

# Diving Into College Admissions With Wim Hoff

Using Wim Hoff's meditation techniques to combat high school stress.

Irina Columbeanu  
STAFF WRITER

Let's face it: it's the new year, and college admissions are right around the corner, so everyone's stress levels are currently at an all time high. With the pressure of sticking to new years' resolutions, and more importantly, the stress of getting into our dream university, it's only natural for us to feel anxious. However, there is one resolution that could actually help you deal with this tension while also improving your overall quality of life: meditation. Not just any type of meditation, however, but meditation that follows the Wim Hof Method. Wim Hof, nicknamed "The Iceman", is a Dutch athlete that has broken several cold exposure records: he climbed

Mount Kilimanjaro in shorts, hung on one finger at an altitude of 2,000 meters, ran a half marathon in freezing conditions barefoot, and stayed in ice-cold water for nearly two hours. His secret? Breathing. His breathing exercises involve hyperventilation and breath-holding while being exposed to cold conditions. Whether that is a cold shower or an ice bath, this technique helps practitioners tolerate the icy discomfort, making it easier to reap the benefits of cold exposure. Hof's followers have claimed for this breathing exercise to be life changing, and rightfully so. Not only does this method help clear the mind and reduce anxiety and depression, which is what

many of us need right now, but it has also been proven to promote weight loss and immunity, delay aging, and even cure autoimmune diseases and cancer. In one study, Hof was shot full of endotoxins by scientists, and because he was following his staple way of breathing, his body did not have an immune response, such as a fever or septic shock causing organ failure. This is because his body has built up such a strong immune system from his meditation that he is now able to resist disease much more effectively. While The Iceman has posted guided meditations on YouTube and on his app, WHM, here is a step-by-step practice:

1. Get into a cold environment, or simply lie on your back.
2. Force yourself to hyperventilate as you take up to 40 deep breaths through the nose and out through the mouth.
3. After you take your final inhalation, let the air out and start holding your breath for about one minute.
4. Inhale to full capacity and hold for another 15 seconds, then exhale.
5. Repeat this process three to four times and enjoy the resulting state of deep relaxation and contentment.

While this may seem silly and perhaps cultish, the benefits strongly outweigh the potential chuckle you may receive if doing this in the presence of others. By controlling our autonomic nervous system, which involves subconscious processes like breathing and temperature regulation, we also take control of our thoughts, health, and joy. Instead

of letting college decisions rule your life, you should improve your mental health with this technique and watch your worries defrost with every breath you take. So, relax, submerge yourself in some ice water, channel your inner Wim Hof, and just breathe. You can and will get past this stressful hurdle.

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# History of Valentines Day

Helena Joujon-Roche  
EDITOR

Love has been celebrated in various forms throughout history. One such celebration being Valentine's Day. As we prepare for valentines day, let's take a stroll down the lanes of history and uncover the origins of valentines day. The roots of Valentine's Day can be traced back to ancient Rome. During the season of February young men would draw names of young women from a jar, and the chosen pair would be coupled for the duration of the festival. After this tradition they started to come up with the name "St Valentine" Multiple legends surround this saint, however the most popular one centers around

a Roman priest named Valentine. As the story goes, Claudius the emperor of Rome banned marriages for young men, believing that single men made better soldiers. In order to defy this order St. Valentine continued to perform marriages for young couples in secret. Eventually, he was discovered and imprisoned, and apparently sent a letter to someone whom he had befriended and signed, "from your Valentine" which is now a phrase that would later become iconic. The association between St. Valentine and love gained momentum in the Middle Ages. This then led to associating St. Valentine with the celebration of love. Fast forward

to the 18th century, Valentine's Day began to evolve into the more familiar and widespread celebration that we recognize today. The exchange of handmade cards, became a popular practice. In the 19th century, the mass production of Valentine's Day cards took flight, making it more accessible for people to express their feelings. Soon enough this became a tradition and In the 20th century the celebration of Valentine's Day expanded beyond cards to include gifts such as chocolates, flowers, and more. Today, Valentine's Day is celebrated worldwide and is a common and iconic holiday known among the world.

# Couple of the Month



Dominique Elwes & Harper Rae

# Romantic Date Ideas

Dominique Elwes  
STAFF WRITER

Whether you have been dating for a while or just started dating, Valentine's Day is an opportunity to express your love and affection for your significant other. Here are some creative and fun date ideas to make the day genuinely special. Have a picnic by throwing down a soft blanket, and packing some snacks. Beautiful feelings are created by the small things someone does for you, which makes a perfect setting for meaningful conversation. Whether it's Day or night it could be a perfect date. While it's light out you can watch the ocean as it crashes on the sand. Or if it's dark you can watch the stars as some fall and some stay shining bright in the sky. One other idea could be a couples Cooking Class. You can sign up and learn how to make a delicious meal together. Together

you get to enjoy an amazing meal and a reward of your work as well as a cool experience. Another idea could be an Outdoor Adventure. You can plan a fun day if you both like to be outside. Spending time in nature can improve your relationship and help you make lasting memories, if you're hiking, biking, or visiting a nature park. Lastly, take a couples painting or pottery lesson as an artistic choice. As you work on art projects next to each other, have fun, use your creativity, and don't have limits. It's a great way to laugh, connect, and make creative memories. Always keep in mind that making Valentine's Day meaningful is what matters most about the day. Make use of remembering your love in a way that is true to your relationship by personalizing these ideas to what you like.

# Valentine's Day Playlist

Frankie Little  
STAFF WRITER

<b>Anyone Else But You</b> The Moldy Peaches	<b>anything</b> Adrienne Lenker
<b>Everything Disappears When You Come Around</b> of Montreal	<b>Something Holy</b> Alice Phoebe Lou
<b>Head Over Heels</b> Tears For Fears	<b>Kinky Love</b> Pale Saints
<b>Iris</b> The Goo Goo Dolls	<b>You And Me</b> Penny & The Quarters
<b>Luna</b> The Smashing Pumpkins	<b>Champagne Coast</b> Blood Orange
<b>Be My Angel</b> Mazzy Star	<b>Ivy</b> Frank Ocean
<b>Dreams</b> The Cranberries	<b>Kingston</b> Faye Webster
<b>Everywhere</b> Fleetwood Mac	<b>I Only Have Eyes For You</b> The Flamingos
<b>Friday I'm In Love</b> The Cure	<b>The Promise</b> When In Rome
<b>Like Real People Do</b> Hozier	<b>Something Changed</b> Pulp
<b>I Melt With You</b> Modern English	<b>Don't Delete The Kisses</b> Wolf Alice

# THIS OR THAT

VALENTINE'S DAY EDITION

TEMPLATE BY @sparkleandstyle

Box Of Chocolates	OR	Dipped Strawberries
Red	OR	Pink
Conversation Hearts	OR	Heart Lollipops
Roses	OR	Lilies
Movie Theater	OR	Netflix
Brunch	OR	Dinner
Fancy Restaurant	OR	Home-Cooked Meal

# College Applications

Athena Rem  
EDITOR



Applying to college this year, I spent a lot of time looking at the different requirements and criteria colleges use to evaluate students.

Schools like Georgetown require students to submit all previous SAT and ACT scores when they apply. I think that more schools should adopt this model to have a better understanding of grade inflation by school. However, students who wouldn't have wanted to submit their scores should have more consideration allocated to other parts of their allocation, so they still have an equal chance of admission.

