circumstances."

Forcing students to sit down for several hours to take an intensive test on two subjects is inhumane and completely unfair. Since students take several courses in high school, two of those subjects should not define them as a student. To sum up years of hard work into a four hour long test does not accurately represent their capabilities.

"The SAT's should be canceled because forcing students to sit for hours on end and recall information that has not been taught to them in the current school year is not acceptable" said Julia Cole, a junior at Windham High School who took the SAT this past Wednesday.

Overall, removing the test will allow colleges to make a more accurate and fair evaluation of students and remove some stress and anxiety from high schoolers.

In an interview Madeleine Tilly, a senior at Windham High School, explained "I believe if enough students were to take a stand against SATs, then the schools would decide to completely remove the test from the curriculum and college admissions process."

As a senior in high school who has endured the college application process, I can confirm only one out of fourteen colleges I applied to required my SAT score. More and more colleges are becoming test option, and hopefully, this trend will continue until the SAT is abolished.

The Super Bowl: A Celebration for Everyone

By Reagan Jones
JagRoar Staff

USA - Every year millions of people around the world tune in to watch the Super Bowl. For many, this is the most important day

of the year. However, the downfall that comes the day after may be more notable than the big game. That could all change if this Monday was turned into a national holiday.

Many children around the world are unable to watch the entire game because of school early the next morning. If a holiday was implemented it would this problem and many others. Although some may argue that the implementation of a holiday just because of a football game is excessive, it is neces-

sary. Every year millions of people call in sick to work, knowing that they are going to be up late the night before. According to an article posted by Business News Daily, around 16.5 million Americans skipped work the day after Super Bowl 55 in 2021.

With essentially 1 in 10 people skipping work after the Super Bowl countless businesses are forced to close on short notice due to staff shortages. With a holiday these businesses could prevent lost money knowing they will be closed ahead of time.

According to a survey done by Draft Kings, an online sports betting and fantasy company, nearly half of American sports fans would give up one of their other work holidays in order to have a day off after Super Bowl Sunday. The survey also found that more than 40% would rather work Presidents Day, Martin Luther King's birthday, or Columbus Day than the Monday after the NFL championship.

When asked about his thoughts on a potential holiday after the Super Bowl, WHS senior Matt O'Connor said, "I think it is an excellent idea that will benefit everyone. People can always use an extra day's rest, especially on a day after the Super Bowl." Colby Schiffer, an active football fanatic said, "This is something that should be implemented instantly. People around the country will appreciate this very much."

"An added holiday during the work year could impact businesses around the country which is concerning, but the pros of this decision definitely seem to outweigh the cons" said Evan Conley, a student athlete at WHS.

This holiday should be implemented immediately as it would eliminate many of the problems after the Super Bowl.

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The Power and Importance of Names

Why WHS needs to re-think how they address trans students

By Ethan Tacy
JagRoar Staff

At Windham High School trans students are forced to go by their deadnames in the school system which leads to many problems that cisgender students do not have to worry about.

Names are a powerful thing which tie strongly to a person's identity. A person's name can hold significance to their culture, family, and gender which can be a very personal and important part of one's identity and expression. In Powerschool trans students are not given the same right as every other student to be referred to with the name they identify with. Being in high school is already challenging. For some students being bombarded with a name that you do not identify with on a daily basis is distressing and an unnecessary weight on top of everything else. When students are not able to use a name that they identify with just like their cis peers, it can be a painful experience.

When Kaylee Lefebvre, a junior at WHS, was asked about how being identified improperly in the school's system makes her feel she said she is "Always feeling like the hard work I have put into being myself is getting neglected and ignored. Even if it only happens once in a week it will ruin my whole week."

This problem may not be on the minds of all students and faculty, but it is a problem that causes trans students a great

deal of discomfort as their identity is being ignored by their school. Transitioning for trans students is often a very difficult and emotional process as they are forced to justify their identity to the world, their family, and their friends. This struggle often leads to them losing connections and being treated differently by those they care about over something they cannot control. Schools are supposed to be one of the safest places in a student's life. We have many laws protecting students and their right to have equal access to education. For some students school can be extremely isolating as the school's system itself does not allow them to use the name they identify with. Mrs. Sampson, an English teacher and advisor to WHS's GSA, said "It is hard for me as a cis, straight person to speak to this because of my privilege. I have not had to think about or worry about this, which says so much about why it is problematic. Why would we ever want to make life more difficult for someone who already has this extra stuff on their plate."

All students should be referred to by the name that fits their identity as this is an issue of providing every student with basic respect and making them feel safe in their learning environment.

Many students are privileged to not have to experience deadnaming and misgendering from their teachers on a daily basis like some students do but even for those who do not experience this themselves they do still witness this issue and how it affects their peers. When asking students if they have noticed this issue throughout the school James Toubia, a senior, said he's seen this with "One of my close friends, who I meet in freshman year, started transitioning in Junior year

and seeing him struggle as he was dead-named in every class." Being trapped in a system that does not respect you with no way to fight back can make someone feel powerless and unwelcome, making school a place some dread to be in. It is alienating when out of all the students in the class you are the only one standing out having to correct your name when speaking to substitute teachers and having every school account and online textbook use a name that makes you feel uncomfortable in your own skin. Furthermore having important moments like awards for your academic achievements use a deadname feels like you are not being recognized as yourself but the person the school and society pushes you to be. The highschool's system does not allow students to use the name they identify with and feel like they are in a safe space. Windham High School and the school district as a whole can and should do better to make this a safe environment for all students.



Photo by Ethan Tacy
Trans pride flag on a school computer.

Miss USA Feeding Into Social Standards

By James Toubia
JagRoar Staff

LOS ANGELES - Miss America turned 100 in December of 2021 and has been facing ongoing backlash.

Many claim the beauty pageant feeds into social norms and the beauty standards enforced on women.

This competition, which takes place in Los Angeles, the center of entertainment, has had a major influence on their primarily female audience. Many believe that the show forces women to confine themselves

to a certain stereotype.

Even with a primarily female audience, however, Jacqueline Murphy, the vice president of the feminist club at WHS, states, "I think it is set up to appeal to the male gaze."

"I think they should adjust to a more progressive theme rather than contributing to the societal pressure on women," she elaborates. It is a wonder then that America, which is known for its progressive social climate, has allowed such a beauty competition to go on for 100 years without changing expectations placed on women.

Now that the show is officially 100 years old, the million dollar question is: how much longer will it last?

In an interview Caterina Gomes, the president of the feminist club at WHS, said "I think the show has lasted so long because [of] it being a tradition, but I don't think it will last another 100 years, I give it another 20 years before it comes to an end."

The show has left a legacy in the competition/reality TV genre of entertainment. However, the show doesn't stand a chance in today's political climate.

College is *Not* for All

By Jordan Miller
JagRoar Staff

USA - College is thought of as the “default” option for high school graduates, and there’s no shortage of information about traditional 4-year colleges and universities. Meanwhile, it is extremely difficult to find information about any other options. There should be equal information and support for students taking any path after high school.

It is expected, even if you don’t enjoy school, that you do well. However, school is simply not meant for everyone, and this is something that our school and many others need to keep in mind. Many high school graduation requirements line up with university admission requirements. According to the Windham High School Program of Studies, 24 credits are required to graduate, however, with permission you can request to go for 20 credits instead. 20 credits is what the State of New Hampshire requires for a high school diploma. This matches up with UNH requiring 24 credits to be considered for admission. The graduation requirements are also getting more difficult to achieve, according to a study by EducationNext.com. This increasing pressure often further discourages

students who struggle, pushing them into a hole that is near impossible to escape.

There is much more information available about college than any other possibility. We are informed about everything we need to know about going to college, but finding information on anything else is like a treasure hunt. Sarah Pentinnen, a senior planning on entering a branch of the US military, agrees. She told me that she did feel somewhat supported in her decision, but there wasn’t much information about it. Most of what she knows came from her family and friends. I believe it should be very easy to find information on entering the military, going into a trade, or finding a good job that doesn’t require a college education. If high school is meant to prepare us for adulthood, these resources are extremely important.

