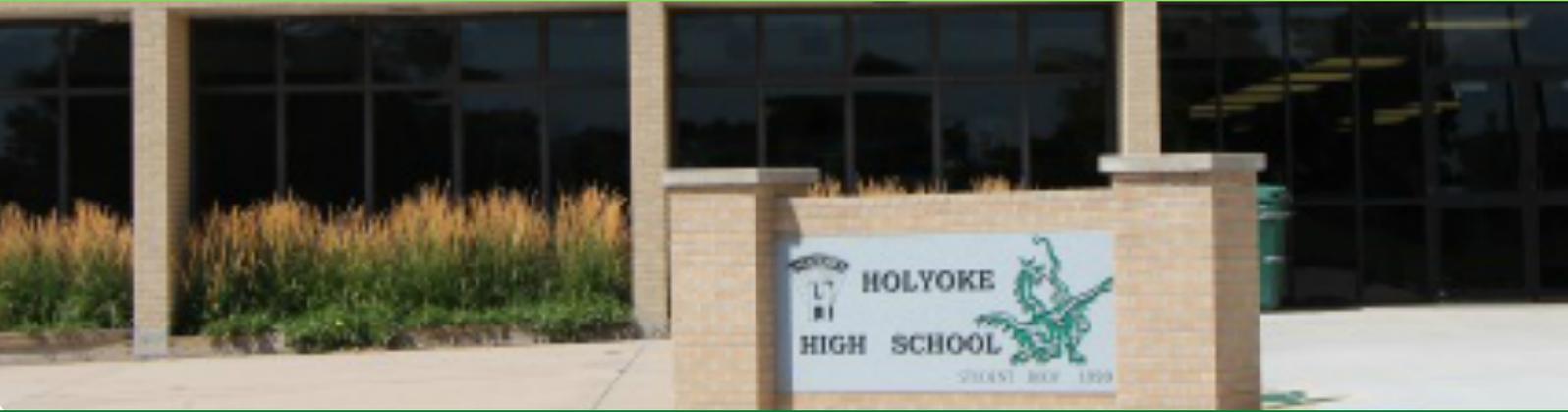


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HOLYOKE JR/SR HIGH SCHOOL

# DRAGON TIMES



## JANUARY 16, 2023

### TEACHER SPOTLIGHT ~Mr. French

by Carter Sisseck



Mr. James French is one of the math teachers at Holyoke Jr/Sr High School. He teaches pre-Algebra, Algebra 1, and is also teaching Chemistry for the first time this year. He went to Amherst College in Amherst, Massachusetts. He said he wanted to be a teacher because "It seemed like it would be fun and I would be good at it." He grew up in Brooklyn, New York. He wanted to be a professional athlete in high school, because who doesn't want to be a professional athlete!? He started college learning computer programming and then went on to focus on math. He finished with a double major in Math and Computer Science. He is married to Mrs. French and has no kids. He enjoys being a Robotics sponsor and a high school baseball coach His favorite hobby is playing sports.



GO  
DRAGONS!

# SENIOR SPOTLIGHT

## JIMENA NUNEZ



“Learn how to keep track of your work or anything.” says senior Jimena Nunez.

Jimena plans to go to college at CU Boulder or anywhere else. She shared that she is not going to continue to do sports but will for sure continue with her band career. She says her favorite memory from HHS is attending FBLA with her friends Fatima and Hannah last year. A teacher that helped her improve in high school is Mrs. Nelson. A trusted adult she always had throughout school was the late Mr. Ginapp, Mrs. Nelson and Mrs. Weaver. She says she will mostly miss the people she grew up with since they have been with her; her whole life. Jimena says she is not sure if she plans to return to Holyoke but still has to decide. Jimena has been an excellent student throughout school and has an exciting future. Wishing you the best of luck, Jimena!

# One Chip Challenge

By Lia Sprague

Have you heard of the one chip challenge? Well, it has become very popular in the last year. Adults and kids are both eating the chip. The one chip challenge is one chip that is flavored with a Carolina Reaper - considered the hottest pepper in the world. Participants eat the chip and document how long they can go without eating or drinking anything else. This chip is actually a big deal. It can cause severe abdominal pain, nausea, vomiting, and difficulty breathing that can last more than 24 hours and lead to more severe health complications. The chip does not only contain one pepper but it also contains Blue Corn, Sunflower and/or Safflower Oil, Carolina Reaper Pepper, Scorpion Chile Pepper, Sea Salt and Blue. 23 middle school students were hospitalized on October 2nd, 2022 after attempting the challenge.

