

FRIDAY, April 30, 2021



EXTRA EXTRA READ ALL ABOUT IT!

By: Alexis Nguyen

*Fun Fact of The Day: What animals cannot walk backwards?
Emus and kangaroos cannot walk backwards...*

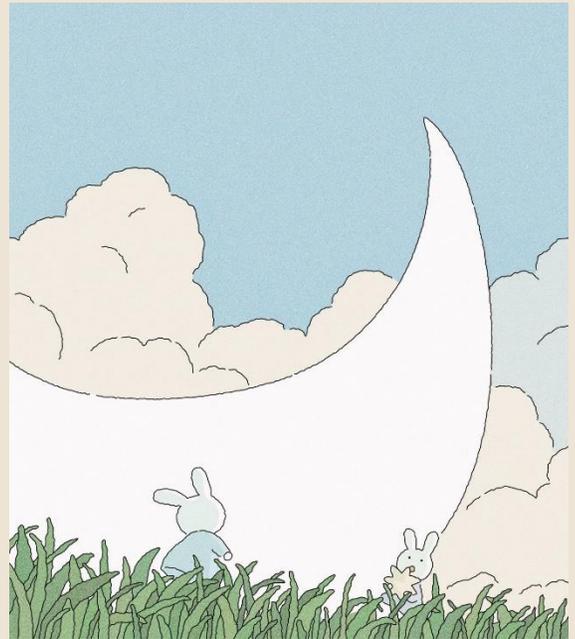
Welcome to the fifth edition of the new rendition of Arlington Collegiate High School's newspaper titled ACHS ROAR! Unfortunately, this is our final edition for the semester. I hope you enjoyed reading our bi-monthly newsletter as much as many of our staff and editors enjoyed writing them. Thank you to all the students, teachers, and staff that help make this newspaper possible. Without getting all sentimental, for this month, we have a teacher spotlight interview featuring our brand new freshmen biology teacher, Ms. Bowens.

We are also bringing back a number of classics, such as Uncle Julio's Advice Column and Princess's Pet Review. Numerous student written articles including my contribution of ideas on how students can give back to the Earth and Paulina's tips and tricks on how to get a better night's sleep. Plus, there's a couple of student entry poems, album reviews, and pictures submitted by you guys. There's a lot planned for this newspaper so get comfy, grab a snack, and I hope you enjoyed your time here.

The Final Newspaper

By: Princess V

Hello everyone! I just want to say thank you to everyone who read the newspaper every other week and wanted to contribute ideas it really means a lot. I really enjoyed my time working for the newspaper and coming up with fun little ideas and just getting to practice my writing as I do not get to do that often. I first thought about doing the newspaper because I wanted the students who felt out of the loop because of COVID a chance to see their classmates write something silly and keep up with school events. We were going to make a special edition for May, but the crunch time would be too much especially with finals coming up. Thank you so much everyone for all your help and enjoy the last edition!



Important Dates!

By: Princess V

As the semester comes to an end, we still have some fun events coming up that you should definitely put down on your calendar!

First, all students can now return back to in person learning! There are no more alternating days; ALL students can come back and learn in person if they choose to. Take advantage and make the most of your time remaining at ACHS!

April 30th: TODAY at 6:20pm is the Senior Recognition Ceremony for seniors!

May 4th: Among Us Game Night from 6:30-7:30pm

May 6th: TCC FINALS START!

May 12th: LAST DAY OF TCC FINALS!

May 13th: Senior Prom!! From 7:00-11:00pm

May 15th: AISD is having an eSports tournament from 9am-4pm at 1200 Ballpark Way
Arlington, TX, 76011

May 15th: TCC Graduation! From 10-11am

May 18th: Seniors we are going to be taking a picture at Mission Arlington by the DREAM sculpture at NOON!

May 25-26th: ACHS FINAL EXAMS

May 26th: LAST DAY OF SCHOOL

Stay Strong Lions for this final month of school. I wish you all good luck in your finals and go shred them!



ACHS ROAR

Princess's Album Review: Lover By Taylor Swift

By: Princess V

I was going to do a book review for this month, but instead I wanted to highlight one of my favorite albums that I believe is a masterpiece. *Lover* by Taylor Swift is by far one of my favorite albums she has ever written and includes many of my favorite songs. This album is very near and dear to my heart because it came to me during a time where I learned to accept and love myself for who I am. I stopped caring what others thought about me or what music I should be listening to. I was always made fun of or told I have terrible taste in music because I enjoy generic pop music, and Taylor Swift was one of those artists. I stopped listening to her and tried to listen to the music I was told to listen to. I slowly started to listen to Taylor Swift again as the years went by and when *Lover* was released I fully embraced my love for pop. It seems kind of silly that I cared so much about what other people thought about my music taste, but it goes deeper than that. I was letting people decide what kind of person I should be and how I should act and to me this album represents a feeling of freedom I felt.

