

Looking For Alaska
Review
Is it worth the hype?



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Delta Paw Print



1400 Pioneer Rd. Delta High School deltapawprint.com

BREAKing the Tradition

by Sydnie Atchley

School breaks are a perfect time for students to stay home with their family, but is home always the best place for students to be? Break can be a good time for both students and teachers, but it is important to notice the advantages and disadvantages.

Delta County School District has a school break every 6-7 weeks. From fall break to spring break, students get a week to two week period of relaxation to regenerate before continuing the school year.

Breaks are always an anticipated time for everyone. It is proven that taking breaks are very important in processing information and brain stamina.

"You have time to just relax without the stress of school," said freshman Evan Howel.

Even taking week-long breaks, like Delta County's February break, is the

perfect time for students to improve their psychological well-being. Taking time off gives students a mental break and encourages students to be more engaged in the classroom. According to a 2016 study by physiologist Karrie Godwin and a group of researchers, a lack of taking a break from the stress of school can lead to anxiety, lack of sleep and focus, and can become very unhealthy for the teenage body. Students are not rudely awoken by an alarm during this time and get a chance to relax and sleep in.

These breaks also give students and teachers more time to spend with their families. Students' focus moves away from the stress of school and gives them a chance to focus on their relationships outside of school. Building companionship outside of school can motivate students to be more social when they come back.

Although school breaks are very important for students, there are some negative

aspects that should be considered. School provides a place for students to have a full meal. Some students don't have access to a nutritious meal at home.

For some students, school is also an escape from their situation at home. Taking time away from school could also make it harder for students to get back to their normal schedules.

The day after break can be a rude awakening for students and teachers after their sleep schedule has been modified. An abrupt break during the year also has a negative effect on clubs and classes at Delta High School. Freshman Brooke Pietak said, "It makes us hate school even more, and makes us not want to go back." The yearbook class has a harder time publishing for the school when their month is shortened due to breaks.

Yearbook adviser Kelly Johnson said, "February break is hard on the yearbook staff because we have to have the whole book finished in March and that week in February would be helpful."

School breaks have always been a memorable time for both students and teachers. It can have positive effects on mental health, endurance, and more. Having school

breaks is controversial throughout Delta High School. It is important to understand and discuss the positive and negative effects.



A group of students take part in a mission trip to Mexico to help build a house for the community during February break.

Freshman Anika Hovel said,

"They give us the opportunity to build more life experiences like how I got to go to Mexico."

Thanks for reading!

The Delta Paw Print!

JUNIOR MEETINGS ARE COMING:

How to prepare and what to expect

By: Ryetta Davis

Considering all the tests and end of year exams and everything it takes to wrap up, the second semester of the school year can be a particularly challenging time for high school students.

Freshman get to reflect on their first year of high school, sophomores are preparing for the next year's work by taking the PSAT, and the seniors get to make final decisions for college and scholarships. The juniors have it a little harder: they get to take the SAT, experience debatably the biggest workload of the four years, and start narrowing down their path to make a decision about what they want to focus on for their senior year and after high school. One way that DHS helps juniors during this time is through personal junior meetings between each student and a counselor.

The most important step in preparing to graduate, according to DHS counselor Shawna Magtutu, is to "Know what you don't know, and don't be afraid to ask questions," which is the idea of the junior meetings. "We just want to help you understand what it takes to

graduate...and what's next."

Whether juniors have a plan and know what they are doing after high school or not, these junior meetings are a useful aid in either deciding what they want to do, or getting them on the path to success for whatever field or higher level of education they are pursuing.

So, what about those who don't plan on attending college? Are these meetings still useful for their path or plan? The short answer is, yes.

So what is her best suggestion for students who don't know what they want to do after graduation? Magtutu responded; "Try it on - you have no idea what you want to wear that morning or how it feels on you unless you try it on. It's the same with careers. Fail until you don't... right now, [the junior] age group is the perfect time to fail and keep going until you don't."

And what about those who may have no interest in more schooling? Are the meetings necessary for them as well? Again, yes.

"We really want to emphasize in those meetings that you don't have to go to college, there's so many opportunities especially for

your generation...there's so many jobs right now across the nation but also locally that will not only hire and pay you, but also train you for free, without the college expense," said Magtutu. "That way you can have those skills and work anywhere."