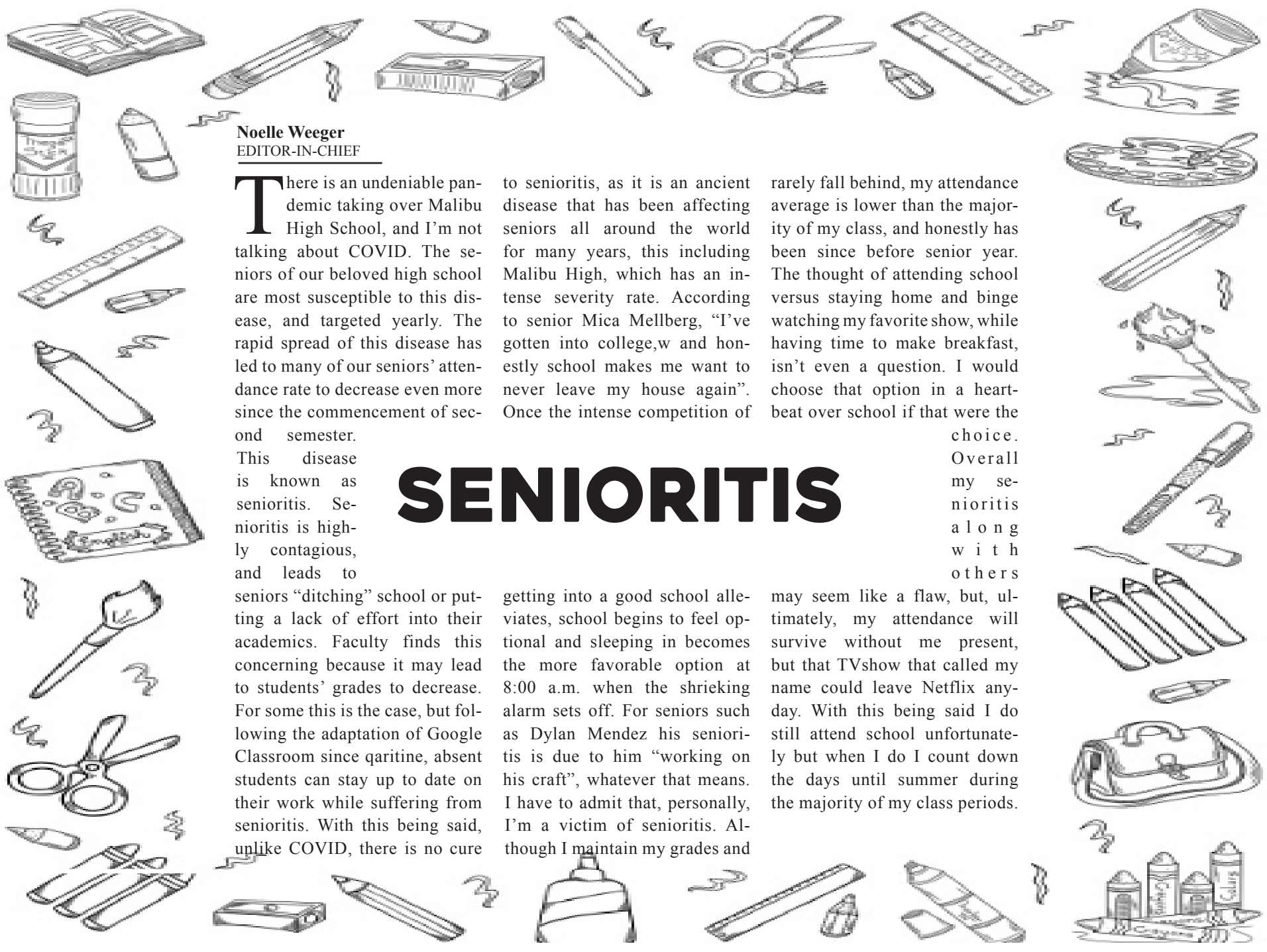
The British system for applying to college, called UCAS, does have testing requirements. While they don't have an SAT equivalent, universities have A-Level requirements for students to matriculate that are very similar to APs. In fact, many universities publish which A-Level scores they require to get into majors within their school. Because criteria are so rigid, UCAS only lets students apply to five schools, a sharp contrast to Common

App's 20 (plus schools like the UCs, which aren't on Common App). Additionally, no British schools use supplemental essays for admission. They only have the personal statement, which explains why you chose your first choice major. The structure of this process encourages meritocracy and makes the college process easier for students, particularly when they're high-achieving in high school. Students enter the admissions process with a clear view of their capacities, and a realistic expectation for their acceptances. This is a sharp contrast to the American system, where decisions are relatively arbitrary because of the sheer number of qualified students applying to each school. Students who have consistently done well in high school are practically guaranteed admission to a top university. In contrast, the most qualified of applicants could get rejected from every top university in America.

Another advantage of the British system is their view on extracurriculars. While you can include any of your most impressive or important ex-

tracurriculars in your personal statement, there's no activity section. This allows students to focus on pursuing the topics they're actually interested in rather than starting clubs with no point, something many high school students do to look like a leader in their community, or pursuing extracurriculars they are not interested in in an effort to appear more qualified to colleges. This forces students to prioritize their time, and to spend time developing their genuine interests, which will be reflected in higher test scores.

Lastly, I do not support legacy considerations in the college admissions process. I understand that many students want to go to the same university as other members of the family have, but that does not automatically guarantee qualification no matter how much the family may donate. Colleges' continued evaluation of legacy status is antithetical to their commitments towards inclusion, reflected in things like test-optional policies that seek to level the playing field for applicants.



Noelle Weeger  
EDITOR-IN-CHIEF

There is an undeniable pandemic taking over Malibu High School, and I'm not talking about COVID. The seniors of our beloved high school are most susceptible to this disease, and targeted yearly. The rapid spread of this disease has led to many of our seniors' attendance rate to decrease even more since the commencement of second semester.

This disease is known as senioritis. Senioritis is highly contagious, and leads to seniors "ditching" school or putting a lack of effort into their academics. Faculty finds this concerning because it may lead to students' grades to decrease. For some this is the case, but following the adaptation of Google Classroom since quarantine, absent students can stay up to date on their work while suffering from senioritis. With this being said, unlike COVID, there is no cure

to senioritis, as it is an ancient disease that has been affecting seniors all around the world for many years, this including Malibu High, which has an intense severity rate. According to senior Mica Mellberg, "I've gotten into college, and honestly school makes me want to never leave my house again". Once the intense competition of

## SENIORITIS

getting into a good school alleviates, school begins to feel optional and sleeping in becomes the more favorable option at 8:00 a.m. when the shrieking alarm sets off. For seniors such as Dylan Mendez his senioritis is due to him "working on his craft", whatever that means. I have to admit that, personally, I'm a victim of senioritis. Although I maintain my grades and

rarely fall behind, my attendance average is lower than the majority of my class, and honestly has been since before senior year. The thought of attending school versus staying home and binge watching my favorite show, while having time to make breakfast, isn't even a question. I would choose that option in a heartbeat over school if that were the

choice. Overall my senioritis along with others may seem like a flaw, but, ultimately, my attendance will survive without me present, but that TV show that called my name could leave Netflix any day. With this being said I do still attend school unfortunately but when I do I count down the days until summer during the majority of my class periods.

choice.  
Overall  
my  
senioritis  
along  
with  
others





**How does somebody plummet from being the next big thing in rap music to dissing literally every person on Earth for less than 40 viewers on a YouTube live-stream?**

SpaceGhostPurrp (SGP) is arguably one of the most influential rappers in the last ten years. Known among other pioneers of modern trap music and its subgenres, such as Lil B, Yung Lean, and Black Kray, SpaceGhostPurrp profoundly impacted and inspired the likes of Playboi Carti, A\$AP Rocky (and most of A\$AP Mob), XXXTentacion, Odd Future, Tyler the Creator, and shaped the current sound of rap as we know it today. SGP carved out his niche in the underground rap scene in the early 2010's, and was on his way to mainstream success until his own personal disagreements with other up-and-coming rappers, such as A\$AP Rocky, led to his eventual blacklisting and exclusion from the music industry entirely. Today, he spends his time occasionally releasing new singles and livestreaming incoherent hateful rants toward literally anyone he can think of with an audience of usually less than 50 people.. SpaceGhostPurrp started his career in music when he was only five years old and began producing instrumentals at the age of thirteen. After graduating highschool early, SGP started producing music for A\$AP Mob in 2010 and started uploading music under the name "spaceghostpurrpmj23". In 2008 he founded the hip-hop collective known as Raider Klan with other artists such as Denzel Curry, Xavier Wulf, Chris Travis, and the most notable being Black Kray. In 2011, SGP released the mixtape, "Blackland Radio 66.6" that gained him some notoriety, and introduced him to another hip-hop collective called A\$AP Mob. Everything began spending a lot of time with this group. SGP started producing music for A\$AP Rocky, and collaborated with Rocky alongside other members of The Mob. Everything was going great for SGP as he was making connections with other rising artists and beginning to make a name for himself until he started to fight with members of A\$AP Mob on Twitter. The dispute was settled until the Mob played SGP's unreleased music at their concerts, releasing his music without any credit to SGP. The contempt between Raider Klan and A\$AP Mob was reignited leading to a physical altercation where members of Raider Klan, including SpaceGhostPurrp, attacked the A\$AP Mob in Miami.

## ART OF GOLF

Golf is often seen as a boring sport for only old men, and rich people. The reality however is there's so much more to the sport. Golf provides good exercise, and a way to challenge yourself. When playing golf, a lot of time is spent on your feet and walking. On an average golf course, golfers walk around 4 miles. Golf gives players an opportunity to be outdoors, which is proven to be beneficial for one's mental state. Some of the benefits of being outdoors include better sleep, decreased depression, less anxiety, and

increased creative thinking. It's a sport that can be done with old or new friends, strangers, and it's even an activity that the whole family can enjoy. Many business deals and connections happen on the golf course. Not only is the sport physically beneficial but also financially for those who play the sport. Many business meetings and social gatherings occur on the golf course, which is another benefit to the sport. One of the challenges of golf is that it is a difficult sport to learn, that relies heavily on the location and weather.



Personally, I believe that the challenges brought on by golf build character. Golfers are likely to find themselves in situations where they get upset or frustrated by the sport, this is when you need to recognize that life doesn't always go as planned, take a deep breath and look at the bigger picture. Whether you're an old Richmond or not, everyone should learn the art of golf.





# BIG BEAR V. MAMMOTH

Romy Lescure  
EDITOR

For Malibu locals the two most popular destinations for a quick weekend trip to the snow are Mammoth and Big Bear. Each has their own disadvantages and advantages, but which is most worth it? Having two mountains near us is ideal for those who want to spontaneously go skiing or snowboarding for the weekend. However, which one is the best choice to go to?

With making this decision it is good to take into account the different distances, prices, environment, and activities that are at the two different mountains.