The first track I would like to mention is "The Man." Taylor Swift plays with the idea of how her life would be like if she was a man. She mentions all the mistakes and accomplishments she has made in her career how it would be perceived differently if she was a man. One thing she mentions in the song is that she has been shamed countless



times for the amount of men she has dated in the past but if she was a man she states, "They'd say I played the field before I found someone to commit to. And that would be okay for me to do." Here she is describing that if she was a man it would be okay for her to date the amount of people she has dated and how there is just a double standard for women. This song with its catchy, upbeat melody really resonated with me because it tackles many double standards between men and women in society, and I think her looking back at her career in the lens if she was a man is really unique.

“It’s Nice to Have a Friend” is another one of my favorite tracks as it gives me that nostalgic feeling of when you were a kid just hanging out with your friends. The melody is pretty simplistic giving you that childlike feeling. It makes me reminisce about the times I used to play on the swings with my friends, go to their birthday parties, ride bikes around, and it just makes me reflect about how happy I am to have the friends I have today.

Paper Rings is another song that I absolutely love! It is another upbeat song talking about being committed to your lover so much that you do not care about the materialistic things and would marry them with paper rings. I really love this song because it gives us insight about Taylor and her boyfriend's relationship. You can hear her recall moments they had together that led them to this love. She mentions, “To the color that we painted your brother's wall. Honey, without all the exes, fights, and flaws. We wouldn't be standing here so tall.” I found it so cool that there is a photo of Taylor painting the blue walls she talks about! I also really love that at the end she sings the chorus again but this time it is more sentimental and slowed down which makes you feel how deep the love Taylor has for her significant other. I definitely recommend this song if you just want to dance around your bedroom on a sunny day!

I would love to talk about every track if I could, but the last song I would like to mention is “Lover!” I think “Lover” has to be one of the most romantic songs I have ever listened to. The way she wrote the chorus is so sentimental and charming. She is basically asking her partner if they could always be together and always be close to each other, and I just think that is so sweet. I also absolutely adore the bridge of the song as it takes place during a wedding. Taylor is saying her vows to her lover, and the way she wrote it is so brilliant. I especially love the line, “With every guitar string scar on my hand I take this magnetic force of a man to be my lover.” I love the multiple meanings that the line “guitar string scar” has as she mentions that it represents how long she has been playing guitar but also that if you are going to love someone you take their struggles, disappointments, and low points as a whole. I absolutely adore this song and how much meaning every line has.

Track Ranking:

18. Death by A Thousand Cuts
17. Daylight
16. Soon You'll Get Better
15. ME!
14. You Need to Calm Down
13. I Forgot You Existed
12. London Boy
11. Miss Americana & The Heartbreak Prince
10. It's Nice to Have A Friend
9. The Archer
8. Afterglow
7. I Think He Knows
6. Cornelia Street
5. Paper Rings
4. The Man
3. Cruel Summer
2. Lover
1. False God

Disclaimer: Rankings change quite often. I hope you guys enjoyed my mini review of Taylor Swift's album Lover. If you decide to listen to the album please reach out to me I would love to hear your thoughts! Please message me here: varga401046@student.aisd.net



Hair

By: Kassie

My Hair Is Special

everyone has a way to express themselves
the way i used to express myself is through My hair

however, some events have occurred where i can no longer do that

some say it is because the way i use my hair to express myself is

“Unprofessional”

personally, i think it is unprofessional that you choose to let yourself judge people on the way they express themselves

i know it seems silly that i am very emotional when it comes to my hair

but i love to change my hair so much because it feels like it's the only thing i have control over
some might say it is therapy

i haven't had My hair in quite a while
i don't feel Myself

they say just wait a few more years and then you'll be able to do whatever you want

but by then i will have lost touch with Who I Really Am

until then i will sit quietly until one day maybe i will find something else...

Pet Review!

By: Princess V aka The Cat Watcher

I didn't get any submissions for pet review, but it's okay, the show must go on. Lucky for you guys I am an avid cat watcher who photographs every cat they see. I'll give you my first impressions of the cats I see on the streets.



The Upcoming Summer

By: Brianda Paulina

The time is around the corner
I just have to wait a little longer
I want the time to be done
I want to move on

Endless nights end in tiresome
I want them to end in lovesome

My time is around the corner
I have to be patient and wait a little longer

In the meantime, I am stuck here waiting patiently
For the next summer.



