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ISSUE FOUR

PANTHER PRINTS



PG. 10

**SUMMER SUN:
ROMANTICIZATION
OF FREEDOM**

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All student polls were conducted through Google
Forms and shared through social media

LETTERS FROM THE EDITORS

As we round the final weeks of school, I want to reflect on myself as the editor-in-chief for the past two years. Being that I'm a senior, as many of us are, this next week will be filled with so much fun, but it will also be bittersweet as we make final decisions on college and the next year. Thank you so much to the journalism department, Mrs. Cole, Mr. Birnbaum and Claire, for giving me this opportunity and thank you, once again, to all of our supporters that continue to read what we put our heart and soul into. Enjoy your summer and enjoy the newspaper.

This last issue has been amazing but also a bit of a bittersweet one. I want to thank our incredible reporters without whom none of this would be possible. They are the backbone of our newspaper and I'm so incredibly proud of them. I want to thank Mr. Birnbaum for guiding us and helping us along the way this year. Finally, I want to thank the two seniors who have guided and inspired me throughout this journey. Sydney and Aveesa, thank you for two years of memories in newspaper and thank you for everything this year, we did it! Good luck to all the seniors and congratulations everyone for making it through the year!

As we close off my, and editor-in-chief Sydney Grayson's final issue of the Panther Prints, I want to first start off by congratulating Creative Director Varsha Jhanak. She has worked so incredibly hard to design these issues this year and will be continuing the role on top of being next year's new editor-in-chief. So excited to see what you have in store for us next year, love you kiddo. I would also like to thank our readers, without you, this would not be possible, and our incredible reporters for working so hard on this for you. To those of you graduating with us in May, congratulations! And for those of you returning in the fall, keep pushing, this is the final stretch, the year will go by like that. Thank you all for this amazing opportunity these last two years, I will cherish it forever.

MISSION STATEMENT

At Panther Prints, our mission is to serve as a connection between the Plano East student body and surrounding communities. Through inspiration and high-quality content, panther Prints offers diverse coverage, passionate writing, relatable stories and a unique point of view. Our credible sources allow an in-depth experience that appeals to both the public and the individual. Our publication offers an informative and distinctive outlook on current interests.

DIGITAL MEDIA POLICY

We, at the Panther Prints, commit to responsibly utilize all of our media platforms to unite and inform the student body. We strive to create original content and attribute credit to all sources. We require our staff to uphold these values and to accurately report the news to the student body and community.

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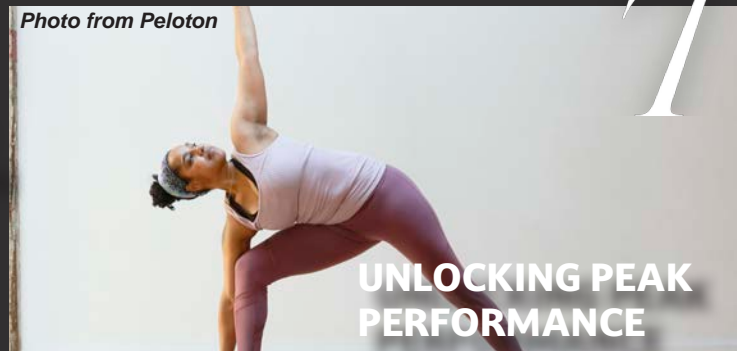
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@peshprints

Puzzled Panthers

By Sydnie Grayson

What is the maximum number of graduation tickets that a senior gets?

Every senior eligible to graduate after paying all of their dues and completing the School Links requirements gets eight tickets. After 11:30 a.m. on next Friday, students may pick up extra tickets at 3 p.m. at the North cafeteria entrance.

When is graduation?

Graduation will take place at the Ford Center in Frisco at 7:30 p.m. Information on seating and required arrival time will be provided next Thursday during the graduation meeting.

What are the exam exemption qualifications? If a student is a freshman, sophomore or junior, they may be exempt from any final exams for a class that they are taking an AP or IB class for and have an 85 or higher second semester grade. For seniors, the student must have a 70 or higher in any class to be exempt from exams.

Beautiful Sensations

By Liliana Aguilar

An autonomous sensory meridian response (ASMR) is demonstrated in many unique ways. Almost any sound in the world can be used for ASMR, the satisfying sound of tapping and crunching gives the body goosebumps all over. However, not everyone gets the same reaction from ASMR. In fact, a wide variety of people do not like ASMR and find it off-putting. “Everyone’s neurologically different, so someone might enjoy ASMR and find it soothing while others, like me, find it quite the opposite,” junior Abdullah Alazawi said. Slime, originally popularized in 2016, is a main factor responsible for the rise of ASMR today. Junior Bethel Fekade found ASMR from the popularity of slime videos back in the late 2010s and continues to dive deeper into the world of ASMR. ASMR is incorporated into many people’s nighttime routines because it is such an easy way to ease your mind and body at the end of a long day. The relaxing sounds of ASMR help her wind down and sleep at night. “I usually watch it right when I’m about to go to sleep, it’s part of my nighttime routine by helping me unwind,” Fekade said. “It gives my brain time to rest instead of being stuck with my thoughts and imagination. My favorite kind of ASMR are

sounds of nature like rain and waves; they are amazing if you have trouble sleeping.” While some people enjoy the benefits of ASMR, there are others that do not see its appeal. ASMR is different to everybody and not everyone sees ASMR to be relaxing. The sounds from ASMR can sometimes give people an uncomfortable feeling rather than calming the body down. The people who do like the sounds of ASMR perceive sounds differently than people who do not like the sounds. Misophonia, also known as the “hatred of sound,” is partly a reason why people do not enjoy ASMR. The brain is very difficult to understand fully and it comes with many functions that make you different from everyone else. “I personally don’t like ASMR because of how it has been so normalized in the sense that people will do anything and call it ASMR,” Alazawi said. “By definition, ASMR is supposed to relax you and make you calm, but all ASMR does is annoy me.” ASMR can give the reaction to dopamine being released inside the body, this reaction brightens your mood instantly, according to Calm.com. Watching an ASMR video that appears on your social media can boost your mood and relax your mind. ASMR videos are used in all types of personal ways to relieve any anxiety or stress, foster focus, get rid of migraines, and are even used as entertainment. There are thousands of different types of ASMR videos all over the internet, the options are endless. ASMR videos are very unique because no matter how specific something is there is video out there about it. ASMR brings a different type of help to people all around the world. It can be very helpful to students everywhere because they have ASMR studying videos. A relaxing study video not only can help students but can relieve stress. “I like ASMR because it sometimes calms me down and because sometimes I just find it satisfying,” junior Juliany DeJesus said. “I usually never watch it but sometimes on my social media it pops up and I watch the video.”