It is also important to not treat trades, or immediately entering the workforce, as a plan B. This idea stems from considering college as a necessity. In the same Education Next article, the author writes, “If we really believe that Americans without college degrees are just as valuable to our society, democracy, and economy; just as worthy of dignity; and just as worthy of respect as us over-credentialed professionals, then we should stop telling our young

people that college is the only goal worth shooting for. We should be willing to be more honest, to say that college is a great option for people who like school and are good at it.” If we treat college as the only option, many people go to college for the wrong reasons, such as societal pressure, desire for freedom, and new friends. I interviewed several students from different grades, who felt the same. Hannah Lafferty, a freshman at Windham High School, said that she did somewhat feel like she had to go to college, but she also wanted the “experience.” In an interview with Blaine Stanton, a senior, she said “parties seem fun” when I asked if she wanted to go to college. I think that many people feel this way, and it leads to a lot of people viewing college as more of a \$100k, 4-year slumber party. Only around 40% of those who go straight to college will graduate in just four years. This just proves that our system sends many people to college too early, or people that shouldn’t have gone to college at all. Society needs people to do all different things, and it is important we instill respect for all jobs in our education system. Nobody deserves to feel like they are less capable or worthy of respect because they don’t like or excel in school.

High Schools Need a Later Start Time

By Emily Upton
JagRoar Staff

USA - On average most American high schools across districts start school at 8:00am, while it has been proved due to the biology of human development, the sleep mechanism in teens does not allow the brain to naturally awaken before 8:00am. When teenagers do not get the proper amount of sleep they are faced with serious mental and physical health problems. A later school start time should be enforced across the school districts to allow teenagers to get the proper amount of sleep at night.

According to the American Academy of Sleep Medicine and the American Academy of Pediatrics, more than 70% of high school students do not get adequate sleep on school nights. Sleep deprivation has an influence on students’ general health, happiness, and academic progress, and it can even have long-term health implications. As the majority of high schoolers are not

getting enough sleep, they will suffer the mental and physical wellbeing problems that follow sleep deprivation. These problems include, but are not limited to, increased likelihood for participating in risk-taking behaviors, trouble thinking and concentrating, weakened immunity, and an increase of depressive symptoms. Because highschool students are still developing and maturing, it is vital that they get enough sleep for their body to regenerate and prepare them for the next day. When the teenage body fails to get enough sleep it will start to experience these negative side effects and poorly affect the students academic performance

Thus, a later school start time would allow students to get the right amount of sleep. Most teenagers have delayed sleep start and waking times when they enter puberty, a process characterized as “phase delay.” The body’s internal clock might be shifted back by up to two hours due to this phase delay. This is a result of variations in biological rhythms, teenagers

get drowsy later at night and need to sleep later in the morning throughout puberty. These metabolic alterations are frequently accompanied by a lack of sleep; including irregular bedtimes. As a result, the average adolescent can’t fall asleep until 11:00 p.m. and is best suited to getting up after 8:00 a.m.. Later school start times support the biological needs of adolescents by increasing the amount of sleep adolescents get; this improves students’ performance and alertness in school. As a result, later start times would benefit students positively academically, mentally and physically.

Now, let’s take a look at how Windham High School views the idea of a later school start time.

Mr. Blair, an assistant principal at Windham High School said “the problem is running a school is hard.” He acknowledges that students “bodies and brains are developing” during high school years and “studies have shown that teenagers need more rest and the ideal starting time for



Photo by Emily Upton
Students entering Windham High School.

older students would be closer to 9". Although this is true, he continues to explain athletics, school activities and clubs play into school start times and changing them would create more problems.

When Mr. Blair was asked about the tardiness trends at Windham High School he asserted "the vast majority of people are here on time everyday, but when you have 1100 kids, if one percent of them are tardy that's still a lot of people." By this, Mr. Blair reflects that the school does not have a huge problem with students' tardiness as it is almost the same group of people everyday and the numbers aren't going up. Finally, Mr. Blair stated "it's been proven that we really only learn things when we've had a good night's sleep for your brain to process" and "until [schools have a later start time] it just comes back down to everybody getting more sleep."

In conclusion, Mr. Blair believes it is important for students to get a proper night's sleep to be able to learn, but they have to be responsible to manage that themselves without a later school start time.

Meanwhile, Tobi Kennedy, a student at Windham High School, commented that he "can barely pull [himself] out of bed to get to class" and when he's at school he is "very sleepy and very tired." Tobi recently turned 18 years old and his sleep

schedule is most likely experiencing phase delay because of the biological rhythms teenagers experience, which were discussed earlier in the article. This phase delay is causing Tobi to feel these problems in the morning, but a later school start time would allow Tobi, along with other students, to get a proper night's sleep and feel well rested and alert in the morning.

When Tobi was asked what he thought a good start time for school would be, he replied "8:30-9:00 A.M." This response aligns with

the article "Schools Start Too Early" published by Center for Disease Control and Preventions. In this article the American Academy of Pediatrics states that middle and high schools should start around 8:30 A.M. or later, to allow students to obtain the sleep they require. Tobi believes a proper night sleep "would benefit students because they wouldn't fall asleep in class and the students can pay attention to what they're learning because they're actually awake and can retain more information." Both Tobi and experts in pediatrics agree that school start times should be 8:30 or later to allow students to get the proper amount of sleep to benefit their health.

Kelly Carter and Donna Chartrand, nurses at Windham High School who are educated in teenage health, said a later school start time would "absolutely benefit" the students. The Nurses agreed that high school students tend to fall asleep later meaning their bodies need to wake up later in the morning to achieve a proper night's rest. They also agreed that a good amount of sleep is important "for your brain...in order for everything else to work correctly." Miss. Carter commented that "you need to be able to reset your brain and have everything go into that deep sleep." When questioned on a good start time for schools Miss. Carter said "younger kids should start earlier

whereas your age [teenagers] should start at 9 - 9:15." She continued to support that schools should start later "in order to get the right amount of sleep that [students] need."

On the other hand, Miss. Chartrand acknowledged that "starting earlier means kids can go and have a job after school or maybe have to take care of younger siblings that are getting off the bus. There's all different reasons why the start time is earlier." The nurses brought up both advantages and disadvantages of a later school start time, let's take a deeper look at the cons.

Delaying high school start hours might cause issues for the whole district, including bus scheduling, after-school programs, and athletic events. Because all of these revolve around the end of the school day, they would have to be pushed back an hour, or however long school is delayed, and this could be troublesome for some students/staff. Some students are older siblings or babysitters who must provide childcare after school. With a later school dismissal hour, this could also be problematic. Students who participate in extracurricular activities and athletics will arrive home later in the evenings and could cause family/social problems. Another possibility for a later start time is that the students will end up staying up later and still not get an adequate amount of sleep. Although these problems may seem to outweigh the benefits of a later school start time, there can be solutions found for them.

As a district, changing school start times would push back athletics and could cause conflicts with competing against other schools, but as other schools delay their start time this will no longer be an issue. Individually people will have to manage their own schedules outside of school including jobs and other responsibilities. It is apparent that a later start time poses more benefits than disadvantages. Overall a later school start time can be both beneficial and negative for the students and staff, but with certain planning and organization it can have huge positive outcomes. A later start time would align with teenagers natural biological sleep schedule and allow students to get a proper night's sleep. It has been proven that a good night's sleep on school nights improves attendance at school, decreases tardiness, and improves student grades, reducing irritability and depressive symptoms and fewer occurrences of falling asleep in class. High schools should start school later to improve students' health both mentally and physically.

Jag News



Photo by Chris Billone

WHS Student fills up at the Mobil Station in town

Pain at the Pump for US Citizens

By Chris Billone
JagRoar Staff

USA - Since COVID-19 restrictions have loosened, gas prices have been higher than normal, but since Russia invaded Ukraine, prices have spiked to record highs all over the United States. Even though America barely even uses Russia's oil, the prices have still risen.

Oil is a global commodity, meaning the price and value of oil do not differ too much globally. The issue is that Russia is one of the world's biggest producers of oil, and although over 80% of their oil goes to Europe and Asia, it is globally priced. And, what happens in one place affects the price in other places.

"I'm not quite aware exactly why the prices have increased so much, but what I

do know is that my wallet is hurting right now, especially at the pumps," said Mason Rice, a Windham High School Senior.