Big Bear Mountain is near the San Bernardino Mountains and is a good and convenient choice for Malibu locals as it is only a two hour drive from here. Big Bear has a much smaller mountain and is more of a place to ski or snowboard as a beginner. Big bear has a very chill town perfect for family getaways. In the

winter Big Bear doesn't have as many activities for visitors as mammoth does but there is sledding, bowling, snow tub-

lifts open and less crowds! Overall, Big Bear costs less than Mammoth which creates opportunities for younger people. .

located a little further up, taking around 5 hours to get there. Mammoth, compared to Big Bear, is a huge mountain. With

to have great snow. Along with the great winter sports Mammoth offers, they also have a ton of activities within the town or just outside of it. These activities include, ice skating, movies, bowling, hot springs, snowmobiling, dog sledding, and the Apres ski scene. While they do not have night skiing like big bear, the other activities make up for it. Mammoth also has a great village with good ambiance and a wide selection of restaurants.

In general, the most popular spot for Malibu locals to choose to go for the weekend is typically Mammoth. Although, Big Bear is an easy commute and a perfect weekend getaway for fun families activities or beginner skiers and snowboarders. Overall, Mammoth is worth the 5 hour drive with good skiing and a great town life.



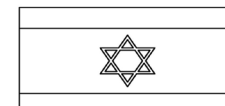
ing, and shopping. A unique and fun activity they provide there is night skiing! After dark you can still get in 4 extra hours of skiing with most of the same

The food, ski passes, housing, and activities are all at a lower cost than Mammoth Mountain.

On the other hand, there's Mammoth Mountain which is

slopes available for all skill levels and a larger scale for skiing and snowboarding experience. During the winter season you can typically expect Mammoth

## The Need For Perfect Victims: An Honest Look at the Israeli-Palestinian Conflict



Frankie Little  
STAFF WRITER

On the tragic events of October 7th, Hamas, a Palestinian Islamic militant group, fired at least 3,000 rockets in the early morning into the Gaza envelope of Israel. This territory exists about 4 miles from the borders of the Gaza Strip and is populated by around 70,000 Israelis. Hamas fighters then breached the Gaza-Israel barrier and proceeded into Israeli neighborhoods and military bases, killing at least 1,200 people and kidnapping around 250 soldiers and civilians, 30 of whom are children, to be held in Gaza.

This act of violence sparked outrage across the world on both sides of the conflict, with some denouncing it as an act of terrorism and calling for the complete annihilation of the Gaza Strip. Some blame the Israeli occupation of Palestinian territories as the root cause of the attack. Whatever opinion you may have about the conflict, it is important to understand the history of the two nations, and how this conflict came to be. The ancient land of Palestine was one of the earliest regions in the world to see human habitation, agricultural practices, and civilization and is the birthplace of Christianity and Judaism. Contrary to popular

belief that the Israelites were the first group to inhabit Palestine, it was actually the Canaanites during the Bronze Age who were the first to develop independent city-states in the region.

Later, during the Iron Age, most of Palestine was ruled by the two Israelite kingdoms, Israel and Judah, while the Philistines occupied its southern coast. The Assyrians conquered the region in the 8th century BCE, followed by the Babylonians in 601 BCE, and followed by the Persians in 539 BCE. Following the conquering of Palestine in the 2nd century BCE by the Hasmonean Kingdom, the kingdom eventually became part of Rome and was annexed by the Romans in 63 BCE. In the 4th century after the birth of Jesus Christ, the Roman Empire began to transition to Christianity, and Palestine became a hub for Christianity and attracted monks, pilgrims, and scholars. Following several Muslim conquests that wrestled control of Palestine, in the 13th century, the Egyptian Mamluks reunified their control of Palestine following the invasion of the Mongol empire, which the Ottoman Empire then conquered in the 16th century, and was ruled as Ottoman Syria until the 20th century.

After the disbandment of the Ottoman Empire after World War I, the victorious European countries divided Turkish-ruled regions into new states and gave the Western countries control of them.

Palestine was put under British control under the League of Nations Mandate. In 1947, after the Holocaust left millions of Jewish refugees displaced and unable to return to their home countries, the United Nations agreed to terminate the British Mandate for Palestine and recommended the partition of Palestine into one Arab and one Jewish state to resolve the refugee crisis as well as address the conflicting objectives and claims to the Mandate territory by the two major factions: the Zionist movement and the Arab-Nationalist movement.

About a year after the UN resolution, large-scale fighting between Arab and Jewish communities in Palestine, which resulted in the 1948 Nakba (translated literally as 'The Catastrophe'), during which dozens of massacres targeting Arabs were administered, and over 400 Arab-populated towns and villages were either destroyed or repopulated by Jewish settlers and given Hebrew names. About 750,000 Palestinians, which was

about half of Palestine's Arab population at the time, were forced to flee from their homes or were forcibly removed by Zionist militias. The approximate 156,000 Palestinians that remained within the borders of Israel became internally displaced persons or were forced to relocate to the Gaza Strip which was under Egyptian jurisdiction, or the West Bank which was annexed by Jordan in 1950. In 1987, Hamas was created after the first Palestinian uprising, and in 2006 won the Palestinian Legislative Election by campaigning for Palestinian armed resistance against the Israeli occupation. And now, in 2024 things have only gotten worse for the Palestinian people.

It's important to remember that the Gaza Strip is about 25 miles long and about 8 miles wide, making it about the size of Houston and housing more than 2 million people, leading to a density of more than 5,800 people per square kilometer. 43.5% of people living in Gaza are 14 years old or younger, the median age being 18, which makes more than half of Gaza's population children. Israel declared war on October 9th, 2023, and imposed a "total blockage" of Gaza. Israeli Defense Minister

Yoav Gallant was quoted saying "There will be no electricity, no food, no fuel, everything is closed. We are fighting human animals and we are acting accordingly." Since the start of the Israel-Hamas war, the death toll in Gaza has surpassed 26,000, with more than 64,000 wounded, and 1.7 million displaced. In December 2023, Israel flooded the Hamas tunnel network with salt water, the same tunnels where a majority of the Israeli hostages were held, which contaminated the drinking water in Gaza and damaged the already weak agriculture. In January 2024, Israeli Prime Minister Benjamin Netanyahu rejected Hamas' proposal to release all remaining Israeli hostages in exchange for Israel to withdraw its forces from Gaza, releasing all Palestinian hostages, and ending the violence against Palestinians. Netanyahu's refusal to compromise put him against his own War Cabinet, who say the only way to meet their goal of releasing all the hostages is to agree to a ceasefire. Israel's attack on Gaza is not a matter of self-defense or about rescuing the hostages, it is an act of genocide and ethnic cleansing.



# Girls Soccer Updates

Ava Niccol  
STAFF WRITER

The Varsity Girls Soccer Team had quite a run of games lately. They secured a (6-2) win against Nordoff with hat tricks from both Jessa Kletter and Carmen Brunel. They pulled off a (1-1) tie with Carpinteria, thanks to Jessa Kletter's early penalty. They faced some challenges, taking a (4-0) hit from Santa Paula and a (2-0) defeat against Hueneme. The team kept their heads high. The girls played Nordoff for a second time on their senior night and fought hard, losing starting the second half 1-0 with a goal from Ava Niccol and

the end result of them losing 2-1. With games to come Sharks keep their aggression and resilience up. I'd like to highlight our Seniors, Charli Clark our amazing keeper and Samantha Rodgers our talented midfielder. Also recognizing our beloved coaches Leado Shryane and Cesar Nunez who have worked very hard this year pushing the Varsity Girls Sharks to succeed. A huge reminder to support Malibu High sports – our teams are giving it their all, and that cheers and encouragement make a real difference. Go Sharks!



# Athlete of the Month: Hannah Kaloper

Hank Norby  
STAFF WRITER



This month's spotlight athlete is Hannah Kaloper, a senior and captain on the Shark's girls basketball team. Hannah plays point guard and has been on varsity all four years of her high school career, including her freshman year in which she was on the boys varsity team. She was the

leading scorer in the girls varsity team's last game with 18 points, as they defeated Channel Islands on the road, 44-31. This is what she had to say about the win: "Last year we were really shaken up in their loud and spirited environment and lost to them on their court, so it was nice to really quiet them this year"

When interviewed Hannah said that at first she did not like basketball, but that she quickly changed her mind when she one day decided to give it a try. "Growing up I loved sports and was always active. Basketball was actually my least favorite of all sports, until one day I was bored by myself and started shooting around." Hannah said that she then asked her parents to join the basketball team. "That night I asked my parents if I could join a team and the rest is history" she said.

Hannah was asked who the biggest influence on her basketball career has been and she responded that it was not a player she watched growing up, but rather a coach of her own. She said, "I'd say the greatest influence that I've had during my basketball career is Coach Harris who coached when I played on the boys varsity team my freshman year. He really believes in me and has always encouraged me to see that I have something special that will take

me as far as I want to go whether that be on the court or off of it." She said that the main thing he taught her was to "trust my work ethic and attitude and play with confidence no matter the opponent, whether it be girls my age or grown men." She also said "To this day he is a huge supporter and inspiration to me. His life story is incredibly inspiring and his passion is unmatched."

The team will need Hannah for the duration of the season in order to make it to the playoffs for the second year in a row. She said that she is "confident that we will be able to finish the season strong." Hannah feels the team is ready to make their final push in the end of the season to make it to the CIF playoffs. She explained, "With the toughness and confidence we will continue to gain and with all the hard work our new coach puts in behind the scenes scouting and watching film I trust that we will take care of business for the next couple weeks."



