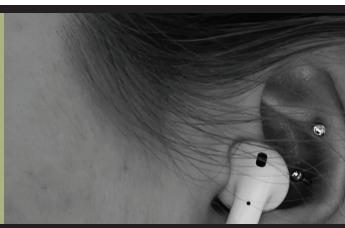


## Snow and fun on Grand Mesa

A photo essay

CHECK OUT THIS WEEK'S OP-EDS, CREATED BY OUR STAFF!



## Can music help us cope with stress?



# Delta Paw Print



1400 Pioneer Rd

Delta High School

deltapawprint.com

## Martin Luther King's legacy: students at DHS may not know the importance of civil rights history

by Ryetta Davis

First established in 1968 as a national holiday, Martin Luther King Jr. Day has been celebrated since then as a time to recognize one of the greatest civil rights pioneers of all time and highlight the benefits brought to the nation by MLK.

Many businesses nationwide close for the day and students have a day off from school on the third Monday of January each year to commemorate him and his actions in American history.

Because he was such a landmark in US history, Martin Luther King Jr.'s infamous "I Have a Dream" speech has made its way into history lessons in schools all over the US.

With students and staff receiving the day off on Monday, some celebrated and others did not.

Statistics from a survey released by the Delta Paw Print staff show that 62.5% of 64 respondents do not celebrate and 56.3% know only of his "I Have a Dream" speech and no others besides. Anonymous students responded that the reason they did or didn't celebrate was "Because I don't really know what it is" and "He was a great [and] notable and one of, if not the, best human rights activist, his work and his life should be celebrated."

History teacher at Delta High School, Matt Hamm, said that he "incorporate[s] Martin Luther King Jr. into lessons when [he] teach[es] US history," and English teacher at DHS, Robert Ames said that they "Read the Birmingham Jail Letter every year around this time" as a way to recognize and commemorate MLK Jr.

It was a new occurrence for the teachers to have Monday off because in years prior when students had the day off it was still a teacher in-service day.

## COVID-19 Variants: What do you need to know?

By Ada Bermudez

COVID-19 has been around and wreaking havoc for around two years now, and it doesn't show many signs of stopping. Since the original outbreak in December 2020, multiple new variants have been discovered, which raises new questions: Will the vaccine still work? Do people need to protect themselves more? Is the public more at risk of getting sick than before?

COVID-19 variants are simply mutated versions of the original virus. The delta variant which is considered a "variant of concern" by the CDC because of how easily it's transmitted from person to person is said to be the most contagious variant of the virus and this includes people that are already vaccinated.

The CDC first took notice of the variant when there was a rapid increase in infections and hospitalization after there had just been a decline in cases throughout the month of January. There is also data that suggests that people who are unvaccinated could experience a much more severe illness when they have the delta variant than they did with the original virus. Although unvaccinated people are the main concern, vaccinated people can also spread the virus for a shorter period of time.

Unlike the delta variant, there is significantly less information on the omicron variant, but the CDC still suggests getting vaccinated and specifically boosted since we don't have enough information yet. Although it isn't known how severe the variant is when a person is infected, the spread of infection is faster than the original.

The two most effective ways to protect yourself from COVID-19 and the variants are masks and getting vaccinated. The CDC also states "Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging." Getting vaccinated is the most important thing anyone could possibly do to protect not only themselves but their family and society as a whole.

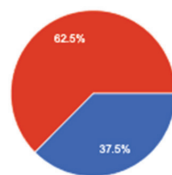
Here at Delta High School, masks and vaccines are recommended but not mandated. If someone tests positive, they need to stay home for five days and can return when they are showing no symptoms. If you are in a class where someone has tested positive, students and staff have a choice of whether or not they want to be quarantined.

There have been many myths about the vaccine, for example, It's made of dangerous chemicals, the vaccine has microchips, and the vaccine can alter your DNA. None of these are true and simply put the public at risk. The CDC has said that the vaccine is made from chemicals and ingredients that are already found in our food, the vaccine was made to fight against disease, not track your every move, and finally, the vaccine does not change your DNA. The vaccine works by delivering certain instructions to your cells to build protection against the virus.

In Delta, there are multiple locations to receive your vaccination: the City Market pharmacy, the Walmart pharmacy,

17 DHS closes school in remembrance of Martin Luther King Jr, the pioneer for the civil rights movement and a respected Black reverend who spoke 450 speeches a year at his best point in his activism. Do you celebrate Martin Luther King Jr. Day?