According to CNN Business, now that Europe needs to replace its oil from somewhere else, they start to buy from the Organization of Petroleum Exporting Countries, otherwise known as the OPEC. The issue with that is the United States buys hundreds of millions of oil barrels from the OPEC as well.

The limited exporting of oil in the recent months has caused a supply issue for oil all over the world. And when supply goes down, everyone knows what follows: demand goes up and prices rise.

The Biden Administration also banned Russian fuel imports to the United States, which limits our oil supply and contributes to the growing prices.

American citizens are mourning over the prices that they see rising every day. Gas prices now in Rockingham County are nearly \$4.30 per regular gallon, \$4.90 per premium gallon, and Diesel has spiked well above \$5 a gallon.

"I remember paying \$25 to fill up my tank, now I'm paying nearly \$50!" said Windham High School senior Jackson Bomba.

Gas prices right now are 165% of what they were in 2019, when the average price for a regular gallon was still around \$2.60. Tight supply and high demand could even push these prices even higher, possibly nearing the five dollar mark.

While America still awaits a solution, it seems as if gas prices will continue to rise and stay there for the foreseeable future.

Russia Asks China for Assistance

By Oliver Clarke
JagRoar Staff

RUSSIA - Russia, who is at war with Ukraine, has asked President Xi Jinping of China for assistance to invade Ukraine and finish the war, which broke out a month ago.

Ukraine is a very small country compared to Russia and Putin has taken upon himself to start taking land from Ukraine. He declared war and many countries do not want to get involved due to Russia's great power.

"I'm disgusted with how people can

think this is okay," said Nick Orciani, an 18-year-old WHS senior who believes the actions of the Russian government are completely wrong and shameful. Orciani echoes the view of many across America, and emphasizes how bad this really is for Ukraine, as well as the rest of the world.

According to Ian Dowgiert, another WHS senior, "you don't know what country can or will be attacked." Dowgiert suggests that Ukraine might not be the only country to be attacked if China were to get involved with Russia.

Nick Orciani had followed up and said that a group of countries have to work

together to stop this. Not one individual country.

According to CNN, both the Chinese and Russian government have denied the request even happened. Which shows us how secretive they really are.

In this moment of time, nothing has changed outside the war that would affect the war. Millions of people are still in danger without any help from other countries in NATO. Nato, The North Atlantic Treaty Organization, is an alliance group that includes England, Netherlands, America and many more.

Russian Forces Take Chernobyl

By Majd Elhachem
JagRoar Staff

UKRAINE - On March 18th, 2022, armed Russian Forces entered Chernobyl, a former nuclear power plant with nuclear waste. Ukraine stated they will not back down and fought the Russians in the power plant.

"Chernobyl has nuclear documents and reactors and waste, which if fighting took place, could leak radiation to the entirety of Europe in a short amount of time" said Arthure Elhachem, a 96 year old former WWII veteran who is worried about the Russian forces taking Ukraine. According to RadioFreeEurope, "All Chernobyl facilities, including storage facilities for spent nuclear fuel, in the exclusion zone were taken under armed control."

There have been Rumors that NATO wants to expand east and Russia sees Chernobyl as a threat. It is unknown what could happen if the fighting does not stop and Ukraine does not plan on stopping to fight for its country.

Chernobyl was a nuclear power plant that blew up in 1986 due to an accident and covered Ukraine and some nearby countries with radioactive waste. According to an article by the Ukrainian

Service for RadioFreeEurope, "If as a result of the occupiers' artillery strikes the nuclear waste storage facility is destroyed, the radioactive dust may cover the territories of Ukraine, Belarus and the EU countries."

Since 1986, Chernobyl has been covered with a proactive film chemical that suppresses the radiation and stops it from leaking. If artillery and bullets and bombs were to compromise this, then the radiation could spread. People could die from the radiation and babies could come out dead upon birth.

"Russia will be held responsible for their actions" said Arthure Elhachem when asked who would be responsible for the nuclear leakage. Radiation leakage is considered a war crime and Russia will be responsible for the fighting which will cause the radiation leakage.

When asked what Russia's intentions in taking Chernobyl were, Gus Elhachem, a 50 year old war enthusiast and veteran stated that Russia wanted to "strike fear in the world's eyes and they suspect that NATO has been using Chernobyl as a vantage point to spy on Russia throughout creation of drones and cameras."

Johnson Denies Ukraine Joining NATO

By Oliver Clarke
JagRoar Staff

ENGLAND - Boris Johnson, the Prime Minister of England, announced that Ukraine will not join NATO for a very long time. NATO, The North Atlantic Treaty Organization, is an organization that has lots of countries allied with each other. And this can make matters worse for Ukraine.

Ukraine is at war with Russia, defending their land. And Ukraine will need assistance from other countries for help. Ukraine has been trying to join NATO for a while now but has not been able to. This also means that Boris Johnson's statement

emphasizes that he cannot help Ukraine in this time of need.

"I think it's rude, unfair and selfish," said Simon Clarke, an Englishman who lived 39 years in England alongside his family. He suggests that this is like a betrayal not to help Ukraine at this time.

Mr. Clarke showed his thoughts as a fellow Englishman, arguing that it is selfish of England to not want to get involved at the minute against Russia.

According to Erin Grainger, an American, "It's not nice to hear about Ukraine, but it doesn't put more people in danger". Mrs Grainger believes that right now, it's good for the other countries not to risk the power of Russia.

Mr. Clarke doesn't see the war ending. With the people of Ukraine who are suffering, he believes that trust will be gone.

According to Yahoo's news report. Boris Johnson said "But the decision about the future of Ukraine has got to be for the Ukrainian people and for Volodymyr Zelenskyy as their elected leader, and we will back him." Meaning he will still help Ukraine with resources.

Boris Johnson has not gone into further detail yet about Ukraine's situation, but has been helping them alongside America with the resources they need for the people of Ukraine.

Truckers Protest at the U.S-Canada Border

By James Toubia
JagRoar Staff

USA/CANADA - Canada's vaccine mandate upset truck drivers trying to enter the country.

Truck drivers protested Canada's vaccine mandate at the Detroit-Windsor border along the Windsor river walk. In order for truckers to enter Canada from the U.S, they are required to provide proof of vaccination. The protest began January 22, 2022 and has lasted several weeks.

The truck drivers began protesting in order to abolish the vaccine mandate in the country of Canada. The protest blocked the Ambassador bridge which is one of

the largest transportation arteries between the two countries. The protest caused the transportation industry to lose \$51 million dollars in wages.

The protest was eventually shut down after Canada sent military forces to put an end to the disturbance. When asked in an interview about military forces being sent to the protest, Mr. Haemker, a history and civics teacher at WHS, said "As long as the protest is peaceful, military force should never be sent out, however it is acceptable to protect the safety of citizens."

Everyone should have the right to a peaceful protest, even when it's protesting a vaccine. Many people have been questioning the effectiveness and safety of the

covid vaccine, not only truck drivers.

Another reason why people question the vaccine is because of the heavy involvement with politicians like Canada's prime minister, Justin Trudeau. When asked in an interview about politicians involvement in the vaccine, WHS nurse, Kelly Carter said "Doctors and scientists should be the ones who speak about the vaccine not politicians, because they are the ones doing the research."

A mandate of any sort is bound to lead to conflict between citizens. In an interview, Kelly Carter, states that "receiving a vaccine should be a personal choice."

The New Cure To Cancer

By Majd Elhachem
JagRoar Staff

CAMBRIDGE, MA - On February 24th 2022, scientists discovered a revolutionary cure to cancer that is non-invasive and less harmful than chemotherapy called Proton Ray Treatment. More tests are to come before this treatment gets delivered to the public.

The treatment uses proton rays to disintegrate cancerous tumor cells in the body rather than shocking the whole body and killing good cells like how chemotherapy does.

"This is a safer option compared to chemotherapy because it can be navigated

to target cancer cells while chemotherapy does not have a sense of direction," said Dr. Bakhos Tannous, the head of the lab at Mass General Hospital in Neuro Oncology who has been studying the treatment since its release.

Money may be a problem for many cancer patients and they constantly seek out a cheaper way to treat cancer. When asked why the treatment would be successful, Brodic Thomas, a biomedical engineering graduate from Truman State University who is studying the treatment said, "many people can't afford chemotherapy and this is a noninvasive way of isolating cancer in the fastest way possible without spending too much money."