42.7% of students have never watched ASMR

36.4% of students sometimes watch ASMR

10.9% of students watch ASMR all the time

10% of students chose not to comment

***out of 323 students polled**

Sunscreen Science

By Celine Tan

As summer approaches, tanning trends tend to rise to popularity. Recently, though, beauty influencers on social media started to emphasize the importance of wearing sunscreen, especially on hot summer days when sunburns and skin damage are imminent. The American Academy of Dermatology Association also mentioned the vital role sunscreen plays in protecting peoples' skin and encourages wearing sunscreen on a regular basis. "After seeing the damages that the sun can have on your skin when you don't wear sunscreen, I kind of looked around a little bit for one," senior Kendall Ward said. "My stepmom recommended me a Neutrogena sunscreen so that's what I use now. I usually wear it once a week when it's not summertime but then every day in the summer." According to Johns Hopkins University, sunscreen protects the skin from UVA rays, which penetrate deeper into the dermis and cause skin damage such as wrinkles and skin cancer. It also blocks out UVB rays, which penetrate the epidermis, the layer above the dermis. UVB rays are responsible for the painful sunburns many people get from being outside in the sun for too long. "I kind of burn easily, but usually I burn and then it tans and it doesn't start peeling for me," Ward said. "But, my sister burns and then it peels, so I've seen

how important it is to wear [sunscreen] since I've seen how it affects her." According to Johns Hopkins Medicine, sunscreens contain photoactive ingredients that absorb UV radiation, bringing the electrons into an excited state. The atoms then release the excess energy in the form of heat as the electrons undergo rapid vibrational relaxation back down to the ground state. Although more people in America wear sunscreen more often now, using sunscreen daily is not a new phenomenon. In Korea, sunscreen is widely incorporated into many people's morning skincare routines. "I don't really know anyone that uses sunscreen every day like they do in Korea," junior Joshua Kim said. "I bet that everyday use would be rare since it would take a huge toll on your bank account if you were to keep buying sunscreen to use every day." The two categories of sunscreens are chemical and mineral. According to Johns Hopkins Medicine, chemical sunscreens use filters like Avobenzone while mineral sunscreens use filters like zinc oxide or titanium dioxide, but both work similarly. The biggest downside to mineral sunscreen is the white cast it leaves behind, especially for people of color. On the other hand, chemical sunscreens can irritate the skin so mineral sunscreens may be better for those with sensitive skin. Most K-beauty brands produce chemical sunscreens, but the reason they are so different from American brands is because the formulations are made for everyday use. "The texture [of Korean sunscreens are] really different than the American ones because they use natural ingredients like bamboo water," Kim said. "When you apply it, it feels nicer than Amer-



ican sunscreens so that's also why it's suitable for daily use since it's easy to put on, easy to wipe off, and easy to reapply." Every bottle of sunscreen mentions the sun protection factor (SPF) of the product. According to the United States Food and Drug Administration, SPF measures the amount of UV radiation required to produce a sunburn on an area of skin covered by that sunscreen. A sunscreen with a rating of SPF 30 means that it would take 30 times longer for the skin to burn. SPF 30 is suitable for everyday use since, according to the Skin Cancer Foundation, the SPF graph follows a logarithmic curve, with SPF 30 blocking out 97% of UV rays and SPF 50 blocking out 98%. The average person needs about half a teaspoon of sunscreen for their face and neck, and in the summer, it is best to reapply sunscreen every two hours for maximum protection. "It should absolutely [become more normalized to use sunscreen]," honors physics teacher Johnnie Pierce-Wise said. "When I was younger, tanning in tanning beds was all the rage so a lot of people my age now have skin cancer and they're going to dermatologists. With the way beauty trends are going right now, sunscreen should be more important than any makeup you put on your face."





Mitch McConnell Steps Down as Republican Minority Leader

By Muhammad Abdullah Farid

Photo from NPR

Republican leader and Senator Mitch McConnell announced on Feb. 24 that he will step down from his position as Republican Minority leader in November. McConnell turned 82 this year, becoming the longest-serving party leader in the history of the U.S. Senate. He intends to complete his term as Senator of Kentucky, which ends in 2027. “Mitch McConnell is in a really unique position because he’s been the longest-standing minority leader of the Senate,” junior Kate Liu said. “He is stepping down from his position, which marks the end of this era of old, conservative ideals.” Recently McConnell’s influence has decreased as some Republicans believe that the United States is excessively aiding Ukraine. From the start, McConnell pushed to provide aid to Ukraine in the Russia-Ukraine war. He supported the passing of a bill in the Senate for a foreign aid package to Ukraine and Israel to provide humanitarian assistance. The decision of resignation affects the support for the Ukraine War within the Republican party. “Mitch McConnell stepping down shows that things are going to change for Republicans because now, they don’t necessarily have this one person they can rally around,” Liu said. “In his terms, he’s been successful at pushing some of those policies and getting them to be passed.”

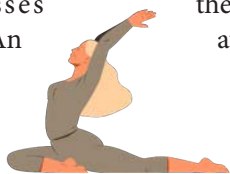
During his years in office, McConnell and Biden worked together on several policies and issues like Ukraine aid. Despite the difference between their political ideologies and priorities, they collaborated to find solutions to problems and issues of mutual interest regarding policies and deals. “He was able to have a kind of relationship with the democratic party that they would have a common ground on issues like gun control, health care or social rights,” junior Tanvi Nerurkar said. “But now that he is leaving, it leaves an open spot for more issues to occur in the Senate.” Even with different views and priorities regarding issues and policies, McConnell had fair working relations with Trump. Eventually, things started to change by the end of Trump’s presidency, when McConnell openly said that Trump was behind the Jan. 6 attack on Capitol Hill in 2021. The two of them didn’t speak to each other after that for almost three years. But, on March 6, McConnell announced his support for Trump as a Republican presidential nominee for the upcoming elections this year. “McConnell and Trump were close together at the very beginning, but slowly split apart along with different ideologies coming up and forming that set them apart towards the end of Trump’s presidency,” Nerurkar said. Although the exact reasons behind this decision are not clear, according to AP

News, he mentioned in his speech that the passing of his wife’s youngest sister made him consider this decision. Earlier last year, he collapsed during a dinner event and suffered a concussion. Following this, McConnell froze two times during media briefings for a few seconds. He was escorted away from the cameras but then he returned after a while to finish the media briefings. His health has visibly declined after these events; it took him some time to recover after the concussion, however, he was able to work after this for the rest of his term. “It was becoming an issue to scare the American public a little bit,” Nerurkar said. He had incidents where he froze up in front of cameras that just kind of pushed him to reconsider his decision and it was good for him to step down mainly because of his age.” After working for nearly 40 years, McConnell’s decision shifts the leadership to new people within the Republican party. This will provide an opportunity for younger people with new ideas and perspectives to step into office. “He is old and a big issue has been these younger Republicans coming in, who are not agreeing with him on a lot of issues,” Liu said. “[Younger Republicans] are gaining more social media credibility. Things are going to lean more towards younger Republican ideals and you’ll hear more opinions in a sense.”

Unlocking Peak Performance

By Megan Glass

In the busy world of high school athletics, where every intense and engaging practice is another step closer to victory, recovery sports are important for an athlete's physical health. Whether that is by implementing active or passive recovery techniques into an athlete's lifestyle, prioritizing the body's healing process can benefit performance. A common method to elevate performance in athletes is to practice power yoga. Power yoga enhances strength, stamina and core, while vinyasa yoga alleviates stress and anxiety, further promoting mental calmness and burning calories for weight loss. "Vinyasa and power yoga are like cousins," athletic coordinator Dulani Stephens said. "Maybe one is a breath or two longer, so it may be a little more intense depending on how your body feels. I want [my athletes] to feel it, so that when [they] come back, [they] get that much more intense with it. I want [them] to do [their] best and not compare [their] best to anybody else's. Your practice is your practice, regardless of anything, just like life." By engaging certain parts of the body into one, strategically held position in power yoga, mental strength outshines physical strength. The endurance that is required for many high school athletes is not something easily mastered, but with the guidance of power yoga by their side, their mental strength surpasses their competition. An athlete's active reminder of their ability to



perform at a higher level despite adversity is where mental determination drives them towards success. "Power yoga has definitely helped me physically as an athlete," varsity wrestler Talaal Habib said. "I have gotten stronger in those random muscles that no one would think about and that helps me a lot in wrestling, which is a sport where every single one of your muscles will be used. It has also helped me in my core stability, which helps me in my lifts, making me a lot more flexible." It challenges athletes with its dynamic nature, demanding unwavering focus and precise breathing for stability in intricate poses. This fosters a resilient mind-body connection crucial for athletic excellence, enhancing both physical and mental well-being. "[Power yoga] is more of a mental challenge," Dulani Stephens said. "It's about how you can control your body through your mind and also have dedication and find your peace. You will learn how to not only challenge yourself, but uplift yourself and put yourself in a state you have never experienced before." This practice being one aspect of a comprehensive recovery routine plays a pivotal role in maintaining peak performance levels. Other techniques such as hot baths, massage guns, or access to specialized recovery facilities, aid athletes in employing various methods to alleviate the strains and pressure of intense competition. "I take a lot of hot epsom salt baths and use my massage gun because those two have really carried me through my

