

5 Ways to Relax

Dave Patel

1. Meditate

Meditating is a great way to calm down. Meditating can increase focus and concentration. Even athletes need to meditate in order for them to calm down their heart-rate and bolster their performance during games. Meditating for 5 minutes can be a great daily routine for everyone. Meditating also prevents you from having many harmful health conditions such as high blood pressure, anxiety, and insomnia.

2. Listening to music

Music is a great way to help a person get a comforting feeling. When you are stressed about your job or school work, listening to some calming music can be a great way for you to get back on track. Listening to music can also help you do things you do not like doing such as chores or writing assignments.

3. Yoga

Yoga is a great way for you to bring peace to your body, soul, and mind. Yoga can help you be more attentive and concentrate on tasks. People who do yoga have great physique and great mental tolerance as well. They often understand how to solve more complicated problems.

4. Spending time in nature

Spending time in nature can help a person feel more creative and energized. Just going out for at least 10 minutes can help you feel more joyful than ever. Natural beauty is very amazing and it doesn't hurt to sit out and look around your surroundings. Writers always go outside to gain inspiration for their poems.

5. Socialize

Socializing with people can help you feel more delighted and calm. When you share things with your friends you not only make them trust you more but you help them feel better too. Socializing with your family can also help you feel better.

Staff

Jordan Blanco
Aldrin Brahaj
Rhoseimy Castro

Joshua Fuentes
Yasmine Ghannam
Sean Lyles

Kayla Mbelepe
Brendan Park
Dave Patel

Cats vs Dogs: 5 Quick Reasons Why Cats Win

Jordan Blanco

Independent Cat:

Cats are naturally independent and low-maintenance animals.

Spotless Companions:

Cats who take great care to groom themselves minimize smells in the house.

Allies with Flexibility:

Cats are adaptable and can live in almost any type of environment.

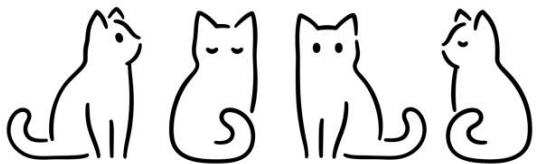
Selective Affection:

Cats provide a distinct and well-balanced friendship, expressing affection according to their own rules.

Health Benefit:

Research indicates that having a cat can lessen stress and enhance mental health.

Cats are the clear winner in this age-old argument because they provide a winning blend of freedom, cleanliness, adaptability, love, and health advantages.



Easter

Yasmine Ghannam

Easter is an important holiday for Christians all over the world. Easter commemorates the resurrection of Jesus Christ in the New Testament of the Bible. It symbolizes hope, redemption, and new beginnings. Lent is the period leading to Easter. It is a time of reflection and repentance. Holy week is Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday. These days mark the last days of Jesus Christ's life. Every culture celebrates things differently, but the most popular are Easter eggs. Easter eggs are a fun and joyful activity to decorate in fun colors, sometimes with surprises inside for children. The tradition of Easter eggs dates back to early Christian communities and Pagan roots. You can look for them during Easter hunts. A symbol of Easter is the easter bunny. He believes in bringing baskets with treats. Most Christians attend a special service held by the church to celebrate Jesus. It is also popular for having big feasts, sharing lamb, ham, hot cross buns, and more. Easter holds religious significance and is a cultural celebration embraced by people of all backgrounds. You don't have to be religious to enjoy Easter festivities and spend quality time with your loved ones.

Types of People During Spring

Sean Lyles

The Cleaners:

They clean a lot. A little too much at times.

The Allergenic:

They have all the allergies. They also use up all the tissues (totally not projecting)

Spring Breaker:

"How can you afford to go to Daytona every year?"

The Short Everything:

The millisecond the weather gets nice their whole wardrobe is just t-shirts.

Winter Enthusiast:

"it'S Too hOt OUtSide!!! I WISh it weRe winTeR UGH."

What to do During Spring Break

Kayla Mbelepe

Spring is coming soon. It is time to go outside and enjoy the sunny breeze and flowers. There are a lot of things to do. Here is a list of what to do maybe during spring break.