According to an article by Cancer.gov, "proton therapy delivers a beam of proton particles that stops at the tumor." Each year millions of people die from chemotherapy treatment because it is killing the cells in your body that are not cancerous and the proton treatment does not do this. Although little studies and tests have been conducted on the treatment, there is sufficient data to show its effectivity on patients. "I feel like they (success rates) are very high but there haven't been as large of a sample size of tests to take from" said Thomas.

"People will realize that Proton Ray Treatment is safer and more effective than chemotherapy" said Dr. Tannous.

Loxsmith Bagels Opens in Windham!

By Chris Billone
JagRoar Staff

A new bagel shop, Loxsmith Bagels, opened up in Windham on March 14th next to CVS and plans to open another location in the Tuscan Village in Salem. Windham being a small town, is sort of known for having minimal quick food options, especially breakfast. With Loxsmith Bagels in town however, quick access to great food will be attainable. This Windham location adds to their two other Locations in Dover New Hampshire and Saco Maine. The hype of Loxsmith bagels is definitely getting around, especially

with Windham HighSchool students. Windham's biggest bagel enthusiast and a senior at WHS Brett Boucher stated, "I am very excited to try them and can't wait to have a new food place in town" when asked about how he feels about the shop going in.

Loxsmith bagels has a variety of menu items including bagels, coffee, egg sandwiches, and specialty sandwiches. You can also build your own sandwiches as well as get salads and soups. While the name implies a bagel focused shop, their menu is clearly versatile and offers many ranges of food to conform to anybody's liking. While many people haven't yet tried the

bagels yet, a WHS Senior Dev Patel who was a finalist for the 'Most likely to eat a bagel' senior superlative has tried them. When asked about them, he said "The bagels are great. They are nice, thick, new york style bagels."

For anyone who enjoys bagels, or needs a quick snack before school or work, be sure to check out Loxsmith Bagels for a variety of choices. For more information about Loxsmith Bagels, you can visit their website loxsmithbagelco.com. For more information about the Windham Location, visit the Loxsmith bagel facebook group.

Jag Features



Photo by Harper Bull

Female purple finch perches on a railing.

Fly Away Home

How Global Warming is Disrupting America's Birds

By Harper Bull
JagRoar Staff

USA - Here's a fact: climate change is real. And, not only is it real, it's all around us, affecting the natural world as we know it.

Hundreds of thousands of animals rely on nature to acquire their food, water, shelter, and basic needs. Seasons change, and many species use nature's clock to dictate how they live their lives—when to fly south, when to hibernate, and when to bear young.

However, the changing climate is making this a lot harder—as the world

warms in places and cools in others, entire ecosystems shift and are disrupted. Global warming is doing a great amount of damage in a specific area: the migration habits of bird species.

In recent years, there has been a dramatic shift in the migration habits of waterfowl: birds who are skilled swimmers. Canada geese, a species seen frequently in New England, have nearly stopped migrating altogether. This is because, due to the warming climates in the northern parts of their habitats, the bodies of water they rely on for food and shelter have stopped freezing over. This means there is no real need for them to fly south, and instead they have begun to spend winters in the northern part of the United States.

An article published by the Michigan State University School of Journalism said, "As climate change intensifies, environments throughout North America are becoming warmer. As a result, not only are

many Canada geese delaying their migrations, but some have also stopped flying as far south as they once had."

Citizens of Windham have most likely noticed this occurrence; geese can be seen along highways, in public fields and ponds, and in most rural areas this time of year. But how does that affect the public?

According to New Jersey AES, who conduct environmental research studies, there are many negative effects of having Canada Geese around all year. "Resident geese have been known to negatively impact agricultural crops, raise concerns about human health and safety issues, and damage residential, commercial, and public property. Agricultural Damage: Canada geese have benefited from the agricultural products of humans more than any other waterfowl species."

From birch trees whose soil has become too acidic for growth, to mountain lions forced to infiltrate urban neighborhoods due to forest fires, the effects of global warming are monumental.

Because there is no longer a period during which Canada geese are absent in populated areas, they have begun to overtake public spaces and damage residential property.

Although these are negative effects of climate change, not all changes to the avian world are inherently “bad.” As Mrs. Gauvin, a biology teacher here at WHS, put it, “We have to look at climate change only as what its name suggests: change. It is neither entirely a good nor a bad thing.” And this is true — some migration habits are simply shifting to accommodate new weather patterns.

For instance, Baltimore Orioles are birds that spend only the breeding season in the Northern US. This means that usually, during the months of May through late September, they can be seen in most backyards.

In the last five years, though, temperatures have risen so much that these birds stick around for much longer. Since 2017, they have been seen as early as April and as late as November. Although their breeding season usually ends in late June, they continue returning to feeders in the northern U.S. until the first frost of the year. This is an example of a neutral result of climate change. There are no negative effects of having Baltimore Orioles around for longer periods of time; they are simply adjusting their migrational clocks to accommodate the warming weather.

But what about species who are unable to adapt so quickly? How are

harsher climates affecting them? From birch trees whose soil has become too acidic for growth to mountain lions forced to infiltrate urban neighborhoods due to forest fires, the effects of global warming are monumental. This is what scientists call an “environmental red flag,” or a sign that climate change is having devastatingly negative effects on ecosystems.

With the rising sea levels and temperatures, threats of erosion and the loss of coral reefs continually increase. Adding those problems with the other magnitude of threats present to our environment, the shifting climate will become increasingly important to keep an eye on. This way, we can work to heal our planet before it's too late.

And with rising sea levels and temperatures, threats of erosion and the loss of coral reefs become greater and greater.

Emotional Outbreaks in the Sports World

By Aaron Osiek
JagRoar Staff

USA - Many athletes these days are having emotional outbreaks during their sporting events. Kids and even professional athletes have no idea how to keep their composure, and don't know the true effect these outbreaks have on the sports they play. A good example is a recent event that included Antonio Brown.

According to Jim Reineking, of the USA Today, “Brown removed his uniform and pads before walking off the field shirtless. Brown tossed his gloves and shirt into the stands. He waved to fans as he jogged through the end zone and into the tunnel.” After seeing Antonio Brown, a professional athlete, do what he did, younger athletes might begin to think that it is okay for them to do it too.

Matt O'Connor, a high school sports athlete was interviewed on what was the craziest emotional outbreak he has seen in professional sports. He believed “The actions of Antonio Brown” was the most outlandish thing he has ever seen. An article written by Patrick Cohn claims that the major reason behind these emotional outbreaks is the weight of “the expectations the athletes have.” It's not bad to have high expectations in this case. The athletes just need to understand that most

sports consist of failure, it is the way the athletes handle the failure.

The emotional outbreaks are first introduced at a teenage sport level. Evan Conley, a student at Windham High School who plays golf, says he “sees a lot of emotional outbreaks in high school golf. It not only looks bad on the athlete, but it also looks bad for the team he represents



Photo by Ezra Shaw/Getty Images

Aaron Donald throwing his helmet.

and the sport as a whole.”

When these emotional outbreaks are introduced, the athletes believe it is okay to happen, “which is a huge and upcoming problem to the sports world,” says Reagan Jones, a High School lacrosse player. These outbreaks are being carried over into professional sports where thousands of people are watching. Knowing that these professional athletes are at the top

level of their sport, they need to understand that many people look up to them for the way they act and execute throughout their sport.

IMG Academy, a very successful sports highschool, believed that the best athletes have “Resilience. Losses are just a reality of being an athlete. Setbacks will occur, and an athlete can't be successful if they aren't resilient. Even after a loss, successful athletes stay positive and use the experience as an opportunity to learn and move forward,” said IMG Academy.

But there is always a way to prevent things. Cohn believes “You have to address your athletes' view or beliefs about their mistakes. When frustrated or angry, athletes' minds are glued to the past.” This is one of many ways other people can help the athlete if it is hard for them to overcome these types of things.

By no means is addressing it going to be a cure to this problem, so if these outbreaks do occur there is a “time and place for it” says Brayden Lord. “We need to start showing some resilience as highschool athletes,” says Lord. If star athletes start to learn how to manage their emotional outbreaks and be able to understand the right time and place. It will allow for younger athletes to follow in their footsteps ultimately bringing an end to emotional outbreaks in sports.

