



Volume 06, Issue 09 | Date: March 3, 2023

By: Annabelle Smith

The Importance of Mental Health

High school can be a really stressful and mentally draining time for teenagers. With a seemingly endless pile of schoolwork and pressure to do the best in sports or extracurricular activities, it can be hard to stay positive and keep yourself mentally healthy. Other factors in your personal life may also be weighing on your mind. Sometimes it can feel like nothing will ever change, but things can and will change and you're not alone.

Sometimes all someone needs is a person to talk to. This may mean talking to a close friend or family member that you really trust. This also may mean going to get professional help from a therapist. At first therapy can seem like an incredibly daunting task, but getting things off of your chest can really help.

If you would like to stay anonymous, there are also hotlines where you can get help. If the

situation is life-threatening or dangerous, call 911 first. The suicide crisis hotline is 988 if you ever feel the need to call or text. If you would like to talk to someone locally, the number 211 will direct you to the nearest person who can help.

There are also multiple resources at McDonald to go to if you need help and support. Anyone who deals with mental health problems, big or small, can always go down to the office and talk to Mrs. Bosheff or either of the Alta counselors.

Alta counselor Mr. Eaton said, "Kids can come down at any time and get the help that they need." You can also talk to teachers as they are there to help you and will listen and steer you in the right direction for more help.



Both Alta counselors are here to help district students.

In This Issue	
The Importance of Mental Health	1
The Importance of Mental Health Stem Field Trip	2
Taking ownership in online safety	3
Editorial: The Pros and Cons of Group Assignments	4
Movie Review: My Girl Spotlight	5
Top 5: Smoothies	6
Outstanding Staff: Mrs. Prokop Horoscope: Aquarius	7
Backpage Pics	8

STAFF LIST
Editor Staff:
Veda Agler
Mirryn Hobbs
Staff Writers:
Adam Parker
Annabelle Smith
Jasmine Coots
Aniya Depaul
Meegan Dockery
Lyric Culp
Editor in Chief:
Mr. Backur



Article continues on page 2

Finding a coping mechanism that works for you is also very important. It can be listening to music, going for a run, playing video games, meditating, or just any activity that you enjoy.

When asked about her coping mechanisms, sophomore Keira Buchmann said, "One of my ways of coping when I am feeling stressed or anxious is drawing out my feelings until I can talk about them or not feel those things anymore." Healthy coping mechanisms can help occupy your mind and help you get in a more positive mental state. It is vital to stay away from unhealthy coping mechanisms like unhealthy eating, excessive sleeping, isolating yourself from others, or anything that can harm you.

Many people struggle with a variety of mental health problems, even if they are not open about it. Even something as small as listening can make a big difference in someone's life. If you are ever in need of help or just someone to talk to, you can always go to trusted adults for help. Speaking up and getting help is hard, but it is worth it.

Students Take Advantage of Career Interests By: Jasmine Coots

Students interesting in math-related fields such as engineering, technology, and statistics had the opportunity to sign up for voluntary school field trips to use these skills and learn more about specific fields.

Math Fest is advised by the math department and takes place at YSU. During their time students will be exploring different career options as well as test their math skills and abilities.

When asked about her interest in Math Fest, sophomore Brooke Bosheff said, "I thought it would be fun to go and compete against different people and show off my talents and abilities and show off what I learned for others."

Sophomore Makaylee Exline explained that it was an opportunity to "give me more educational opportunities and be a part of something bigger."

Another exciting opportunity is the upcoming girls STEM field trip. STEM stands for Science, Technology, Engineering, and Mathematics. Currently, it is a mostly male-dominated field and opportunities like this field trip are great at engaging young women as well entice them to join the field.

Sophomore Brooke Bosheff said, "I thought it was a good opportunity to meet different people from different backgrounds who have the same goals, and people like me and share leadership qualities like me. I believe it would give me good insight into what type of career I'm pursuing."

Sophomore Caroline Alcantar is looking forward to expanding her passion for math and exploring additional career options in the field.

Taking advantage of voluntary field trip opportunities like this and last semester's trip for sophomores to TCTC are great ways to learn about career opportunities that are hands-on and engaging.



