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By: Adam Parker

McDonald's Revised Dress

Code

As of Monday, March 27, a new dress code has been put into place by McDonald, placing stricter emphasis on some rules and loosening others.

The biggest change to McDonald's dress code is that it is now gender neutral, providing no difference between what male students and female students can do when it comes to dress and grooming. Previously, McDonald's gender-specific dress code was controversial among many students who felt it unfair.

Sophomore Marco Pecchia said, "I thought it was really unfair how some rules only applied to girls, but not really to guys and how some rules applied to guys, but not girls. I'm glad it's mixed now."

Mr. Carkido, in a presentation Monday morning, addressed questions about the new dress code as well as providing context as to why these changes were made. Mr. Carkido cited change in laws as the primary reason, but one can infer changes in culture, taboos, and decades of students complaining also may have had an effect on this

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decision. To help with the overhaul, a committee of teachers, parents, students, and community members came together to determine what would be best for the district.

Some of the other changes detailed by the dress code include, but are not limited to, a stronger emphasis on the finger-tip length shorts rule, permission of ripped jeans (permitting that those rips don't fall above finger-tip length), more relaxed rules on facial hair, and prohibition of apparel representing other school districts.

Students generally feel positively about this newer, more relaxed dress code. Sophomore Rowen Blose commented, "It's good that it's gender-neutral now and I like that it's a bit more lenient than it was before."

Overall, the new dress code is a massive improvement and it's nice to see the school finally address such a recurring complaint from students.



Mr. Carkido discussing rules on hair length during his presentation

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Students Prepare for English Festival

By: Jasmine Coots

Many will be attending the English Festival at YSU on April 19th for students in grades 10-12 and April 20th for students in 7-9th.

The English Festival is a yearly event held by the Youngstown State University English Department with students from around northeast Ohio and western Pennsylvania and reading seven different books, selected by a faculty committee. During the day there are a variety of events including journalism workshops, writing contests, and trivia games.

The festival has been held for over 40 years, and each year they host several authors of the selected novels.

Participants can meet with the authors, get books signed, and

partake in question and answer sessions. The students can also win prizes, including books and cash prizes.

Last year, current sophomore Zoey Schneider won first place for her Impromptu Writing Essay that she wrote during one of the sessions. English Festival is a great opportunity because students can have fun and experience a wonderful time with their friends every year and explore different cultures of books and expand their horizons.

Eighth grade Remy Helt said, "I want to go to the English Festival because it's an opportunity to do something big."

When asked about why she was participating in English Festival, eighth grader Trinitie Creech added, "Meeting new people, an opportunity to start something new."

This year's books include some returning authors such as Chris Crutcher as well as some newer authors such as Eliot Schrefer and Rita Williams Garcia. All three authors have books on both the 7-9th grade and 10-12th grade lists.



Current sophomore Zoey Schneider accepts her award last year for first place in the impromptu writing competition.



Last year's group of 7-9th grade participants.

Club Happenings at the End of the Year

By: Annabelle Smith

Despite it being the 4th quarter already, there are still new and exciting things to look out for in some school clubs. The French Club is voting on their own French music bracket called the Maine Musicale and the new Game Club has started up and has recently had their first meeting. Both clubs are going to be meeting frequently and are a great way to get more involved as well as meet new people.



Art made by Caroline Alcantar of one of the Maine Musicale artists, Keen'V

The French Club had many exciting events recently, one of which being the Maine Musicale. The Maine Musicale is similar to March Madness, but instead of basketball, people vote on their favorite French songs. This is made for students taking French all around the world to help expose them to French culture in a fun and engaging way. French students have made their own brackets and have been voting for a song each round for a few weeks now.

Many students have created memes and artwork of various Maine Musicale participants to show their support. One of these students is Caroline Alcantar. Her amazing artwork was featured in the most recent Maine Musicale reveal videos.

The French Club also had a meeting on Thursday where students made shrinky dinks of various French themed artwork. Another meeting is planned for Wednesday and is open for all students taking French class, not just those in French Club.

After Mrs. Evans was asked about the meeting on Thursday she said, "Our next French Club meeting will be a luncheon, where we will be releasing our Manie Musicale reveal video and awarding the top prizes in the competition." All French students are on the edge of their seats to see who the final winner of the Maine Musicale is.