The Village Bean Puts Up a Fight

By Emily Upton
JagRoar Staff

WINDHAM - Many small businesses fell into financial fragility after the pandemic related disruptions began. Small businesses didn't know what to expect at the time, and still today face the longer-term impact of Covid-19.

When Covid-19 hit the US hard in March 2020 the Village Bean quickly became understaffed and faced many challenges as a small business. Many different procedures were put in place to keep customers and staff safe from the virus while providing them with their loved coffee, drinks and food.

Along with the troubles brought on by Covid-19 for a small business, the Village Bean encountered other obstacles during the time, including a flood that took weeks to repair. The Village Bean shortened their hours and even considered closing down because of the troubles that were faced, but now the business is slowly creating a new normal to fit the world we now live in.

The Village Bean has been a local coffee shop in Windham for over 30 years and having faced these hardships and still being able to provide for the community reflects the towns spirit and hopes moving forward.

"We stayed open for our customers," said Lucy Wiciel, the owner of the Village Bean for the past 7 years. Lucy furthered this by saying, "The Village Bean is a

place where people come in and it's very highly social. We have such a strong community base that we would not [close down]..." she continued to say the Village Bean tried so hard to stay open to provide "comfort [for the customers] of something that's still part of their daily routine."

According to a survey conducted by the National Library of Medicine, at the start of the pandemic small business owners were unable to pay continuing bills and survive the shutdown, which caused many of these closures to be permanent. Small businesses all across the world were severely impacted.

Because of Covid-19 restrictions and health and economic-driven demand adjustments, the number of working business owners fell from 15.0 million in February 2020 to 11.7 million in April 2020, according to data from the Current Population Survey microdata files and the Bureau of Labor Statistics. This loss of 3.3 million active company owners is the highest ever drop recorded.

During this same time, Lucy, and her employees were able to put up a fight to stay open and provide goods and services for customers while maintaining customers safety and managing finances.

A long time customer of the coffee shop, Andy Ducharme recognises Lucy's efforts and comments "after what she went through... it shows her strength as a human." This remark exhibits Lucy's determined personality which really pushed the Village Bean to manage the struggles

throughout Covid-19.

Molly Donovan, an employee at the Village Bean for over two years, said "The Village Bean tried so hard to stay open because [the] boss, Lucy, is very passionate and supportive of the business." Molly exclaimed, "it was a real struggle" to stay open and the lack of employees greatly impacted that.

Molly and Lucy both agreed that the store hasn't returned to normal, but is rather creating a new normal to fit the new standards and needs of customers to keep them happy and healthy.

Overall the Village Bean faced quite a handful of challenges from lack of employees, slower customer flow, unexpected problems, to financial struggles that inflicted small businesses. Yet still, the business continues to grow and improve.

Molly notes that the staff "definitely take [their] precautions, we sanitize the doors, the tables, and keep up with cleaning to keep customers safe."

Lucy explains that new improvements are being worked on "to offer online offerings of drinks and coffee beans" and "as usual bringing in new drinks and any other new products that will be of interest to the customers."

The Village Bean and community of customers that go there dealt with many ups and downs throughout the pandemic. The Village Bean team was able to manage the challenges thrown at them and throw a smile and cup of coffee right back.

Change to the School System

By John Rauli
JagRoar Staff

WINDHAM - For years, schools have used the same grading system and learning styles. But are they really as effective as we believe them to be?

The style of giving a lecture and then letting students work on classwork has been used for many years. The work is then graded on a system that evaluates if you did good or bad that day. This combination allows some students to thrive, but just as many students fail using this style.

For example, some students may struggle with a topic but the teacher will continue with a lecture. This system alienates students who need a unique or updated learning experience to understand a topic.

Teachers have started moving towards this idea of teaching with self-interactive learning.

According to Pat Kaplo, the AP Physics and Capstone teacher, "I think when you approach lesson planning, some novice teachers don't ask what the student is seeing/doing. The best way to view it is to do it from the students' view and make it exciting." Mr. Kaplo's style of teaching is a mix of lectures and interactive learning. Mr. Kaplo will give a lecture in some classes but will create fun and interactive activities that allow students to put what they have learned to the test.

This style is ideal for allowing students to learn at their maximum potential. In a Harvard study written by Peter Reuell, "When the results were tallied, the authors

found that students felt as if they learned more from the lectures, but in fact scored higher on tests following the active learning sessions. 'Actual learning and feeling of learning were strongly anti-correlated,' Deslauriers said, 'as shown through the robust statistical analysis by co-author Kelly Miller, who is an expert in educational statistics and active learning.'" Statistical data shows us that students learn better from interactive learning.

Students have also agreed with this statement. Zack McGarry, a senior at Windham High School said, "Absolutely, especially if teachers are inspired to teach they make the class more interactive." Harper Bull, a senior at Windham High school, agreed with this statement saying, "I'd like to think that's how it should be."

The grading system does not help either. It is an old outdated system that stresses out students. It compares everyone to an average and that makes some people feel useless while it makes others feel amazing about themselves. According to an NPR article, "Standards, Grades And Tests Are Wildly Outdated, Argues 'End Of Average'," written by Anya Kamenetz, "works really well to understand the system or the group, but it fails miserably when you need to understand the individual, which is what we need to do." Mr. McGarry said, "Grades only motivate me when they get low, otherwise I don't care." Mr. Bull said, "Grades do motivate me but I don't like the pressure they create." The grading system does a good job of motivating students but creates stress

when students fail.

Mr. Kaplo said, "If a student gets burned on a summative because they didn't know what the teacher wanted them to know that day, you should go back and work with the student. Research says teachers should

"If a student gets burned on a summative because they didn't know what the teacher wanted them to know that day, you should go back and work with the student."

work with students and make continual improvements between the student and teacher." So why do we still follow a system that does not work? According to Christopher Blair, an assistant principal at Windham High School, "The same reason we've done things in education. Education

is resistant to change and sometimes that's ok."

Regardless of how the grading system is, a system that says how good or bad students did will always be used. Rather than trying to change the grading system try and work

with it. Mr. Blair said, "You're gonna have good and bad teachers.

Good and bad classes. What is your relationship and goals for school? What is school to you?

If you want school to work with you, you're gonna have to give

something in return."

The best way to make school work is to give the best effort and work for it. If that does not work that's fine, as Mr. Kaplo said, students and teachers should work together to improve grades.

Data Protection, Keep Students Safe

By Robert Mondello
JagRoar Staff

WINDHAM - It's become abundantly clear over the years that unless precautions are taken while navigating over the world wide web, user's can be susceptible to security breach. Keeping students' privacy secured through the means of firewalls and help from the IT department is an important job and this is something that WHS, LHS, and the Department of Education, all acknowledge. While all schools across the United States have the responsibility to obey the law and keep the servers safe through various means, there are students who believe they see a moral approach to privacy, but what is it that makes both of these facets so important?

While the severity of a security breach can stem from a small threat that a quick antivirus can solve, to dangerous programs that can gather information on a student's computer such as an IP Address which can link back to even more personal information, WHS takes responsibility to prevent any shady activity being performed on their district server.

The Windham School District posted their privacy plan a couple of years ago, it stated that, "The Windham School District is committed to protecting our students' and staffs' privacy through maintaining strong privacy and security protections. The privacy and security of this information is a significant responsibility, and we value the trust of our students, parents, and staff." This information is still public and can be found on the Windham School Dis-

trict website. Reading through this plan, it's clear that student privacy safety is important to the Windham School District. This is good to hear, as there are many students that not only respect the law behind privacy, there are many that have firm moral beliefs regarding the same topic.

"Privacy creates a sense of safety in a community," said WHS Student, Lyn Mallet in an interview where she was asked about her thoughts on privacy and why she felt it was important in a moral aspect. The school is more than willing to help keep everyone's online information safe, however it appears that this is seen as a privilege, as the WHS IT department checks in on the server to avoid any inappropriate use of a school macbook. "We check the system daily," said Mr. Rioux, a member of the IT department.

In an interview with another member of the IT department, Mr. Caddy, a few questions were brought up about data protection, and who in the department is responsible for stopping a security threat, to which he replied with, "The entire IT department, we are all responsible."