Junior at DHS Lizzie Cooper said that her junior meeting "really helped [her] set [her] medical career straight and get [her] on the road to success."

Having access to the resources made available to the junior class has helped many students, and will continue to help more. So to all the juniors at DHS: schedule your junior meeting, take your future into your own hands, and good luck!

Congratulations to Delta High School's **girl's basketball team!**

They have won their regional game once again this year!

Congrats to Jose Renteria for winning Speaker of the Year for speech and debate! He had accumulated 1,003 National Forensics League points total this year!



Creating equality in sports

By Juliana Stagner

According to Boston.com, Askier Mikaela Shiffrin was only on TV to be critiqued while sitting down after her run. “Women’s sports should be analyzed through the same lens as the men. The most famous skier in the world did not finish her two best events. So we are going to show her sitting on the hill and analyze what went wrong...” said broadcaster Molly Solomon.

NPR.org explains how famous snowboarder, Shaun White, was celebrated after not performing well in the 2022 Winter Olympics. He “showed he’s able to handle the halfpipe better than some of his younger competitors,” said author Jaclyn Diaz.

When a male athlete failed, he was still praised, but a female athlete like Mikaela Shiffrin was completely humiliated.

This sexism is deeply rooted and doesn’t just happen on the national level. This is happening to even student-athletes on the local level. Earlier this year, many students at Delta High School were frustrated with the school for football getting “special treatment.” For example, on a trip to an away game, football took a very nice bus with an included bathroom. But this money did not come from the school as rumors had said. Football player Nathan Scharnhorst explained where they came from, “All of our charter buses for football, we worked all summer for a company called Telluride Express and they were the ones that then gave us the charter buses.” Boys’ basketball is also treated differently than girls’ basketball. When back-to-back games are happening, people will only show up for the boy’s varsity game and miss the girl’s varsity. “Most people just show up for the boy’s varsity game,” said student-athlete Kyndahl Duran. When the games are recorded, you can tell by the appearance and overall enthusiasm of the crowd that the boys have a bigger audience.

These attitudes can affect how athletes perform. If no one wants to watch athletes will lack the motivation to perform as well. “ ... I do know for others they need the excitement of the crowd,” said softball player Cambria Putney.

Assistant principal and athletic director for Delta High School, Jeremy McCormick gave insight on how donations are given from the community to certain sports and the school. “We have a booster club that our business donate to. With that money we cover everything from playoff travel to uniforms...” said McCormick. He also explained that donations to the booster club are for the club and not just one sport.

We can see the comparison between female athletes’ and male athletes’ responses. Although this may just be a coincidence it is also interesting. If all is equal, why are both sides so different?

As much as we want to ignore it, female athletes are treated differently. Whether this is from sports coverage, money, or overall audience and crowd. This is an old belief that we still act subconsciously and we need to work to change it.

Did Saint Valentine have a valentine?

By Gaby Huggins

Valentine’s day, typically known for the fancy chocolates and red heart decorations, has been around for hundreds of years. Today it’s acknowledged by the celebration of love and the act of demonstrating affection for each other, but how did it start?

Although the origin of this holiday isn’t often spoken about, the story is interesting. Something that makes this holiday so intriguing is how the start of Valentine’s day can’t be traced back to one single story or culture. There are several stories behind its beginning, the most prominent one is about a Roman priest being sacrificed in a violent way.

In the third century AD in Rome, the emperor Claudius the II had banned the marriage of Christian couples at the time. The priest who would later obtain the title of Saint Valentine was rumored to have helped Christian people get married, going against the emperor’s orders. Because of this, Saint Valentine was thrown into prison.

During his time in prison, he wrote back and forth with a young blind woman. It is said that Saint Valentine reinstated her vision through prayer. Right before he was executed in his last letter to her, he ends it with: “ From your Valentine” Unknowingly sparking the traditional phrase that is used every year.

There are a few similar tales of others sharing the name Valentine being martyred during this time, however, Saint Valentine’s was the most well-known. On February 14 the Catholic church declared Valentine a Saint and martyr beginning the trend of Valentine’s Day.