[volleyball] season, especially because I have a lot of shoulder problems," senior Summer Stephens said. "I've seen lots of improvement, as I have less pain in my knees and shoulder." At a young age, athletes put extreme pressure on their joints, bones, and muscles. According to OrthoInfo, teenage athletes, like professionals, face injury risks, but their growing bodies make them prone to unique types of injuries. Uneven growth, with bones outpacing muscles and tendons, heightens the likelihood of muscle, tendon and growth plate injuries. "I feel like a great alternative to having a professional teach you [yoga] would be to make sure you stretch a lot," Summer Stephens said. "When you wake up, before practice, and after practice are all very crucial times to feel flexible and limber to not be as prone to injury." By being extremely conscious of an athlete's performance and the precision required in their movements to prevent injury, coaches and trainers face a challenging task. The power is not in the hands of trainers and coaches, but in the hands of the athlete, who must put aside time to stretch before and after training. "It's the key to success, but you have to want to seek that and not just let that happen on other people's dime," Dulani Stephens said. "You have to want to do it yourself."



54.8% of students believe recovery sports are highly important and should be implemented into practices

1.6% of students believe recovery sports are not beneficial and should not be implemented into practices

22.7% of students believe recovery sports should maybe be implemented into some practices

20.9% of students chose not to comment

***out of 323 students polled**

PANTHER PROFILE

Ryann Nelson: Leading with Heart

By Megan Glass

In the diverse selection of clubs and organizations, one girl sticks out as a role model: Ryann Nelson. As a natural leader, she made a memorable impact as Senior class president, faculty relations in student senate, and vice president of the Black Student Union. Not only does she hold leadership roles in a plethora of clubs, but she remains dedicated to being involved in other affiliations while still maintaining academic excellence. She is a member of the National Honor Society (NHS), Panther Pride and PB and Joy to show the community her commitment towards helping others. “When she proposes a project in the senate, she does it wholeheartedly,” Student Senate sponsor Kristy Alexander said. “She’s actually had two projects that really stand out this year. Her commitment to providing feminine hygiene products in every women’s restroom in this building. When I tell you committed, I mean committed. She does whatever it will take to make sure that she will follow through on this project.”

Nelson’s aspirations extend beyond the confines of school, as she is a firm believer in the power of community and the importance of giving back. Nelson dedicates her time outside of school to working with children. Whether she’s hosting parties at Main Event or serving as a camp counselor at Plano Sports Authority (PSA), Nelson finds fulfillment in nurturing young minds and fostering a sense of joy and companionship. “I was a camp counselor at PSA over the summer and this will be my third or fourth year working there and I just love the kids so much,” Nelson said. “I work at Main Event as a party host, so I host parties and hang out with the kids on the weekends, which inspired me to do [neuroscience] research with kids as well.” As she prepares to continue her academ-

ic journey at the University of Texas at Austin, Nelson sets her sights on studying neuroscience on a pre-med track. She is motivated by her desire to address the disparities in healthcare access. Nelson envisions a future where she can bridge the gap and provide much-needed support and representation in the field of neurology. “I love working with kids, but my main in-

their form of culture in various ways. “[In] her second project, which is her celebration of black history, they put together an event where they invited students to come share works that meant something to them,” Alexander said. “Ryann read a piece from Maya Angelou that was powerful and so perfect because it directly addressed what it takes for a black woman in a modern so-

ciety to obtain respect and how to manage that power once they have it and that is just absolutely fitting.” Obtaining a title in popular clubs requires maintaining good character and ensuring everyone’s comfort, which isn’t easy, but Nelson does it with proficiency. Her resilience shines through, serving as a beacon of inspiration for her peers as she collaborates and guides them to success. By establishing herself as a presence in classroom settings, her natural confidence aids her in being a great leader. “The thing about Ryann is that she understands how to strike a balance between being assertive and establishing a presence, while also being incredibly respectful and patient,” Alexander said. “She has a curiosity and asks great questions. She always wants to know why, how and what exactly was going on.” Nelson’s admirable qualities resonate not only in her assertiveness and respectful demeanor but also in the



Photo from J Dionne Photography

Senior Ryann Nelson poses in her gown.

terest is black women because they don’t really have doctors for [neurological] issues so that’s what I plan to focus on,” Nelson said. “[After UT], I definitely want to go to medical school and my dream medical school is the University of California, Los Angeles (UCLA). I always knew I wanted to do medicine, so that’s why I started taking medical terminology at McMillen to jumpstart my journey.” Nelson’s dedication to amplifying everyone’s voices extends beyond the realm of healthcare. She uses her drive as a force to bring her community together in the form of artwork, speech and similar experiences. By co-hosting the celebration of Black History Month, Nelson let everyone have their moment to shine as they expressed

depth of her friendships and relationships with teachers. She aims to earn the trust of those around her, especially in friendships through her supportive manner. Her selflessness in projects mirrors her reliability, truly embodying the essence of a true leader. “She is very integrous regardless of the situation,” senior Kenzie Sattizahn said. “Whether that’s to her mom, her teachers or her friends, she is always doing what she says she’s doing or goes where she says she is going. I feel like I could always trust her to have my back; she’s just a good friend overall. She is always supportive and truly has all the components you could ask for in your student class president. I could go on and on.”



Hands on Deck

Photo from Unsplash

By Liliana Aguilar

Students rush to the scene eagerly to see what the task is. Spectating big surgeries and taking notes on their perspective. Clinicals is a program offered with the Health Science Theory (HST) elective. This class gives students in the program a chance to get hands-on experience in the medical field. The class is an opportunity to learn things from the medical field aspect and see if it is a career worth pursuing. Clinicals allows students to get real life experience of surgeries. The students are taught how to give CPR and how to check for vital signs. Students who take health science theory learn the basics of what is needed for clinicals. “The best part about clinicals is getting to go out into real hospitals and outlying sites and getting to see these surgeries and treatments that you honestly wouldn’t have seen without taking the program,” junior Audrey Ngyuen said. “We get a taste of what it’s like behind the scenes to be nurses, doctors and other healthcare workers.” Senior Andrea Rivas is a student in Practicum I for clinicals. Practicum teaches her many things and fully secures her commitment to the medical field. Health Science Theory is a very informative course to take if the medical field is something worth pursuing. In practicum, clinical rotations

are offered and the students will learn the anatomy of a person in a more in depth way. There is tons of hands-on practice given in this class. Not only do the students get to spectate real life experiences of things in the medical field at such a young age but they also get to meet inspiring healthcare professionals. Meeting individuals who love their job and found happiness within their career can be one of these students’ biggest motivation to pursue a healthcare career. “The program has definitely given me an amazing opportunity to get experience and to have a clearer picture of what I want to do in the future,” Rivas said. “The best part of clinicals is going to be my clinical rotation sites and getting to have the experience of what the day of in the life of a healthcare profession looks like.” Nguyen is a student in clinicals. Before her junior year, she took health science theory. Being a part of clinicals teaches students in the program hard skills such as, skill management, communication, and writing, as well as, soft skills. Problem solving and communication skills are very important parts of being in the program. Often clinicals students need to step out of their comfort zone when getting this hands-on experience. This is not an easy program to take mentally or physically. Being in a program that

can be as difficult as this comes with the struggles of feelings awkward or self conscious can be hard. Students in the clinicals program learn to ask what they want to see or understand. There are so many things to learn in such a short period of time in a day. It is important to be serious in this program because all of it determines where you see your future. “At the beginning of the year, we are taught and tested over things like spread of infection and how to move patients and we are certified for CPR,” Ngyuen said. “We also learn how to interact with others and solidify our interpersonal skills like how to be bold and ask what we want to know and how to step out of our comfort zone.” This programs give such a good opportunity to students who are interested in doing something in the medical field. It accurately shows the students a real day in their life in the field. It gives them a chance to see if they truly want to pursue this career in the future. “Clinicals has shaped me into a better person, and has given me more maturity because of the things I see on a daily basis during my clinical rotations along with having more empathy on the most scary-vulnerable moments patients face,” Rivas said.