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# Horoscopes

Tallulah Quartararo  
STAFFWRITER

**Aries (Mar 21 - Apr 19):** In February, Aries' empathic abilities will allow you to connect with more people. Prioritize well-being and focus on listening and understanding. Aquarius energies will expand action, while Capricorn's energies encourage rationality. Embrace transformation in values and character. Enjoy natural luck and balance, and engage with vibrant individuals.



**Taurus (Apr 20 - May 20):** In February, Taurus, you will be more focused on work. Mars will positively influence your creative side, sparking new ideas and enthusiasm. This month will make you want to pursue your dreams and encourage openness to new opportunities. You will experience adaptations in how you view yourself, improving relationships.



**Gemini (May 21 - Jun 20):** In February, Gemini, focus on hard work and mental well-being. Outdoor activities are encouraged. New opportunities will open, encouraging new perspectives and interactions. Financially, prioritize saving and focus on the future. Engage in art, creativity, and focus on self-care for abundant rewards.



**Cancer (Jun 21 - Jul 22):** February is a month of self-confidence, creativity, and growth in both personal and professional life for Cancer. It's a practical month where new friendships and connections can be formed, and productivity is balanced with relaxation. February will highlight the importance of collaboration and creative expression for you.



**Leo (Jul 23 - Aug 22):** February brings heightened creativity and introversion for Leos, you may face challenges in socializing and taking risks. However, you should remain objective and save time for solitude. February also brings romantic opportunities, balance, and self-reflection. Leos should connect with others and explore their creative side.



**Virgo (Aug 23 - Sep 22):** In February, Virgos are driven by a desire to break out of daily routines and should avoid unnecessary conflicts. This month is ideal for reconnecting with friends and taking a more authoritative stance within your family. You may be determined to explore art and new opportunities.



**Libra (Sep 23 - Oct 22):** In February, Libra may face stress from superiors. The full moon in mid-February will bring purification and new passions. This month also brings new ideas and positivity. You will experience closeness, empathy, and good luck. You should focus on maintaining good health and getting enough rest.



**Scorpio (Oct 23 - Nov 21):** In February, Scorpio, improved communication and negotiation skills will be beneficial in work and romantic relationships. This month will provide energy and determination for success. Prioritize spending quality time with friends, managing finances, and maintaining a positive outlook in family interactions.



**Sagittarius (Nov 22 - Dec 21):** In February, Sagittarius will experience balance and inner strength. You will gain self-confidence and a stronger connection to nature. This month brings positive energies, breaking monotony. Trust and connection with family and friends are important. You may excel in your profession and studies.



**Capricorn (Dec 22 - Jan 19):** In February, Capricorns will showcase empathy and communication skills, leading to increased popularity. You should focus on self-care and relaxation and avoid strenuous physical activities. This month is favorable for long-term goals and conducive to innovation and pursuing dreams, with clarity and simplicity leading to success.



**Aquarius (Jan 20 - Feb 18):** In February, Aquarius, love will be a primary focus, leading to intensified feelings and investment in relationships. The influence of Venus will make you affectionate but cautious, and you may indulge in spending, but exercise restraint. Focus on self-discovery and manage finances wisely.



**Pisces (Feb 19 - Mar 20):** In February, Pisces, prioritize good health and spend time with friends. Expect tension and potential conflicts, but maintain a calm demeanor. Focus on self-development and make wise decisions. Happiness and fortune are expected, trust your intuition.



# The Leap Into Court

Mandy Mulligan  
STAFFWRITER

On Wednesday, Jan. 3, Las Vegas Judge Mary Kay Holthus, was jumped during a sentence hearing, by Deobra Redden. To start from the beginning, Redden had been scheduled to be sentenced due to a charge of attempted battery with substantial bodily harm. And before the attack, a prosecutor had stated that Redden has had a history of violent crimes and requested for a prison term; some of Redden past charges included home invasion, domestic violence and battery on a protected person.

Speaking for himself, Redden had claimed that he was "in a better place in my mind," and that he had a better support system with a new job. He made claims that he shouldn't be sent to prison, also adding

that if the judge saw that it was the right thing to do then "you gotta do what you gotta do,"

Redden's attorney had also testified for a suspended sentence, referring to past completions of probation programs, his mental health history and background. Holthus had acknowledged this, but claimed that she thought he had a liking for something else, and that she couldn't get with his history. At this, Redden had sworn at the judge and jumped over the bench and began his assault on Judge Holthus.

One witness of this rush was Lasso, who said he'd only been clerking for Judge Holthus for a few months, who claimed that he originally thought Redden had made a break for the door, but quickly realized that was not Redden's plan.

He said that "After the defendant had jumped up, she had hit her head on the back wall there, and that is when they were on the floor."

Lasso said that he realized what was happening as Redden was already on top, gripping Judge Holthus' hair as he continued his assault on her. He said that Redden had been speaking and saying things to the judge during this, but he couldn't hear what was said over his own voice yelling out "Get off the judge." Moments later, Lasso said that a correction officer had made it over to the bench to apprehend Redden; seeing this, Lasso had stepped back to allow the officers to do their job, assuming that it was under control. He then said that after Redden had realized what was going

on, he switched the judge onto the correctional officer, and it had taken multiple people to eventually get Redden to stop.

Eventually an alarm had been activated and Redden could be heard yelling as people checked on Judge Holthus. One of the court marshals could also be seen holding something to his head. Holthus was eventually able to stand after a few minutes,

and officers had escorted her out of the courtroom before ordering all of the other defendants out.

Redden is now facing 13 new counts filed against him in response to the attack, including six felonies. He is now scheduled for a preliminary hearing on Feb. 14.





# Why Spider-Man Across the Spiderverse Should Win An Oscar

Avery Mathews  
STAFF WRITER

As the new year has begun, the 2023 Academy Awards is around the corner. Airing in March, the famous award ceremony commemorates the best projects that have come out in the film industry in the last year. Among the many awards is the Best Animated Feature award, picking one animated film to be called the best animated film of the year. 2023 was an amazing year for animated movies and the best animated feature award has a lot of competition. However, one film reigns supreme to all other animated films released this year, and that is: Spider-Man: Across the Spider-Verse.

Across the Spider-Verse released in June of 2023 to critical and commercial success. It has a 95% critic score on rotten tomatoes and 4.5 stars on Letterboxd. The film is more than deserving of this praise being one of the greatest films of all time, animated or not. More than 9 million people showed up to the film's opening weekend and all were blown away by the quality and innovation. Spider-Man: Across the Spider-Verse is a groundbreaking and revolutionary movie, despite the unanimous success of this film, the best animated feature award isn't going to be an easy win for it as one film has arisen to compete against spider-verse and could possibly steal the award from it.

Hayao Miyazaki's The Boy and the Heron came out towards the

end of 2023 and became another hit for studio Ghibli, known for its amazing animated films gaining them brand loyalty. Ghibli has made critically acclaimed masterpiece after masterpiece since 1985. Their film Spirited Away is lauded as being one of the greatest animated movies ever made and grossed three and half hundred million dollars at the worldwide box office. Their 2023 film is another great one that is beautifully animated and tells an equally beautiful story.

Those in charge of voting at the Oscars are sure to be biased toward Studio Ghibli as a result of its proven track record. The Boy and Heron has already beaten spider-verse and won Best animated film at the Golden Globes, another movie award ceremony. However the Oscars is viewed as more important and it is unclear who will bring home the best animated feature oscar. All eyes are on the Academy Awards as they will choose one victor among the

two giants in the animated feature competition. Across the Spider-Verse or Boy and the Heron.

Despite the Boy and Heron providing strong competition, Spider-Man: Across the Spi-

der-Verse should still win best animated feature. The main reason why spider-verse should win over the Boy and the Heron is that spider-verse is more innovative. The Boy and the Heron has that amazing and beautiful animation that Studio Ghibli is known for,

however despite its good looks it isn't pushing any boundaries or making new strides in animation. It is a good animated film but it is not an innovative film. Compare that to the innovative, boundary pushing Spider-Man: Across the Spider-Verse. The animation team for the movie spent countless hours pouring insane amounts of detail into every single frame, making it infinitely rewatchable as it's impossible to spot every single one in the first watch. Speaking of frames, spider verse uses a framerate technique different from the norm. Instead of animating movement on every frame, spider verse animated on twos. Meaning they animated movement on every other

frame creating a signature look. The movie also experiments with multiple different art styles at once. Typically an animated film has one art style dictating a singular style that everything in the film has to conform to. Spiderverse ignores that and

implements several different art styles. Almost every single character has their own unique style. One character in the film embodies all the effort, creativity and innovation put into Across the Spider-Verse and that is the character: Spider-Punk. Spider-Punk or Hobie Brown was animated very differently than any other character in animation. Spider-Punk's animation is constantly changing almost every single frame. The colors and outlines of the characters are never static and are constantly in a fluid state of inconsistency. Which fits the character perfectly as he says in the movie he doesn't believe in consistency. Spider-Punk is incredibly entertaining to watch as his design is dynamic and never stands still. Animating the character alone took 2-3 years for the animation team to finish.

This is the boundary pushing that makes Spider-Man: Across the Spider-Verse special and why it should win an oscar over The Boy and the Heron. Studio Ghibli's film is still amazing but when it comes to the Academy Awards, Spider-Verse should win because of its innovation. Innovation that the boy and the heron lacks. In conclusion, Across the Spider-Verse is my favorite movie and it should win the best animated feature award at the oscars. (and maybe win movie of the year also).