In an interview with Jackelin Santiesteban she says, “People are a little extra with the one chip challenge. I feel like you should not do it if you are sensitive to spice because it could send you to the hospital, but if you aren't I think it is something fun for friends to do together.”

In another Interview with Reid Sprague - who ate a whole chip - he says, “It is a fun challenge but it tastes disgusting! You are taking your own risk by eating it, and the packaging gives you a warning that is clear. When I ate the chip my eyes started watering but I did not experience any other difficulties.”

In the end the One Chip Challenge could be fun to do but is very risky. Make sure you know what could happen, and be prepared. Do not push yourself to your limits!

## SENIOR SPOTLIGHT

### SUMMER MARTIN

Summer Martin is a 2023 senior planning to go to Aims Community College followed up by either CSU or UNC for Hospitality Management. She will continue swimming and running on her own but not competitively. She does not plan to move back to Holyoke but she will visit to see her friends and family. She wants to work in Denver as a large hotel manager. She will miss being with her friends every day and doing her sports competitively. Her friends and teachers improved her high school experience by pushing her to be her very best self. Her teachers that helped her get through high school were Mrs. Strecker, Ms. Hutches, Mrs. Nelson, Mrs. Clayton, and Coach Koberstein who cared how she was doing in her classes and sports. Her advice for underclassmen was to "try and be friends with everyone, even adults. It will make your life much easier." Her favorite memory from Holyoke High School was her junior year of the Homecoming dance. She had so much fun dancing the whole time with her friends and her boyfriend.



## SENIOR SPOTLIGHT

### ALMA ALEJANDRE

Alma Alejandra is an HHS class of 2023 senior. Alma has many plans after high school. She plans to go to a University in Arizona after she graduates and hopes to go to an IVY league school. Alma is going to continue robotics and band. She wants to be a big part of robotics competitions. When she goes to college/university, she would like to try marching band and orchestral band and maybe even a soloist performance. "Don't be scared to try new things." Alma has tried 80% of school sports/activities/classes. She enjoyed all of them. Alma's favorite memory from HHS is every single robotic event, they had a lot of fun and laughed a lot. All three band teachers helped improve her HHS experience. Creating music keeps her sane, if she hadn't been able to do band she wouldn't know how she would survive. A teacher/trusted adult who helped get her through high school is her favorite lunch lady. Alma really wants to find out what her name is. One thing Alma will miss about HHS is Wendy's dinner with the robotics team and the band after a big day of playing/competing. Alma would like to travel a bit and then she wants to own an art gallery somewhere in the mountains. She also wants just tiny architectural designs and/ or just paintings she makes inside of these galleries. I wish you the best of luck, Alma!



# The Vampire Diaries

By Dayami Trejo

What's your favorite series? My favorite series is The Vampire Diaries. The Vampire Diaries is about vampires, humans, death, and life lessons. This series takes place in Mystic Falls, Virginia. The main characters are Elena Gilbert (Nina Dobrev), Stefan Salvatore (Paul Wesley) and Damon Salvatore (Ian Somerhalder). The Vampire Diaries came out in 2011 on netflix. This series has eight seasons. Most of the seasons have about 22 episodes each. A short summary is that there is a girl named Elena whose parents passed away. She goes to school and falls in love with Stefan Salvatore, a 162-year-old vampire. Her relationship with Stefan didn't work out and she ended up dating his brother Damon Salvatore, a 178-year-old vampire. Some of my favorite life lessons that The Vampire Diaries gives are: don't give up on your humanity, change is possible, to be yourself and not what someone wants you to be, and having weaknesses doesn't make you weak. A quote that some people like about The Vampire Diaries is "I believe that when you love someone, and that person loves you in return, you're uniquely vulnerable" - Elijah Mikaelson. My favorite character is Damon Salvatore because he proved to me that love is real and you should never give up on it and care for those whom you love and who love you.