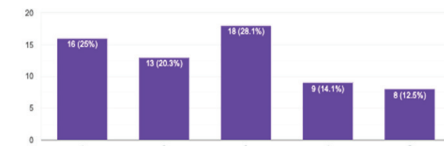
responses



● Yes, I celebrate MLK Jr. Day on 1/17.  
● No, I just know we don't have school.

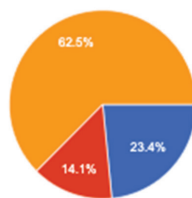
Please rate the importance of this celebration to you or your family.

64 responses



Do you know about King's life, achievements, and untimely assassination?

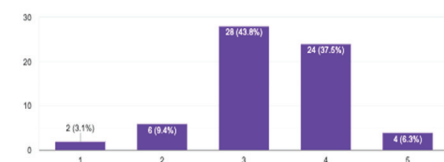
64 responses



● Yes  
● No  
● Some of it

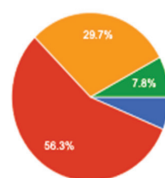
How much, on a scale of 1-5, do you know about Martin Luther King Jr?

64 responses



How many speeches from MLK Jr. have you heard of?

64 responses



● Zero (0)  
● Just the famed "I have a dream" speech (1)  
● I know a few (2-3)  
● Over-average (4+)

THIS IS A SURVEY RECORDED BY THE DELTA PAW PRINT STAFF, WHERE 64 STUDENTS WERE ASKED THESE QUESTIONS IN THE WEEKS AFTER MARTIN LUTHER KING DAY TOOK PLACE. STUDENTS WERE ASKED WHY THEY DO, OR DO NOT, CELEBRATE THE NATIONAL HOLIDAY. ACCORDING TO THE ANONYMOUS RESPONSES, STUDENTS TEND TO CELEBRATE IN A MIXED FASHION. "I DON'T KNOW WHO THAT IS," SAID ONE STUDENT. DO OUR STUDENTS NEED TO BE TAUGHT MARTIN LUTHER KING MORE OFTEN?

What could this mean about the way we recognize historic figures and pay tribute to them? It was a fresh change according to Hamm, who said "This was the first Martin Luther King Day we've had since we've worked here...so I spent it with my family." Ames agreed, and spent the day with his family as well.

Martin Luther King Jr. Day has brought awareness to many people and civil rights movements in the US and it continues to become a bigger holiday locally, starting with giving everyone a day off at DHS.



Masks are a requirement in Delta County Libraries, as COVID cases hit an all-time high in the month of January, with some reports reaching 1.35 million cases in one day.

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In Delta, there are multiple locations to receive your vaccination: the City Market pharmacy, the Walmart pharmacy, or even at your local pharmacy, and it's as simple as asking if they have the vaccine available. There are three different types of vaccines that are all effective and they are Moderna, Pfizer, and Johnson & Johnson. There are also free COVID tests available to all U.S. homes and can be ordered at COVIDtests.gov.

# OPINION

Pro

## The healthy benefits of a New Year's resolution

By Alexia Sanchez

Making a New Year's Resolution is something many people take part in at the start of the New Year. It's a positive way to start the year because you have new inspiration to meet a goal that is important to you.

In Comfort Zone Shake-Up, a website focused on positive mindsets, they explain that there are four different benefits to making a New Year's resolution which are motivation, taking control, sense of achievement, and self-esteem. Author, Federica Cascia, said in one paragraph that New Year's resolutions keep us motivated to take action in our lives. This motivation can give us a sense of accomplishment and give additional motivation.

In The Atlantic, a website on all news and health, they wrote an article, New Year's Resolutions That Will Actually Lead to Happiness. They explain how if self-improvement goals were so easy, people wouldn't need to make resolutions. People make the goals because they believe it will have an impact on their life, but they fail because they don't set a goal for greater happiness. The four habits that help to succeed on resolutions are practicing self-liberation, rewarding oneself for ongoing success, avoiding temptations, and positive thinking. The reason explained for resolution failure is negative thinking.

The key to a successful resolution is positive motivation.