## SPIDER-MAN: ACROSS THE SPIDER-VERSE 2023

running time 115 MINUTES  
written by PHIL LORD CHRISTOPHER MILLER  
directed by JOAQUIM DOS SANTOS KEMP POWERS

starring SHAMEIK MOORE HAILEE STEINFELD  
JAKE JOHNSON ISSA RAE DANIEL KALUUYA

# Let's Recap 2023

Joshua Spiess  
STAFF WRITER

2023 was a big year for our world, and before we dive deep into 2024, I think we should take some time to review the top cultural events of this last year.

The increasing popularity of AI assistants, like ChatGPT, as well as other virtual tools, has resulted in their widespread integration into our everyday lives. In my opinion, this is



the start of an evolution of education and learning. Accordingly, many educators have modified their assignments to more opinion-based work, encouraging individual responses with unique perspectives.

This approach also ensures that AI-generated answers are avoided, enabling students to grow intellectually. This educational shift has placed an emphasis on thinking and creativity, which I can personally vouch for as it has greatly enhanced my own learning journey.

Significant progress has been achieved in the healthcare industry demonstrating breakthroughs in the treatment of diseases like malaria and tuberculosis. These impressive developments,

acknowledged by the World Health Organization under the guidance of Dr. Tedros Adhanom Ghebreyesus, highlights the importance of collaboration in the fields of science and medicine.

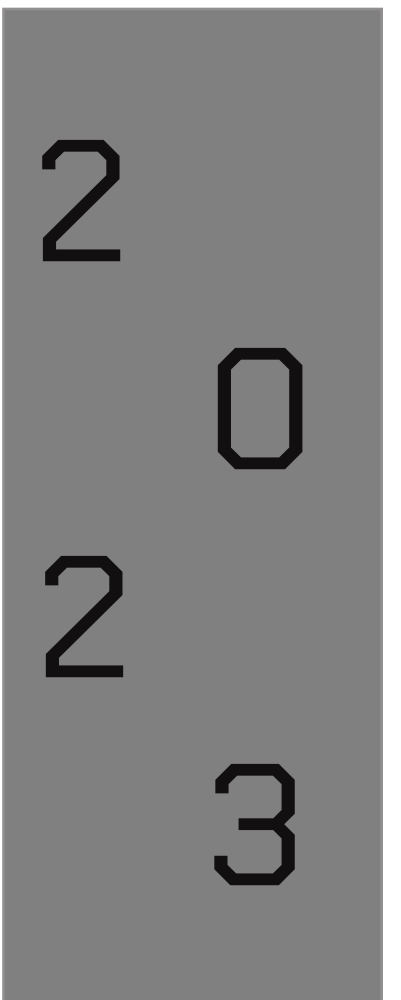
Furthermore, these accomplishments serve as a source of inspiration for students who aspire to pursue careers in healthcare, and give us hope for finding cures to the many diseases that hurt our world.

In 2023, there were developments in technology, particularly in the field of renewable energy. The efforts of inspiring individuals such as Greta Thunberg motivated a wave of students to actively participate in environmental science towards globally improving our world.

Companies like Tesla, led by Elon Musk played a role in driving advancements in wind energy.

Additionally, governments worldwide took steps to prioritize our world's future by continuing to decrease our carbon emissions.

**Significant progress has been achieved in the healthcare industry demonstrating breakthroughs in the treatment of diseases like malaria and tuberculosis**





# Best Jobs for Teenagers in Malibu

Cody Paquette  
STAFF WRITER

In Malibu, working while attending high school is very common as many students are full-time scholars while also maintaining a part-time or full-time job on the side. Working while in high school is a great way to earn extra money and resources while still being able to acquire a great education as well. Compiled below is a list containing a guide to common jobs Malibu High School students currently maintain.

**Host** - From Malibu Brewing Co to Dukes, options for a host or hostess at a restaurant in Malibu are common and constantly in need of employees. Many Malibu restaurants are busy on any given day with good weather or weekend which keeps this year-round job a great option for lots of activity and tips.

**Delivery Driver** - While not every restaurant needs one, a delivery driver is a great way for someone to make pay and constant tips from the comfort

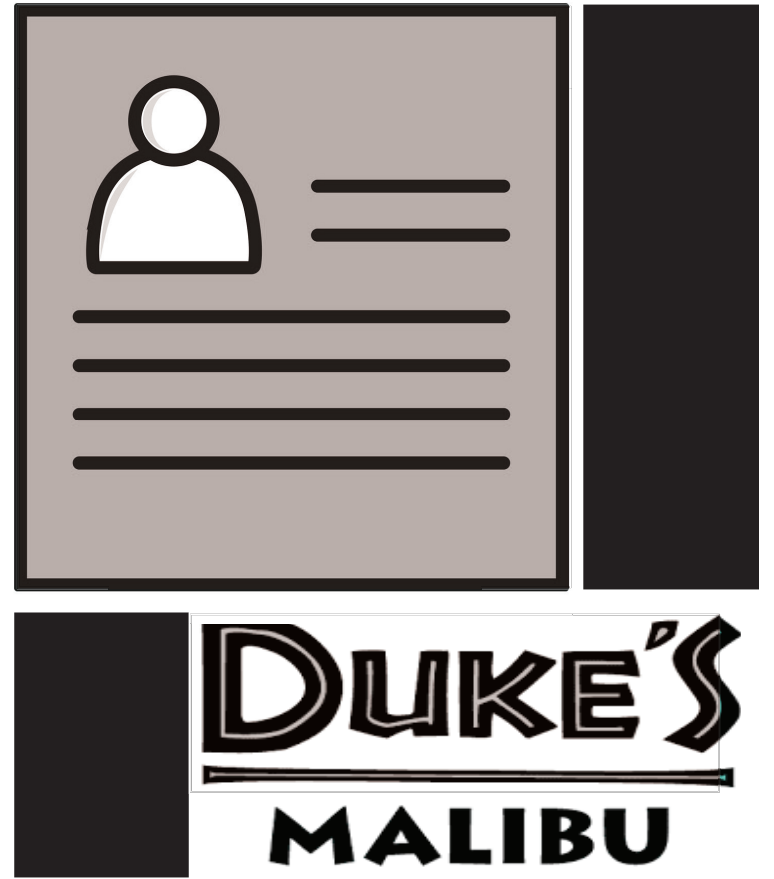
of their car. The only necessity for this role is to have a car always available and be able to not spend all your money on gas in the requirement for deliveries.

**Sales Associate** - A sales associate is a great option for someone looking for a first-time job and with plenty of options around all of Malibu. Give an example of some stores In addition, it is a great job that anyone can pursue in many different categories of sales from sports to clothing to antiques. Despitentot making tips, this job is great as it is very flexible and simple to master from locals to tourists.

**Surf Instructor** - A more unique job but desirable one is a surf instructor, which is something that Malibu is a prime location for students to take advantage of. Hundreds of thousands of tourists flock through Malibu every year and especially in the summer, many look for a surf instructor to guide them through the beautiful beaches. This job

allows the instructor to be in the sun and water all day while making good pay and teaching others how to stand up on a board. This job may be more difficult than the others as you need equipment, a good knowledge of the ocean, and surfing and teaching skills.

**Tutor** - Consequently, another great option for students to make an extra dollar is by becoming a tutor, which does not require any equipment other than a smart mind and ability to teach others. Being a tutor allows for flexible hours and good pay for anyone from kindergarten through 12th grade and can be a great thing for other jobs and colleges to view on a resume. As long as you can teach and be patient with a student, tutoring is a great option for a consistent job during the school year for many who are up to the task.



