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Help Out A Person **By: Riley Myers**

An apple a day keeps the doctor away. Have you ever wondered if that was true? Our recent hygiene drive was a service project lead by Sage Mason and it was great to see a wonderful turn out that created some healthy competition between the cohorts. The cohort with the most donated products was able to earn an extended lunch. Thank you to all who were able to donate products to help those in need.



Donation box picture credit: Theresa Greathouse

Helping others is an important part of our school culture and donating to the drive was important to help serve an under-served population in need. Freshman Grace Srock said, "The hygiene drive is important because there are so many people who do not have the necessities that they need and this drive will provide them with these things."

Freshman Lillian Smith agrees, "Yes it is a good cause because it helps others in need and it might not be a big thing, but it is doing something small for people."

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The hygiene drive was for the women at the YWCA, a place for women, girls, and families. They were in need of things like soap, body lotions, and shampoo. Sometimes, the small things we may take for granted can help a person out. Grace Srock continued, "People should donate to the hygiene drive because it is for a good cause and will help so many people in need of these things." It's a great thing that we're doing with our time to help out the ladies at the YWCA while maintaining our tradition of service to others. So let's put aside some things and donate to a great cause. And whichever cohort donates the most hygiene products will win an extended lunch. But the more important thing is to donate to the YWCA.

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Out Of The Court And Onto the Field

By: Elle Airhart

Alright! It is soon to be spring and you know what that means! No more freezing weather. Better yet, spring sports are starting up too. While the Blue Devil basketball and bowling teams are finishing up their last few games and putting their skills up for the season, track and field plus baseball and softball have started conditioning and preparing for their seasons.

First off, we can't forget about our wonderful winter sports. The basketball teams have had magnificent seasons. The girls basketball team has a 17 - 2 record and recently won Districts. As junior Lea Gabrelcik says, "Our season has gone great so far! We won league [championships], and are on track to win districts...Our number one goal is to win state." Clearly, the girls are ready to reach gold this season.

The boys team have had a great season as well. They have a 22 - 2 record and have big plans for the last stretch of their season. Senior Eli Street even saved the day on the March 2nd game. He scored an amazing 3-point buzzer-beater that gave MHS a win after being down 2 points in the last quarter. They are all working hard to make it far in playoffs and show that even a pandemic can't stop them from reaching their goals.



MHS basketball boys taking control of the court.

The girls team, while having some of their own struggles this season, still haven't allowed it to lower their spirits. They currently hold a 3 - 10, and are looking to bounce back strong next year, proving it may not be about the wins, but about the attitudes that come with it. They still have had an amazing year and season. Great job, girls.

Starting soon, both baseball and softball teams are gearing up for a great season. Both have started conditioning and making sure they ace their swings and have the speed to reach each base. The teams are ready for anything this season. Softball player Ali Dean says, "I'm excited for the new season, especially since we got canceled last year."

Baseball player Andrew Cupan says, "I'm super excited for the season to start. We got a lot of guys who can play...and I think we can do a lot of damage in the league." Overall, the baseball and softball teams are gearing up for their best season yet!

Track and Field is also starting to prepare for their season ahead. You may even be able to see them practicing diligently down at the new football field along 2nd Street. Everyone is ready for their season ahead and ready to put the Blue Devils on top! Good luck, everyone participating!

As for our bowling teams, they have pulled together a nice season despite some hardships. The boys team is harboring a nice 5 - 8 record. The team as a whole may not have made it to districts but Danny Barker has, showing that even alone MHS has a fighting chance for the top. Congratulations to Danny Barker for making it to districts and a great year for the bowling team.



Katie Merdich and Ali Dean smiling after a long softball practice.

McDonald, Briefly-- By: Theresa Greathouse

Last week Cohort A and Cohort B attended homeroom for a presentation assembly to maintain the social distancing. Our presenter's name was David Flood, who travels around the U.S. to talk to students about drugs, alcohol, suicide, and feeling alone. Flood explained now more than ever it is important that we check on one another because during this whole pandemic many of us are experiencing loneliness and other things. He also mentioned that just because someone can wear a smile does not mean it's real; they could be needing help and not know where to look, which is also why he said it is important to have at least one or two trusted adults you can talk to. He challenged students to:



Students engaging with David Flood
Picture Credit: Hannah Werle

1.) Look on the inside

3.) Make sure no one eats alone

2.) Thank two adults

4.) Show up

David Flood said the world does not revolve around us and that our life is not about us, but about the people in it. In life we should not be selfish but selfless, and that it does not mean we lose self worth, but help others recognize theirs, or just simply help others as much as we can and when we can. He pointed out that it does not matter what's on the outside, that it only matters what's on the inside.



