

No gym, no problem

Kara Lyons, *Staff Reporter*

Staying in shape during quarantine can be difficult due to recreation centers and gyms temporarily closing, but it's important to stay active. According to the U.S. Department of Health & Human Services website, children ages 6-17 should be active for a minimum of 60 minutes per day and adults a minimum of 150 minutes. Stephenie Griggs, physical education teacher, shares alternative ways to stay active.

Q. What are some foods you suggest to eat to stay healthy?

A. "Rather than worry about carbs, fat, and protein, try to eat nutrient-dense, whole foods whenever possible. Packaged and over-processed foods tend to be less nutritious and satisfying in the long run, causing us to eat more. Don't forget to hydrate, aiming to drink half your body weight in ounces of water every day."

Q. What are some exercises people can do inside?

A. "There are countless resources online for home workouts. Search using keywords, such as "dance home workouts," "HIIT home workouts," "dry land workouts," etc. If internet accessibility is lacking, old DVD/VHS workouts can do the trick. At the very least, walking up and down some stairs, sit-ups/crunches/planks, push-ups, dips, and jogging in place are good standbys."

Q. What are some alternative exercises for cardio for people that don't enjoy running?

A. "Walking is a fantastic alternative to running. Vary your speed to make it more of an interval training experience, pushing it to a fast walk for a certain time and then backing off for a certain time. Jumping rope is one of the toughest cardio workouts there is. Jumping on your backyard trampoline (or mom's mini one) works too. Playing with your dog is a great workout for them, and you, as the focus shifts to their enjoyment and not your workout."

Q. What are some good weight lifting exercises to do that don't require a lot of equipment?

A. "You don't have to have a home gym or even any equipment to get a great resistance workout. Body weight workouts are simple, can be easily modified to suit any fitness level, and bring great results."



People choose to be active at various times during the day. Katie Winn, sophomore, said, "I found that doing the workout in the morning makes me feel really awake for the rest of the day."

Photo by Kara Lyons

Netflix's Outer Banks reaches number 1 in America's heart

Isabella Bogo, *Staff Reporter*

Outer Banks, a new Netflix original series, has become a global phenomenon. The new hit teen soap opera revives everyone's childhood dreams of going on an adventurous treasure hunt with their best friends.

The show begins with the introduction of the Outer Banks and the typical small-town life. After a tropical storm hits the small island along the coast of North Carolina, a mysterious boat surfaces, which is later found by four best friends: JJ (Rudy Pankow), Pope (Jonathan Daviss), Kiara (Madison Bailey), and main character John B (Chase Stoke).

Following the discovery of a sunken boat, John B.'s dad's mysterious disappearance and research is brought to light. In lieu of the recent discoveries of the Royal Merchant, a very Goonies-like search ensues.

But this search is not as family-friendly as the eighties movie it shares many similarities with. It contains various illegal activities including certain ones that are legal in Colorado if you're 21. This, along with the underage gun use by the loveable bad boy JJ and constant trespassing, upped the viewer maturity's level.

Like the Goonies and similar 90s movie Point Break, the new hit show contains entertaining street chases and humor-infused action sequences. Let's not forget the evil antagonist that happens to be closer to home than they might think.

However, with the mature themes and violent scenes, it is at its very root a teenage drama. The rivalry between the Kooks, the rich entitled teens that own the town, and the Pogues, the lower class teens, who according to John B. probably work two jobs to make ends meet, adds to the stereotypical cliché of 'us vs. them.'

The cliché rivalry between the two clans takes on a very Romeo and Juliet vibe when characters classified as Kooks make very unexpected decisions in response to some controversial events.

With an unexpected, heartbreaking, but hopeful ending of the first season, the show is as popular as the day it was released. Viewers are on the edge of their seats waiting for the second season.

TOP MOMENTS OF THE SEASON



Number I: The Dress Up Montage
Episode 4



Number II: They Finally Kiss
Episode 4



Number III: Party Crashers
Episode 5



Number IV: The Hot Tub Scene
Episode 7



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Infographic by Isabella Bogo

Safer at home listening

Sam Hilsden, *Staff Reporter*



Title: TAKE TIME

Genre: R&B/Soul

Artist: Giveon

Best Songs: LIKE I WANT YOU, THIS AIN'T LOVE, FAVORITE MISTAKE, HEARTBREAK ANNIVERSARY

Review: Giveon's first album, "TAKE TIME", delivers a sensational moment of reflection on love. With his angelic voice singing across tracks such as "LIKE I WANT YOU" as well as being featured on tracks such as Drake's "Chicago Freestyle", Giveon is sure to become a popular voice of the music industry in the near future.

Title: After Hours

Genre: R&B/Pop

Artist: The Weeknd

Best Songs: Blinding Lights, In Your Eyes, Heartless, Too Late

Review: The Weeknd's new album, "After Hours", debuted March 20, 2020, and became an instant hit across the globe making him the #1 ranked artist on Spotify today. Abel Tesfaye (The Weeknd) includes many 80's vibe synth pop hits everyone loves such as "Blinding Lights", "In Your Eyes", and "Save Your Tears", while also including melodramatic R&B into his album balancing it out with his darker, more moody side, thus making it the perfect album to satisfy your music needs as well as a strong contender for album of the year.



Title: The New Abnormal

Genre: Indie Rock

Artist: The Strokes

Best Songs: The Adults Are Talking, Brooklyn Bridge To Chorus, Eternal Summer

Review: "The New Abnormal", released April 10, 2020, by a band called The Strokes, contains Indie Rock songs many can enjoy. With keyboard sounds and a classic acoustic guitar, The Strokes are able to create instrumentally full songs you will enjoy.



QR code to continued "Safer at home listening" review



Title: Heaven or Hell

Genre: HipHop/R&B

Artist: Don Toliver

Best Songs: Cardigan, No Idea, Can't Feel My Legs, After Party

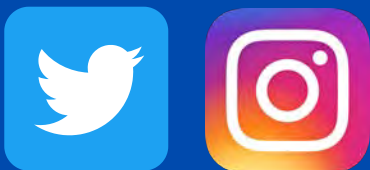
Review: Travis Scott's protegee, Don Toliver, seems to be following in his footsteps on the path to stardom with the release of his new album, "Heaven or Hell". Don Toliver's similar sound to Travis Scott featuring heavy synths and misty beats allowed him to catch a lot of praise with his new album. Not only does the album have excellent party songs such as "Cardigan", or "After Party", but Don Toliver's catchy song, "No Idea" spawned millions of videos on TikTok skyrocketing his popularity and making him an artist to watch out for in the coming years.



Check out this QR code for the article "Safer At Home Listening – An extensive review of popular music released during quarantine" at hrschronicle.wordpress.com for more best albums from Sam Hilsden's review!

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