# Iowa Caucus Results of 2024

Reynaldo Elias  
STAFF WRITER

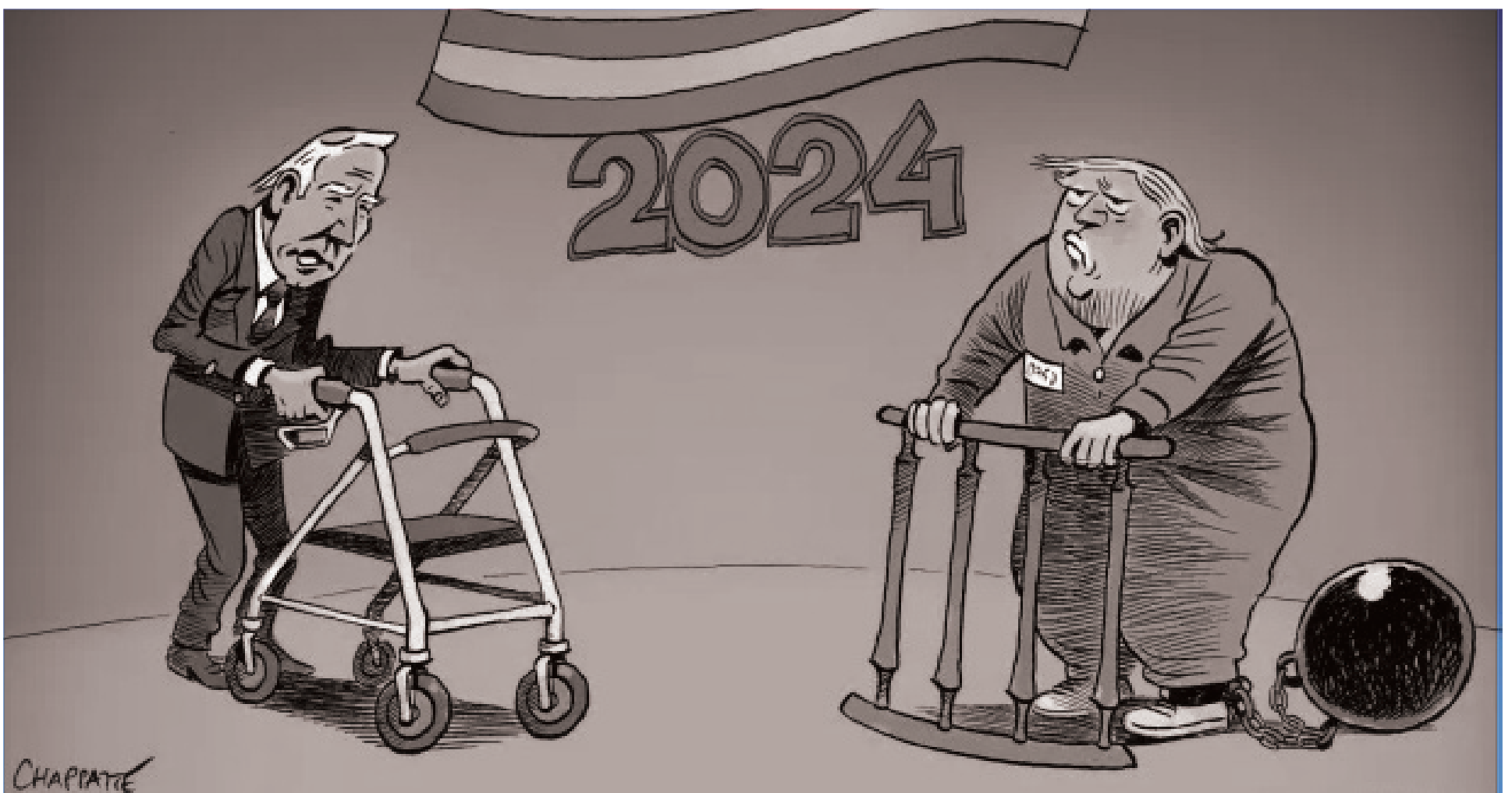
As the 2024 presidential election nears. Iowa's caucus has finally been voted on, and the results are in. As the lowest-turnout caucus in 25 years, participants met in hundreds of schools, churches, and community centers around the state despite the dangerous weather and hazardous driving

conditions. Between 5 candidates Donald Trump, Ron DeSantis, Nikki Haley, Vivek Ramaswamy, Ryan Binkley. Trump had completely owned the caucus by winning over 51% of the vote. This is Trump's first big win since 2020 and his loss in the election, in his attempt to recover his role as the Unit-

ed states president. After these results it is clear that Donald Trump will be the republican nominee for U.S president. This ultimately fuels belief for Trump's potential for his run for presidency. In the 2020 Iowa caucus, our current President Joseph R. Biden. Had only scored 15% of the votes at the time.

Compared to Pete Buttigieg's 26.2%, who had won the majority of the votes. With Trump's Landslide of a 51% vote this proves he has a bigger and better chance than ever. But what does this mean? Trump's win will intensify the election and engage his supporters to rally in his support, and be more vocal towards

their opposition. With the future of the Republican Party, Donald Trump's triumph in the most recent caucus is a key chapter in his political career. This victory will surely impact the course of American politics and future elections as the political environment continues to change.





# Does Learning to Be a Good Writer Still Matter in the Age of A.I.?

Cade Harper  
STAFFWRITER

In the early ages of artificial intelligence, the importance of learning to be a good writer still remains significant. With A.I getting a lot more advanced now, a big question that could determine a big part of our future is, "Does Learning to Be a Good Writer Still Matter in the Age of A.I?" A lot of people have developed great fear. While A.I can generate text, the nuances of creativity, emotional connection, and unique perspectives are inherently human qualities that good writers bring to the table.

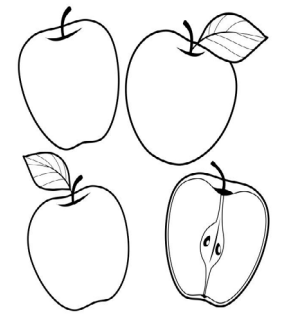
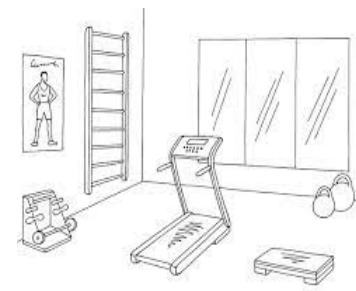
One fundamental aspect is creativity. A.I can't clearly mimic patterns and generate content based on existing data like humans can. True creativity involves thinking outside the box, crafting original ideas, as well as presenting them in compelling ways. Professional writers possess the great ability to weave narratives that captivate readers and stimulate imagination. This goes beyond the capabilities of A.I.

Emotional intelligence is another key factor. Writing isn't just about spreading information. It's also about connecting with the audience on a deeper level. A well written article evokes emotions and establishes a human connection. A.I lacks the understanding of human emotions that writers bring to their work, making humans superior.

Furthermore, the art of persuasion and effective communication sets good writers apart. Whether it's writing essays, articles or any type of writing. People are able to tell apart whether a piece of writing is written by an A.I or an actual human being. For now, good writers are still valuable but this could change deep into the future, because no one knows for sure. Lastly when reading books people don't want it written by an A.I, for some people when reading books developing a connection with the authors is very important and significant to them.

# How Living a Healthy Lifestyle Can lead to Success

Kane Rocca  
EDITOR

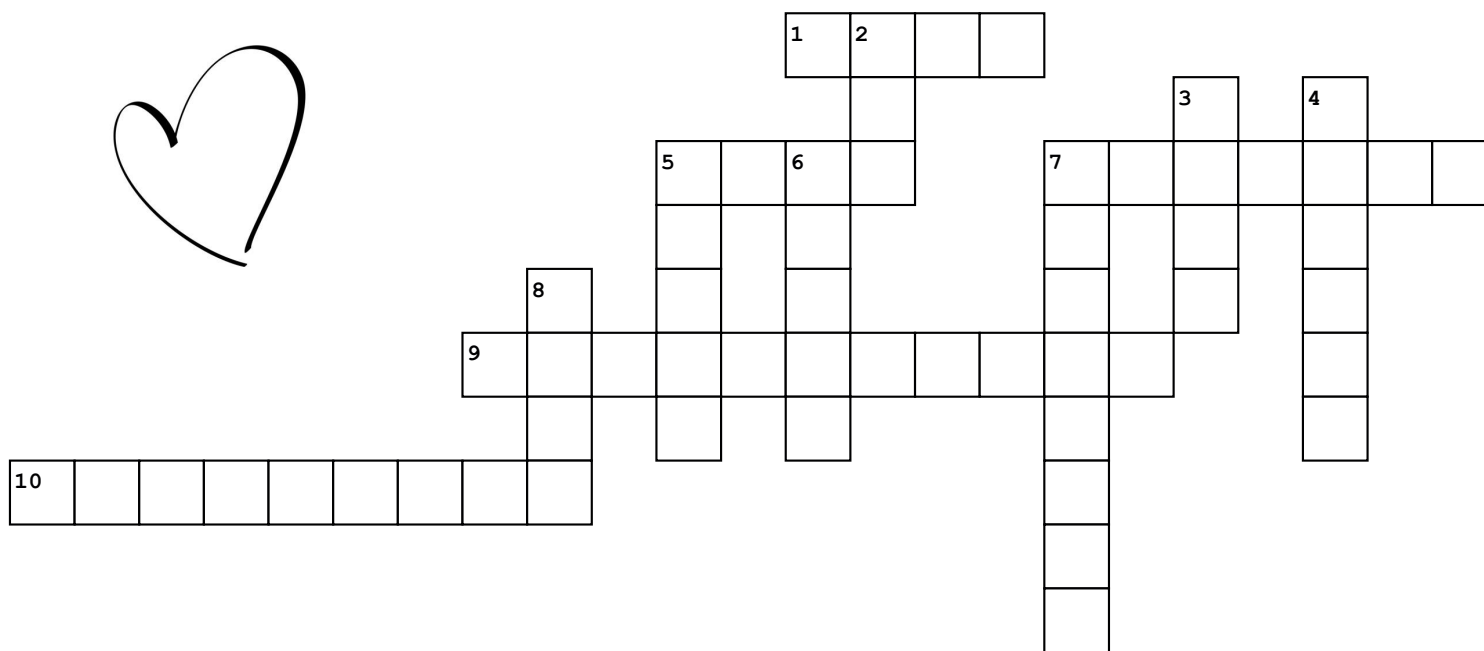


Living a healthy lifestyle is an important factor to success in various aspects of life. From my personal experience, I've noticed how my choices in nutrition, exercise, and sleep significantly affect my academic and athletic performance. When I prioritize a balanced and nutritious diet, as well as regular exercise, I find myself more energized and focused. I also find that when I get an adequate amount of sleep per day I also perform better in all aspects of my life. These factors significantly improve my concentration during school and my performance in sports. On the contrary, when I neglect my health, eat unhealthy foods, and not exercise for days at a time, I feel more tired, have decreased concentration, and this correlates into every aspect of my

life. From not eating well for just one weekend or from not exercising for only a week I am negatively affected for a long period of time, impacting my overall well-being and productivity. Scientifically, there are many sources of evidence supporting the link between a healthy lifestyle and success. Regular physical activity has been associated with improved cognitive function, reduced risk of depression, and enhanced overall well-being, according to the World Health Organization (WHO). Furthermore, a balanced diet provides the essential nutrients necessary for optimal body function. The American Heart Association underscores the connection between a healthy lifestyle and cardiovascular health, emphasizing the role of proper nutrition and exercise in

reducing the risk of heart diseases. This approach to well-being not only improves physical health but also positively impacts mental clarity and emotional stability. One key factor contributing to success is the improved quality of sleep associated with a healthy lifestyle. By adopting nutritious eating habits and engaging in regular physical activity, individuals often experience better sleep patterns. Quality sleep is crucial for cognitive function, memory consolidation, and overall mental health. In conclusion, living a healthy lifestyle is not just about physical appearance; it is a very important step into nurturing both the body and mind. The positive outcomes include well-being, increased productivity, better academic performance, and success in various parts of life.