**Math Fest participants
Mackenzie Regelman and
Bri McCombs**

Taking Ownership of your Online Safety & Privacy Should be a Priority

By: Adam Parker

We're living in a digital age, and for many of us it seems unimaginable to live without our phones, computers, tablets, or other smart-devices. From homework, to keeping in touch with friends and family, or simply for entertainment, the internet has a lot to offer. However, it also presents a lot of new dangers that previous generations may not have had to face. Phishing, scams, misinformation, and even potential predators are all very real risks you might run into while using the internet. One way to stay safe on the internet is to protect your online privacy.



Online privacy is an important part of protecting yourself online, but also a part that many people

overlook. For example, when asked how they protect their online privacy, freshman Kali Mechling said, "I try to use secure passwords, but I don't really think about it much." Online privacy, however, is vital online, and one should take steps to protect it.

One way to keep your information private is to, simply put, just not share it. It's important to keep in mind and think about what information you share online. Important information like phone numbers, addresses, credit/debit card information and passwords shouldn't be shared online, especially not publicly where anyone can see it. A lot of the time people will warn against sharing pretty much any kind of personal information, which, though there is merit to their concerns, sharing your name or pictures of yourself (barring that you're being at least somewhat careful) generally won't cause any harm.

However, your personal information is often used when making accounts on social media websites, so, though it may seem obvious, simply not putting your information into anything isn't always as simple as it might sound. But, another way you can keep your information secure and private is by using different, difficult to guess passwords on your different accounts and two-factor authentication when it is available. A potential hacker might be able to get into one of your accounts, say Twitter, but if you use the same password for everything it becomes demonstrably easier to get into any other ones you may have.

Another good way to protect yourself online is to stay current and to practice online safety training. In an interview, Mr. Studer said, "I suppose the simple answer is to keep current. This mostly means software and personal knowledge. Keep your devices and software current with security patches. [...] Use a trusted antivirus [...]. Use Multi-factor authentication. [...] Online safety training is always a good idea to pay attention to, and to keep current in."

Online privacy is important. There's a lot of people out there who could use your personal information maliciously such as impersonating you, opening new accounts, or hacking into shopping sites where credit card information is stored. Generally, the most you'll have to deal with is robo calls or countless spam emails, but it's not unheard of for predators to use that information to cause harm.

Bullying and harassment is also an issue because it becomes easier for these "cyberbullies" to harass or even threaten you if they have access to your personal information.

As technology progresses it becomes easier to protect your privacy, but also easier for people to breach your privacy. It's a constant ebb and flow between the two, so it's always important to keep your safety and privacy in mind when online.

The Pros and Cons of Group Assignments

By: Mirryn Hobbs

In many situations throughout life, we have all had to do group work. Whether it be in high school, work, or college, these bittersweet group assignments have been given. With this comes the opportunity for many issues as well as benefits.

For some, working alone is the preferred option. Teamwork and cooperation are just not in the picture for many. The thought of having to rely on someone else can seem distressing.

One con of group work is having to work with a slacker. I can recall several times where I ended up having to complete most of an assignment that was meant to be worked on by several people. This issue can be some people's worst nightmare.

However, for those who have anxiety when working alone on bigger projects, having a couple teammates can ease this fear. Group assignments can give a sense of reassurance and support to the people who struggle to find that on their own.



Another issue that can follow group work is conflict. When you have different people trying to come to an agreement, sometimes it is difficult to find a common conclusion. This can cause arguments which then may result in a delay of progress.

Group work can be highly beneficial for those who struggle with communication skills. In the future, most people will end up having to develop great communication skills in order to work in their environment. Starting early with simple group assignments can be good practice for the more important situations later in life.



One last con of group assignments is a loss of individuality. Many softer spoken people may find it difficult to get their point across if they are being outspoken by louder personalities.

In conclusion, group assignments can either be a blessing or a curse. I think they are a great way to get some students out of their comfort zone, however, it is not uncommon to see conflicts arise in a group setting.