- Movie Marathon

A movie marathon is a great way to relax over spring break, and if the weather allows you to take it outside in some way! Whether it's in your backyard, on your rooftop, or just watching a laptop on your porch, there are a few different ways to set up outdoor movie screens. Don't forget about popcorn and candy! Stock up on your favorite sweets and set out a few bowls of various flavors of popcorn, and mix and match your snacks all night long.

-Go Camping in the Great Outdoors

If you're not fortunate enough to have a road trip planned, don't worry - there are still plenty of fun spring break activities that will satisfy everyone's needs and wants. One family fun option is to go camping. Get back to nature, enjoy the fresh air, roast marshmallows around a campfire, and tell stories late into the night. What could be more fun? Even if it's still cold where you are, winter camping may be an option. It's perfect for social distancing and spring is a wonderful time to discover the wildlife waking from a winter's nap.

-Visit An Amusement Park Or Theme Park

Another great option for those who love thrills and excitement is to visit an amusement or theme park. These popular attractions are fun for all ages. Whether your family wants to go on a roller coaster, play games at the arcade, or hit up an indoor water park in the middle of winter, there is something fun and different for everyone! You may need to head south for Walt Disney World or Universal Studios, however. Many amusement parks in northern climates aren't open just yet. Those in the north may want to look for indoor water parks like Kalahari and Great Wolf Lodge!

-Go To A Local Farm

Local farms, depending on what area of the country you're in, may be ripe for the picking. If you're in the south, strawberry farms are open for the season. Even if you can't pick any fruits or veggies, young kids love visiting petting zoos and farm animals. Who knows, you may visit when spring babies are born!

-Go Swimming or Play at the Beach

If you don't want to go camping, another great option is to go swimming or play at the beach. These fun activities are perfect for people of all ages and can be enjoyed by anyone who loves spending time in the sun and getting wet! If you haven't departed for Florida, your local park is still fun for games at the beach. No need to get wet if it's too cold. Just grab a picnic lunch and enjoy the outdoors.

-Book A Hotel

Want something the entire family can enjoy, but can't get to one of the popular spring break destinations? Have a staycation at a local hotel. Often you can find indoor heated pools. Stay in, order room service, bring a bunch of board games or card games, and enjoy quality time without the list of things waiting for you at home. Make it more exciting by bringing new games. Especially if you don't live in a touristy destination, you can find great deals at your local hotels. Check for resident rates as well.

-Attend A Sports Game

A fun way to spend an afternoon or evening is to attend a sports game and root for your favorite team, have fun with friends and enjoy some good food and drinks. This is a great option for people of all ages! Fan of baseball? Spring training offers a chance to see your favorite teams warm up for the season. America's great pastime has spring training camps in Florida and Arizona.

-Take A Day Trip To A Nearby City

If you live in a big city, there's no need to travel far for fun during spring break. A fun day trip to a nearby city can provide you with everything you need - great food, fun activities, and plenty of places to shop! Find a new park to visit nearby. Look for nature centers. Go to a state park or the nearest national park. These are great ideas to get out and enjoy unique places without having to travel far. Check with the local library for free activities that are available in the area as well.

-Go To A Carnival Or Fun Fair

Another fun option is to go to the carnival, a fun fair, or festival! Enjoy all of the exciting rides and games, plus there are usually food options available as well! These types of gatherings can be enjoyed by people of all ages and provide plenty of entertainment!

Tiramisu Recipe

Rhoseimy Castro

Tiramisu, a dessert that originated in Italy, is super easy to make and is ready to chill and serve in 25 minutes! This sweet, soft, and creamy dessert is great for a picnic in the spring and serves about 6-8 people.

INGREDIENTS

For the cream:

4 large egg yolks
1/2 cup granulated sugar
3/4 cup heavy whipping cream
1 cup mascarpone

For the assembly:

1 3/4 cups espresso
2 tablespoons cocoa powder
About 24 ladyfingers



PREPARATION STEPS

Step one:

In a large mixing bowl, whip together the egg yolks and 1/4 cup of sugar until it has seemingly tripled in size. Set aside for later.