# VALENTINES DAY



### Across

1. Send your friend a Valentine \_\_!
5. Written gift to give your loved ones.
7. People give gifts such as \_\_?
9. If you get married on Valentine's Day, it is your \_\_?
10. What candy do people eat on Valentine's day?

### Down

2. What color is associated with this holiday?
3. What is this holiday about?
4. What is a symbol of Valentine's Day?
5. Who shoots a bow during this holiday?
6. Red flowers that people get on Valentine's Day.
7. Month to fall in love?
8. How many times a year is this celebrated?



## 2024 Fashion Predictions

Siena Smith  
EDITOR

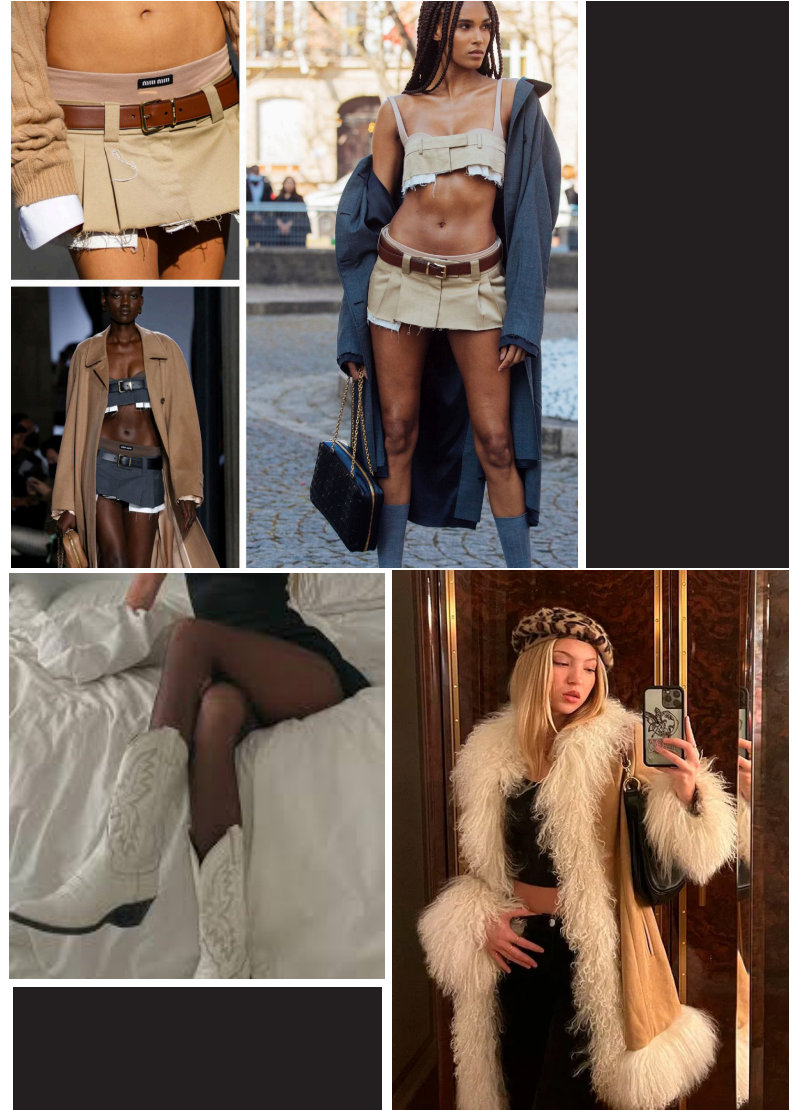
Do you think you have a good style? Well think again, because I bet you haven't checked the new trends of 2024 yet. In 2023 the hottest fashion trends were Boho inspired Y2K Denim skirts.

Based on the past trends, I have a feeling 2024 is headed in the same direction with inspo from Y2K inspired material and a long lasting frenzy of mini skirts. Based on social media fashion icons and unique pinterest style ideas, cheetah print will definitely be a go-to pattern for 2024. This pattern will be popular on slim or baggy pants, fluffy hats, and shoes. From what we have seen so far, the shoes of 2024 are the Adidas Samba pony x Wales Bonner leopard sport shoes. With Accents of blue on the tongue of the shoe and suede cheetah print material, these shoes will be a big hit. Along with oversized sweaters and low

waisted baggy jeans. However, instead of a plain denim wash, a couple rips and a distressed look will definitely be a popular style. Low waisted jeans have always been in-style thanks to 2009 Britney Spears. Baggy pants have become the new style. And without having to say it, skinny jeans will continue to be out for good! Another fashion trend for girls that will hit the charts this 2024 is black tights. Black tights are a very universal option to spice up any fall or winter outfit. They can be worn under dresses, skirts, or even under ripped jeans for a unique look.

Another 2024 fashion look that has been a popular hit on social media is a low waisted pleated mini skirt with loafers. Mini skirts have always been a staple, however the pleated low waisted look will definitely be a favorite along with the loafers which elevate an outfit, provid-

ing a preppier look. A white or red sock would add a great flair to this outfit. Every outfit needs a comfortable and warm coat to finish it off. Especially for the cold weather coming up, oversized and long fur coats will be a must. The fur rim look or full fur coat look adds a sophisticated look to most outfits. Besides deep grays and blacks which are easy colors to match with, I predict based on the need for summer, cool toned colors will be very popular. Frosty baby blues, a very light soft pink, and a pretty sage green will be seen a lot on baby tees or accessories. I think the new popular color in 2024 will be light pink. Not only is it such a flattering color but it also gives a bright and fun look to any outfit. So, after reading this, what are your 2024 fashion trend predictions?



## Becoming Your Authentic Self

Lukas Weiss  
EDITOR

As a writer, there are thousands of words to use when it comes to capturing the mood of my work, such as "love," "hate," and so on. But what terms should I choose in order to define who I want to be in 2024? Hmm, how about "rizz" and "authentic"? I mean, those were the most recent words of the year between The Oxford Dictionary and Merriam-Webster, so they must equate to something sort of neat. Specifically to me, "authentic" means being the most you, you can be, while "rizz" can be boiled down to having a strong panache towards others, carrying charm. After a life of unapologetically sharing my vibe, I identify with both of those traits. Though, that's just me. How can I see that same sense of self in someone else? Well, to understand another person, I'll have to really think through the struggles and circumstances that have made them who they are today. Except I'll never really know enough about someone other than myself to fully comprehend why they choose the words they do or, even more, why they hold back from speaking their truth. But I feel like I can trust you, so here's a truth about me: time, thought, and passion are my biggest values. In a world where everyone I meet puts all three of those things towards goals they want to achieve, not solely just their "holy grail" of things, but for everything, I already find truth in each being and stress for them to live through their most authentic versions.

My most authentic self shines through movement. It could be as big and bold as strutting across a stage or simply just swaying my hair the other way, which still holds weight because if I was on

takes a unified effort of people, no matter their race, religion, gender, or sexuality. People who solely want to achieve a dream because everyone is more alike than they think. Of course, the dream will

that will lead us to our destiny. That path constantly changes—perhaps it even has today—I know it has for me, as life is unpredictable; there's no contract with it, nothing is guaranteed, and there are no

or something has the upper hand, either emotionally or physically, or both, which is the biggest catch 22 of things, our time, thought, and passion temporarily divert to a state of pondering over what could've been done differently.