As of this week Cohort B is in the lead for the Battle of the Cohorts to win an extended lunch. This Drive is for the YWCA and Cohort B has donated 130 items while Cohort A is falling behind with 87 items. Let's try to catch up Cohort A, may the best Cohort win; may the odds be in your favor.

Battle of the Cohorts										
	25	50	75	100	125	150	175	200	225	250
Cohort A										
Cohort B										

YWCA Hygiene Drive

Cohort A and B Drive Chart



Greg signing with his family around him. Photo Credit: Dick Scali

McDonald Senior Greg Merdich recently signed with Ohio Northern to continue his football career. He said Ohio Northern had been reaching out so he felt like he was really wanted on the beautiful campus. Greg began to take football serious in 5th grade and says that's when he knew he'd fallen in love with the sport and knew it was something he wanted to make a future with. Knowing he will be leaving McDonald Greg said, "It's a bittersweet feeling. I'm excited that I get to keep playing football, but it's also sad because I know it's not going to be as exciting as Friday nights at A.A. Burkey." Good luck Greg, and keep playing hard!

Editorial- Embracing Constructive Criticism

By: Theresa Greathouse

Is it okay to give constructive criticism to others? Can it be taken too seriously or too far? Or should you just accept the feedback to help you?

Now, some may say that no one needs constructive criticism because they know what they're doing. That may be true, but don't you think you would want help if someone knew that you may be doing something wrong in a routine, play, dance etc.? Some people insist on receiving feedback and then completely spiral when receiving it as if someone is trying to personally attack them. When asking for criticism it doesn't mean that someone is being rude, they're just simply trying to help you improve because they want to see you succeed. So please try to look at it as people trying to see you succeed and reach your full potential.

For the people who give the constructive criticism, be aware of your tone. When you're giving tips sometimes you may not know the tone of your voice, which could be "rude" or "loud". Why I say this is because sometimes when we want to help others we don't realize that someone can interpret what we say differently than how we thought it sounded in our heads. Another thing is to try not to directly say something to someone if there's a group because it could make them feel outed or embarrassed.

Overall, I think that when people want constructive criticism that they should receive it in a respectful manner with a moderate tone. Otherwise, what you say might come off as rude to others so be sure to tell them you are again only giving constructive criticism to help them reach their full potential. Sometimes we may not want help but we should just really consider it, cause if someone took their time out of their day to help; whether you asked or not, they just want you to do the best you possibly can.



Haha, You're So Punny

By: Riley Myers



- What do you call a pig that does Karate?
 - Pork Chop!
- Why did the man get hit by a bike every day?
 - He was stuck in a vicious cycle.
- Why are there gates around cemeteries?
 - People are dying to get in.
- What's the best way to burn 1,000 calories?
 - Leave the pizza in the oven.
- Why did the robber jump in the shower?
 - He wanted a clean getaway.



Source:

<https://parade.com/965742/parade/corny-jokes/>

A Mindful Moment **By: Elle Airhart**

Mindfulness

Definition

Mindfulness is paying attention, on purpose, in the present, and non-judgmentally, to the unfolding of experience moment by moment — Jon Kabat-Zinn.

Mindfulness attitudes:

- » Patience
- » Nurturing trust
- » Non-striving
- » Acceptance
- » Letting go

What occupies your attention?

- » The present moment
- » Zoning out
- » Distractions and "multi-tasking"
- » Thinking about the future
- » Thinking about the past



Sophmores, you know exactly what mindfulness is. I don't need to explain it for you, but for everybody else, mindfulness is a healthy way of relieving stress and anxiety in different ways and providing good coping methods to quell negative feelings. According to "Mindfulness Exercises" from MayoClinic.org some include:

- Deep Breathing
- Different kinds of Meditation
 - Living in the Moment - paying attention to the little things

You may not experience results immediately, but if you stick with some mindfulness activities and create a consistent schedule that includes exercises or mindsets, you will start to understand the eye-opening effects, such as better managed stress and anxiety, calmness, a growth mindset, and even more. Remember, it's called "practice" for a reason.