Another more recent event connected to Valentine’s

Day is known as the Saint Valentines Day Massacre. Occurring in 1929, during the prohibition era in the U.S, where alcohol was illegal. At this time gangs were on the rise and the control of illegal liquor was something that caused rivalries. On Valentines Day 7 members of the Northside gang in Chicago were lined up and shot due to gang rivalries. Even though no one was prosecuted, Al Capone was believed to be behind the attack.

Although Valentines Day has been deemed as a day of love and joy, the dark stories behind it cause questioning to the innocence and intent of this holiday.

Beginning to end art process

By Anika Hovel



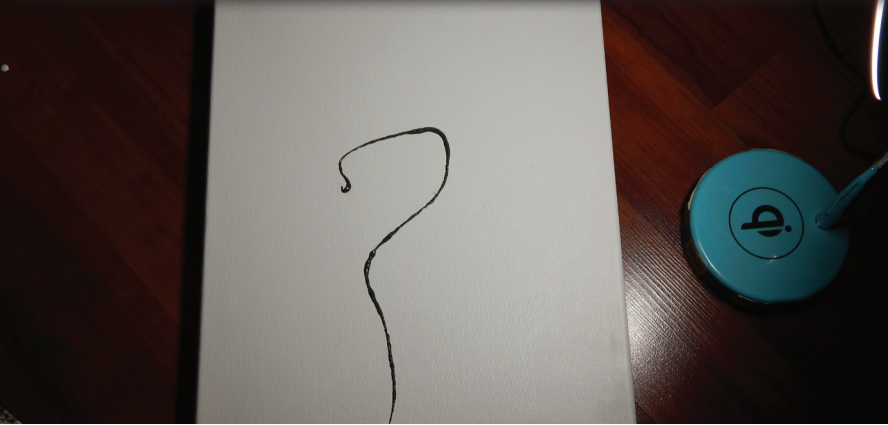
Starting out with a blank canvas, artists are able to create anything they want to. They’re able to envision a piece of work they want to make. Starting with a blank canvas is also cool because you are able to look back and see how much progress you made throughout the process.



When using a canvas at all always use a base coat so that the surface isn’t dusty or dry. Base coats also give the canvas a nice shine afterward. Base coats also help the other paint being put on to stay and look finished.



Mixing colors is the next component when making art with paint. “You have to be careful about adding tones like black or white, because you can’t really go back after making a certain shade of a color,” said Tara Hovel.



One of the unique parts of this artwork is that it doesn’t take much skill to make it look cool. The next step is to take a piece of string and drench it in paint. After that, you put the string on the canvas in an S sort of way. Once it’s positioned, you pull down and away from the canvas.



After you pull the string away and off of the canvas you have a flower that is simplistic but also a piece of artwork. Hovel said, “It’s bittersweet to be able to step back and see hard work that comes together, because you enjoy the process so much, but you are glad that you have a finished product that turns out good.”

All-star weekend



The NBA hosts its annual Slam Dunk Contest in 2013 at Toyota Center. (Source: Wikimedia Commons)

By Leeyandel Arias

The NBA provides fans with entertainment once a year, like seeing the league’s promising dunkers dunking over people or seeing the great shooters make 10 shots in a row. And to top this all off, they organize a game where the best players from the league play against each other for charity. This two-day-long weekend is called The All-Star Weekend. The All-Star weekend consists of a dunk contest, a three-point contest, a celebrity game, and an all-star game for the finale. The dunk contest has four participants, and also has five judges scoring the participants dunks on a scale from six to ten. The players get two dunks in the first round, and two players with the highest combined scores get to advance to the final round. In the final round, the two players will attempt two more dunks and the player with the highest combined score will be crowned the Slam Dunk Champion. And the dunk contest is filled with excitement and thrill, from seeing Michael Jordan dunking from the free-throw line or seeing Aaron Gordan dunking over a 7’5 giant of a man. The three-point contest has eight players and each player has a minute and ten seconds to shoot 27 shots around the NBA three-point arc and can score a possible total of 40 points without missing a shot. Then the three players with the most made shots move on to the final round and start the same process over, but in the final round, the person with the most shots made will be crowned MTN DEW 3-Point Contest Champion. The person with the most made shots in a three-point contest is Craig Hodges, who made 21/25 shots and also holds the record for 19 consecutive shots without missing. The main event of All-Star Weekend is the All-Star Game. Fans and executives around the NBA can vote for their favorite players to be in the All-Star Game, but usually the best performing players are voted into the All-Star Game. Then 10 players with the most votes from each division ,Eastern and Western, are then put into a draft in which the two players with the most votes in total can draft a team using the players that were voted in. Then the drafted teams face each other on

