

THUNDER GAZETTE

March - 2024 - Issue #7



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ANONYMOUS COLUMN

Q: What do I do when students at school make fun of me?

A: Over the years, you may start to notice slight snickering coming from behind you in the halls or a mean comment on one of your recent Instagram posts. The truth is, there are going to be rude people no matter what, so as long as you are treating people with kindness and respect, you can assume that it is not your fault.

However, some things you could do if you are being specifically targeted is reporting it to the office, speaking to a counselor about it or confronting the person. Confronting someone is a very important part of boundaries, even though it may be difficult. If there is somebody in your class who has made an unpleasant remark once, gently ask them to stop. If there are multiple times that they have made that decision, say something upon the lines of, "Hey, I noticed you do (x) a lot, and it might not seem like it to you, but it makes me feel like (y). I would appreciate it if you could do (z) instead." This states to the person what your personal limit is completely without overcomplicating or escalating the situation.

There are different ways the person could respond to your statement. Some beneficial replies would be "I will do my best to get better," or "Can you give me more examples of what you are talking about?" This establishes that the person is attempting to have a better understanding and relationship with you. Some less beneficial answers would be "You're overreacting," or "This is who I am." This shows that they are unwilling to change and you must then protect your peace with a different method, such as talking to a counselor, teacher, or trusted adult.

QUICK BRAINFOOD BREAKFASTS

Written by Eliza F.

Most people don't have a lot of time in the mornings, and there are few things worse than missing breakfast. A granola bar doesn't cut it when it comes to needing energy and brainpower for school and extracurricular activities. Here are a few quick and healthy breakfast ideas that take about 5 minutes. 😊

1. Smoothie

Smoothies are amazing and very versatile. You can use fruit, such as bananas, berries, or tropical fruit. Add a base (milk, almond milk, or a similar alternative), and protein powder works great to get in all of your nutrients.

3. Oatmeal

Some people are a bit skeptical about this one, but it's as good as you make it. Oatmeal is about as customizable as it gets! There are so many yummy recipes that make it taste amazing. My favorite way to make it is with apples, brown sugar, and cinnamon. It tastes like apple pie and it is so good! You can really add anything to oatmeal, from fruit to yogurt to anything else you can think of.

2. Toast

You can really put anything on toast and still make it taste good. Here are a few fun toast combos that you can try: Bananas and peanut butter - Eggs and bacon - Cinnamon sugar - Jam - Avocado - Nutella - Yogurt

4. Yogurt

If in doubt, go with yogurt. It's great for you (especially Greek yogurt, which is full of protein, vitamin B12, and calcium), and it's an easy breakfast on the go. There are lots of add-ins like granola, honey, and berries. If you don't want to add in anything, there are flavored yogurts that are pretty good too!

In summary, these are a few quick and easy breakfasts to incorporate into your mornings. These foods are healthy and great for your brain, and they taste good too! With a yummy, healthy breakfast, you'll be able to tackle anything that comes your way.

WHY DRUGS ARE BAD

By: Christian Patilano

Many people are addicted to drugs and it can impact one's mental and physical health. Drugs can create many problems in one's life, as well as many physical and mental effects that come with them. Some physical effects include; paranoia, lack of coordination, heart problems, seizures, respiratory depression, trouble sleeping, high body temperature, and hallucinations. A few outcomes due to drug use may also include, substance addiction, mental illness (like depression or schizophrenia), and risk of self-harm or suicide. Drug use affects you and those close to you. Drug use can lead to dependence and addiction, injury and accidents, health problems, sleep issues,

Drug usage can lead to many problems that come in the future and numerous people struggle to quit drug usage. Countless people who come into contact with drugs end up having to deal with some addiction to something else. Drugs are very harmful and can completely change your personality. Often, people who try drugs will get addicted very easily and will feel the need to abuse them for a short period of relief. Different drugs pose different dangers.

Drug use affects you and those close to you. It's safe to say that most drugs are safe for teenagers and high school students unless prescribed by a doctor. However, those younger than 25 years old face the greatest risks. Beyond alcohol, marijuana is the most commonly used drug by high school students today, with about 31% of 12th graders reporting cannabis use in the past year.