# Sports Not Offered

By Audrey Beiber

Have you ever moved to a new school and not seen your favorite sport offered, or wanted to play a different sport? It can be a hard thing if your favorite sport is not offered but it can also be beneficial to other sports you may be interested in.

Although it can be a hard thing if you move and your sport is not offered at your new school, it benefits other sports you may also want to play. Jaxson Hutches would like to see ice hockey offered, as he played it when he lived in the mountains and really enjoyed "getting to beat people up and not get in trouble." For example Holyoke Junior-Senior high school does not offer tennis, hockey, lacrosse, cross country, badminton. It may seem like a bad thing but not having these sports allows more kids to be on teams to expand their extracurricular activities, and having some of these sports would raise their choices from two sports to about four choices. It can make the sport way more likely to get a full team. For example, in high school girls have to choose between volleyball and softball. If our school were to have soccer, you would have to choose from soccer, softball, or volleyball. That would mean that Holyoke would not have three sports because there are not enough girls to make three teams.

Sports can be a very fun and positive thing especially if you find one you are in love with. It is a very good thing for students to find an extracurricular or a sport they are in love with. It would be hard if your favorite sport is not offered. It would be great if every school offered every sport but it would be hard that way to make full teams for all of them.

# Country Christmas 2022

By Rubi Dominguez

Country Christmas is a parade that the city of Holyoke does every year. Country Christmas represents the upcoming Christmas day. It is always the first Monday of December. There are many things to do on that day. You can get a printed photo with Santa and Mrs. Claus at the Phillips County Museum from 3-6 p.m. There will be Complementary Hayrides in downtown Holyoke from 4-8 p.m. At 4-7 p.m. there will also be a Soup Supper at the Vets Club served by the Holyoke Volunteer Fire Department. At the Courthouse, Santa and Mrs. Claus will do the "Lighting of the City" at 6 p.m. By 6:15 p.m. The Parade of Lights will start down on Interocean Avenue street! After the Parade, you can take pictures with Santa and Miss Claus again at the Peerless until 8 p.m. There are also many things you can still do on December 5. The company that puts all of this together is the Holyoke Chamber of Commerce, but there are also lots of sponsors. So thank them for making such a fun day. During the Parade of Lights, people are standing outside on the sidewalks or parked in their cars. The good thing is that on the corners they give away hot chocolate to keep warm! Some cities have Christmas Parades too, but they might be different. Before the parade starts you can walk around town and buy things at the stores or just look. Vero has lots of tiny businesses in their store. Country Christmas is a great time to have family time and watch all the trailers with lights pass by.

# Friendships Ebb+Flow

by Kinley Sporhase

"Friendships come and go, that's just how life is." I'm sure we've all heard this speech from our parents, or somebody else trying to cheer us up. A lot of the time this is because you're crying in your mom's arms as a little seven-year-old, all because your friend said that they didn't want to hang out with you for one recess.

According to "The 3 Reasons Friendships End" by Get Action AOM says, "Loss of Commonalities" is the reason why friendships end. This means the things you have in common. For example, a commonality between my friend and I could be enjoying dogs. Another reason from the same website is the expectations of each other. An example is if one friend has an expectation of a quiet, friendly friend, but instead their friend is loud and feisty. Finally, once again from "The 3 Reasons Friendships End" by Get Action AOM says, "One friend may be more self-contained, place a low priority on physically getting together with frequency, and be inconsistent about answering texts. The other friend may desire a deeper relationship and more contact and communication; as he's always the one to initiate those latter two things, he gradually grows disillusioned with this disparity in effort and investment." This makes sense since many friends have high expectations of what their friends should be and the right ways to act around each other.

I could list things for a week of why friends may separate. Loyalty, jealousy, or just overall rudeness. To end, I would like to say maybe our parents are right. Maybe we should just brush it off whenever someone leaves, or you grow apart. As the Beatles say "Let it be."

ENJOY THEM WHILE YOU HAVE THEM!