Cat 1: I don't like the aggression in this cat's eyes. Looked like it would pounce on me if it had the chance. Good thing I was running though. 2/10



Cat 2: Was watching me fall while roller skating and didn't offer any aid just creepy stares. Actually ran into her the other day she is pregnant; I hope she is okay. 8.5/10

How to Get a Better Night Sleep

By: *Brianda Paulina*

Many people have had trouble with their sleeping schedules. Because of the pandemic and the lack of an everyday work schedule, sleep schedules have been a complete mess with some people only sleeping 2 hours or waking up at 5 pm. Thankfully, I'm here to give you some sleep schedule tips that have worked for me.

1. Separate your workspace and your sleep space.

Try to have designated space for different activities you do in a day like homework, entertainment, and sleeping. For example, do your homework on the dining room table, watch your favorite shows on the couch, and sleep on your bed. When you do all three activities while you are on your bed, you will be less productive because your brain will associate that space as your busy space and your relaxing space. Your mind will be too busy to fully rest. Separate your sleeping space from other activities, so your mind will know that it is time to rest.

2. Eat less processed foods.

Recently, I noticed that when I mainly eat unhealthy foods like burgers and fries in a day, I will wake up extremely tired even though I got 7 hours of sleep, but when I eat healthier foods like fruits and yogurts to start off my day, I could get 6 to 5 hours of sleep and wake up feeling extremely energized and ready for my day. I have come to realize that my diet is a significant part of the day that contributes to how well I will sleep. If you are a person that can sleep for 12 hours and still wake up feeling tired, try mostly eating fruits and vegetables throughout the day, so you will wake up feeling ready for your day.

3. Clear your head.

There's a meditation show available on Netflix called Headspace. It is great at teaching the basics of meditation. The episodes are only around 20 minutes with a short meditation exercise at the end, and they also have entertaining graphics that will help you understand the concepts the narrator is explaining. I found this to be very helpful when I am feeling anxious or overwhelmed because meditation helps me stay grounded by making me aware of my surroundings. It is helpful to learn this skill if you have trouble sleeping because if you are the type of person that has a constantly active mind, meditation can help your brain slow down, relax, and fall asleep. I highly recommend watching episodes of this show or a few short videos on YouTube to be able to keep a calm and peaceful mind.



Cat 3: This cat looks like they own the place and seemed to be enjoying itself on my fence. Looks very fluffy. Didn't look wave at me though. 8/10



Cat 4&5: I used to feed these little babies until they randomly disappeared one day. I sat there looking like a creep on my neighbor's yard for an hour trying to get them to come to me. Felt very creepy. No mother in sight. They are cute though. 6/10



Cat 5: Majestic looking beast. Love the way the eyes kind of blend in with the grass. I would risk it all to pet this cat. This cat earns cat of the month. 10/10

With this information, I hope you will be able to improve your sleeping habits so that you can be ready and energized for the summer classes and fall classes we will be taking in person soon.



Uncle Julio's Advice #2

Appreciate What You Have Now

By: Julio Espino

Hey, it's Julio again. As my time as a student nears its end, I've come to learn a lot of things. One thing that I learned that will probably stick with me is to truly (and I mean truly) appreciate what you have now. These past four school years have beat me up hard, really hard. It honestly doesn't feel like I'm alive half the time, but I enjoyed every moment of it. The good times, the bad, the crazy, all of it! All of it gave me something to hold on to and reminisce for years to come. I've lost a lot of friends, and at first that seemed extremely terrifying to me, but it honestly is a normal thing of life. People come and go, even the ones you thought were going to be there for you for a very long time. You just have to move forward and not dwell on it, and I know it sounds cheesy but it really is something useful to go by. All you should do when you think about the past is to just think about all the fond memories you had. Look, my point is to look around you, and just think about everything, your friends, your classes, the lunch you had a couple days ago that you swore to never eat again but you did. Once you think about it all, cherish it. Be happy that you are alive, and that you have all these things in your life because we truly don't know when it might just be the last time you experience those things (including the lunch you had a couple days ago). To close, I'd like to mention a quote that perfectly sums up what I have to say, "We didn't realize we were making memories, we just thought that we were having fun."

Until next time, Julio out

Earth Day

By: Alexis Nguyen

Our beautiful planet, Earth, has been around for over four billion years in order to provide the shelter that provides the essentials, such as water and air, for all living lifeforms to be able to inhabit our home. From the tips of the Appalachian Mountains to the depths of the Atlantic Ocean, Earth has provided us with a place to call home that no other planet in our solar system can compare. In celebration of Earth day, we should all go out and not only enjoy mother nature, but we should try to give back to our wonderful planet for all it has provided for us.