The Atlantic explains how BJ Fogg's book Tiny Habits gives great advice to keep in mind. "Fogg shows that to build good new habits—the key to a successful resolution—we need to reduce, implement, and celebrate. That is, reduce new behaviors to something small and manageable, like committing to start by doing two push-ups a day if you are out of shape (not 100);

finding where in your routine the new behaviors fit best (do your two push-ups right after breakfast, for example); and then celebrating each day after practicing the behavior (but perhaps not by having a second breakfast)."

The Atlantic suggests two direct ways to gain a happy resolution: forgiveness and gratitude. In an experiment they did they found that forgiving helps direct happiness and it helps lower anxiety and depression while boosting hope and self-esteem. A study in the Journal of Personality and Social Psychology noted that two groups of people were asked to start gratitude journals. One group was asked to list things they were grateful for that week while the other was asked to list things that irritated them. Ten weeks later they found that the first group was feeling better physically and were more optimistic about their next week.

The Atlantic suggests that it's more successful to improve your happiness, letting that motivate you rather than forcing yourself to exercise.

Some great, healthy resolutions Choosing Therapy, a website focused on new healthy habits, found that instead of resolutions to set goals, goals can be cut down to sub-goals. As well as writing down everything you are grateful for that week or whenever is best for you, that is called gratitude practice which helps you become happier. Reason being is that studies show that being grateful increases happiness.

In addition to that, complement yourself, stay in a positive mindset and even compliment strangers or friends. This helps you appreciate and be more grateful for the people around you.

Having a healthy New Year's resolution could benefit you in having a healthy future.

Con

## Are New Year's resolutions toxic?

By Juliana Stagner

"3,2,1, Happy New Year!" As the new year begins, it's time to make goals for yourself and to make a resolution to better yourself in a different year. But are resolutions toxic?

According to The Healthy, a website about health statistics, the most common resolutions are to get in shape and to lose weight. With so many people having this goal it can put pressure on people, especially those recovering from eating disorders, to lose weight and change their appearance. Resolutions are also a huge part of diet culture.

Diet culture is a very big part of our world right now, especially on social media. Diet culture is a set of beliefs that values thinness, appearance, and shape above health & well-being. So pretty much being skinny matters more than being healthy.

Recently on TikTok, there has been this trend going around where you show what you eat in a day. These videos get millions of views, especially from a younger audience. The majority of these videos show thin women eating barely anything. The comments under the videos are young girls who feel like they have to eat way less than their body needs.

Arielle Weg, an author for the website Prevention, talked about her experience with dieting and why she stopped making it her resolution. She writes "My brain works the way it does today because I grew up as a chubby kid in the midst of an unforgiving '90s diet culture. I was on diets before I probably knew what dieting even meant, and I was hyper-aware of my body size..." said Weg. Diet culture has been around for a long time and has created so many diets over the years.

According to U.S. News, the most popular diets that have surfaced online and on social media are ketogenic, paleo, and Mediterranean diets. All of these diets are different variations of foods that you can't eat with the purpose of losing weight. They all force you to limit

yourself to certain foods and can even do more damage. These are the diets that are being encouraged in the new year.

The ketogenic diet, also known as keto, is the idea of getting calories from protein and fat instead of carbs. You restrict foods like sugar, soda, pastries, and white bread. Most people on the keto diet are on it because of either low blood sugar or they want to lose weight. This diet is mostly healthy but can cause kidney stones, nutrient deficiencies, and low blood pressure.

Another huge diet is the paleo diet, which is based on foods that were eaten during the Paleolithic era. So like lean meat, fish, and vegetables. But most people are at risk for deficiencies in calcium and vitamin D, which are critical to bone health. This can also increase the risk of kidney and heart disease.

The last diet that new websites are recommending is a diet called the Mediterranean diet. This is the new most popular diet which is based on the eating habits of Greece and Italy. With this diet, you can gain more weight and have calcium loss.

Even if these diets help you lose weight, they are also adding problems to your body and health. These diets should not be pushed in the new year. No diet should be pushed for resolutions.

This brings me back to the question; are resolutions toxic? I believe that resolutions can be good but all the pressure it brings to those struggling with eating makes resolutions bad. No person should feel like they have to lose weight.

Wanting to lose weight is not a bad thing and there are good ways to do this, but restricting certain foods is not the way to do it. With diet culture all over social media, these diets are popping up everywhere you look.

It is important during these times to take care of yourself and do what is right for you. There is no need to make a resolution that will make you worse.