All-Star Weekend and the game is filled with dunks, deep threes and many more exciting plays that will get basketball fans out of there seats. But after the game is finished, the winning team gets to donate a whopping \$750K to the charity of their choice. There is also a Celebrity Game played which is a team of hand selected celebrities that play each other in a game of pickup basketball. A few celebrities to name are Kevin Hart, J Cole, Quavo, Chance the Rapper and many more celebrities have played in the Celebrity Game. Many high schools around the nation have incorporated their own form of an All-Star format into assemblies or fundraisers, but Delta High School could definitely introduce the idea of having their own All-Star event. Junior StuCo member Evelyn Guterriez spoke about how having an event of this sort would affect DHS:

The All-Star Weekend isn’t just about seeing people doing the most out-of-this-world dunks or seeing the best compete against each other, it’s about the basketball community coming together for one weekend and seeing players being themselves and just enjoying the game of basketball without having to worry about winning or pressure from others.



“Having a student vs. teacher game would definitely get students excited and pumped, [and also] a dunk contest would be perfect for that school spirit.”

KACHOW: CONSEQUENCES OF SPEEDING

By: Mady Hannegreffs

There have been some problems with speeding at Delta High School recently. Lots of students at DHS have been running late due to the change of school start time. Students like to sleep and due to the recent schedule change at DHS, students have to wake up earlier and get to school.

Recently there have been cops around DHS waiting to catch students speeding. “It’s hard for me because I usually stay up late either doing homework or just thinking,” said a student at DHS. Even if you are running late, it does not mean you should speed because you will get into more trouble.

“I was speeding because I was running late, and so I sped but I was even more late because I was caught” said Alexia Varqure. Speeding also can be very dangerous. You are more likely to lose control of the car and crash it. “I think that if you are running late, then you just let someone know and then make it to the destination safely,” Varqure said.

A fine for speeding in a school zone normally is \$50, but if you are going five or nine above it, you will be fined \$125, and going 10 to 19 over is a fine of \$100 up to \$250. Sometimes if it is your first ticket, you could get let off with a warning, but that’s not usually the case in a school zone. You could also lose six points.



This is where the speed racers get caught speeding the most: the very street the high school is located.

