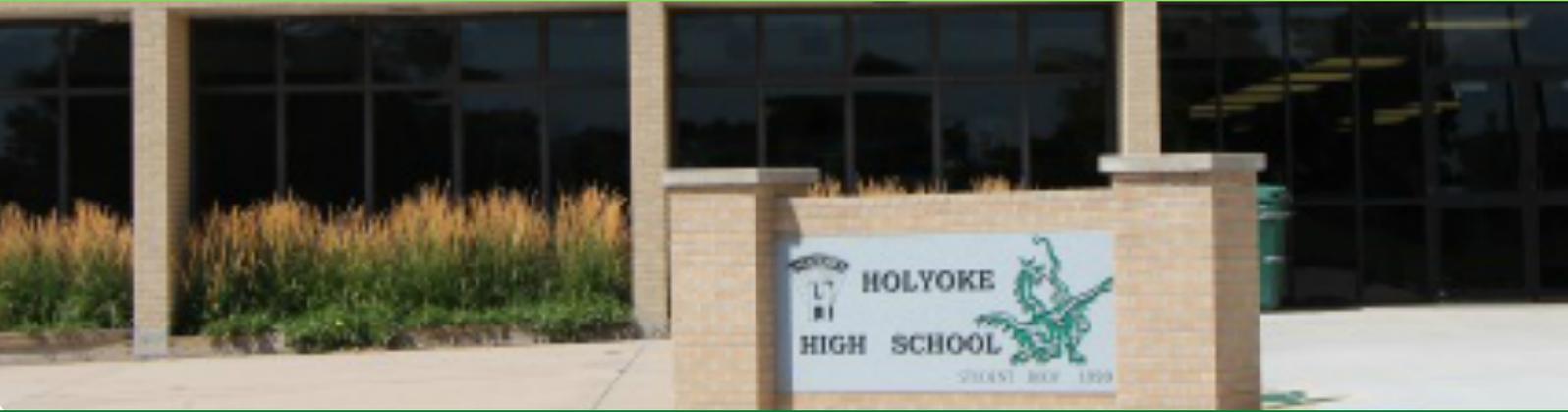


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HOLYOKE JR/SR HIGH SCHOOL

# DRAGON TIMES



## JANUARY 24, 2023

### TEACHER SPOTLIGHT ~ Mrs. Hines

by Kinley Spohase



Mrs. Hines, a Holyoke High School Teacher, teaches Science, physical science, biology, and physics. She was inspired to be a teacher because both her parents were teachers, and they were two of her biggest role models and she wanted to be like them. If she wasn't a teacher she would be in the medical field, and anesthesiologist or vet, also mowing lawns. She also really likes working with kids. She went to University of Nebraska at Carney, and grew up in Burlington Colorado. In college she majored in 7-12 math education and k-12 physical education master in math/science. She wanted to teach math and P.E. She also started as just a math major then sophomore year she learned P.E. as well. Other than the ones mentioned she has no other degrees. Her side gigs/another job/side job is writing assessments for a curriculum company. When asked if teaching interfered with her personal life she responded, "Sometimes, this year we have a new curriculum so I might work on weekends but not a lot. She has two kids, a four year old named Archie, and a 5 month old named olive. She is married to Mr. Hines from elementary. Finally, her hobbies are gold, and running, and she likes to play with my kids. I am so glad that I got to write about this wonderful woman. I wish you good luck with your future journey.