According to the US Department of Education official website, "The U.S. Department of Education is committed to protecting student privacy. We administer and enforce student privacy laws such as the Family Educational Rights and Privacy Act (FERPA) and the Protection of Pupil Rights Amendment (PPRA). In addition, we provide technical assistance to help schools and school districts safeguard information about students." Here we see the US Department of Education

holds student safety on a high level of importance based on the various laws and regulations stated on the website.

Since all these laws and acts were made in order to protect students across the country, it's safe to assume that most high schools enforce these rules at least as heavily as WHS has. This is correct, because according to the Londonderry School District website, "The ever-increasing availability of online teaching and learning resources comes with inherent risks and concerns regarding student data, privacy and student work. We as a district have a responsibility to ensure that student's data and privacy is adequately protected while using any online digital resource for school work."

Londonderry is also taking a very serious approach to ensure that students are made aware that they are working to keep each and every student's online experience safe and secure. Londonderry also takes responsibility for any security issue that could occur, proving that they also are taking the situation seriously.

Privacy is important to a lot of students around the world. The internet is not always the safest place and if unlucky an individual could end up having all their information leaked by or have their computer remotely taken control by a virus or malicious hacker. People want to stay safe and this is why our school and many others across the country take these things so seriously. It is important to a lot of people that these laws and morals behind privacy are respected and treated with care.

How Stress Affects the Human Body?

By Kayla Stevens
JagRoar Staff

WINDHAM - Midterm season is one of the most stressful times of the year at WHS, with students frantically studying and adding last minute changes to projects. One student in particular had an on-going headache and a severe loss of appetite during the week. They do not know why they have been feeling out of sorts lately. Could stress be to blame? Why do humans feel stress? How should stress be managed?

Stress is a natural human response which involves an emotional feeling or physical tension to external causes. Stress can impact everyone's lives differently, but one thing is for certain--stress has major physical and psychological effects on the human body.

Cassandra Faria, a senior at Windham High School, says she has really bad anxiety, so when she gets stressed she often has panic attacks which cause her to feel nauseous and have a loss of appetite.

"Managing stress is so important because it has a huge impact on lifelong health and affects how people manage daily tasks"

"I also find that I struggle to fall asleep at night when I am stressed," said Faria. Mrs. O'Connell, a psychology teacher at WHS, said that cortisol is the chemical that is released with stress, which often gets a bad rep because it can cause interruption of sleep, and muscle spasms.

"Cortisol also puts the body in fight or flight mode, which triggers the body to respond to the stressor that they are facing," said O'Connell.

According to an article by the American Psychological Association (APA), stress affects every single system in the body, which includes the respiratory, cardiovascular, nervous, musculoskeletal, endocrine, reproductive and gastrointestinal systems. The APA also states that the human body is well designed to handle stress, but it is when individuals' stress levels become long-term or chronic that major bodily issues can arise.

"The more stressed out an individual is, the harder it is to prioritize tasks and focus, so oftentimes people begin to shut down and stop completing common everyday chores," said Mrs. O'Connell.

An article written by the Mayo Clinic, a nonprofit organization that is committed to providing health care, education and research, states that common effects of stress include: headaches, muscle tension, restlessness, irritability, sudden changes in appetite, sleep problems, and much more. While stress can often cause many undesirable symptoms and disorders, feeling stress can also be positive at times.

"It is completely normal to have stress and you have to have some level of stress in your life to be able to respond appropriately, but it's how you react and deal with it that determines how positive the outcome will be," said Lisa Veilleux, a registered nurse. "Managing stress is so important because it has a huge impact on lifelong health and affects how people manage daily tasks. Certain diseases and disorders such as Irritable Bowel Syndrome and Cardiovascular disease can be linked to chronic stress," said Mrs. Bartlett, a health teacher at WHS.

In a study done with the University of Oregon, 40 randomly selected undergraduate students were put into two different groups: experimental or control. The experimental group practiced 5 days of a meditation technique called integrative body-mind training (IBMT) with a professional coach, whereas the control group does not receive any professional relaxation training.

The IBMT technique avoids struggles to control thought and instead relies on a state of restful alertness, which allows for a high degree of body-mind awareness. Through this process, individuals received guidance from a coach, who provided breath-adjustment directions and mental imagery while calming music played.

Before the experiment, both groups initially showed elevated release of the stress hormone cortisol following the math task. However, after the 5 days of training the experimental group showed less cortisol release, indicating a greater improvement in stress regulation.

In addition to guided meditation, there are many other proven ways that can help

"It is completely normal to have stress ..., but it's how you react and deal with it that determines how positive the outcome will be."

manage stress.

"It can be really helpful to write out and journalize your emotions or what's causing you to feel stressed so you can get it out of your head and view it on paper...I also recommend trying to separate yourself from your stressor through meditation, exercise, or talking it out with someone" said Mrs. O'Connell. According to "Stress Management" by the Mayo Clinic, regular physical activity and a healthy balanced diet both assist with managing stress. It is also important to avoid tobacco use, excess alcohol and caffeine intake, and the use of illegal drugs because they have no benefits when it comes to stress.

"When people rely on using drugs such as alcohol and nicotine to relieve stress it never fixes the problem. It's just a temporary substitute that takes time away for people to deal with their stressors" said Mrs. Bartlett.

Overall, everyone deals with stress throughout their life and this can have both negative and positive effects on their overall well-being, but there are plenty of proven ways to help manage stress.



Photo by Kayla Stevens

Morgan Veilleux appears to be stressed out trying to finish her math final

WHS Students Spend Hours A Day Consuming Media

By Jackson Milano
JagRoar Staff

WINDHAM -The average weekday media consumption of students from Windham High School is 8.81 hours.

A study conducted by the West Virginia Education Center found that teenagers spend nine hours a day in front of a screen. On the weekend, media consumption increased to an average of 13.2 hours.

The five day average was 6 hours and 36 minutes. Most of the data for each student was around the same amount, but there were a few outliers.

While interviewing and calculating the averages, each Windham High School student was asked to estimate their times spent on a weekday and weekend day watching Television, Netflix/HBO, etc, Movie at a theater, Social Networking Media, other internet use, and print.

While calculating the averages, the media outlets that were being used the most were consistent as were the ones that were being used the least. "Print" and "Other internet use" were the two most popular on the weekdays, which is attributable to studying and being in school.

"Other" and "Social Media" were the most popular on the weekends. The students tended to gravitate towards similar things whether it was on the weekend or the weekdays.

"A movie in a theater" and "Television" were the least consumed categories of media for both weekdays and the weekend. Films and television aren't as accessible or convenient to high school students as streaming services such as Hulu or Netflix.

The students that were interviewed all had generally the same media usage amounts and types of usage. There were a few anomalies, such as one student going to a theater to see a movie while all the others had not. There were also some students who spent time during the week watching television, while others had watched absolutely none.

Overall though, the students' average media usages were relatively similar. The types of media fluctuate amongst students. Some of them used mostly social media, whereas others mostly spent their time

streaming Netflix.

Jenna Hollinger, a senior at Windham High school confirmed, "I spend most of my time on TIK TOK. I am completely addicted to it."

The students weren't surprised by the overall media results. Being a high school student and living in the age where social media is so relevant in our everyday lives, it's no wonder that we use so much media. The students felt that their media consumption was fairly typical for them, and was steady throughout the five days.

Brody Waldner, another senior from Windham High School said "I know a lot of people don't tend to buy the newspaper and read it but I still like to do that once in a while, especially when I read the sports section."

Some students mostly use media to either pass time when there is nothing else to do when we are at home, work, or in school. Most students use social media for entertainment and to talk to family and friends.

Others listened to music a lot while doing other things such as when they were commuting to and from school and when doing homework. The "other internet use" was almost exclusively for homework.

Nick Milano, Editor of the Suffolk journal, said that, "the majority of college students use social media to talk to their family and friends, especially if they live far away from their family. It's the easiest way to keep in touch."

Nearly every student used social media to fulfill their social integrative needs. They used social media to keep in touch with friends and family that live far away. Some students consumed media to fulfill their cognitive needs, and to stay informed on current events.

Also, students need to use the internet and to read printed texts for school. For most students, television isn't a form of



Photo by World Media Forum
Different types of media.

media typically used everyday. Media was used for tension release as well. The internet and social media was used by most to pass time, relax, explore interesting information, and to escape the everyday stress of life.