“Looking for Alaska” by John Green: Book Review

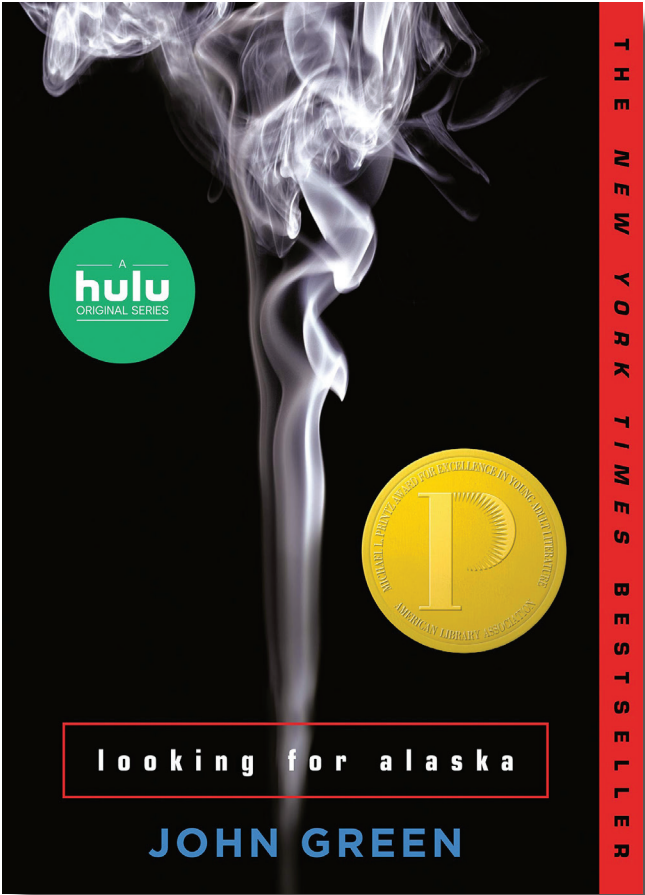
By Alexia Sanchez

Miles Halter is a young boy from Florida who is very interested in people’s last words, especially Francios Rabelais’s words “I go to seek a Great Perhaps.” Miles is about to attend a new school in Alabama, Culver Creek, where he hopes to find his “Great Perhaps.” He’s been living in Florida with his parents in his small world and is ready for a change. He arrives to meet his roommate Chip Martin, otherwise known as the Colonel. Miles gets to meet the Colonel’s friends, Takumi and Alaska Young, who seems to be the life of the party or the trouble. Miles experiences new things he’s never done before now: love, friendship, and loss. But one night everything goes wrong and everyone is awakened to life-changing news.

“Looking for Alaska” was overall a great book. I loved how the story was written, had great details and the storyline was amazing. The plot of the story was very detailed, interesting, and impulsive because the chap-

ters are told as days before a major event so each day has something new going on and there is never a dull moment in the book. The author, John Green, does a great job of showing the struggles of what childhood trauma or guilt can do to a teen which was represented by Alaska Young, who struggled with drinking and smoking and is just disorganized and very impulsive with her decisions because she has borderline personality disorder. Borderline personality disorder impacts the way you think and feel about yourself as well as others resulting in causing problems with functioning everyday life. Alaska went through a lot in her life but that never got in the way when it came to having a good time, she always made a simple hangout out of the ordinary. Miles Halter was a shy kid with no friends before he went to Culver Creek. Miles went out of his comfort zone and tried new things such as going out, pranking, dating, and breaking some rules all thanks to Alaska who pushed him out

of his comfort zone. Alaska had an huge impacted on all of her friends everyone of them she helped get out of their comfort zones. He got to experience the highschool friendships and the relationships that would blossom. It also shows what the effect loss can have on a person but the way it can bring others together and the way young love can blossom from anywhere with anyone. John Green is the New York Times bestselling author. He has won the 2006 Printz Award for Looking for Alaska and has more of his books on the New York Times Best Seller list. I would definitely recommend this book to anyone who loves young romance, mysteries, and any other book written by John Green because of the love that is shown between Alaska and Miles, the mystery of Alaska’s life, and who ratted out on Marya and Paul.



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Get in with National internet friends day!

By: Vandí Horn

What is national internet friends day? National internet friends day is a national holiday that takes place on the 13th of February and has been around for about a year now. This holiday celebrates the significance of online friends; friendships like these are usually overlooked or dismissed.. but to some people, these friendships are more valuable than in-person friendships. An internet friendship can be very similar to an in-person friendship for many reasons. You build up trust with the other person, you form a special bond, you grow to find common interests together, and you form a relationship that can be unbreakable. Hania Garcia, a sophomore at Delta High School said “Right now, I only have two [online friends], Lexi and Taylor. I met Lexi on Instagram and I dmed her ‘cause we had a common interest and I met Taylor through Lexi”. Garcia said “We met in May 2020, so almost two years ago now, and yeah we’ve made plans in the past and hopefully this year we’ll get to meet cause she’s coming to Colorado”. Garcia also mentioned

that meeting these girls opened a new comfort zone for her. Garcia said “I feel like I could talk to her about things I normally wouldn’t talk about with people that I Know in real life. She’s there for me and I’m there for her.” Alexis Putney, a junior at Delta High School said “I’ve had a few friendships online but now I have one close friend and her name is Jenynne”. Puntey said “Meeting Jenynne through my brother gave me a long lasting friendship and it’s been very eye opening and she’s someone I can tell everything to.” Puntey has never had second thoughts about her friend because they way they met put Puntey in a situation of already trusting Jenynne. Internet friendships are just as fun and enjoyable as a real friendship you have face to face. Though there are always suspicions of having an internet connection with someone you have the control to take precautions around your relationship with the person. You can always learn to trust and form a special relationship or friendship with the person you come in contact with online.



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at deltapawprint.com

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