The good news is that everything is tangible; its legacy can be painted over, dried, and drained to ultimately be seen differently. Even terms interpreted as abstract, such as "love" and "hate," can be touched upon through other traits. Love can be cherished through praise, while hate can be combated by looking away. Combated but not conquered, blatantly, since hate, along with its trio of trolls, shame, loathe, and rage, leads us to contemplate a problem that has yet to disincarnate. I wonder what your biggest problem is? Whatever you're thinking of, it must've really struck a chord with you. Look at that—your mind—something that really can't be tasted, smelled, heard, touched, or seen by anyone else—has, in fact, been messed with through all of those acts from people other than yourself. But why? This is your world, and we are all actually just living in it. So take control of this place; it's not even your long-awaited "destiny." The world is already yours; that's how it's meant to be.



a hot date and the other person exclaimed, "Your hair looks so fluffy and great!" then that most definitely would be a thought for the greater good of things. For a movement on the grander scheme of things, it

differ depending on the person; you might wish to one day be a singer, while your friend might yearn to become an NFL player. But at any given moment, there's a certain path we have in mind, one

given immunities. Today someone will suffer, then their dream forgets about fame, fortune, and bling and becomes a candid wish to once again comfortably breathe. In those situations where someone



Amar Taha  
STAFF WRITER

# an NFL Recap through the eyes of Amar Taha

■ = Prediction Accurate  
■ = Prediction Wrong

**Prediction: Buffalo Bills (11-6, #4 seed)**

Starting off with the Buffalo Bills, I believed they would repeat as AFC East champions for the 4th straight year. The Bills season was looking grim when they were 6-6 going into a tough stretch of their schedule. However led by their elite defense and MVP caliber quarterback Josh Allen, the Bills were able to win their last 5 games of the regular season, leading them to win their division, ultimately shocking the NFL world with their mideason turn around.  
**Result: Bills (11-6, #2 seed)**

**Prediction: Kansas City Chiefs (14-3, #1 seed)**

Led by two time MVP and two time Super Bowl winner Patrick Mahomes, the Chiefs were looking to continue their dominance. The defending Super Bowl Champions and my favorite team were looking to win the AFC West for the 8th straight year. This year's Chiefs team was very different from the typical Chiefs team under Mahomes. Instead of the offense leading the charge, their defense was the focal point. Although the Chiefs offense was subpar to their previous years, the team was able to sustain their dominance in the AFC West.  
**Result: Chiefs (11-6, #3 seed)**

**Prediction: Tampa Bay Buccaneers (8-9, #4 seed)**

The Buccaneers had the worst odds to win their division. No one believed in the Buccaneers as they just lost the GOAT Tom Brady to retirement and were in one of the worst financial situations in the league. Despite this, this team still had a lot of talent on offense and defense. Additionally, I had faith that quarterback Baker Mayfield would have a comeback year and prove his doubters wrong. The Buccaneers in fact did prove everyone wrong as they won the NFC South, making this my best prediction.  
**Result: Buccaneers (9-8, #4 seed)**

**Prediction: San Francisco 49ers (12-5, #2 seed)**

With the last pick in the 2022 NFL Draft, the San Francisco 49ers selected quarterback Brock Purdy. Purdy entered the 2022 season as the third string backup, but got his chance with the two quarterbacks ahead of him went down with injury. Purdy never looked back. The 49ers have one of the best rosters in the NFL. They have the best running back Christian McCaffrey, the best tackle Trent Williams, great offensive weapons like George Kittle and Deebo Samuel and an elite defense with the likes of Fred Warner and Charviaus Ward. With that being said, it was hard for me to imagine this team not winning their division.  
**Result: 49ers (12-5, #1 seed)**

**Prediction: Dallas Cowboys (12-5, #1 seed)**

The last time a team won the NFC East in back to back years was the Eagles in 2004. I believed history would continue to repeat itself as the Dallas Cowboys would win the division. The Cowboys have a loaded roster starting with their star quarterback Dak Prescott, wide receiver CeeDee Lamb, and outside linebacker Micah Parsons who all had phenomenal seasons. Although the Cowboys just fell short of getting the number 1 seed in the NFC as I predicted, they did win the NFC East.  
**Result: Cowboys (12-5, #2 seed)**

**Philadelphia Eagles (12-5, #5 seed)**

The Philadelphia Eagles were coming off an outstanding season where they lost the SB. Quarterback Jalen Hurts seemed to cement his spot as the Eagles franchise QB. However because of the success the Eagles had, they lost their offensive and defensive coordinator to head coaching jobs. Additionally, the last time the NFC East winner repeated was 2003 and 2004. Because of these reasons, I believed the Eagles would take a slight step back and lose the division yet make the playoffs. After a 10-1 start to the NFL season, they lost their last 5 out of 6 games, falling just short of winning the division. However, they did just enough to clinch a wild card spot.  
**Result: Eagles (11-6, #5 seed)**

**Prediction: Washington Commanders (10-7, #6 seed)**

The Washington Commanders had the worst odds to win the NFC East this season. However, I had high hopes for this team. I expected new offensive coordinator Eric Bienemy to get the best out of second year quarterback Sam Howell. After starting 2-0, the Commanders season went downhill. They failed to win a single game after Week 9 in large part due to having one of the worst defenses in the league. This disappointing season has resulted in the firing of head coach Ron Rivera and will likely result in a change in quarterback.  
**Result: Commanders (4-13)**

10 teams,  
10 predictions

**Prediction: Los Angeles Rams (5-12)**

The Los Angeles Rams are only 2 years removed from winning the Super Bowl. However last season was not what anyone would expect from the previous Super Bowl winner as they finished 5-12. It was easy to predict that the Rams would have another reset year because of their young roster. After a 3-6 start to the season, the Rams found their stride winning their next 7 of 8 games clinching a playoff berth.  
**Result: Rams (10-7, #6 seed)**

**Prediction: Houston Texans (6-11) and Indianapolis Colts (2-15)**

The Colts and Texans entered the year with a rookie quarterback and head coach. Due to this, it was hard for me to envision a good season for either of these teams. However, I was proven wrong. The Texans led by quarterback CJ Stroud had an incredible year leading his team to win the division. On the other hand, the Colts lost their quarterback Anthony Richardson to season ending surgery. However backup quarterback Gardner Minshew played his best football of his career leading the Colts to a pivotal Week 18 game versus the Texans, where the winner would make the playoffs. This game came down to the wire, but in the end the Texans came away with the victory.  
**Result: Texans (10-7, #4 seed) and Colts (9-8)**

## SUPER BOWL PREDICTIONS

Brody Graham  
STAFF WRITER

Trying to figure out who's gonna win the Super Bowl is a big deal for football fans. During the NFL season, fans, experts, and analysts try to guess who's gonna make it to the big game. They look at stats, check how well teams are doing, and see how players are doing. First, they pay attention to how teams do in the regular season, looking at their strengths, weaknesses, and how good they are overall. They also look at player stats, injury reports, and what strategies coaches are using. When it's playoff time, everyone gets even more into it. Fans make brackets, trying to guess which teams will win and make it to the Super Bowl. They do this friendly competition thing, making brackets based on what they think each team can do and if there might be any surprises. The experts also talk a lot about matchups, pointing out key players and strategies. Even though they use stats and trends, sports are unpredictable, and sometimes unexpected things happen in the playoffs. Trying to guess who's gonna win the Super Bowl involves even more thinking. They look at things like a team's experi-

ence, how well the quarterback is playing, and if the team has done well in other big games before. People get into the storylines too, which adds a lot of feelings and excitement to the predictions. Fans, experts, and just regular people share their thoughts on social media, sports forums, and websites, making it a big community thing. The Super Bowl is more than just a game – it's something that brings fans together, creating a fun and friendly competition. The cool thing about predicting the Super Bowl is that it's always a surprise. Even if people use smart thinking and stats, sports are always a bit wild, and you never know what might happen. Whether your guess ends up being right or not, the whole process of trying to figure out who will win is a super exciting part of the NFL season. I personally really wanted the Dolphins to win the Super Bowl but I know their ass so they had no chance. I predicted that the 49ers would go up against the Ravens and the Niners will take the win while CMC is the super bowl MVP. (keep in mind this was written before the playoffs started.

# End Of An Era

BILL BELICHICK

NEW ENGLAND PATRIOTS

Julien Lescure  
EDITOR-IN-CHIEF

On January 11, after finishing 4-13 and failing to make the playoffs for the 3rd year in a row, the Patriots and head coach Bill Belichick parted ways.

Despite finishing with the worst record of his coaching career, his resume is nothing short of excellent. At the beginning of his career, Belichick secured two superbowl victories with the New York Giants as a defensive coordinator; one in '86 and the other in '90. After gaining some experience coaching the Browns, the Patriots, and the Jets, Belichick set sail for a long journey of success. His tenure with New England lasted 24 seasons, earning him 17 AFC East division titles, 13 AFC championship appearances and 6 superbowl victories. Not only is he

the winningest head coach in Patriot history, he is also 2 superbowl ahead of any other coach in the entire NFL franchise. The 71 year old coach is often compared to a goat, and with 8 generous rings, he deserves the title.

Belichick was also known for some unique qualities off the field. Particularly his press conferences, where he answered most questions with quite the lack of enthusiasm. Reporters refer to it as "bad" behavior but I view it as strategic and humoring. He avoids revealing any sensitive team information, and stays reserved when answering any non football related questions. You could compare it to interviewing someone with the emotional capacity of a rock.

Although the alleged mutual

decision ended Belichick's run with the Patriots, he hasn't retired from the league. Currently, there are 7 other teams with openings in head coach positions; the Los Angeles Chargers, Washington Commanders, Atlanta Falcons, Las Vegas Raiders, Carolina Panthers, Tennessee Titans and Seattle Seahawks. The Dallas Cowboys could also be an option for the coach if a spot opens up, considering Belichick's relationship with owner Jerry Jones. Trading coaches is complicated, and it's difficult to predict where he'll end up, but the team that's lucky enough to secure Belichick will find themselves with one of the most valuable head coaches of our generation.