The majority of the students had no plans to change their future media consumption. They felt that it is normal for the lifestyle they have, and are happy with their media use and consumption. One of the students said that it was entirely necessary for their career path. Another student was happy with the way their daily life coexisted with technology and the vast digital information that they had access to, and therefore saw no reason to limit their media use.

An Australian parenting website called Raising Children.Net.Au claims social media and other media influences on teenagers can have a positive effect.

One student however felt that they wanted to stop using social media to procrastinate, and put off doing work. They wanted to rely less on social media for enjoyment and be able to live in the moment.

Overall, however, most students were happy with their media consumption and didn't feel a need to change how much media consumption they were taking in.

Jag Sports



Photo by Jillana Stevens

The Windham Jaguars starting five take the court versus Portsmouth.

Girls Jaguar Basketball

Makes Second Round of State Tournament

By Chris Billone
JagRoar Staff

A first round home playoff game is always an advantage when making a playoff run. With the Jaguars earning the six seed after the regular season, they were able face Exeter at home in round 1. Unfortunately, they couldn't continue after a second round loss to a tough Portsmouth team.

The 2021-2022 Girls Jaguar Basketball team was playing well all season, finishing with an 11-7 record, enough to earn them a home playoff game.

The opponent was the Exeter Blue Hawks, a team that the Jaguars had squeaked out a 58-49 overtime win the week prior. The Jags were 6-3 at home on the season and things were looking good for them in round one.

Anne Hacky, head coach of the girls Jaguars basketball team said, "we had a really good scouting report, we focused

on what they did well the first game and made them find other ways to score."

They executed their game plan to perfection as the Jaguars led the Blue Hawks for the majority of the game and held them to under 40 points.

Bree Amari, a junior captain for the Jaguars, led the teams scoring with 20 points in a win that would total to 45 Jaguars, 37 Blue Hawks.

Another junior captain for the Jags, Hannah Smith, praised her younger teammates for stepping up in the big moment. She said, "Meghan's shooting helped us all season and especially round one versus exeter." The freshman averaged 6.6 points throughout the season but tallied 10 in the first round win over Exeter.

A home game can always set the advantage on your side, but it does so even more with a good crowd. WHS junior, Brayden Lord, a season-long fan of the team said, "we were roaring and definitely contributed to their momentum and success."

With the first round out of the way, the Jaguars prepared to take a trip to Portsmouth where they would face the Clippers

in round 2. A tougher matchup for the Jags as the Clippers were 17-2 on the season coming into this game.

When asked about how preparation was different for this matchup, Coach Hacky said, "Well we lost by 40 the first time, so we analyzed what made them successful and tried to shut it down by forcing them to shoot." They did so in the first half, only trailing by 8. However in the third quarter, the Clippers caught fire and shot the Jaguars out of the game. The final score read 50-36 and the Jaguars amazing season came to an end.

"The girls far exceeded what they thought they would be as a team this year, and as a young team with no seniors, expectations are high for us to be even better next year" stated Coach Hacky.

While the team fell a game short of a final four appearance, they had an impressive season nonetheless. A young, successful team with great performances all season is set to have an even more incredible season next year with their whole team returning, as well as more leadership with their four soon-to-be seniors.

Springing Into Action

An inside look into the upcoming sports seasons

By Brady Carroll
JagRoar Staff

WINDHAM - It's time. Will the volleyball team repeat as state champions? Will the lacrosse teams qualify for playoffs once more? What does the future look like in the baseball and softball programs? Is track officially back to having a full season?

These are some of the many questions asked revolving around the upcoming spring sports season. Many teams have gone above and beyond in their training with the hopes to have a fun and successful season. I took the liberty of going out to interview people to provide an inside scoop as to how these student-athletes are looking to finish the year off with a strong

season.

On March 21st, all spring sports tryouts besides volleyball begin at Windham high school. In the mix of these tryouts is the men's lacrosse team. Senior starter and four year player Matt O'Connor has put in the work this offseason and is anxious to get the season in full swing. When asked if this offseason felt different than the previous three, he responded saying "Yes because it is my last and I know I am never going to get the chance to do this again." He continued saying "but in some ways no because it is the same ritual on how to get better, there is a small feeling of sadness and an extreme feeling of determination."

The emotions of excitement and determination were present in each and every athlete when asked about the season's potential and meaning to them. For all sports this spring, this season is special. As it stands right now, everyone has a normal schedule instead of being shortened or jammed into a small window of time.

The thought of having to wear a mask

while competing seems to be in the rear view mirror. When interviewing volleyball player Cole Morris about this, he was very passionate and aesthetic about this.

"I am very excited about the fact of not wearing masks. We were able to win the state title last year, but it was exhausting and definitely took a toll on a number of us throughout the year having to wear those masks. Now the focus is going to be entirely on the court and not whether our mask is on right or if I need a new one".

Perhaps the best thing about these interviews was the fact that every athlete pointed out the minor details and small changes that made them just as excited for the season as the games themselves.

It did not seem to matter if the teams were full of underclassmen or kids new to the sport, the amount of work done both on and off the field with each team has generated one common goal amongst all. A state title.

Russian Olympic Figure Skater Kamila Valieva Competes Despite Failed Drug Test

By Jacqueline Murphy
JagRoar Staff

BEIJING, CHINA - Russian figure skater Kamila Valieva failed her drug test, testing positive for a performance enhancing drug during the Beijing Olympic official drug tests on December 25, 2021. Drama has arisen because she was allowed to continue competing despite her failed test, due to a negative test shortly before the official olympics began.

Valieva was a highly successful figure skater, and, at just 15 years old, she was anticipated to win the gold medal at the olympics. However, with her drug test results, an investigation had to be opened. According to the article "Star Russian Figure Skater Tested Positive for Banned Drug" by the New York Times, she had claimed that her drug test right before the Olympics, on December 25, 2021, was negative. Therefore, uncertainty arose on whether Valieva was going to be allowed to compete. The Olympic Committee had decided that Valieva would be allowed to continue competing, however, if she won gold, they would not hold an award

ceremony.

Of course, allowing Valieva to compete resulted in much controversy. Christopher Murphy, a private baseball coach, said "I'm a big believer in working hard and practicing in order to become more skilled in the sport you do. I think that people who use steroids aren't willing to put in the real work it takes in order to become the best at their sport." Many people find that those who take performance enhancers do not deserve their position, and should rather work hard for it.

The article "Russian Olympic figure skater Kamila Valieva's drug test: The substances and their potential performance effects" says that the drug Valieva was seen to be taking was Trimetazidine. This is a heart medication that also helps athletes improve their endurance and stamina, which is vital for figure skaters. Many wondered, however, why athletes would take steroids, knowing the potential consequences.

"I think they're just

trying to one up other people, or prove something. Especially at an Olympic level, people are desperate to do well. So, I guess it doesn't surprise me if they have that much pressure on them," said Kathryn Hynes, a senior in the WHS Track & Field. Sometimes athletes feel they need to take extreme measures, especially in a country such as Russia, where the expectations set out for them are sky high.

With the results of Valieva's investigation, many people are wary of the future of the Olympics. They question: what will be the new standard of the Olympics?



Photo by Chang W. Lee of the New York Times
Kamila Valieva, anticipated Gold Olympic Figure Skater

Derrick White to The Boston Celtics

Shipping Away Josh Richardson and a First Round Pick

By Majd Elhachem
JagRoar Staff

BOSTON, MA - The Boston Celtics took another engaging stride to improve their season which to this point has been a disappointing 21-30 start. The recent move brings in a unique player that has flown under the radar with some impressive performances this season. The prospect, a 6'4 200 lb shooting guard Derrick White, was dealt from San Antonio in return for Celtics shooting guard Josh Richardson and a first pick in the 2026 draft. In addition, the transaction indirectly freed up roster spots for Boston, which had previously cost them valuable cap space to maintain.

Aside from adding financial freedom to pursue additional roster improvements the recent trade added length and versatility to the Celtics roster. Some critics however, question which team the trade benefited more and how the move affects roster success going forward.