# Texas Longhorns

By Dayami Trejo

Do you know who the Texas longhorns are? They are one of the best volleyball teams in the United states. The Texas Longhorns secured their fourth National Championship. The Longhorns completed their season with a 28-1 overall record. The girls head coach is Jerrit Elliott. Jerrit has been coaching Texas since 2001. Their game was against Louisville. The national championship was at Omaha on Saturday, Dec 17 at the CHI Health Center. The score for the Louisville and Longhorns were 25-22, 25-14, and 26-24. The match point was made by Keonilei Akana. Keonilei made a great serve that the Louisville's couldn't handle. Logan Eggleston, one of the Longhorns players finished with 19 kills and was named the most outstanding player of the National Collegiate Athletic Association (NCAA) tournament. Texas also got 12 kills from Madisen Skinner and nine from O'Neal. Texas has won four national championships. They won Association for Intercollegiate Athletics for Women (AIAW) championship in 1981, and three NCAA championships in 1988,2012, and 2022. There are 18 players whose names are Jenna Ewert, Emma Halter, DeAndra Pierce, Melanie Parra, Bella Bergmark, Madisen Skinner, Asjia O'Neal, Saige Ka'aha'aina- Torres, Zoe Fleck, Marianna Singletary, Keonilei Akana, Kenna Miller, Molly Philips, Reilly Heinrich, Mariana Crownover, Kayla Caffey, Logan Eggleston, and Devin Kahahawai. As a team their attack stats are 1443 kills, 389 errors, 3134 attempts, percent .336, and kills per set 14.4. Their set stats are assists 1354, assists per set 13.5, and ball handling errors 9. Serve stats are 175 aces, 225 errors, and aces per set 1.8. The defense stat is 1343 digs and 13.4 digs per set. Lastly, Blocking stat is 29 solo, 442 assists, 25 errors, 250.0 blocks, and 2.5 blocks per set. This talks a little bit about the Texas Longhorn Volleyball team.

You can find more information about stats and stuff on these websites.

<https://texassports.com/sports/womens-volleyball/stats/2022?path=wvball>

<https://texassports.com/sports/womens-volleyball>

# LaMelo Ball

By Jackie Santiesteban

LaMelo Ball is a famous NBA player. His birthday is on August 22 and he is 21 years old. He plays for the Charlotte Hornets and his jersey number is #2. His net worth is somewhere around \$200 million. LaMelo got his net worth from a deal with Puma and he also signed a contract worth \$100 million. The deal he made also lets him access to Puma's private jet. Lonzo Ball and LiAngelo Ball are his siblings. His brothers also play in the NBA. LaMelo was born in Anaheim, Calligaris. LAvar has been a basketball coach of LaMelo since his childhood. He has made 2.727 points in his NBA career. He also has a girlfriend. His girlfriend's name is Ana Montana. They have been dating since February 2022. They have a 12 year age gap. Overall LaMelo Ball is one of many famous NBA players.

# Movie Review on Five Feet Apart

By Audrey Beiber

Have you ever wanted to feel love and cry your eyes out at the same time? If so, "5 Feet Apart" is the perfect movie for you. They stream this movie on Netflix and there is also a book about it. It is emotional and heartwarming at the same time. It is a very good movie about a girl named Stella who is the main character and minor characters Will (the new rule breaker), Poe (Stella's best friend), Barb (Stella's doctor). The only way they can get better is a lung transplant. Stella, Poe, and Will all have a lung disease called cystic fibrosis (CF). People with CF can't make contact within 6 feet from each other. Stella spends most of her time in the hospital with strict routines and procedures. She is very strict on her medication and organization, with calendars, schedules, and planners.

This all changes when a boy named Will comes and puts her need for planning to the test. Will was a "CFer" but she can't help but fall for his charm. Stella starts calling him so she can make sure he does his medication at the same time she does hers. They do that when they spend more time together. They can't help but fall in love with each other. It is so hard to be with the people you love when you can't get within six feet of each other.

It is a very romantic and dramatic movie. I really enjoyed this movie and it is great to watch on a snowy day or when you are at home with nothing to do. It sends the message to be grateful for the things you might take for granted. "Five Feet Apart" is a romantic/drama, has a 4.8-star rating, and it is a PG-13 movie.

## Bodybuilding

By Zander Gipson

Mr. Olympia is the competition of the fittest and the biggest, the manliest competition most will say. The first Mr. Olympia was held in 1965, September 18 and was one by Larry Scott.

The people who participated in these competitions have spent years and years in the gym and working out all the muscles just to look bigger than others. They have spent countless hours and countless dollars on supplements to be bigger than others. They go their whole lives basically and do not give up on their dreams. They work out a lot, their shirts become small, and their pants don't fit anymore.

Supplements are either pills, powder, drinks, or oils, which some aren't illegal. Firstly, protein powder is just pure protein that you put in a liquid and drink it for more protein. Secondly creatine, is the same concept but helps build and keep the muscle you work for. Next, pills there's something called "tren" which is illegal to take and most bodybuilders take, undercover. Lastly, synthetic oils, you inject it into the part of your body you want to grow, and it does but does build muscle. It makes you look big and strong but you aren't.