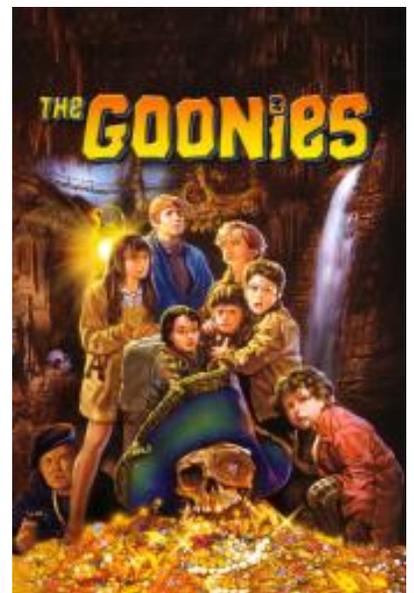
That's the important part of mindfulness- the fact that you must stick with it. It may be difficult, but trust me, any new habit you're trying to form or break is hard. You just have to remember the results are worth it. You aren't alone and especially in this day and age, we have to find healthy ways of relieving stress and other negative emotions and feelings.

You got this MHS! We'll get through anything the universe throws at us :)

Movie Review – The Goonies **By: Riley Myers**

If you like mystery and adventures then sit back and listen to this. There are a bunch of kids that are trying to save their best friend Mikey's house from foreclosure and one day they were in their attic and they found a really old treasure map that takes them on a long-lost fortune of a legendary seventeenth century pirate.

This movie is for all ages, and I would recommend this movie to a family who wants to sit back, eat popcorn, and relax. It's an exciting movie and it's the type of movie you have to keep watching to the end because it is so good. This movie was well thought out by director Richard Donner because what kid doesn't want to find treasure and see a huge pirate ship? Swords and skeletons fighting, it's the coolest thing ever. *The Goonies* is classic.



The Goonies was released on June 7, 1985 and was nominated for and won a Saturn Award, which are given out for fantasy and science fiction films. Overall, this movie is great. I know I keep saying that a thousand times, but I'll say it once more. It's a great movie to watch.

March 12 - April 12 Calendar By: Elle Airhart

Major Holidays:

March 14: Daylight Savings Time - Time to lose an hour of sleep! Great...

March 17: St. Patrick's Day

March 20: Spring Equinox - Spring is finally here!

April 1: April Fools' Day - Time for Pranks! I have so many ideas.

April 4: Easter - Even if you don't celebrate Easter, the break from responsibilities will be relieving.



Weird Holidays:

March 12: National Plant A Flower Day - You need a seed to have April showers bring May flowers.

March 15: National Napping Day - Does this mean we're allowed to miss school?

March 18: Awkward Moments Day - We don't need a day for this. This is everyday!

March 21: International Day of Forests - Save the trees!

March 23: National Puppy Day - Grab your pups! It's time to spoil them even more.

March 28: Respect Your Cat Day - That's right! Respect your little kitty cat!

March 29: National Vietnam Veterans Day - Nothing witty here, just take a moment to thank those who fought for our country and others' freedom.

March 31: National Crayon Day - So does that mean I can write all of my notes in crayon?!

April 6: National Student-Athlete Day - Thank you to everyone who is working so hard to follow a passion of theirs and also balance schoolwork as well!

April 10: National Hug Your Dog Day - Come on. You know you wanna...



Birthdays:

March 24: Jim Parson's Birthday - *Big Bang's* main comedy genius just got a little bit older.

March 25: Elton John's Birthday - Even after years of music, he's still rocking on.

April 2: Adam Rodriguez's Birthday - Where are my *Criminal Minds* fans at?!

April 9: Kristen Stewart's Birthday - Even as a vampire, she still ages???

April 12: Brendon Urie's Birthday - Panic! Our lovely rock star is getting older.



Student Poll-Favorite Batman Movie?

By: Bri Callow

The Dark Knight	16
The Dark Knight Rises	9
Batman (1989)	5
Lego Batman	2

Everyone loves Batman, so for this student poll I asked 32 MHS students for their opinions on which Batman movie they think is the best. These were the top four responses I received back from students. Coming in first place with a total of 16 votes was *The Dark Knight*. No shock here, the movie arguably has the best performance of the Joker we've seen. In second place with 9 votes we have *The Dark Knight Rises*. In third place with 5 votes we have the 1989 *Batman*. Yet again another great Joker performance. Coming in last place with only 2 votes is *Lego Batman*. Thanks to everyone who voted! :)



Top 10 Spring Activities

By: Riley Myers

1. Go on a picnic
2. Take a nature trail hike
3. Ride a bike and enjoy the air
4. See the cherry blossoms
5. Plant a garden



6. Go for a run
7. Play Softball
8. Go horseback riding
9. Look for four-leaf clovers
10. Skip stones across the water



Backpage Pics- By: Hannah Werle