Summer Sun: Romanticization of Freedom

By Sydnie Grayson, Shar Kiefer and Camille Wright

Photo from Unsplash

As the school bell rings for the final time, signaling the end of another academic year, a sense of anticipation fills the air. For students, it marks not only the beginning of a well-deserved break but also the start of a season filled with possibility: summer. “I start planning my summer after summer ends,” senior Ruth-Anne Papenfus said. “My whole school year is ‘once summer starts again, I can do this,’ but it’s also [that] summer is just freedom. With school, you have to keep up with your grades and your classes and keep up with people, and sometimes in summer, you can just disappear. You can just be totally free.”

Summer Spending Surge

A young boy takes a watermelon from his mother’s car as the opening to “I Won’t Grow Up from Peter Pan” plays in the background of the Publix 2023 summer commercial. Filled with iconic summer scenes ranging from a pool to corn on a grill to a family’s Fourth of July cookout, the commercial captures the essence of summer while convincing viewers to get their summer essentials from Publix. As spring turns into summer, companies try to capitalize on the season’s economic opportunities. “Everything is ‘buy this for summer,’” AP Environmental Science teacher Shelby Peyton said. You can’t wear the same thing that you did in spring, so you have a lot of hyper-consumption. I think companies very much benefit from the marketing that summer brings. Also, people have more time to shop and do things.” The end of the academic year often leads to increased youth employment, with many high school students seeking to earn extra income and gain valuable experience during their summer break. According to the Bureau of Labor Statistics, the summer of 2023 saw a significant rise in youth employment, with approximately 2.7 million teenagers entering the workforce, a 10%

increase from the previous year. This shift from classrooms to cash registers benefited businesses with additional staff and local economies as teenagers spent their earnings on entertainment, dining, and other consumer goods. Summer jobs provide valuable life skills, such as time management, communication, and teamwork, to students, all skills that benefit students in future experiences. “Usually, I’m working [a] summer job,” junior Alex Hernandez said. “I go shopping more, I’m out more, and I [have] more free time.” The beginning of summer signifies the start of peak tourism season. Families planning vacations and couples taking romantic getaways see summer as the perfect time to go on a trip. Accommodations, including resorts, hotels, lodges, and vacation rentals, experience an increase in business as tourists look for places to stay. Restaurants, attractions, and companies also benefit from summer tourism, especially in popular vacation areas. In addition to the boost in business, summer tourism can also positively impact the local economy. Many companies rely heavily on tourism revenue, and the influx of tourists during the summer months can help support jobs and stimulate economic growth in the area. Summer tourism can be a win-win situation for tourists and the local community. “I think summer has a big effect on the economy because people are going on vacation even if you’re not going on vacation you’re putting your kids in summer camp,” English teacher Jerrod Kay said. With the increase in tourism comes an increase in travel. Airlines see a sharp rise in bookings during summer as tourists rush to embark on cross-country journeys. This summer, flyers can expect crowded flights, increased prices, and a shortage of airport staffing, according to Investopedia. Recent incidents regarding aircraft company Boeing only add to the troubles flyers can expect to face this summer. According to CBS News, Boeing is experiencing significant

production delays due to an incident on Jan. 5 when a door plug came off mid-flight, which raised questions about the safety of Boeing aircraft. The surge in summer travel has implications for the sky and the roads, specifically for those looking to use a rental car. Rental car companies experience high demand, often leading to shortages in available vehicles and inflated prices. Road trips have become a popular alternative for travelers who want flexibility and to avoid crowded airports. However, the cost of gas can be a concern, especially with fluctuating prices potentially affecting travelers’ budgets. Despite these challenges, the allure of exploring new destinations during the summer months continues to drive economic activity, benefiting all aspects of the travel industry. “We [will] take a flight from DFW to the Madrid airport and then a connecting flight to VLC airport in Valencia, Spain,” senior Shyann Katsuri said. “Luckily we don’t need to worry about hotels because our friend is letting us stay in her beach house for the three weeks we’re staying there.” During the summer of 2023, consumer spending increased by 4% from July to September, according to Bloomberg. Car accessories, furniture and sporting equipment, topped the list of categories where consumerism increased. Companies that released commercials during the 2023 summer, like Door Dash’s Summer DashPass ad or Bud Light’s controversial commercial featuring transgender influencer Dylan Mulvaney, capitalized on the summer season to bring in new customers. “I feel like my buying increases late, spring rather than summer, just because everything is [promoted as], ‘get ready for summer,’” Peyton said. “[It’s] such a common practice to get a new swimsuit or just restock on all of the summer products like sunscreen and whatever else goes along with that.”

Blockbuster Summers

The summer season became popular in pop culture during the 1970s with movies, such as “Grease” and “Dirty Dancing,” as romance is a popular topic amongst these older films. More modern films include “Anyone But You” and “Mamma Mia.” Most of these movies focus on the fun, light-hearted aspects of summer in order to appeal to teens and young adults. “Mamma Mia is the perfect summer movie because it encapsulates nostalgia so well,” senior Shyan Kasturi said. “The soundtrack is the biggest example of this. Since the movie re-recorded most of the songs from ABBA, people reconnected with music from the ‘70s and it brought back memories from the past.” According to ComScore, films in the summer tend to do better than any other season throughout the year. In 2023, major films came out during the summer, such as “Barbie” with Margot Robbie and Ryan Gosling and “Oppenheimer” with Cillian Murphy, breaking box office records with “Barbie” making over \$1.4 billion and “Oppenheimer” making \$953.8 million. These numbers are thanks to the timing of the release of the film as well as the effective press coverage leading up to its release. This season makes up 40% of the domestic box office statistics, according to ComScore. “I think it definitely has to do with the fact that there are no real obligations in summer as a kid,” Papenfus said. “Obviously, as an adult, you work full time, but as a kid, you no longer have to go to school and keep up with all of your day-to-day expectations.” Several films focus on the summer plot rather than the timing of the release of the film, however this is more prevalent in older films. Whether the genre is horror, romantic comedy or drama, films surrounded by summer aspects are most watched by young adult generations, according to Boxoffice Pro, with 92% of people attending the movie theater in the age group of 18-34. Part of this statistic is due to the fact that summer is more appealing

to people of this age group as they have more time on their hands. “I think anything that is an old 2000s rom-com or an

old high school movie all involve summer [whether] they’re just coming back from summer break or they’re about to go on summer break or they’re celebrating graduation,” senior RuthAnne Papenfus said. “Everything is ‘I can’t wait for summer this and summer that.’” In general, summer films attract a large audience because students are out of school and adults have more time off to spend with their children. Several family movies, such as “The Rise of Gru” and “Minions,” attract all audiences because of their inclusivity and general appeal. The “Despicable Me” series became a summer staple, especially after the first movie came out in 2010; this series continued to make it big at the box office. The first movie made \$543.6 billion and “Minions,” a sub-movie to the series, made \$1.159 billion at the box office. According to Collider, the minions are popular due to the slapstick comedy featured in their films and the continual features in the media, even in today’s society. These movies became iconic summer blockbusters because of their release date and the summer season featured in every film with its bright colors. “Summer is a good time for all of us,” Papenfus said. “The weather is nice, that’s a very big time for vacations, that’s when you get together with all of your friends.”