There is also something called "bulking," and "cutting." Bulking is what all bodybuilders do. You go from skinny to big, there are a few things you need to do when bulking. You have to triple your daily calories and just eat a lot and workout more. After the bulk you have to go into the cutting stage, which you eat less so you lose all the fat you just earned and under the fat is all muscle so you look bigger and more muscles.

## SENIOR SPOTLIGHT

### TY SANDQUIST DIRKS



Ty Sandquist Dirks will miss Hanging out with his friends and cruising around town with them after he graduates. After high school Ty plans on working with his cousin at Custom Workforce in Centennial, CO, and painting vehicles. His favorite memory from HHS will be playing sports with his friends. Ty will not continue doing extracurricular activities after high school. Some tips/advice Ty would like to tell underclassmen is "do not listen to Kayden Porter." Some teachers who helped Ty improve were Mrs. Strecker, Mrs. Clayton, and Ms. Hutches. He says they were very supportive and pushed him to do better. One teacher who really helped him get through high school was Mrs. Mallari. She helped him a lot with math. Ty Sandquist does not plan on returning to Holyoke after he graduates he says he will only visit family and friends. Good luck Ty, you will be missed by many friends and teachers.

## Pink Tax

By Lia Sprague

Many people don't know about the Pink tax which affects women greatly. Pink tax is targeted toward women's products. For example, razors that are made specifically for women cost more. This also applies to deodorant, clothes, shoes, etc. The pink tax was said to be started by the belief that women are willing to pay more than men. This is extremely discriminatory and should be talked about more. The pink tax dates back to 1990 when California's assembly office made a report that showed 65% of dry cleaning businesses made women pay more to wash their clothes than men. It crept into all the other businesses after that.

Not only do we have to pay the extra tax but we also make less. In 2021 women made 80 cents for every dollar of male wages. Very little has changed since 1994 when we only made 77 cents. The three main jobs with a big gender pay gap are medical scientists, financial advisers, and any job including working on technology. Pink tax is not something that is talked about a lot, but it should be. Honestly, I believe that if one person stands up to this then everyone will follow. Pink tax should not be allowed.

# Damar Hamlin

By Rubi Dominguez

Damar Hamlin is a football player. He played college football at the University of Pittsburgh and was drafted by the Bills. He still plays for the Buffalo Bills. They are located in Orchard Park, New York. He was born on March 24, 1998, in McKees Rocks, Pennsylvania. He has been in the NFL for two years now and has made 54 solo touchdowns in the 2022 season. In addition to his football career, he has a fashion line. On January 2, 2023, the Buffalo Bills played against Cincinnati Bengals. During the football game, Hamlin suffered a cardiac arrest after making a tackle on the field at 8:56. He immediately got emergency medical treatment and was rushed to the hospital of the University of Cincinnati Medical Center at around 9:23 p.m. in critical condition. On January 5-6, Hamlin was awake and doing better, he was able to breathe on his own and could speak. On January 7th, he posted his first public comment. "Grateful for the awesome care I received at UCMC. Happy to be back in Buffalo. The docs and nurses at Buffalo General have already made me feel at home!" On January 9th, a week after he was released from the hospital, UC doctors have said it is too early to know what caused Hamlin's cardiac arrest and will take more tests to determine what happened. Unfortunately, the Bills did not win that night. "Nobody Circles The Wagons Like The Buffalo Bills" - Chris Berman

# Wind Power

by Kinley Sporhase

Wind turbines are used to generate electricity. According to 'How do Wind Turbines Work?' by National Grid Group, "The wind - even just a gentle breeze - makes the blades spin, creating kinetic energy. The blades rotating in this way then also make the shaft in the nacelle turn and a generator in the nacelle converts this kinetic energy into electrical energy." Therefore, almost all day, everyday, the wind is blowing. This means that the wind turbines are always spinning, and creating constant electricity.