Thanks to Mr. Hecker and Gavin Simms, another club was recently formed and has already held two meetings. The Game Club is a great way to make some new friends and get involved. Some games to play there are Dungeons and Dragons, Chess, Uno, and lots more. The club is open to all junior high and high school students who are interested in joining.

A Dungeons and Dragons campaign has already started with Gavin Simms as the Dungeon Master. Many of the players have never played Dungeons and Dragons before, but have wanted to try it for a while.

When talking about why he wanted to start the Game Club, Gavin Simms said, "I wanted to start Game Club because I thought it'd be a fun place for people who weren't interested in any of the clubs that were available and just wanted to have some fun and be introduced to new games and people."

If you are interested in playing in his future campaigns or just want to have fun playing games with others, you are welcome to join The Game Club. The club meets every other Tuesday after school from 3:00 to 5:00.

The end of the year does not mean the end of new and exciting events to participate in. In French Club, students are on pins and needles while waiting for the final reveal of the Maine Musicale. In the new Game Club, students are planning on having loads of fun playing tabletop games and making new friends. All clubs, new or old, will be having a very fun and eventful last quarter of school.



Students in the Game Club participating in Gavin Simms Dungeons and Dragons campaign

Editorial: The Benefits of Exercise

By: Mirryn Hobbs

Exercise is a common way to stay healthy and fit. However, most people don't realize just how beneficial it can be.

First off, exercise can be a great way to improve your mental health. During exercise, chemicals in your body are released which cause your mood to improve. This can help with mental illnesses such as depression or anxiety.



Next, exercise can help control your weight. Exercise is vital in preventing health issues that can be caused by poor fitness. The more you exercise, the more fit, healthy, and athletic your body becomes.

Also, exercise can improve blood flow which reduces the risk of heart disease. It can also lower blood pressure as well as raise the oxygen levels in your body. Dangerous diseases such as heart attacks and high cholesterol can be avoided if a person exercises more often.

Another benefit of exercise is stronger bones and muscles. As we grow old, our bones tend to grow weaker with time. Regular exercise and strengthening routines can limit this from happening. Without exercise, our bodies become weaker and more prone to injuries and illnesses.

Exercise also improves focus and thinking skills. Many students may find themselves struggling in classes and losing hold of their grades. This is when it might be a good idea to add exercise into their routines. Exercising stimulates the body and releases chemicals that improve brain function.

Lastly, exercise can improve sleeping habits. Many people who struggle with insomnia, or just bad sleeping habits in general, may find exercise to be a great way to fix these issues. When doing physical activity, our bodies become tired, which makes it easier to get onto a stable sleep schedule.

Some workouts for beginners can include jogging, sit-ups and push-ups, or simple lifting. If you are not used to physical activity, it is important to start small and build up.

Overall, there are many great benefits that come with exercise. Many people think exercise is just used to improve fitness, but there are plenty of other things that can be positively impacted.





SPORTLIGHT

By Lyric Culp



Name: Iris Murray

Name: Olivia Colarich

Nickname(s): Rissy

Nickname(s): Liv

What sports are you involved in?: Volleyball, Cheer, and Dance

What sports are you involved in?: Basketball and Softball

What is your favorite hype song?: "20 Minutes" by Lil Uzi Vert

What is your favorite hype song?: "Anything" by Taylor Swift

Who is your favorite athlete?: Gabbi Fuller

Who is your favorite athlete?: Chris Rags

What is your favorite moment?: Ridge Football Game 2021

What is your favorite moment?: When Coach got his 500th win

What is one goal you have for this season?: Get better so I can have my best season yet

What is one goal you have for this season?: To be more aggressive

Match up you are most excited for and why?: Ridge for football season because it is always interesting on the sidelines and the rivalry atmosphere is fun

Match up you are most excited for and why?: Ridge because they are our rival





TOP 5 COOK OUT FOODS!

BY: MEEGAN DOCKERY



As summer approaches, we reach cook out and barbecue season. Here are the top 5 choices for meat and side dishes to blow your summer away!