Summer Lovin’

Title taken from “Grease” song “Summer Nights”

Summer is often regarded as being joyful, cheery, and bright. As seen in teen media such as the book series and recent TV show, “The Summer I Turned Pretty,” high school students see summer as a time to relax, destress from the school year, and hang out with their friends. “Summer is the only time you get to swim or read or whatever,” Peyton said. “I am a huge reader and I know that in high school and college, I would never read for fun except for [during] the summer.” While many students and teachers take trips during the summer, staying home can also relax the mind and allow time for hobbies to flourish. Many find that they can also visit their family that live in other states as a time to be together and reunite. “I would say I enjoy summer as a teacher because we don’t have school so I don’t have to worry about grading or going to meetings,” Kay said. “I can sleep in and spend time with the rest of my family. My wife is also a teacher and

our son is in fourth grade so that’s when we go on vacation.” Throughout the summer,

students can be worry-free with exams, tests, and homework out of the way. For seniors, they can relax before entering the world of college, meet up with their future roommates, and get ready to move into their dorms. Summer is a time where students can have fun and be themselves away from school. “Most of the school year, we’re working 24/7,” Hernandez said. “I know as a student athlete. I’m on the go everyday, so summer is a good time to relax.” With the pressure of sports and keeping a good presence on the field, summer can allow students to play sports without worrying about being on the field. Hernandez is a junior varsity soccer player, he uses summer as a destress period by working a summer job and going out with his friends. He finds that he is often more stressed coming back from a break. “I’m so much more stressed because I have to keep my grades up and try to get into college,” Hernandez said. “The soccer coaches are looking at me and expecting more of me.” Students see summer as a way to feel alive and learn what they can take away from the school year. Whether that is sports, shopping, or something else, summer is a break for students to help them accomplish things they thought weren’t possible. Summer is a way for students to find new passions and hobbies, taking them to the next level in skill sets and more. During the summer, students don’t have to worry about AP exams, tests, or classes. “No school is always a plus,” Kay said. “It’s warm outside, so you can spend the day outside, you can go to the beach, go on vacation and there are just way fewer responsibilities” Students during summer don’t have school to hold them back: for some they prepare for college, learning how to live by themselves. Summer is truly important to students because of the freedom they are given. “[The students] are smiling more, they aren’t burnt out and I’m not burnt out,” Peyton said. “By the time May comes around everybody is just so exhausted, especially the students. They are much happier in August.”



Home Field: Highschool to College Baseball

By Muhammad Abdullah Farid

As the last hitter leaves the on-deck circle for his turn, his heart beats faster and faster as the crowd cheers. He moves with excitement and nervousness, feeling the pressure of the team on his shoulders. There is a time in the life of a high school athlete when they get the opportunity to be recruited based on their performance, on and off the field. It is the most anticipated part of their athletic career and it will influence their life as a person and a future professional player. Carrying the tradition forward, 11 seniors on the baseball team were recruited by colleges across the country this year. "I've been playing baseball since I was three or four years old and I have loved playing throughout middle school and high school," varsity player Drew Devillier said. "Baseball taught me how to fail and get back up and find a way to succeed through difficulty and pressure. It's always my goal to be the best person and the best athlete on the field." The district is currently one of the most competitive districts in the state and the team is ranked 8th in District. The baseball team tries to replicate col-

lege-level practices, not only to compete against other schools but to prepare athletes for college-level sports. "Since [the school] is such a big school, we play against a lot of other big schools," Devillier said. "It's probably the closest you can get in high school to college sports since we play [in district] 6A." Playing sports for a college is one of the most important steps in the life of an athlete as it decides their life as a professional player. While playing for the high school team, athletes attempt to get in touch with different college recruiters. Mostly, during summer camps, the players get the attention of the college recruiters, where they get on the college's radar. Usually, the recruiting process starts during their junior year. "Before they even ask about what kind of players they are, they want to know what kind of people they are," head coach Tommy Sparks said. "They want to know, 'are they hard workers? Are they good teammates?' All [of] that is more important than baseball because if they're talking to me, they probably already think you're a pretty good baseball player."

Playing baseball at the college level is faster and more competitive as compared to high school-level games. Recruiters always look for athletes who are hard workers, not only on and off the field but also in academics. The athletes who go to college not only go there to play but also study and get a degree. "The biggest difference between playing at the college level and playing at the professional level is that you're still there to be a student," Schlegel said. "As a collegiate athlete, you're focusing on multiple things; you're focusing on your life, to get a degree, and not just the sports." The baseball team has a huge presence on social media platforms, like Instagram, Facebook and Twitter, to showcase their achievements. The presence helps the individual players get recognition, but also get the attention of different colleges. It also helps the students who do not get noticed by colleges and recruiters. "We have somebody on our baseball staff that handles all the recruiting stuff," Sparks said. "We try to help them get wherever they want to go; even in an academic situation, maybe they don't even wanna play baseball, maybe we have some connections or put them in touch with somebody to help that process." Last year the team was on 0-14 and ranked 8th in District. At the end of the day, the athletes describe it as a chance to dig into their mistakes and learn to avoid those mistakes in the future and move on. This helps them prepare not only for the season but to play next-level college baseball. "We try to build a cohesiveness that most good programs and most good teams have, that's what we're moving towards," Sparks said. "It's not all the way there yet, but it's getting better. In our program, we are helping you to become a productive citizen, a good person, a good father, a good brother, and a good son."



Photo from @shotbybrm

Senior Connor Schlegel on the field.

Invisible Clubs: Lacrosse's Path to Playoffs

Photo from Unsplash

By Sydney Grayson

Lights shine down in the stadium on senior Diego Herrera as he leads the lacrosse team in their practices at McMillan Junior High School in Wylie. Despite the bright lights on the field, the lacrosse team remains in the shadows, as they are not a sport, but rather a club. Fortunately, the team is working hard in hopes of making it to the playoffs this year. “[Lacrosse] is really satisfying to watch, just because it’s a mixture of hockey, football and soccer,” Herrera said. “I’ve always enjoyed all of those sports, so it’s just a perfect blend. I’ve played ever since I was in third grade, so it’s always been a part of me.” According to the Army and Navy Academy, lacrosse has become a popular sport because of the newfound staple in the National Collegiate Athletic Association



(NCAA) as well as the emergence of professional leagues, such as the Major League Lacrosse and National League Lacrosse.

“Honestly, [the coaches encourage] showing up and giving it your all,” Herrera said. “You learn a lot from lacrosse because it sucks a lot of the time, but the reward you get from playing is worth it.” In the club, students of all ages can join, starting in third grade. The club has five separate teams: varsity, junior varsity, eighth grade division, sixth grade division and fourth grade division. “This year’s different just because it’s my senior year and it’s the first year that I’m one of the oldest guys on the field,” senior Ethan Soderberg said. “It’s like a different perspective for me; I’ve been a captain for two years now, but I fully get to be a leader and fully get to see and help the guys below me grow.” The lacrosse team practices every weekday from 7 p.m to 9 p.m at McMillan, partially because it is a good location to meet in the middle for all of the schools involved with the team. These include Wylie High School, Wylie East High School and Garland High School as well as from the school campus. Apart from this, the team plays games on Wednesdays and Fridays, competing against local schools and some schools outside of

the district, such as Bishop Lynch. “[Lacrosse] takes up a lot of my time,” Soderberg said. “It’s definitely a commitment and unfortunately, it’s a big portion of your school nights. I think it’s definitely worth it. It’s a lot of fun and we just all love the sport. We sometimes do film sessions or we’ll workout together on the weekends as well.” Following their strong run last year, the lacrosse team strives to make it to the playoffs and do better than they did. With several players playing for outside clubs and select teams, Soderberg claims that their talent is greater than in past years. The requirements in order to make it to playoffs include winning half of the season’s divisional games and maintaining a higher goal differential than the other teams. “As far as how we’re playing together, we still have a good chance at making the playoffs, so it’d be pretty cool,” Soderberg said. “We made it pretty deep in the playoffs last year, so that was pretty awesome. I think we can definitely do it again, we definitely have the talent. We have the work ethic to get there.”