According to 'What Materials are Used to Make Wind Turbines?' by USGS.gov, they are made out of, "steel (66-79% of total turbine mass); fiberglass, resin or plastic (11-16%); iron or cast iron (5-17%); copper (1%); and aluminum (0-2%)." Most of that makes sense. Although I wasn't expecting them to use resin. I wonder what they use it for.

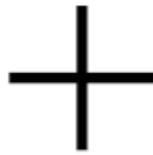
As you most likely know wind turbines are very big, and very tall. 'Wind Turbines: The Bigger, the Better' by the Department of Energy says, The average rotor diameter in 2021 was 127.5 meters (418 feet)—longer than a football field. Larger rotor diameters allow wind turbines to sweep more area, capture more wind, and produce more electricity."

In conclusion, thank you Charles F. Brush, the founder of the wind turbine. Also, thank you to whoever uses the wind turbines to use natural resources for special use.

# The World Cup

**By Rut Espinoza**

The World cup in Football (soccer) is a quadrennial tournament of 32 men's national teams that is organized by the Federation internationale de football Association (FIFA). It determines the sports men's world champion. Within those 32 nations each team goes against other teams. The first world cup was in 1930 and it's still going. The first country to win the world cup was Uruguay. They beat their arch rivals to the first world crown. Brazil has won most of the world cups of any country. They are also the only team that have played at every world cup. The world cup this year took place in Qatar from November 20th to December 10 of 2022. The reporters registered 1.3million match ticket holders and 3.09 million tickets sold across the eight stadiums in Qatar. A qatar official who did not wish to be named , confirmed the figure. The year 2018 was the year that had the most fans. There were 3.03 million fans watching the world cup live in the stadiums. The most famous world cup members of 2022 are Kylian mbappe (France), lionel messi (Argentina), Kevin De Bruyer (Belgium), Vinicius Jrs, Takefusa Kubo (Japan), Neymar (Brazil), Pedir (Spain), and Luke Modric (Croatia). One of the teacher at my school Mrs. Hunter was rooting for Argentina because Lionel Messi plays on the Argentina team and he is her favorite player, much like many other people in the world. He is world renowned and also retiring this year.



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- **\$12 for Three Movie Tickets & Three Pairs of Socks**

**LOCATION:**

**Holyoke High School Auditorium**

**WHEN:**

**Friday, Feb 17, 2023 at 6 p.m.**

**Hope to see you there!**

# Nike

By Sujey Bustillos

You see it everywhere: Nike shoes, Nike clothes and Nike water bottles. Nike has been seen everywhere but what is the actual past of Nike? The Nike brand came out May 30, 1971. The first ever athlete to be signed with Nike is Wayne Wells. Before Nike was actually named (NIKE) it was called Blue Ribbon Sport. Nike has succeeded every year because they sell a lot of sport products and they earn a lot of money throughout the years. Nike started getting popular in the year of 1980. Nike has a long past but until this day it is very popular and many people use this brand. Nike sells about 100 million dollars per day which is about 700 million dollars per week which is crazy to imagine! Do you shop at Nike?

GO  
DRAGONS!

# Spring Break

By Reese Steggs

Spring break is a break I always look forward to. Usually, the reason why I like spring break is because I love going on vacation. We always go up to the mountains to go skiing. Our family usually all goes skiing but sometimes my brother doesn't like skiing. But we love to explore the town of Breckenridge. When we go into the town we go shopping for shirts. We stay in cabins and we always play games or play in the snow. Our family has been skiing for a while. I think the reason why my parents like it so much is because their honeymoon was in the mountains so they always like to go back there. People like spring break because they get a break from everything. For example, school, sports, and even work. I know some parents love spring break because they get to take their family on a vacation to make more memories.

# Dance

**By Sadee Mosenteen**

Dance has taught me many things that I can not learn the same in anything else. I did dance for three years with a company called Dance Fusion. Dance Fusion has helped me learn not just how to dance but many life lessons I will never forget.

My teacher Mrs. Anglea taught me how to push myself to the best of my ability, how to love myself on the inside and outside, and how to be a good person to everyone. She taught me to push myself to the fullest because she would never let me do anything that is easy or that does not help me get to become the person I want to be. When I perform on stage not only do I show how talented I am but I show who I am through the movement and the songs. Mrs. Anglea has taught me how to love who I am on the inside and outside because she makes everything she does positive everyday. Anglea inspires me and makes me say and do positive things to myself everyday when I danced. She has not only taught me this through positivity but through actions and rules in her dance classes. Everyday Mrs. Anglea taught me to be the best person I can be by helping remind me to be a good teammate, daughter, sister, student, ect.