Retro Movie Review: *My Girl*

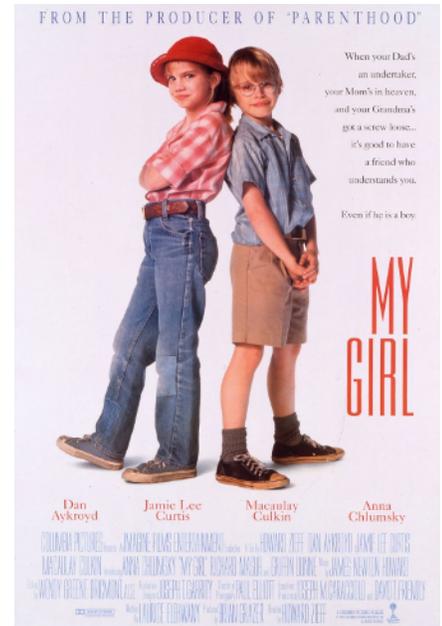
By: Aniya DePaul

According to Wikipedia, the 1991 film *My Girl* takes place in the summer of 1972 in Madison, Pennsylvania and tells the story of an 11-year-old girl named Vada Sultenfuss. Vada's upbringing as a child causes her to suffer from hypochondria, and also leads to an obsession with death. She has trouble fitting in at school and her best friend Thomas is known for being allergic to "everything" doesn't make it any better.

This movie is likable because it isn't the "perfect" movie. It doesn't try to be a masterpiece. The goal of this movie is to entertain younger viewers and bring back the "nostalgic" days for older viewers. This movie was also a good watch because the main roles of Vada and Thomas are played by Anna Chlumsky and Macaulay Culkin, two very beloved child actresses at the time.

The one thing that wasn't enjoyable about the movie was the ending. It was extremely unexpected and wasn't needed. The movie did touch sensitive subjects, but it often did it in a light-hearted way throughout the movie and the ending didn't reciprocate that.

Apart from the fact that it shows death to a younger audience, it was a really good and sentimental movie. If you're someone who doesn't like crying during movies it might not be fit for you, but if you're someone who enjoys a quick cry, grab your tissues.



NAME: ELLIE GARDNER

NICKNAME(S): ELLIE G

WHAT SPORTS ARE YOU INVOLVED IN?: TRACK

WHAT IS YOUR FAVORITE HYPE SONG?: "TELL ME YOU LOVE ME" BY DEMI LOVATO

WHO IS YOUR FAVORITE ATHLETE?: TRACK STAR CHASE EALEY

FAVORITE MOMENT SO FAR?: SEEING MY IMPROVEMENT IN THROWING OVER THE YEARS

ONE GOAL YOU HAVE FOR THIS SEASON?: TO BE ABLE TO TRY LONG JUMPING FINALLY

MATCH UP YOU'RE MOST EXCITED FOR AND WHY?: ANY SATURDAY MEET BECAUSE THEY ARE BIG MEETS AND MORE COMPETITION

SPORTLIGHT

By Lyric Culp



NAME: CAROLINE ALCANTAR

NICKNAME(S): NONE

WHAT SPORTS ARE YOU INVOLVED IN?: GOLF

WHAT IS YOUR FAVORITE HYPE SONG?: "PARTY IN THE USA" BY MILEY CYRUS

WHO IS YOUR FAVORITE ATHLETE?: MCDONALD GOLFER CALEB DOMITROVICH

FAVORITE MOMENT SO FAR?: SINGLE PUTTING

ONE GOAL YOU HAVE FOR THIS SEASON?: TO DROP 5-10 HITS

MATCH UP YOU'RE MOST EXCITED FOR AND WHY?: SPRINGIFELD BECAUSE IT'S COMPETITIVE



TOP 5 SMOOTHIES TO HELP WELCOME THE WARMER WEATHER!



BY: MEEGAN DOCKERY



1.) 3 BERRY SMOOTHIE

THE 3 BERRY SMOOTHIE FROM PULP IS A WONDERFUL COMBINATION OF BLUEBERRIES, RASPBERRIES, AND STRAWBERRIES. IT IS A GREAT WAY TO COOL DOWN WITH WARMER WEATHER ROLLING IN. WITH ITS SWEET TASTE AND COOLING SENSATION, THE 3 BERRY SMOOTHIE IS A GREAT REFRESHING WAY TO SAY HELLO TO THE SUN!

2.) RASPBERRY HARMONY

RASPBERRY HARMONY IS A SIMPLE COMBINATION OF BOTH SWEET AND TART. WITH THE RASPBERRIES AND BANANAS CONTRASTING WITH THE APPLE JUICE, MAKE FOR SPUNKY TWIST THAT REALLY GETS THE GOOD VIBES PUMPING. IT'S A PERFECT DRINK TO ENJOY ON THE BEACH AND SOAK IN THOSE RAYS.