Editor Column

## Increasing school safety drills: A problem in need of fixing

by Neveah Carrera

Following events such as the Oxford High school shooting and the Lexington school bus catching on fire with students inside, I question if Delta school districts are doing enough to keep their students and staff safe. Students and staff of DHS responded with mixed emotions about increasing school safety drills.

Jazmyn Garner, a freshman at DHS responded with, "Yes, all but the basics like fire drills, because we already know how to do them. We should practice drills that are more

likely to happen. Like school shootings." Many people have strong emotions about this subject. The staff feels as though practicing these drills could be traumatic for the students and staff. DHS held two training sessions, Stop the Bleed and an active shooter drill.

Stop the Bleed training helps staff and students learn how to help save a life in case of serious events. The active-shooter training puts staff through a real-life role-play of a school shooting. In hopes to prepare staff for the real thing, DHS performed both training sessions. Shawna Magtutu,

a councilor at DHS stated, "I participated actively in the stop the bleed training, and the active shooter drills. ... A big amount of our staff was very traumatized by that." Magtutu also stated "... Then other staff stepped up and adrenaline pumped and they loved it. So it was just a difference in personality and comfort."

Small communities such as Delta along with less racially diverse areas sometimes cause stereotypes and the feeling that danger isn't a big worry.

Garner said, "We live in our stereotypes, like the stereotype that there aren't a lot

of colored races within this city, so it's not stereotypically a dangerous area." Others feel that even though this is a small community, it's always safe to stay prepared.

"I think we're very fortunate that we live in a small community and overall our crime and drug rate is very low comparatively. But I know that we take that for granted in a lot of ways too because there's just no way that you can predict these things," said Magtutu.

Although we live in a safer and smaller community, it's always safe to be prepared for the worst and increase school safety

# Turn back the clocks: Students and teachers react to the new bell schedule

By Kaya Wright

DHS has made a change with the schedule due to a decrease in bus drivers.

Some students have said that they like the new schedule because school now ends at three o'clock instead of 3:15. Other students aren't as much of a fan. Sarah Clark, a sophomore here at DHS, said "I don't think it really matters as much as the set back in the morning does...three and 3:15 isn't much of a change to me as waking up at six in the morning so I don't miss the bus." Many students have complained about having to wake up so much earlier to catch the bus.

The teachers have mixed opinions about this schedule change. James Hughes said, "I like the new schedule...I like it because, before the schedule change, students would be outside of my window waiting for the bus for a much longer time period. When they would be here for a long time it would be really hard to concentrate on grading and planning."

Although some teachers agree with this new change, some teachers don't have the same standpoint. Alissa Branson, an English teacher at DHS, said "I hate having to wake up so much earlier...in the mornings it



Senior Dax Sanville gets off the bus at school 15 minutes earlier than usual.

feels too early to be at school."

Although this is a good thing for some, some people have said that the schedule has made their usual schedule get flipped upside down. Many students are very hungry because of how much later lunch is. The students that used to eat lunch at 11:45 now eat lunch at 12:25. Now, this may not seem like a long time, but it is a fact that

people are creatures of habit.

This means that we as humans need to have a routine and when students have a scheduled time to eat lunch, the body will get hungry at that time because that is part of the routine. Though, if we keep this routine our bodies will adapt to the new schedule.

Junior Shieann Wilson said

"I wish I could just go to lunch already...I've been starving since third hour. Lunch is way too late."

Not only did DHS change their schedule, but elementary schoolers start school later than before. The buses don't pick the elementary schoolers up from home until after the high schoolers

and middle schoolers are dropped off at school. Sophomore Tegan Whitby said "I think that the elementary schoolers should start earlier and we should start later because they do so much less and we have a much harder day most of the time."

By Anika Hovel

Music can reduce stress levels for many people, but they may be curious about the science behind it. Say you get home from a really exhausting and stressful day at work or school. If you put in your ear buds and put on an uplifting playlist, you are most likely going to end up feeling better.

Music is a really popular coping mechanism that people use to calm down or get more relaxed. That is if you use it in the right way.

"Just think of the JAWS sound track as the shark gets closer, or a horror movie where the monster is revealed and chases the other characters. When it's suspenseful we see an increase in Cortisol and Norepinephrine," counselor Zachary Thomas said.

Norepinephrine is a neurotransmitter or a chemical messenger that is a stress hormone.