PROS AND CONS OF ARTIFICIAL INTELLIGENCE

By: Sadie Barrowes

On November 30th of 2022, ChatGPT was founded and began impacting lives all over the world. From college kids cheating on essays to eliminating biases, A.I has been changing how humans write and think.

To begin with, what is A.I? Artificial intelligence refers to the simulation of human intelligence processed by machines, typically computer systems. With computers replicating human life comes advantages and disadvantages.

Initially, one of the biggest reasons Artificial Intelligence has become so popular is the saving of time. ChatGPT can turn keywords into essays in seconds, eliminating human error and risk along the way. With its easy access and constant availability, they provide better customer service than what humans can compete with. This provides closure for those who may not have time to make activities such as lesson plans, or essay examples. ChatGPT can also be used for infrequent tasks like job resumes. The program can even give interior designing advice to make a space more calming. The assignments Artificial Intelligence can perform are analyzing data, generating reports, and verifying information. For humans working 9 to 5 jobs this can be helpful and time reducing. Lastly, the basic starter pack of Artificial Intelligence is accessible to anyone with a smart device.

On the other hand, A.I can be expensive for business deals and can cost up to millions of dollars for the official Artificial Intelligence solution. A.I also lacks imagination, and the finished product can come out as dull and uninteresting. This is unappealing to consumers because humans have a short attention span. Artificial Intelligence does not learn from its mistakes and needs assistance from humans to change something in the algorithm. One final issue is globally students have been using ChatGPT to copy off of for their essays. This is a problem because students are not improving their writing skills and the next generation could be less educated than the previous generation. This also is putting journalists out of business, since their writing is replaced by exemplary work of Artificial Intelligence, whereas there would be no human errors.

As the world slowly turns more digital everyday, robots have become smarter than human beings. Hence, Artificial Intelligence is an aid to many but as a drawback to others. They are an act of service to teachers, college professors and candidates. However, this new development is used for students to escape essays and can be costly.

However, the CDC reports that high school students have used other drugs, too. The Drug Enforcement Administration (DEA) has compiled research linking teen substance abuse to poor academic performance. Specifically, these experts cite lower grades, higher rates of absence, and dropping out as common effects of drug abuse in high school. Some things that show the effects of potential drug use include: a drop in grades, inability to concentrate or retain information, decreased performance on tasks that require executive functioning, skipping school or other related activities, and dropping out of school entirely.

if you or someone you know needs help call 1-800-662-4357

WAKING AND SLEEPING

Jonah Saling

Waking up in the morning is difficult, with most teens staying up late at night making it hard to wake up in the morning. School schedules require students to wake up early, which is a constant struggle for some. Not only waking up, but falling asleep can be horrible. A lack of being able to fall asleep is called insomnia. Recent studies have shown that waking up in the morning is becoming even more difficult. Carter Dalley goes to bed around 11:00 pm and wakes up around 6:00 am. He states, "waking up in the morning is not easy" . Others say they are trying to resist the "snooze" button on their alarm because they will fall back asleep. Ryan Jinimez goes to bed around 12:00-1:00 am and explains how it is almost impossible to wake up in the morning.

Other students don't struggle at all. The people who fall asleep before 10:00 tend to sleep better and wake up to start their day easier. Morgan Wang goes to bed by 10:00 and explains how waking up isn't very difficult for him. Max Miller has the same explanation. Nathan Boyer goes to bed at 9:00 and wakes up earlier than normal for sports. Bradley Wiley also goes to bed at 9:00 and explains how waking up and getting ready for the day is easy for him. This shows that waking up earlier will help people sleep better.

In conclusion, students who stay up later struggle to wake up in the morning, while students who go to bed earlier seem to wake up easier.

Monthly polls

check out this months polls at

<https://forms.gle/kp2SPb9mfTjWvqsC9>

Creative writing

Prompt:

Have a short story or a response to the prompt, send it to us at

27carlsaud@washk12.org Or

27thackemim@washk12.org

DHMS STAFF SHOUTOUT:

MR. JOSEPH

Written By Kara Blakely

Our shoutout this month is Mr. Joseph!