Step two:

In a medium sized mixing bowl, whip heavy whipping cream and the rest of the sugar until the mixture starts to form soft peaks. Add mascarpone until it forms medium peaks and fold it into the egg mixture from step one.

Step three:

Use a sifter and dust the bottom of a 2 quart baking pan (or any pan similar in size) with 1 tablespoon of cocoa powder.

Step four:

Dip the ladyfingers into the espresso, but not for too long or they will fall apart. Lay them in the dusted pan and spread a thick layer of the cream mixture over them. Repeat once more until you've filled the pan.

Step five:

Dust with the remaining cocoa powder and leave in the refrigerator to chill for at least an hour. After chilling, cut and serve into 6-8 square pieces.



Comic: Sean Lyles

Wrestling Photos

Joshua Fuentes



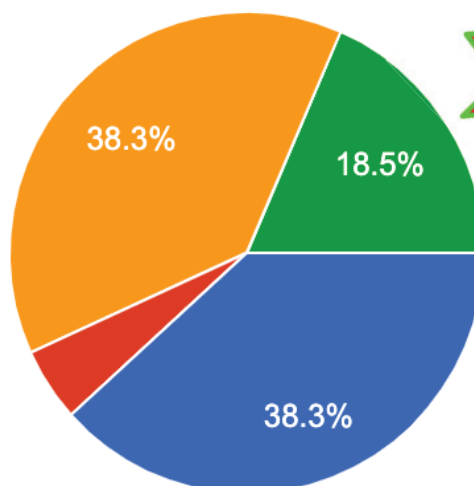
Basketball Photos

Joshua Fuentes



Favorite Keyboard Poll

Brendan Park

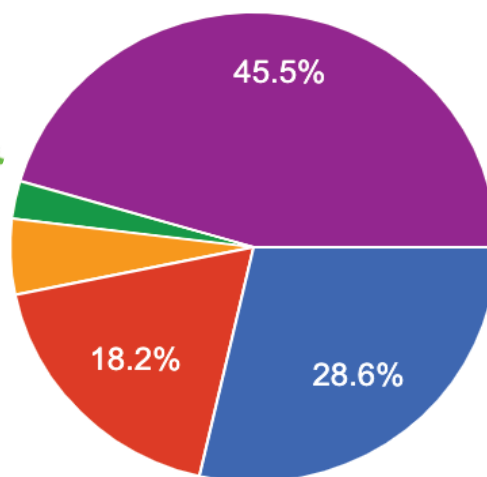


- Glowy Keyboards
- Normal Keyboards
- Creamy Keyboards
- None, why is this poll about keyboards?

IT'S A TIE...
GLOWY and
CREAMY

Favorite Video Games Poll

Dave Patel



- Fortnite
- Minecraft
- Mortal Combat
- Zelda
- Roblox

Ballokume

Aldrin Brahaj

Ingredients

- 2 cups Butter (warm and melted)
- 2 1/2 cups Granulated Sugar
- 8 Eggs
- 2 Tbsp Milk
- 6 cups Cornmeal or Flour

1. In a large bowl, mix the melted butter and sugar for about 3 minutes.
2. Gradually add the 8 eggs, beating the mixture in between.
3. Add 2 tablespoons of Milk and beat again for another five minutes.
4. Slowly add the 6 cups of cornmeal or flour and mix all the ingredients until well combined and knead until it forms a dough-like consistency.
5. If the mixture is too wet, just add 1 to 2 tablespoons of cornmeal or flour then knead again. If the mixture is too crumbly add a splash of milk.
6. Cover the dough with plastic wrap or cheese cloth at room temperature for 20 minutes.
7. Preheat oven to 350 degrees F
8. Line a flat baking sheet with parchment paper or oil. Form roughly 2 oz balls of dough and spread them out evenly on top of the baking sheet.
9. Use a spoon or even your hand to slightly flatten each ball before baking.
10. Bake it for 40 minutes and let it rest on the baking sheet for about 20 minutes before transferring it on a rack to cool it completely.

It is best to store the baked goodies in an airtight container to preserve its freshness. Enjoy!



Student Faculty Basketball Game