The Celtics gave up Josh Richardson and a first round pick for Derrick White last week. According to an article by Masslive.com, the Celtics traded away Josh Richardson, Romeo Langford, and a first round pick to the San Antonio Spurs for Derrick White. The Celtics were paying Richardson and Langford a combined 35 million dollars according to Masslive.com and in return they are only having to pay White 9 million on a two year deal.

This frees up space for Boston's salary cap and gets rid of some players that have been underperforming, such as Josh Richardson who has 33% from the three point range this season and Romeo Langford who has shown little value to the team at all.

Brady Carroll, a senior at Windham High School and a basketball and Celtics enthusiast, said "I Believe that the Celtics won this trade because they only gave up some bench players for a star like White and they freed up cap space."

According to an article by Justin Leger on NbcSportsBoston Derrick White will provide scoring, playmaking and elite defense coming off the bench. He averaged



Photo by Sky Sports

Derrick White dunking on Paul Millsap in the lane.

14.4 points per game and 8.2 assists per game throughout his time in San Antonio. His 6'4 200 lb frame and 6'10 wingspan was elite for his defensive capabilities and he would be immediately gaining the confidence of former coach Ime Udoka of which he played for whilst on the San Antonio Spurs.

Derrick White's elite defense and his mentality of guarding the other team's best player will be key in the playoffs; he is a "hound" on the court. When asked about Derrick's capabilities as a player, Olver Clarke, an 18 year old senior and avid sports fan at Windham High School when talking about Derrick said that "Derrick will bring elite defense and shooting which is where the Celtics struggled during the majority of the season." According to Hunter Felt's article on the dividends of the Celtics provided by Derrick White via Forbes, Derrick White will provide playmaking for the two elite wings in Jayson Tatum and Jaylen Brown and will help move the ball for the Celtics. The Celtics have struggled in their assists this season because they haven't moved the ball. They were 26th in the league in assists per game prior to the trade and were very isolation heavy.

Now that Derrick joined the squad, the Celtics will have someone to push the ball at a fast pace and open up opportunities for the J's. White also brings shooting to the team who ranked 27th in the league in shooting given that the Celtics have moved to 10th in the league in shoot-

ing and 15th in the league in assists per game ratio and since acquiring White, the Celtics are a defensive juggernaut, ranking 1st in the league in defensive rating of a whopping 101.4. Since acquiring White, the Celtics have won 17 out of their 20 games and are the hottest team in the NBA. When asked about White's impact Massachusetts D3 basketball player Anthony Elhachem said, "He will bring defense and he is already the root of our 101.4 defensive rating which is the first in the NBA."

The team will greatly appreciate Derrick given that he played with Jayson Tatum and Jaylen Brown at the US Men's Olympics team in 2019. He has also played for Coach Udoka while in San Antonio and has a good connection with the coach. The coach knows Derrick's strengths and weaknesses and will play him according to them.

The Celtics did not give up much for White and in return are rewarded with a 15 game win streak in Boston. Given Whites frame and athletic discipline the Celtics were able to utilize him to help Jayson Tatum and Jaylen Brown get past the hump that the Celtics have been struggling to get over. White's impact, frame, and contract are all reasons why Boston made a smart decision to acquire him at the trade deadline.

Jag Activities



Photo by Mrs. Morin

Windham High School Sophomore class officers

A Valentine's Day Fundraiser

A Worthy Cause, Windham Helping Hands

By Lucas Mayo
JagRoar Staff

At WHS during the week of Valentines Day, the Sophomore Student Council wanted to make a fundraiser to sell candy and give the money to a cause that would help the local Windham community. The student council of WHS, sold candy from the 10th and 11th of February to raise money for the Windham Helping Hands charity. Giving people in relationships a reason to donate and show friends and people they are in a relationship that they care for them.

The Sophomore class officers started brainstorming for a holiday themed fundraiser and they came to the idea that they wanted to sell candy during lunches in order to raise money. The president of the Sophomore class Finn Roach said, "100%, we didn't have much of an expectation but we raised \$230 just selling candy at lunches". Finn roach also talked about the process of putting it together and he said "We wanted to have a holiday themed fundraiser, so we started brainstorming and we decided

to sell candy on valentine's day. It took a bit of time and a lot of trips to Walmart". Mrs Troy and Mrs Morin were two of teachers who helped with setting up this fundraiser. When asked why its important for teens to participate in fundraisers Mrs. Troy said "Its important to understand that not everyone has the same advantages in life as others do".

Mrs Monin helped the students accomplish their goals because she wanted to give back to the community of Windham and they ended up selling out of their candy.

The Student Council knew that candy would be a smart move in regard to high school students. Students in general are often looking for food and candy during the day so this was a good opportunity to use their love of sugar to raise money. Using a holiday about love and happiness was beneficial in raising needed money for Windham Helping Hands. Windham Helping Hands really makes a difference with helping people who are desperately in need of help, food, gas money, or something that is necessary for their families. The student council were very proud of their efforts and made \$230 which was way more than they thought. They want to do this again at some point for other holidays and other events in the future.

WHS Theater Production: Oklahoma!

By Jacqueline Murphy
JagRoar Staff

Windham High School's big theater production—Oklahoma the musical—was performed on our stage on March 25th-27th. The Theater Company showed how much they have worked on this production.

The theater company's teacher director, Mrs. Alison O'Brien, gave some insight into what this production is about. She says that Oklahoma follows the life of Laurie, who is entrapped in a love triangle. Throughout the musical, Laurie goes on a journey of self-discovery, finding out who she is and deciding what she wants her future to be.

Of course, with any show, the actors aren't the only important part of the production. There is a lot of background work. According to Mrs. O'Brien, "Theater really is a team activity... Mr. Taddonio works with our Orchestra to create music, we have a WHS alumni, Emma Fitzpatrick who helped choreograph our dances, we have a student director, Manning, who is really helpful in blocking out different sections of the show. So that's just a few of the production team we have, not even counting the actors in the auditorium and everything."

This is just a small insight into the behind-the-scenes of any favorite theater production. So much goes into making the show work, besides the actors saying their lines. There are people who work with the music, the dances, the lights and special effects, and countless more factors.

One of the show's leads, Lucas Mayo, a senior who is playing Jud Fry, expressed his excitement and the growth he has felt during the process of creating the show. When I asked him what he felt was the most rewarding part of the show process, he said that being a part of the musical allowed him to break down personal barriers. As an actor, he has felt his confidence grow and he truly feels proud of how the show is coming along.

He knows better than many how difficult it can be to create such a large scale musical. "I feel that the most difficult and stressful part of putting together a musical is learning everything in pieces and putting it all together. Musicals are unique in the way that they have a lot more to them than regular shows, I mean with the singing, the dancing, and the acting it could be difficult at times to put it all together in the final product." Lucas expressed that there is truly so much that goes into the creation of a musical, and it is definitely not an easy feat, however, he feels that the outcome is worth all the work.

WHS National Honor Society Welcomes New Members

By Ethan Tacy
JagRoar Staff

WINDHAM - WHS' National Honor Society welcomed this year's new members with an induction ceremony on March 9th, and it will continue serving the community as these new members help with new and ongoing projects.

NHS is an honor society that exists in many schools across the country and is described as a "collection of high achieving students working together to help the community" by Hannah Robinson, a junior and new member of NHS.

Each year NHS selects juniors and seniors with certain academic standings and reaches out inviting them to apply to join their honor society. The application process has the students reflect on themselves as a whole and show the society and leadership their overall character.

"We compile all our past leadership roles and service hours, get two teacher recommendations, and reflect on past accomplishments and leadership," said Gianna Bauer, a second-year member of NHS. Hannah Robinson said the application process included "lots of running

around contacting teachers, which was difficult during this time with COVID." Another side effect of COVID was the inability to hold an induction ceremony for last year's new members.

NHS members select projects to work on "to help serve the community both inside and outside of the high school," said Gianna Bauer.

NHS rookie Robinson plans to introduce the idea of "helping introduce experienced robotics teams to rookie teams," as a possible long-term project to help robotics clubs and teams in the Windham's community. When asked about project timelines, NHS veteran Bauer remarked, "the projects are ongoing as we have seasonal projects like our Christmas cards for the teachers." The NHS has to decide which projects and problems they should focus on and to decide which projects to endorse. WHS senior Gianna Bauer said the members "look at our community and see what it needs and lacks."



Photo by Ethan Tacy
National Honor Society Symbol.