Swing to Success: Softball Team 4th in District

By Aveesa Bhayani

Stepping up to the pitch, the softball team enters the field, gearing up for success. Split down the middle with wins and losses, the team ended their season on April 19, with a 17-17 record marking a wins-to-losses margin of .5 arriving just short of the final playoff spot. In a heartbreaking 4-0 loss against Flower Mound High School, the team played their last game of the season. However, they are optimistic for a triumphant return next spring. To promote success, the team has a series of traditions they carry out before and after each game. "Each team member has their game where they put together a little bag with an inspiring quote, some ribbon to wear in our hair, and some different colored glitter just so it really captures the fact that this is more than just a game; it's about being together, being a team and really putting forward everything that we've worked for," Dawson said. "My quote at the beginning of the season was about being underdogs, about how being what people didn't expect to see and really surprising them this season." Despite their disappointing loss, the team remains strong in their values and work ethic. Starting with a new head and assistant varsity coach last year, the team has been in their rebuilding phase the last two years. However, the team has still managed to garner some impressive wins including a win against Melissa High School. The high school located in Melissa, Texas is

nationally ranked and currently 1st in the district. They only faced one other loss this season in a nail-biting game against Lovejoy in March. Through these wins and losses, the team continues to grow together. "The team we have now, we've all been together for three years now," junior Jadyn Dawson said. "Every day it's been a grind so for us to come as far as we did in this short amount of time and to achieve some of the things that a lot of the teams didn't think we were going to achieve is like a really big thing for us. We played lots of great teams around the metroplex and to be honest this season I feel like has been our best one so far as far as communication, and work ethic." The team has also had a number of individual accomplishments with multiple athletes going on to play college ball. Junior Marli Kennedy, a signee with Temple College committed to her future college after working hard in both track and softball for this opportunity. "It's really about all who sees you," Kennedy said. "I played outside of school which is why I got recruited and you just have to email and hope they come out to the games and when they do come out, you just got to perform. It's difficult but that's the fun in it." Juggling both track and softball, Kennedy started track as a way to become faster in softball - a demonstration of her dedication to her sport. In a twist of fate, she fell in love with the sport. "I would meet all kinds of people be-

cause we would run against different teams; it's not like softball where



we play the same teams every year," Kennedy said. "I'm gonna miss the diversity amongst both [sports]." Dawson, committed to Northwestern State, has also trekked the long and hard journey to success. Starting the recruiting process back in middle school, she has been emailing coaches to come to games since the 6th grade. After placing third in the nation with her club team this past summer, she finally received an offer from a school close to her heart. "My cousin actually ended up going to Northwestern State for softball as well, so I had been around it from a young age," Dawson said. "I've been to the campus, seen the facilities and it always just felt really close to me and my family. They got a new coach who really inspired [because] we're gonna be her new class and it was the process of rebuilding and being a part of something [new] that really made me pick it." Continuing the legacy of rebuilding Dawson and the team aim to make next season their best season yet. "Everyone works hard, everyone puts in the same amount of work because we want the same outcome," Kennedy said.

Keeping Pace: Runner's Path to Success

By Camille Wright

Cheers erupt in UT Arlington's Maverick Stadium as the last sprinters for varsity girls' finals cross the finish line. One of these athletes is junior sprinter Karis Jenkins, who advanced to regionals with fourth in the race and earned an impressive personal record of 11.91 seconds in the 100-meter dash. "Before I go into my blocks, I really just try

to imagine myself running the race," Jenkins said. "While I'm running, my mind just goes quiet, especially for the 100 because it's kind of short. [When] I'm running the 200, towards the end, I get more tired. So I'm just thinking that I need to keep running and keep going." The journey to a track meet begins promptly at 7 a.m. during varsity morning practice. Athletes start with stretches to prepare their bodies for the workout ahead. From there, with the guidance of coaches like men's coach Jonathan Bannister, women's coach Robert Reed and assistant coach Allison Compass, runners do acceleration drills, practice starts, and run various lengths to build stamina for the races ahead. "Morning practice for me is both physically and mentally beneficial," junior Ife James said. "It helps me exercise my body and my leadership skills with the rest of the team everyday. I love going through hard workouts with teammates and helping each other finish through." The two hours athletes spend at school practicing every weekday allow them to receive corrections, learn new skills, and perfect their technique for each event. Also, the opportunity to represent one's school at a meet or competition is a unique thrill that these athletes enjoy. Some runners, though, choose to participate in a club team to supplement their in-school training.

Official because it gives you exposure and keeps you in shape," James said. "Staying in club track through the summer when there is no school sets you up for the upcoming school season and gives you the opportunity to experience Junior Olympics, if you qualify." In addition to opportunities like the Junior Olympics, track outside of school can

be a one-on-one coaching opportunity for those who need it. Because track is such a popular sport, the team is large and has many athletes in each event. However, this makes it more difficult for athletes to get one-on-one time with school coaches, so athletes often turn to outside resources to get the detailed coaching they may need. "I run with an A.A.U. [Amateur Athletic Union] club team during the summer and winter," junior Athena Hayes said. "It's definitely a lot on my body. Sometimes during the winter, I have school track in the morning and then club practice after school, but my coaches are really good about communicating with each other so that helps." Track athletes like Athena often turn to resources like cryotherapy to help their bodies recover from a long day of practice. For many track athletes, running for Division 1 schools in college is the ultimate goal.

Though an incredible accomplishment, having fast times is only part of what colleges look for when selecting athletes. Even while improving on the track, athletes must keep their grades from slipping if they want to run in college. For these athletes, balancing a busy schedule becomes all the more critical. "It's kind of hard, especially junior year, [when]

there's a lot more work," Jenkins said. So, I've been figuring that out for myself. Now that we're in season, and I go to school track, club track, and then track meets, I mainly just try to do schoolwork whenever I can." Mindset can impact your performance when running, specifically for longer-distance events. These athletes may turn to techniques such as breathing exercises or mental encouragement when embarking on a race. Though especially important for races like the 400, 800, or 1600, a positive mindset also relates to shorter distances.

"When you step on the line for a sprint event, you [have] seven other people you have to run against," Reed said. "When you get on the line you've got to be confident. You can't [beat] yourself up before the race. With track, it's just about confidence." The regional meet saw several panthers, including Jeremiah Gordon for the discus throw, Jenkins for the 100m, and girls for the 4x100 and 4x200 relay. The team's impressive outdoor season ended at the 6a State Championship, with the boy's 4x200m relay coming in at 6th with a season personal record. Going against the top athletes in the state, Ezra O'Neal finished 9th in the long jump, and Phillip Reed finished 7th and 6th in the 110m and 300m hurdles, respectively. "Track is a lot of work physically and mentally," Hayes said. "But if you're willing to put in the work, you can be really great."