At Desert Hills Middle School, Mr. Joseph teaches 9th-grade math and runs MathCounts along with his fellow teacher Mr. Stevenson. Mr. Joseph has been a teacher for about 15 years, and all those years have been spent at this very school. Although he has been a teacher for so many years, Mr. Joseph previously had another career in mind. Because of his love of math, engineering was a career he wanted to pursue. Partway through college, Mr. Joseph realized that he didn't want to just sit at a desk all day, and instead, he wanted to teach.

Out of all the subjects he could have chosen, Mr. Joseph chose to teach math. Part of the reason why is because he enjoys doing math. Besides that, the engineering pathway he was already taking obviously involved math, so he wanted to continue doing similar things. There are many types of math, and to Mr. Joseph, algebra is the best and most fun of them all. Speaking of fun, in his free time he takes delight in many outdoorsy activities such as camping, hiking, and playing sports. He also loves spending time with his family.

If he had to name any challenges with his job, it would be working with students.

There are kids who get math quickly and kids who don't understand it; students who are at school and ready to learn and students who aren't. As a teacher, he has to figure out the best way to work with them. On the contrary, working with students is also Mr. Joseph's favorite aspect of his job. Teaching them, and helping them to see how to work through problems, and teaching them logic and reasoning is something he takes pleasure in.

It's great that Mr. Joseph chose to teach because students who have him love him and his class:

- Natalie New (9th) says, "[Mr. Joseph] is a good math teacher because he makes learning fun and easy, and he makes sure to help the kids who have trouble with math, or learning in general.
- Another 9th grader, Weston Shurtliff, said that "He's really nice and teaches in a way that makes me understand."
- An anonymous 8th grader added, "He's a good teacher because he goes in-depth about the history of why math is the way it is."
- Rue Shik (8th) declared that Mr. Joseph is great because "He's really logical, and he's always willing to help you out."

Clearly, Mr. Joseph deserves recognition for how amazing he is!

PEPPING UP BASKETBALL

GAMES, ONE SONG AT A TIME!

By. Emily Thacker

Anyone who has attended one of the recent DHHS basketball games can agree that the pep band has been a wonderful addition to the experience. A quarter ends and the band section stands up to play their booming instruments. The entire stands can feel the excitement for the coming quarter. Pep band exhilarates the entire gym, creating the perfect energy for an intense basketball game. With the nearing of the season's end, it's time to address just what the Pep Band does for DHMS and DHHS.

The DHHS pep band is under Mr. Pollard's charge. Pollard leads the music for pep while also running all of the band classes, such as marching band, jazz band, and even a musical composition class! Students in Mr. Pollard's DHHS Concert Band Class and the Wind Ensemble are required to attend a certain number of games during the season for their grade. Back during the football season, the pep band was there too. They've even played the pre-game national anthem a few times throughout the year. The energy that the band and the cheerleaders create together is something worth enjoying.

Pep band provides a wonderful experience for people watching the games and people in the band itself. Audrey Carlson, a 9th grade euphonium player, states, "It's a very exciting environment where you can create long-lasting memories with your friends!"

Pep band students gather with kids in grades 9 to 12 and create deep friendships that make their band experience a memorable one. Pep helps entertain the stands during all the breaks and provides all the Thunder Pride needed! The school spirit is strong with loud, booming music and a bunch of excitable high schoolers. Football and basketball seasons wouldn't be the same without the pep.

RECIPE OF THE MONTH!

MAC & CHEESE

By: Caitlin Dunn

Macaroni and cheese. It's a pretty basic recipe. Many types of macaroni and cheese. So many customization options. So amazing.

However, as easy as basic macaroni and cheese is, it's fun to get creative. Not only can anything be added, but many things can be found in the home. Macaroni and cheese is relatively inexpensive to make and enjoy but with some simple spices and flavors, you can make it taste delicious and flavorful. Some examples of what could be added are listed below:

- Hot sauce
- All purpose seasoning
- Vegetables (tomatoes, peppers, onions, etc..)
- Many or different kinds of cheese (mozzarella, cheddar, parmesan, etc..)
- Onion and mustard powders (separate powders but very flavorful)
- Different types of salt and peppers (Red pepper flakes, etc..)



Many types of cuisines could be incorporated too, to make it more personalized and to taste. Here is a basic recipe to make your own!