# Christmas plans and a Wishlist

By Rut Espinoza

Here are some Christmas plans I am planning. I might go to Florida, specifically Tampa or Lakeland. If I do go to Florida I am going with Ilario Turcios, my cousin. We are going to go visit family and take a break from Holyoke if you know what I mean. Some things I'm planning to do are going to the beach, visiting my other family in Miami, and celebrating Christmas and maybe New Years. I am so excited to see some of my cousins. There's too many to name but when we are together we go out to eat, go to the mall, and do dumb stuff cousins do. But I am the most excited to see my cousin Rosemary because she is pregnant and having a boy. I hope she gives birth before I get there so I can see the little guy. Some things I want for Christmas are an apple watch, clothes, candles, new bedspread, makeup, shoes, and more. While I am in Florida I am planning to earn money so I can pay for things that I really need. The way I usually make money is babysitting or helping around the house and outside the house. With the money I earn I can go out shopping for more clothes or even get my nails and hair done. What I'm most excited about this trip is being able to communicate with some friends I met in Florida and being able to be in the heat before I have to come back to the cold snow where I can't swim or tan outside. These are my Christmas plans what are yours?



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Send Completed Applications to  
[marquezan@hcosd.org](mailto:marquezan@hcosd.org)

# 2022 Recap

By Jackie Santiesteban

This year I had an opportunity to play club volleyball. It was my very first time playing club volleyball. I was super excited because I love volleyball. My first game was in Imperial, Nebraska. The position I played was libero and my jersey was red and my number was nine. The rest of my teammate's jerseys were blue. My mom took me to my game. I was really nervous, but it was so fun. We ended up placing 2nd against like 20 teams. Although playing club volleyball was exciting, I took a trip to Denver Colorado to go to Water World. It was my first time going to Water World. Sandra's mom took Sandra, Sujey, Claire, Mae, and me. We stayed in Water World for 6 hours. We left at 5 and we were all so tired. We fell asleep, and the next day we went to Downtown Denver (16th street) and rode in a horse carriage. We ended up staying there for 3 days and 2 nights. Although it was really fun going to water world, I started 8th grade. I started 8th grade and I was not excited at all. The first day of school was surprisingly really fun because I got to reunite with my friends. When the day ended I was actually excited to go back to school. I took a lot of pictures and I ran out of storage. The only day that was fun was the first 2 days and now it's so boring and I don't want to go to school. I am not a writer and I decided to do Journalism and I'm actually kinda good at it. My grades aren't that good, they can be way better. We still need a lot more. Hopefully it will be really fun or at least not boring.

# The World Cup

By Zander Gipson

The World Cup brings many people together to watch a game of soccer as Americans call it. The world cup is the most popular sport event out there, over 95 percent of sport watchers watch it globally. If you don't know, the world cup is an international men's football league in which they all go head to head in a bracket.

The world cup has been played 21 times over the years, and it only happens every 4 years. Brazil has 5 world cup wins, while Germany, and Italy, are tied with 4 world cup wins. The first world cup was held on July 30, 1930 and France beat Mexico 4-1. There are 8 divisions and 4 teams in each division, from groups A-H.

The teams are all different from a sad ending to bad people to great sportsmanship. Firstly, after Japan finished their match (not in their field) they went around the bleachers and cleaned the whole stadium and cleaned their whole locker room spotlessly to show their good sportsmanship to the other team. Next, there are the bad people like the Qatar goalkeeper, (no hate) he was not doing the best, everyone saying "he is the worst footballer". Finally, the bad ending, there was a reasonable theory that the North Korean team was executed after their loss. This can be backed up by the fact that they were crying after their loss.

The world cup is a great thing for football fans, and if they can go to a game in person it is a great treat. Also, getting an autograph from your favorite person or getting something from them.

# Amazon Co

By Sujei Bustillos

Amazon is a huge company selling products throughout the world. At least 310 million people order from amazon worldwide. Amazon was recently made in Bellevue Washington by Bezos parents. Bezos' parents invested about 250,000\$ in July 16, 1995 and originally opened for a bookseller selling the world's largest collection of books. Throughout the years amazon grew and grew and sold more products in 1998. This company is very successful and until this day still is. Amazon is mostly known for providing e-commerce, cloud computing, digital streaming and artificial intelligence services. Amazon has many strengths but its strong for its (Strong brand name.) Further facts till this day is amazon is trying to work on getting a drone on delivery which is pretty crazy to imagine. Orders come in everyday about 1.6 million orders per day! Amazon can take a while for packages to come in but if you have amazon prime it comes faster. So what is amazon prime? Amazon prime is a payment you make so your packages get delivered quicker to your house. With so many orders out worldwide its hard for your order to get to you right away. This is why if you pay an extra amount of money you get your package to come quicker. It takes about 5-8 days for your package to come in without amazon prime but with amazon prime it takes about 2-3 days. Amazon is an amazing company for others and its very successful. Do you buy from amazon?