Photo from Heather Waters

Athena Hayes passing the baton to Karis Jenkins during a relay

"Running both school and club track is bene-

Controversy Behind Pluto's Planetary Classification

Staff Editorial

For many current students, the solar system they learned about in elementary school contained eight planets, ranging from Mercury to Neptune. However, previous generations learned about a solar system with a ninth planet, Pluto. In 2006, the International Astronomical Union (IAU) declared Pluto was no longer a planet, but rather a dwarf planet. This status downgrade generated much dissent from scientists and the general public, leading to the debate of whether the IAU should still consider Pluto to be a planet. Although there are many varying opinions, the IAU's decision to reclassify Pluto as a dwarf planet is justified by the fact that change results from the constant discovery of new knowledge. The main point of disagreement comes from the definition of what a planet truly is. According to NBC, the IAU declared that a planet must be spherical, orbit the sun, and gravitationally clear its orbit of other objects. By this more accurate definition, Pluto is clearly not a planet because it shares its orbit with other objects called Plutinos, which include asteroids, comets, and oth-

er icy bodies. Because Pluto does not meet the third criterion, it is better classified as a dwarf planet. According to the National Aeronautics and Space Administration (NASA), dwarf planets are smaller planets that meet the first two criteria but are not gravitationally dominant in their orbit. In addition to Pluto, there are five other recognized dwarf planets in the solar system, such as Eris. Most of them exist in the Kuiper Belt beyond Neptune, just like Pluto. Not only does Pluto share its orbit with other objects in the Kuiper Belt, but the shape of its orbit is distinctly different from other planets. According to NASA, all orbits are elliptical, but the planets' orbits are almost circular. Pluto's significantly elliptical orbit sometimes crosses Neptune's orbit, which is another element not seen in other planets. Additionally, the composition of Pluto differs from other planets. NASA categorized the four inner planets, which have a composition of primarily rock or metal and a solid or liquid surface, as terrestrial planets. The four outer planets are known as the giant planets and they are mainly composed of hydrogen, helium and rock compounds. Contrastly, according to Space.com, Pluto is 70% rock and 30% ice. These drastic differences between Pluto and the other planets draw a distinct line between them, proving the fact that Pluto should be in a separate category as a dwarf planet. In examining the definition of a planet, it is clear that definitions change over time. In 1600, a planet was loosely defined as any geologically active body in space. Scientists continued to follow this broad definition even in 1930, which according to the Lowell Observatory, was when Clyde Tonbaugh discovered Pluto. According to NBC, some scientists, such as planetary physicist Philip Metzger from the University of Central Florida, decided to disregard the IAU's definition and continue using the 17th-century definition. The point they fail to mention, though, is that change equates to growth and Pluto's reclassification is proof of scientific progression. If

the general public still believed the same theories as in the past, everyone might still think the Earth is flat. In refusing to acknowledge that Pluto is not a planet, these scientists play a part in hindering the accumulation of new, invaluable knowledge. If the IAU decided to reconsider Pluto as a planet again according to the definition from the 1600s, they would also have to consider any object orbiting the sun, including all of the comets, meteoroids, asteroids and other dwarf planets in our solar system, as planets too. This would create over 150 new planets, and in theory, there is no reason scientists cannot do this. According to the head of the IAU's Minor Planet Center Timothy Spahr, there are over 200 bones in the human body, but no one ever redefined bones to make life easier for medical students. However, creating so many more planets just to reclassify Pluto as a planet again is simply adding unnecessary complexity to the concept of the solar system that everyone is already familiar with. In reference to Spahr's analogy to bones in the human body, the main structures of the body such as the spine and ribcage are common knowledge, but only medical specialists need to know about the small nuances. This also how it should play out with planets in the solar system. Pluto's classification as a dwarf planet is the best way to accurately enhance everyone's understanding of the solar system without fundamentally changing the entire concept of it. Ultimately, the scientists who originally established the rules of science created them to help the general public better understand information, which proves why we must preserve the structure and hierarchy of the solar system as it is.

39.4% of students believe Pluto should be a planet

21.7% of students are not sure if Pluto should be a planet or not

29.5% of students believe Pluto should not be a planet

9.3% of students chose not to comment

***out of 323 students polled**



**The Panther Prints staff voted 6-3 with majority opinion believing that Pluto should not be a planet.*

Home Cooking Benefits More Than Dining Out

By Varsha Jhanak

Dining culture over the years shifted drastically. For many, dining out is considered a luxury, used to celebrate special occasions with loved ones. But, for some, dining out is a commonality. With the rise of fast food in the 1970's, access to quick, cheap food became easy, making its consumption higher. During the COVID-19 lockdown, home cooking became more prevalent after restaurants shut down and people could not dine out. This sparked a debate over whether cooking at home or dining out was better. Homemade meals for a majority of meals benefits diners as they save money, time and benefit health much more than dining out commonly. Consistently consuming food from restaurants for meals has negative implications on one's health. According to Business Insider, regularly dining out raises sodium and cholesterol levels. Food prepared at restaurants, especially fast food, contains more saturated and trans fat than meals that would be prepared at home. High levels of sodium and cholesterol have negative effects on the body, increasing the risk for negative bodily functions. In a home cooked meal, the person cooking controls the amount of sodium and fat in their meals, by ensuring they use healthy ingredients and do not use anything in excess. In addition, restaurant foods overall tend to have a high calorie level. By consistently dining out, one's body has a much higher caloric intake than necessary. According to Healthline, the average fast food meal contains any-

where from 1100 to 1200 calories. One fast food meal is almost all of a woman's daily recommended caloric intake, 1600 to 2400 calories, and nearing two-thirds of a man's daily recommended caloric intake, 2000 to 3000 calories. By consuming home-made meals, one controls their caloric intake and ensures that they receive

these costs will go down. Essentials for cooking, such as oil or salt, do not have to be repurchased from time to time, thus cutting down costs. Cooking at home also leaves room for extras which saves money by allowing one to eat the same meal again. Dining out may seem cheaper short term, but cooking at home saves money in the long run.

According to Business Insider, regularly dining out raises sodium and cholesterol levels. Food prepared at restaurants, especially fast food, contains more saturated and trans fat than meals that would be prepared at home.

In general, dining out is commonly conducted due to the convenience it allows in terms of time. Fast food is prepared within a matter of minutes and is relatively cheap. However, this convenience provided by dining out. The long term health implications that consistently dining out have on a person's body are not worth the convenience. These effects may lead to cardiovascular disease or diabetes, conditions which can kill

a healthy but excessive amount of calories in a day. By cooking at home, the diner has the ability to control what goes in their food, thus controlling their health. According to the Bureau of Labor Statistics, the average American household spends around \$3600 dining out in a year. Overall, food served at restaurants costs more due to added costs: labor, rent, or kitchen equipment. According to Money Under 30, restaurants markup their food by 300%, meaning a \$5 meal at home would cost \$15 at a restaurant. Budgeting for cooking may seem like a lot at first as there are many costs associated with cooking, such as ingredients, utensils and utilities. However, in the long run,

a person. In addition, the cheap convenience of dining out for all meals adds up and costs quite a bit in the long run. By cutting down on restaurant eating, one preserves their bank account and their health. All in all, dining out is a short term solution which leads to long term problems. All good things must be done in moderation. Dining out is an experience, allowing people to relax and have a nice meal prepared for them. However, this does not mean that people should dine out consistently, but in moderation. Cooking meals for oneself gives more long term benefits by preserving health and saving money.

Cool For Summer: Guide to This Year's Summer Fashion

By Shar Kiefer

With summer coming up, it can be hard to keep up with the coolest and most unique trends in clothes and accessories. Here are some of the hottest trends of the summer season.

Cherry On Top

From fiery red to the infamous cherry red, the new hottest color has prevailed. With its bright hue, scarlet also makes an amazing hair and clothing color. The brightness of this color makes one stand out. Scarlet is also a symbol of power as wearing the color shows confidence and courage. This beautiful color can be paired with both silver or gold jewelry, upping the game on any basic outfit to turn it into a fiery display of color. The color itself can also be paired with mid-night black to create a red/black contrast creating another classic combo. Whether it's hair or clothes, red coloring is one to try.