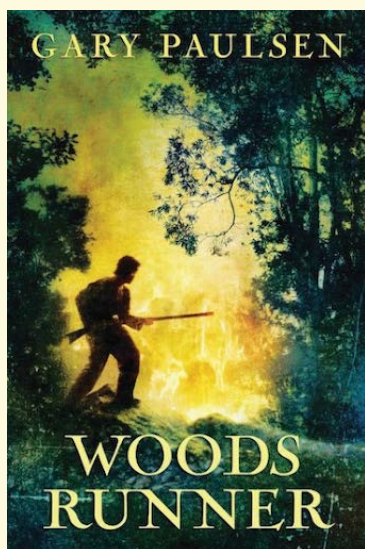
<https://joyfoodsunshine.com>

THE BOOK BLOG

Written By: Kara Blakely

Hey there, bookworms! It's March already, and you know what that means. Another great book to read from DHMS's book club! This month's novel is a fascinating and thrilling historical fiction called Woods Runner. The author of this book is Gary Paulsen, most famously known for his book Hatchet.

Woods Runner stood out to me at first because it's a historical fiction about the American Revolution. I haven't read many books about that at all, so I was excited to read it. It's about Samuel, a thirteen-year-old boy living in the British colony of Pennsylvania. He lives on the edge of the wilderness, with a forest surrounding his home where he had learned how to hunt and survive in (hence the name Woods Runner). Samuel and his family learn that the American patriots have started a war with the English. One day, the war comes right to Samuel, leading to many in his community being brutally killed by British soldiers. His parents are taken captive by the soldiers. Using his forest skills, he attempts to track down his parents and save them, all the while trying to avoid his English enemies.



Gary Paulsen's book was intriguing and brought a new perspective to the American Revolution. Samuel's family didn't want to get involved in the war, and didn't try to. That's why they lived on the edge of wilderness; nobody would bother them there. Somehow, they still got pulled into the war anyway. They then had to figure a way out of it. Something that the author really succeeded at was his vivid descriptions. Everything seemed so realistic and detailed, from the characters to the bloodier, gory aspects of the war itself. There were many important themes or topics included in the novel as well, such as bravery and perseverance. Even in hard times, Samuel and his family and friends didn't give up. They powered through whatever happened and made the best of it.

For certain readers, there are parts of the book that may not be so enjoyable. This doesn't necessarily apply to middle schoolers, but for younger children, it may not be appropriate for them to read. Now, that's mainly because the book can be quite violent and horrific at times. The characters are living through a war, after all. Besides that, the book is a bit lacking in length and it seems that the story could have been stretched longer. However, those who don't enjoy reading as much may like how short it is.

If this American Revolution tale sounds terrific to you, give it a try. Desert Hills Middle School's book club will be on March 27th, 2024, the last Wednesday of the month. If you've read the book, come to the book club and share your opinion (and enjoy some yummy snacks)!

CURRENT EVENTS IN WASHINGTON

COUNTY Lexi Everett

On April 27, 2024, the Cotton Days 5K Race will be taking place at Sullivan soccer park. The reason for this race is to celebrate the founding of Washington City. It is also part of an annual city celebration of Cotton Days. It starts at 7 a.m. on April 27 and will be going on until April 30, 2024. The run is all four days. During the run, you will pass the Virgin River Trail and New Boardwalk. Join hundreds of participants on this scenic and competitive run.

<https://www.raceentry.com/cotton-days-5k/race-information>

On May 10, 2024, The Colorado City Music Festival will be taking place in Washington County in Canyon Park. This event will bring together those who make music and enjoy it as well. This festival will consist of food, shopping, and tons of music to dance to. However, it is outside, so be sure to bring sunscreen. The shops will have henna, jewelry, handmade apparel, woodwork, knives, and much more. Tickets will be available online only, and will not be supplied by the entrance.

<https://www.eventbrite.com/e/colorado-city-music-festival-2024-tickets-807346333617>

On March 23, 2024, in downtown St George, a live jazz show will be held by the Shawn Owens Project. They are a small jazz band, playing mainly piano and drums. There are two musicians, a duo, named Shawn and Christian. This event does not require payment and will be lasting from 5-7 p.m. The reason for this is to let musicians play for an audience and help bring together people who enjoy the same music. They are fun, loud, and definitely worth your while.