When we listen or see something that is intense or scary there is a majority of Norepinephrine. So while

you might want to listen to sad music when you are sad or stressed, it will often bring down your mood even more.

"It feels right to do so when we are sad, but this can actually perpetuate our feelings of sadness which is why I encourage people that if they start with a sad playlist, to end with a more neutral or uplifting playlist" Zachary Thomas said. Listening to an "uplifting" playlist will most likely create a Oxytocin, Dopamine, and Serotonin response which would be considered the opposite of a stress hormone and instead a happy hormone.

Counselor Alyssa Thomas said "There are 'feel good chemicals' in our brain such as serotonin and dopamine. What happens is when we hear something we like (or see, taste, etc) these 'feel good chemicals' get released in our brain which reduces our stress and can often improve our mood."

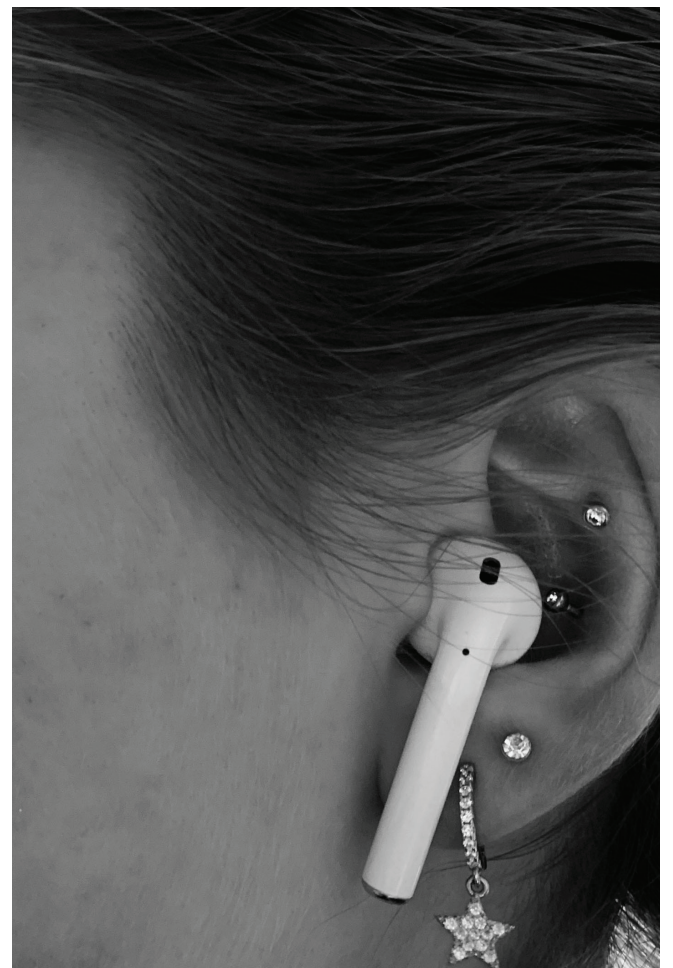
Zachary Thomas says that some of the coping mechanisms used are "Good/

healthy: listening to music, drawing/coloring, car rides, time with friends, time to self (this one should be in moderation). Unhealthy/risky: cutting, risky sex, taking unnecessary risks, drugs, illegal activity."

Using music as a coping mechanism is often the best route compared to other ones people often use. It is non-violent, easy, and accessible almost anytime you want it to be.

Music can be a fantastic outlet to really get emotions out, relax, and calm down after a very stressful day. Listening to an uplifting playlist can help create those happy hormones or "feel good chemicals" throughout the brain and make you feel better.

## Releasing Stress Through Music



## Can athletes be burned out from their sport?

By Gabrielle Huggins

Madyson Hannegrefs

Athletes can lose motivation, concentration, and determination, among other things. In truth, stress and worry can produce physical changes in the body, such as muscular spasms or trigger points. A statistic shows that 31.9 percent of high school athletes are affected by an anxiety disorder. The visual field can constrict as a result of stress and worry and slower times. "Depending on where I'm at in the season, it can kind of take a toll on my motivation," said swimmer Jillian Carlson.

These can have a significant impact on performance. "The sport has a positive and negative effect on my mental health because I really enjoy

dancing, but sometimes my motivation is just not there," said Autumn Cordell, a Junior at Delta High School.