Pretty In Pink

The 'Coquette' aesthetic quickly took over the internet as the biggest trend of 2024. Characterized by its playful nature, flirtatious makeup and cutesy bows, 'Coquette' is the definition of a feminine aesthetic. By styling cute bows and light colors, the trend has massed support with Lana Del Rey and Bella Hadid repping the trend on social media. 'Coquette' has also gained pop culture references as it was seen in Netflix's "Bridgerton" exemplifying the period-piece and modern aspects by the costume teams. Bows create a half-up and half-down style by placing them in the hair and tying it back in a knot. This is definitely one to keep in the books for a future outfit.



Color Wheel of Possibilities

Another one of the fastest-growing trends is the use of color analysis. By using photos, this emerging technology can figure out what colors look best with different skin tones as well as providing colors that may clash with a particular skin tone. This trend originally began in Asia where they are done by in-person consultations. This can now be done by simply submitting personal photos online where the new technology then analyzes the colors that are best for a certain skin tone. The quiz can be found by typing color analysis into any Google search bar; the best and most accurate analysis quiz is by coloranalysis.com. The quiz is free and the possibilities are endless beyond belief.



Quiet Luxury

Characterized by its showing of chic taste, non-overt signs of money and understated elegance, quiet luxury is the new version of preppy. This unique style of dress allows outfits to look well put together without having the expensive price tag of luxury products. This newest trend made its way all over social media, achieved in a multitude of different ways such as thrifting, buying from small businesses, and even upcycling. The quiet luxury trend is accessible to all without breaking the bank.



Senior Trips: Experiences to Remember

By Varsha Jhanak

As seniors walk the stage and graduate after years of hard work, many look forward to a beloved tradition: the senior trip. According to the Los Angeles Times, the tradition of a senior trip gained popularity in the late 70s and early 80s. Since then, their popularity has only grown stronger, becoming a time honored tradition every graduate looks forward to.

Florida: Fun with Friends

For some beachy fun, senior Reese Aksamit plans to visit Seaside, Florida, and Gulf Shores with a group of friends. After being invited along with many other girls on her senior trip, Aksamit also planned with a small group to visit Gulf Shores for more relaxation. As one would expect with a beach trip, Aksamit plans to spend her time relaxing with her friends. “[We will] mainly sit on the beach,” Aksamit said. “I know that since there are so many people, we’re expecting to each day split up into different groups and do whatever we want for the day. But, I know there’s going to be a lot of sitting on the beach, a lot of shopping, and a lot of eating food.” For her closing experience for her senior year, Aksamit hopes her senior trip will be a relaxing experience before college. “I’m just excited to hang out with my friends,” Aksamit said. “I just really want to have a good, positive experience. [I want to] get to hang out with my friends one final time and have good memories to look back on, not having to be thinking about next year at school.”

Photo from seaside.com



Cancun: Beachy Bonding

Senior Seth Romero plans to take his senior trip internationally. Along with his friends, Romero will stay in small resort in Cancun, winding down before attending college. The idea for the trip was suggested by their parents who suggested they do something fun for our last summer together, suggesting Mexico as the destination. “Planning the trip has honestly been really fun but a bit stressful trying to coordinate all of the people along with flights and events, and even golfing while in Mexico,” Romero said. “But it’s great that it’s not over and we can just wait for the trip.” On the trip, Romero and his friends plan to enjoy leisurely activities together to enjoy their last summer all together. “We plan on hanging out at the beach, going to resort events and parties, playing volleyball, and golfing at a nearby course,” Romero said. “I’m most excited to just be around my closest friends for almost a week as a last thing for us to do, as I won’t be able to see these guys for a while after that.”



Photo from Viator

New York: Fashion Design Haven

For senior Nabeeha Ali, her trip involves her future major in college: fashion design. Along with two other students and their advanced fashion design teacher, Ali will travel to New York City. As the city is vast and has many activities, Ali’s itinerary is packed with activities: both fashion related and touristic. “We are planning to go to a Broadway show,” Ali said. We’re going to visit the Fashion Institute of Technology (FIT), that’s a really good fashion school. We’re going to visit the Hadley and probably the Statue of Liberty. We’re going to go to Times Square, Brooklyn Bridge, and the Top of the Rock Observatory. We are also going to the Museum of Art and Science. I think it’s mainly going to the fashion schools, taking a tour around there, and then going to the museums, checking out the pieces they have there.” Through her trip, Ali gets a glimpse into her future by learning more about her chosen major and visiting a city she would like to live in. “I wanted to go to FIT originally but I think I’ll go later on,” Ali said. “So, I’m excited to [visit] FIT. I really wanted to go on a senior trip and fashion design is what I’m going to be majoring in for college. I’m excited to end the year off in New York because it is also a place I want to live in, in the future.”

Photo from Musement



San Antonio: Road Trip Adventure

Senior Lana Ngyuen and her friends plan to hit the road, driving to San Antonio for their senior trip. After seeing suggestions for San Antonio, Ngyuen and her friends decided to plan the trip to have a final experience before college. Ngyuen and her friends researched, planned out dates, and found activities before finalizing their trip. Their itinerary is heavy with fun-filled activities and experienced. We want to visit some markets or festivals along the Riverwalk,” Ngyuen said. “We definitely want to hang out on the Riverwalk. My mom managed to secure a nice hotel for us. There is a zoo we were thinking about, depends on if it’s open when we go or not. There were some restaurants that we were like “okay, sounds good, let’s go try it out” and some art museums for sure.” Ngyuen looks forward to the senior trip experience, with final, friend filled moments making an adventure of a lifetime. “I’m really excited about just going on an adventure [with my friends,]” Ngyuen said. “It won’t be necessarily my first trip alone without family but it will be my first trip without any other adult supervision. We’re gonna be the ones calling the shots so it’s definitely gonna be an experience for sure. But, I’m excited for it.”



Photo from TravelingMitch

**PLANO EAST SENIOR HIGH SCHOOL
SPRING EXAM SCHEDULE 2024
9-11 Graders**

TIME	Monday, May 20	Time	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
9:00 - 10:55	2nd Period Exam	9:00 - 10:55	5th Period Exam	1st Period	9-11 Grades 4th Period Exam	5th Period Presentation (Attendance Expected)
10:55-11:05	Break - 10 min	10:55-11:05	Break - 10 min	Break - 10 min	Break - 10 min	Dismissal
11:05-1:00	3rd Period Exam	11:05-1:00	6th Period Exam	0/ 7th Period Exam	2nd Period Presentation (Attendance Expected)	
1:10- 2:20 PM	Lunch	1:00	Dismissal	Dismissal	Dismissal	
2:30-4:25 PM	9-11 Grades 4th Period Study Hall					
4:25	Dismissal					



**PLANO EAST SENIOR HIGH SCHOOL EXAM
2024 SEMESTER EXAM SCHEDULE
Seniors**

TIME	Monday, May 20	Time	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
9:00 - 10:55	2nd Period Exam	9:00 - 10:55	5th Period Exam	1st Period	See below Senior Activities for day	See below Senior Activities for day
10:55-11:05	Break - 10 min	10:55-11:05	Break - 10 min	Break - 10 min		
11:05-1:00	3rd Period Exam	11:05-1:00	6th Period Exam	0/ 7th Period Exam		
1:10- 2:20 PM	Lunch	1:00	Dismissal	Dismissal		
2:30-4:25 PM	Seniors 4th Period Exam					
4:25	Dismissal					

*Enjoy this playlist with our staff picks for summer!
Have a great summer break!
- The Newspaper Staff*