DESERT HILLS TRACK

By Arabella Knowles

Hello Desert Hills Middle, want to know a little more about our track season? Stick around and find out! February 12th was the official outdoor practice for the spring season and now they are going to be practicing every day from 3 pm to around 5 pm. Their winter/outdoor season started Tuesday, December 5th, and have been practicing every Tuesday and Thursday at the same times. The track season has been going very well so far, this year's freshman runners have done well, and throughout this week this is going to be their schedule.

Wednesday, February 21st – GOLD BOYS AND GIRLS MEET @ 6:00AM FOR PRACTICE AT HIGH SCHOOL/Practice starts @ 3:05 pm at the high school – LS (Leg Swings) – Before practice and SAM (Strength and Mobility) Exercises – After practice/WEIGHTS AFTER PRACTICE

Thursday, February 22nd – EVERYONE MEET @ 6:00AM FOR PRACTICE AT HIGH SCHOOL – Practice starts @ 3:05pm at the high school/LS (Leg Swings) – Before practice and SAM (Strength and Mobility) Exercises – After practice/TALK ABOUT CHAPTERS 15-17 FROM AMAZING RACERS AFTER PRACTICE – BRING SPIKES TO PRACTICE

Friday, February 23rd – MORNING RUN FOR GOLD BOYS @ 6:00AM FOR PRACTICE AT HIGH SCHOOL – Meet @ 12:45pm at high school for practice – LS (Leg Swings) – Before practice and SAM (Strength and Mobility) Exercises – After practice/WEIGHTS AFTER PRACTICE

Saturday, February 24th – CAPILLARY RUN (Meet @ 8:00am at Green Springs Villa Park to run Icehouse or Millcreek Trail = 2193 Serenita St, Washington, UT) – LS (Leg Swings) – Before practice and SAM (Strength and Mobility) Exercises – After practice

HEALTHY LIFE IS A HAPPY LIFE

Giovana Fleming

Most New Year's resolutions are to be healthy or start being more productive. While this is manageable and possible to do, most people don't know where to start. There are six main things a person can do to be at their best and fullest potential. The six things are working out, drinking a good amount of water, being outside, low screen time, good hygiene, and eating healthy. Being healthy makes a happier person and a happier life.

A debatable topic is how many days and hours a person should spend working out. The most important thing though is the rest we give our bodies to recover. A person should workout four – five times a week with two – three rest days. The benefits of working out are reduced heart disease and lower blood sugars. When working out it is very important to drink water. The amount of water a person should be drinking is based on their weight. The formula for this is half a person's body weight then in ounces drink that. There are many benefits to this such as protecting the spinal cord and preventing cramps in muscles.

Another healthy thing to do is be outside giving our bodies vitamin D. Whether that is with swimming or just walking. There is also how the sun can increase our mental health making people more happy.

Gen Z has been surrounded by technology our entire lives, but this could be considered a bad thing. There are great advantages to having a low screen time; this includes improved sleep quality and better mental health. A teenager should get eight to ten hours of sleep but now only get six to seven hours, sometimes even less from screen time.

Another thing to do is to have good hygiene! This could mean showering once or twice a day or just simply washing your face. Some good benefits of this would be pH levels in the skin leveling out, which boosts confidence.

The last tip of advice is to eat healthy. This could mean incorporating fruits and vegetables into your day-to-day meals or having one to two healthier meals a day. There are many advantages to eating healthy like keeping a person's skin, eyes, and teeth healthy as well as strengthening muscles and bones. All of these tips and tricks will help a person achieve their goal of staying healthy.

Works Cited

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THE ECONOMY AND STOCK MARKET

Jackson Bird

The economy and stock market are in an amazing spot this year. The economy has had a strong start this year, with a 1.5% growth and a slowdown in inflation and government spending. This has boosted the economy by around 4.5% in this year alone. However, despite this growth, many Americans are still unhappy with the economy, as the cost of living continues to rise. Items such as food and furniture have become more expensive. Predictions suggest that the cost of food and furniture will decrease by 4%, providing some relief for people.

The stock market has also been performing well this year, with the DOW, S&P, and Nasdaq all up around 3%. Some stocks, such as NVIDIA Corp, Microsoft Corp, and Advanced Micro Devices, Inc., have been doing very well. However, NVDA has been garnering the most attention, with a 50% increase in sales due to the creation of their new AI microchip. And Microsoft with their new Bing AI can help a lot. Since the creation of AI, it has boosted all AI-related stocks. But people are feeling that the market is going to crash because everything is overvalued but only time will tell.