Here are some ways you can help give back to our planet, and help keep it healthy for many generations to come:

1. **Educate Yourself:** According to Nelson Mandela, "Education is the most powerful weapon which you can use to change the world." Therefore, by learning and educating yourself on how our natural environment works, you will gain a better appreciation and be more compelled to take action. Researching and learning about how you can do your part in improving environmental issues is all part of the job.
2. **Reduce, Reuse, and Recycle:** We have all heard of the 2R's from the green bins we find all over campus, but have you ever thought about how much doing at least one of the R's can impact our environment, more less all three? Reducing is the action of limiting or lessening, and in terms of the environment, one way we can help improve is by reducing your waste. Some ways you can accomplish that is by using reusable items, such as bags and water bottles, and only buying what you need and reducing your waste. Reusing your materials means from reusing your gift bags giving them a second life to using newspapers to wrap your gifts. Reusing materials helps reduce waste. Finally, recycling materials, such as paper and plastic, help reduce the amount of waste and makes sure everything lands up in the proper place. All 3R's go hand and hand.

3. **Be Green:** Develop a green thumb by planting a tree, starting a garden, or compost. By planting more greenery, it will provide shade on sunny days, help provide animals in their ecosystem, and help replenish the atmosphere's oxygen. Creating compost will help turn your food waste, such as banana peels and apple cores, into nutrient filled soil perfect for starting your garden.

Teacher Spotlight Interview: Ms. Gia Bowens

By: Alexis Nguyen

For this section of the newspaper, we want to shine a spotlight on an ACHS staff member in order for new and old students to better learn about our school's amazing teachers and staff. For the month of May, the teacher we want to shine a spotlight on is our freshmen biology teacher, Ms. Bowens. This is a great opportunity to showcase our biology teacher in order to allow new and old students to be better familiarized. Here are a couple of things I learned about her after interviewing her.

Q. How did you find out about ACHS and why did you want to work here out of all the places?

A. I wanted to teach at an Early College High School for a few years before I began working here. I knew that a master's degree was required for teaching in an Early College High School, so as soon as I was able, I began working on my degree. When I was halfway through, I learned that ACHS needed a biology teacher, and I immediately applied. I had no idea that halfway through my degree I would already be interviewing for my dream job. I wanted to work specifically at ACHS because I knew the leadership and counselors here were the best, and I had heard so many great things about the teachers and students. I knew ACHS was where I wanted to be.

Q. What was your old job?

A. I was teaching in Denton before I came to ACHS. I have also taught in Kennedale. Before I became a teacher, I was a database and web developer for ten years with Xerox and Nokia.

Q. Why did you become a teacher?

A. I originally went back to school for forensic science. During my third year in college, some of my study buddies told me I should consider teaching because I was good at explaining science on a level anyone

could understand. That put the thought into my head. I decided teaching would allow me to do what I always wanted: have a job talking about science all day long, but more importantly, being able to be there for others. Over the years I have learned that being there for students is the most important thing I do as a teacher. Making sure students know how important they are, watching them gain confidence and begin to think more for themselves, seeing the wonderful human beings they all are - this is what keeps me going. Our students give me tremendous hope for the future.

Q. What are some hobbies or things you like to do in your free time?

A. I LOVE video games! Assassin's Creed is my favorite, and I've played them all. Ezio was the greatest! I love binge watching anime with my sons. Full Metal Alchemist and Naruto are my all-time favorites. I also love to crochet and I enjoy playing with my dogs, cats, and rats.

Q. Any interesting facts that you want to share with students?

A. I was an amateur boxing ref and judge for about a year. I miss being ringside and seeing matches up that close.

Q. Any advice or wisdom you want to share with students?

A. You are always significant and important to someone. Never allow someone to make you feel as if you aren't. You are never too old to keep setting goals for yourself. Always have something to work toward and look forward to. Make time to smile. You will make at least one person's day better just because you took time to smile. It is possible to be kind, but also not allow anyone to take advantage of you. Always trust your gut feeling; it never lies. The only person you should try to be better than is the person you were yesterday. It's too easy as an adult to get caught up in trying to please everyone and juggling a dozen different hats and never making time to slow down. MAKE TIME TO TAKE CARE OF YOURSELF! YOU ARE WORTH IT! You're not doing anyone favors if you make yourself sick. Your immune system and heart will thank you. You'll also live longer. 😊