Thank you so much to Dance Fusion because I would not be the person I am today without all of the amazing things you have taught me and all of the amazing people you have brought into my life. Dance Fusion Anglea has taught me to love myself inside out, how to push me to be the best person I can be, and how to push myself to the fullest. These things are are only some of the things Mrs. Anglea has taught me. There are many more and I can not explain how grateful I am for all of the lessons.

# Mr. Olympia

**by Carter Sisseck**

Have you ever wondered if you could be an Austrian and American actor, film producer, businessman, retired Mr. Olympia, and politician who served as the 38th governor of California? Well what if I told you Arnold Schwarzenegger was all of those things? He was Born on July 30, 1947 in Thal, Austria. His parents were Gustav and Aurelia Schwarzenegger. He grew up with his brother Meinhard Schwarzenegger. Schwarzenegger's childhood was not very ideal. His father, Gustav, was an alcoholic police chief and one-time member of the Nazi Party, who favored Meinhard over his gangly, seemingly less athletic younger son. Arnold immigrated to the United States in 1968, at the age of 21. He helped propel bodybuilding into the mainstream. He was a millionaire at the age of 25 and had four Mr. Olympia titles. Arnold said "I benefited from a magic decade and I became a millionaire from my real estate investments. That was before my career took off in show business and acting." Schwarzenegger is the most well-known bodybuilder in Mr. Olympia history. He is also one of the most successful. Schwarzenegger won seven Mr. Olympia competitions in his esteemed career, including six consecutive titles from 1970-1975. The 75-year-old explained that he's always found solutions to working out without a gym. Growing up in Austria, Schwarzenegger would do pull-ups from a tree branch and chop wood to build strength. Even as a fitness professional, he would run up the stairs of a hotel to exercise. Arnold Schwarzenegger quote "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

## SENIOR SPOTLIGHT

### IVAN CUMMINGS



Ivan Cummings is a loved senior of HHS throughout all grades. He has done wrestling, track, and boxing as activities throughout high school. After high school, he plans on going to a Jr. College and wants to go to Northwest Tech in Kansas. He wants to study business and crypto while there. He still wants to continue martial arts by creating a club. His advice for underclassmen is “only buy something that will make its money back over time.” His favorite memory from HHS is winning his first match in wrestling. Someone who improved his HHS experience is Max Kleve by making him laugh. A teacher who helped him through HHS is coach Brock and Dusty McConnell by humbling him. Also, Mrs. Clayton by helping him get to college. The things that he will miss most about HHS are the teachers who worked hard to teach him valuable lessons. Also, students who pushed him to come to school every day, and coaches who pushed him to his limits. Lastly, He does not plan to come back to Holyoke but wants to move to a good area to buy apartments and move money. I wish Ivan the best of luck in his life outside Holyoke.

## SENIOR SPOTLIGHT

### COOPER GOLDENSTEIN



Cooper Goldenstein will be graduating the year of 2023 from Holyoke High School. After high school Cooper plans on going to a four-year college. His options are CSU or Wyoming. Cooper plans on studying either engineering or business management with an emphasis in Sports Management. He is not planning on joining any clubs, sports, or extra-curricular activities after high school. Cooper’s advice for underclassmen is, “Don’t slack off in the easy classes, it will ruin your GPA.” His favorite memory from HHS is the state FBLA trip of 2022, he will miss hanging out with friends, late nights, and the Rockies. “It was a good last experience to share with the 2022 seniors.” The people who helped Cooper’s HHS experience were all of his teachers. They helped him by being helpful and influential. The teacher/trusted adult that helped get him through HHS is Mrs. Goldensteub and Mrs. Clayton. These teachers helped him with a lot of college things and helped push him in the harder classes. After graduation Cooper will miss all of the people he has made memories with. He will also miss basketball. Cooper does not know if he plans on moving back to Holyoke but shared, “I will live wherever I can find a job that will suits my family.” Good luck Cooper!