1.) **BABY BACK RIBS WITH SWEET BABY RAYS BBQ SAUCE!**

You can't go wrong with a good set of ribs. Whether you bake, grill, or smoke a rack of baby back ribs they are definitely one of the best foods for a cook out. When cooked just right the juicy and succulent ribs just fall off the bone, and to add the sweet tangy BBQ sauce of Sweet Baby Rays you can't go wrong.

2.) **HASH BROWN CHEESY POTATOES!**

A perfect side dish to complement a rack of ribs is definitely cheesy potatoes made with hash browns. The creamy, golden, glorious munch of these potatoes with the subtle crunch will make both your heart and stomach just melt.

3.) **A CLASSIC FRUIT TRAY!**

Enough of the hot foods. To help cool your pallet while enjoying the summer day, consider some fruit from a classic fruit tray. There are so many options between grapes, strawberries, cantaloupe, and honey dew. You truly need this for a good summer cookout.

4.) **PINK LEMONADE!**

Can't forget the refreshments. Lemonade is a classic summer time treat. It's cool, tangy, and adds some zing to your mouth, but regular lemonade can be boring. In order to spice it up and add some color to the table, pink lemonade is there to save the day. With the same great flavor and a powerful punch of color, it really brings some life to the party.

5.) **CHEESECAKE TARTS!**

To finish up the meal a dessert is always needed. Cheesecake tarts are a great way to provide dessert to the masses. They are small, handheld, and super easy to make. They allow you to eat them wherever as well as being kid friendly. These little sweets are the perfect way to end a great cook out.

People On The Street

By Lyric Culp

If your life was a movie, what would be your theme song?



Caroline Alcantar

There are a lot of songs, but probably "Breaking Free" from the *High School Musical* movies.



Marley Culp

I listen to a lot of music so it is hard to pick one song, but if my life was ever turned into a movie, my theme song would definitely be "Cruel Summer" by Taylor Swift.



Horoscope- Aries March 21 to April 19



By Meegan Dockery

Element : Fire

Colors: Red

Day: Tuesdays

Ruler: Mars

Lucky Numbers: 1,8,17

Strengths: Born leaders, adventurous, courageous, determined, confident, enthusiastic, optimistic, honest, passionate.

Weaknesses: Impatient, moody, short-tempered, impulsive, aggressive.

Information from:
<https://www.zodiacsign.com/zodiac-signs/aries/>

Likes: Comfortable clothes, taking on leadership roles, physical challenges, individual sports.

Dislikes: Being told what to do, overly cautious and negative people, inactivity, delays, work that does not use one's talents, being taken for granted.

Personality Traits: Fiery, passionate, high energy, domineering, determined, confident, initiators, courageous.

Famous Aries: Reese Witherspoon, Sarah Jessica Parker, Elton John, Aretha Franklin, Mariah Carey, Lady Gaga, Reba McEntire, Celine Dion, and Robert Downey Jr



OUTSTANDING STAFF - Mrs. Sanson By Lyric Culp



When you think of all the good teachers at MHS, several names come to mind. One of them is likely Mrs. Sanson. She teaches several interesting classes such as Health, Biology, Forensics, and Physiology/Anatomy.

Mrs. Sanson has been apart of the staff at MHS for 22 years. Prior to her time at McDonald, she taught at Niles McKinley for 4 years and subbed at Canfield, Newton Falls, Howland, Mathews, LaBrae and Girard.

When asked how she knew she wanted to be a teacher, she replied, "I always liked school, so I think it was just always there for me as an option to pursue. I also considered studying to be a radiologic technician. At the time, my guidance counselor talked me out of it."

Her favorite assignments for her students are labs and the ones she enjoys the most include DNA, blood typing, and others in the field of forensics. In her biology classes the state puts a time crunch on how much time can be spent on a specific topic.

Mrs. Sanson keeps her students engaged by applying the lessons they learn to real-life scenarios. This way, students are able to see that the things they learn have a purpose in their life outside of high school. She says, "Students tend to be more interested in what they are learning and learn better when they know what they are being taught applies to them."

When asked about her feelings on biology, sophomore Makylee Exline said, "Most science classes don't have application to the real world and I like that about biology. It's interesting and different from other science classes."



GETTING ACTIVE MCDONALD! BY: MEEGAN DOCKERY