Each sport has its own levels of energy and motivation. For example, playing basketball is much different than swimming because playing basketball involves cheering or giving teammates high fives as encouragement as opposed to swimming in silence for a couple of hours. Some student athletes at Delta High School are just mentally and physically exhausted and don't even acknowledge it. "This past month has been super exhausting," said Cordell.

Sometimes during a season, it is hard to balance school and work and go to practice. Jillian Carlson, a senior at Delta High School, works from 5:45 a.m to 7:15 a.m., goes to school until 3:00 p.m, and at 4:00 p.m she goes

to swimming practice. "It can be hard sometimes, just when things start to pile up, but for the most part, I work to keep things pretty organized," said Carlson. Sports can also be extremely beneficial for students by keeping them in shape, providing them a space to work out which releases endorphins and teaching student-athletes about determination and commitment.

Delta High School junior, Easton Baier, hasn't had a full year of sports in his high school career that hasn't been restricted by COVID-19. "I have more motivation this year because I am a junior, and I want to try to be a leader in the team," said Baier. This year as things are getting back to "normal," compared to previous

years that were greatly affected by COVID-19, athletes have adapted to restrictions and rules throughout the last few seasons. Coach Ames said "We're back to normal, as normal as normal can be. But we're definitely closer to normal than we were last year because last year was a shortened schedule, weird time, so this is back to the normal calendar, timeframe, and the number of games."

Athletes can use sports as a way to escape from their problems and focus all of their attention on their sport. Excelling in sports can be the best feeling, however, everything that brings you joy inevitably brings you pain. That pain can bring motivation to improve or to lose the joy in the game that was once loved.

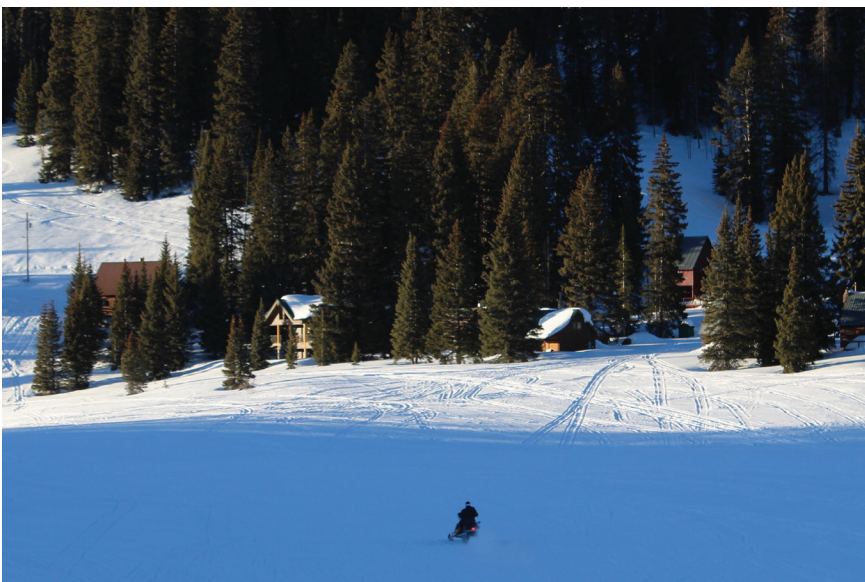
# SNOW FALLS ON GRAND MESA

Photo essay by Vandi Horn



## Snowfall over ten feet!

The recent snow storms have brought up to ten feet of fluffy snow to Grand Mesa and filled areas perfectly with compacted snow for sledding and snowmobiling! Most cabins were almost completely covered with snow, and had trails dug out leading to the doorway of cabins. The cabins doorways and porches were all filled with beautiful shimmering powder. Everyone has been staying busy! Recent activities near Alexander Lake Lodge include lots of snowmobiling and spending quality time with friends and family!



## Jesse Delgado takes off for a ride

For the first time snowmobiling on the Grand Mesa this past weekend, Delgado enjoyed his time with friends while being out on the machines. Delgado said "Snowmobiling was a great time and I think it is something everyone should experience."

## Landen Horn gets ready to head out for a trail ride.

Snowmobiling is one of Landen Horn's many winter hobbies. Horn said "The Grand Mesa is my favorite place to snowmobile." Horn said "There's a lot of open lakes and areas to do whatever you want."



Did you enjoy the Paw Print?  
Check out our podcasts, web stories, and explore DHS student life  
at [deltapawprint.com](http://deltapawprint.com)

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