With all the things that are happening this year, such as the election, the wars and so much more no one knows where the economy and market are heading. But most people think that overall the cost of living is going to go down the market is going to increase and inflation will decrease. But even with these

changes, most Americans will still be unhappy with the current state of the economy.

HISTORY OF ART

Ella Gallagher

Art started as cave paintings, which evolved over time, eventually becoming modern art. The oldest painting that archaeologists have discovered is a life-sized picture of three wild pigs located in Indonesia, which is at least 45,500 years old. The oldest small sculptures found were The Löwenmensch figurine and the Venus of Hohle Fels, which were both from Germany. The oldest life-sized statue is Urfa Man, found in Turkey. Some of the most famous artists in history are Pablo Picasso, Michelangelo, Vincent van Gogh, Leonardo da Vinci, and Rembrandt. The most recent of which was Yayoi Kusama, and the earliest was da Vinci.

Some of Picasso's most famous art pieces are The Old Guitarist, Le Rêve, Guernica, La Vie, and Self Portrait. The styles he used were primarily cubism, modernism, and surrealism. He was born in 1881 in Málaga, Spain, and died in Mougins, France in 1973 at 91 years old. Picasso was a Spanish painter, sculptor, printmaker, ceramicist, and theater designer. His painting Les femmes d'Alger (Version 'O'), made in 1955, was sold for \$179.4 million in 2015. The Picasso painting shown is The Old Guitarist.

A few of Michelangelo's well-known works are The Statue of David, the ceiling of the Sistine Chapel (one of the paintings on it is The Creation of Adam), Angel, Madonna della Pietà, and many other sculptures.

Michelangelo was a sculptor, painter, and architect, and is one of the most famous Renaissance artists of all. Michelangelo was born in Caprese Michelangelo, Italy, in 1475. The town of Caprese was changed to Caprese Michelangelo in honor of him about 450 years after his birth. He died in Rome, Italy in 1564, at age 88.

His most expensive art piece was bought for over \$24 million. The picture is of the ceiling of the Sistine Chapel.

Van Gogh's famous paintings are *The Starry Night*, *Van Gogh Self-portrait*, *Vase with Fifteen Sunflowers*, *Wheatfield with Crows*, *Irises*, and *Cafe Terrace at Night*, and others. He had painted over 900 paintings, the most expensive being *Orchard with Cypresses*, sold for \$117.2 million. His main styles were post-impressionism, neo-impressionism, and pointillism. Van Gogh was born in the Netherlands in 1853 and died in 1890 at only 37 years old. Many think that he shot himself and died two days later, but recent evidence shows that he was most likely accidentally shot by a young man who knew him. The painting in this paragraph is *Vase with Fifteen Sunflowers*.

Da Vinci was mostly known for his paintings and drawings, but he was also a scientist and inventor. His famous paintings and drawings are *Mona Lisa*, *The Last Supper*, *Salvator Mundi*, *Vitruvian Man*, *Virgin of the Rocks*, *Annunciation*, *The Baptism of Christ*, *La Scapigliata*, and more. There are only less than 20 paintings of his that still exist, but he did leave behind over 6,000 pages of notes, drawings, and designs. When he was alive, he was known as "Leonardo" or "Il Florentine". Leonardo da Vinci was born in Anchiano, Italy (which was Tuscany at the time), in 1452. He died in 1519 in Château du Clos Lucé in Amboise, France. The painting above is *The Last Supper*.

Rembrandt, a Dutch painter, was most known for his paintings of *The Night Watch*, *The Return of the Prodigal Son*, *Danaë*, *Self-Portrait*, *The Storm on the Sea of Galilee*, *Flora*, *Christ on the Cross*, and many more. His most expensive painting, *Portrait of a man with arms akimbo*, was sold for \$33.3 million (£20.2 million) in 2009. He was born in the Netherlands, in Leiden, in 1606, and died in 1669. He was buried in a rented grave in an unknown location. The painting shown here is *Portrait of a man with arms akimbo*.