3.) PULP SWIRL

PULP SWIRL IS PERFECT FOR THOSE SPRING DAYS YOU SPEND OUTSIDE ON WALKS, BIKE RIDES, AFTER HIKING, ETC. THE TANGY CITRUSES AND SWEET BERRIES CREATE A PARTY IN YOUR MOUTH AND GET YOU READY FOR THE DAY. WITH BLOSSOMING FLOWERS AND AN ABUNDANCE OF FRUITS AND VEGGIES, THIS SMOOTHIE IS THE PERFECT COMPANY TO KEEP WHILE ENJOYING THE WEATHER.

4.) STRAWBERRY EXTREME

YUM! THERE'S NOTHING BETTER THAN REFRESHING STRAWBERRIES ON A HOT SUMMER DAY. TO HELP WELCOME THAT HEAT THE STRAWBERRY EXTREME SMOOTHIE HITS ALL THE RIGHT SPOTS. STRAWBERRIES, STRAWBERRY JUICE, PINEAPPLE SORBET, AND TO SMOOTH IT OUT IS SOME YOGURT TO CREATE THE PERFECT SUMMER DRINK.

5.) STRAWBERRY BANANA

STRAWBERRY BANANA IS A GREAT CHOICE FOR THOSE WHO ENJOY THE CLASSICS. STRAWBERRIES, PINEAPPLE JUICE, AND YOGURT ARE SOME OF THE CORE INGREDIENTS THAT GIVE IT FLAVOR. BANANAS AREN'T MY FAVORITE, BUT IT IS A LARGE SELLER FOR THOSE WHO LOVE BANANAS. THIS SMOOTHIE GLIDES YOU INTO THE WARM WEATHER A LITTLE SMOOTHER BECAUSE THE BANANA IS SOFTER AND NOT AS VIBRANT AS SOME OF THE BERRIES.

OUTSTANDING STAFF - MRS PROKOP

By Lyric Culp

Mrs. Prokop has a key role here at MHS that keeps everything in a perfect balance. Whether it is keeping track of students and their attendance or helping them with whatever they may need in study hall, Mrs. Prokop is on the case.

Most of you know her from being the study hall monitor, however, there is a lot more that goes unrecognized behind the scenes. A few things to name would be making sure students are where they are supposed to be, staying on top of attendance, and reporting the lunch count. Mrs. Prokop's main priority is the students' safety, so she always makes sure to notify parents of their child's absences and that everyone that needs a lunch has one.

For the past 6.5 years she has been a member of the staff, but prior to her time here, she was a permanent substitute at Warren G. Harding and was a stay at home mother to raise her own kids.

When asked about what her favorite part of being a staff member here at McDonald is, Mrs. Prokop replied, "I absolutely love our students. They are the best part of MHS followed by our #1 staff."

Outside of school, Mrs. Prokop enjoys going to the gym where she finds herself there five times a week. She is also a homemaker, and she has a husband and dog she cares for.

I asked senior Cameron Greaver about a time Mrs. Prokop has helped him and how he feels about her role in the school and he replied, "She has helped me get organized over the years, her role is a major part of our school by helping other students and guiding them over their high school careers."



☾☾ Horoscope- Aquarius (January 20- February 18) ☽☽ By: Aniya DePaul

Element: Air

Colors: Light-blue, silver

Day: Saturday

Ruler: Uranus, Saturn

Lucky numbers: 4,7,11,22,29

Strengths: Progressive, original, independent, humanitarian

Weaknesses: Runs from emotional expression, temperamental, uncompromising, aloof

Likes: Fun with friends, fighting for causes, intellectual conversations

Dislikes: Limitations, broken promises, being lonely, dull, or boring situations

Personality Traits: Unique, intelligent, optimistic, artistic

Famous Aquarius's: Alicia Keys, Kerry Washington, Justin Timberlake, Shakira,

Adapted from: <https://www.zodiacsign.com/zodiac-signs/aquarius/>



WE ARE THE DEVILS

BLUE DEVILS M BLUE DEVILS M

BY: MEEGAN DOCKERY



THE 7TH GRADE GIRLS PLACE 2ND IN THEIR BASKETBALL CHAMPIONSHIP! WAY TO GO GIRLS!