# Family pictures

By Reese Steggs

Family pictures can be a very stressful event. There are many things you have to prepare if you are a girl. For example, girls usually get their nails and hair done and pick out their outfits. But boys are very simple. Boys just have to get their hair combed and pick out a matching outfit. If it is my family it will take them forever to decide what they want to wear because they are picky. Another thing you have to do to prepare for family pictures is to book the photographer and pick a date. Okay, my family pictures are something different because it is a challenge to get all six of us ready and in the car. There are so many fights getting ready because usually one of us can't find something or take something. I think family pictures are really important to take because they are a good way to always remember something before we grow up. Family pictures can also recognize the difference in growth and for your other family to know how you look. Also for example a family that lives really far and they haven't seen you in a while can see you in Christmas cards or any kind of card. I also think that you should display your family pictures because if you have guests they can look at them and enjoy them, even if it is embarrassing. For our family pictures we love to do it by an airplane because that is our family business and we always want to say thanks for supporting us.

# Boredom

By Sadee Mosenteen

Why do people go on their phones when they are bored? Is it healthy for them? In this article I will be talking about all of the different things to do when people do when they are bored vs. what they choose to do and how it affects them.

Often people when they are bored they go on their phones and look at social media when there are so many other options to do. Go outside, hang out with friends, and there are so many more things.

Why is it often the top choice to go on your phone? I think it is because it is easy, with no work, no socialization, and no outdoor experiences. What is easier to sit in your pjs, or to get ready and go out?

Many people will say staying in, but what is better for your mental health? According to, Smartphones and Anxious Kids 24% of 13-17-year-olds say they are "almost constantly" on their phones. Staying in and being isolated from others and nature is often not good for your mental state because then if we are being honest, we get into our feelings and start saying and doing negative things. My last reason is that it can prevent your social skills from being the best that they can be. What I mean by this is that if you stay inside and on your phone all the time, it can affect your way of speaking, looking, and acting.

In conclusion, this is why I believe that more people go on their phones when they could do many different things and how it is very unhealthy for you. I also believe that it affects humans' social skills more than they know.

# NFL Standings

by Carter Sisseck

Who do you think is going to this year's Superbowl? The National Football League (NFL) playoffs are a single-elimination tournament held after the regular season to determine who goes to the Superbowl. Currently, seven teams from each of the league's two conferences qualify for the playoffs. The seven from the AFC are the Buffalo Bills (9-3), Kansas City Chiefs (9-3), Baltimore Ravens (8-4), Tennessee Titans (7-5), Cincinnati Bengals (8-4), Miami Dolphins (8-4), and the New York Jets (7-5). The seven teams from the NFC are Philadelphia Eagles (11-1), Minnesota Vikings (10-2), San Francisco 49ers (8-4), Tampa Bay Buccaneers (5-6), Dallas Cowboys (8-3), New York Giants (7-4-1), Seattle Seahawks (7-5).

The tournament culminates in the Super Bowl: the league's championship game in which two teams, one from each conference, play each other to win it all. My top 4 in no particular order are the Buffalo Bills (9-3), the Philadelphia Eagles (11-1), the Kansas City Chiefs (9-3), the San Francisco 49ers (8-4), and the Minnesota Vikings (10-2). My personal favorite is the Minnesota Vikings just because they have never won a Superbowl and their last Superbowl appearance was in 1977. Another favorite is the Kansas City Chiefs because I really like Patrick Mahomes and I am from Kansas.

In conclusion, I think the two teams that will play in the Superbowl are the Minnesota Vikings and the Kansas City Chiefs. Either this or the Bills over the Chiefs or the Eagles over the Vikings. I hope this helped you find out this year's NFL standings.