Yayoi Kusama's well-known art pieces are Infinity Mirror Room Fireflies on Water, Obliteration Room, Pumpkin, Dots Obsession, Butterfly, Flowers, Sunlight, and Beyond the End of the Century. She was born in 1929 in Matsumoto, Japan, and is now 94 years old. She is known for using a lot of polka dots and creating infinity mirror rooms. She became famous after she did a few unauthorized shows in New York City in the 60's, one being called Grand Orgy to Awaken the Dead. She did paintings, sculptures, performance art, and many installations. Now she voluntarily lives in a mental health facility and walks over to her studio every day.

In conclusion, art has changed a lot over time, going from simple to complex, and more simplified again. The modernization of art is credited to Vincent van Gogh, Paul Cézanne, Paul Gauguin, Georges Seurat, Henri de Toulouse-Lautrec, and others. Art started becoming more modern from the 1860s to the 1970s, and still continues to evolve. This painting is by Salvador Dalí.



SINGERS THAT MADE A COMEBACK

By Aiden Delaurentos

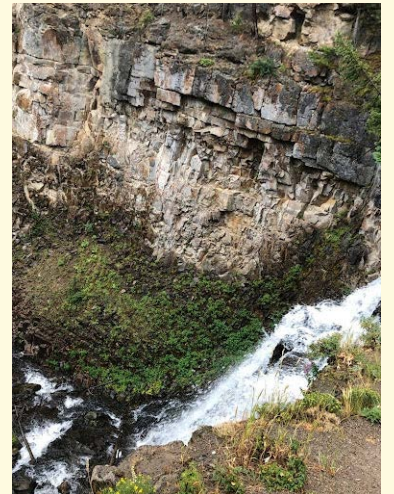
In the recent ever-evolving realm of the music industry, the phenomenon of singers making comebacks is both entertaining and interesting. These few singers, often faced with challenges of changing tastes, evolving trends, or personal struggles, manage to reclaim the spotlight and captivate audiences once again. Adele is a British sensation known for her powerhouse vocals and emotionally charged ballads. Adele has a powerhouse of a voice and she has shown it multiple times with her songs, "Set Fire to the Rain," "Skyfall" and, "Rolling in The Deep." Her voice is like no other but recently her songs have been popping up again all over social media, including the song Skyfall that people have been using recently for recent trends on TikTok.

Beyonce, The queen of pop herself. She has a beautiful voice and doesn't look a day over 20. Her new album, "Renaissance" is a big hit. The song "American has a problem featuring Kendrick Lamar," from the album Renaissance is all over social media once again. Olivia Rodrigo, the girl who made heartbreak song after heartbreak song of her exes. She has a strong voice but people had got tired of listening to her heartbreak song and wanted something new, and Olivia delivered by making a song for the recent Hunger Games movie called, "Can't Catch Me Now."

THUNDER SUBMITTED PHOTO SECTIONALS

These are photos that are normally submitted by students or people around our school. Anyone is welcome to email pictures to me via the email below!

Pictures taken by/brought in by Caitlin Dunn



ART PICTURES

(Artists in Mr. McCowan's 3B class were painting album covers or painting on skateboards.)

Taken by Ella Gallagher

Jade S.



Mylee Z.



Barry W.



Rebekah B.



Red- Days off

Green- End of quarter
or Mid-term

Blue- Holidays

End of Q3- March 8

MARCH 2024

By Caitlin Dunn

SUN	MON	TUE	WED	THU	FRI	SAT	
31					1 Melodrama performance- 7pm	2 Melodrama performance- 7pm	
3	4 Festival choir concert- 7pm-	5 Desert Hills Conesite Band Festival-TBD	6	7 Choir Festival Exchange w/ Dixie Middle School-10am	8 Q3- END OF TERM	9 Volleyball Spring Fundraiser Tournament	
10	-----SPRING BREAK-No School-----					15	16
17	18 Teacher prep day- no school	19	20	21 East Zion Festival @ CCHS- 10am	22	23 Volleyball Spring Fundraiser Tournament	
24	25	26	27 DHMS Book Club- 2:45pm	28	29	30 Spring recess-no school March 29-April 1	

COMIC

by: Audrey Carlson

Shout out to McKenzie Knudsen for helping out!

