



THE GAVEL

O.W. HOLMES HIGH SCHOOL

SOCIAL MEDIA ISSUE

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SOCIAL MEDIA ISSUE

WHAT STUDENTS WISH ADULTS UNDERSTOOD ABOUT PHONE USE AND SOCIAL MEDIA:

by Jarlyn Landeros and Natalia Martinez, News Directors

"I would like it if they understood that it was a way of usually getting over hard times, whether it be by looking at memes or vines. It's a way of releasing stress when we post our thoughts and feelings."

-Hector Escalante, 10th

"I wish they knew that if they used social media as much as we do, they would understand that it's our newspaper, like the paper was for them."

Kristie Hernandez, 12th

"Adults don't understand that we use social media for us. I think they don't understand because we use it during class to help us get through work when teachers don't teach us well."

Celeste Garcia, 10th

"So it's 2018, and I don't really know why we read books when we have social media. We can be doing less instead of having to do more. I know it's a dumb thing to say, but why do more when we get the same experience for less?"

Tyler Duhart, 10th

"Not everybody is social, and media gives them a way to express themselves without going out of their comfort zones."

Alexis Ozuna, 12th

"I wish they understood that it's not just because we're checking our Snapchat or social media, we can be looking up anything important and they always assume that we're on it. They use it as an excuse to take our phones."

Divina Martinez 10th

"It's a way to express ourselves in a way that we can't in real life. It gives a voice."

Sofia Briones, 12th

"I wish they understood that social media is not bad. It's actually used for sending out good messages and letting everyone know your outlook on stuff."

Josh Carrion, 12th

"It's become a large part of our lives. We do have a fear of missing out, and social media hides that insecurity."

Tyler Meffert, 12th

"I would want them to know that our attention spans aren't exactly as small as most adults say they are."

David Danna, 11th

"I wish they knew that social media is important because it gets the word out there and their own opinions about things."

Lilly Sandoval, 9th

"It can be convenient in certain ways when it comes to memories and communicating with other people. I wish they knew that it's a big part of our lives."

Madison Hylton, 9th

"I wish they knew that it's a way to escape the real world and people get to do their own thing and be themselves."

Nailea Rodriguez, 10th

"I would want adults to know that it's not all bad. Social media is there to be a reliable source and it is useful at times when wanting to know about news or wanting to know about individuals. Let's face it, we're human and we want to know about reality."

Brittany Valdez, 12th

Social Media has transformed the way we view reality. It is not a “thing we do,” it’s the lens through which many of us look at ourselves and the world around us. Like an ideology or worldview, social media and our phones are often where our culture is influenced, created, and rooted. In this issue, we explore how and why we fixate on our screens.

From a lack of sleep to cyberbullying, we bring light to some of the forgotten issues that come with social media, while also acknowledging the positives, and how technology has helped us strive to be our best.

We hope you can develop a new perspective on social media. We also hope you enjoy reading this issue as much as we did creating it.

- Gavel Staff

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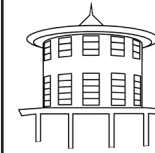
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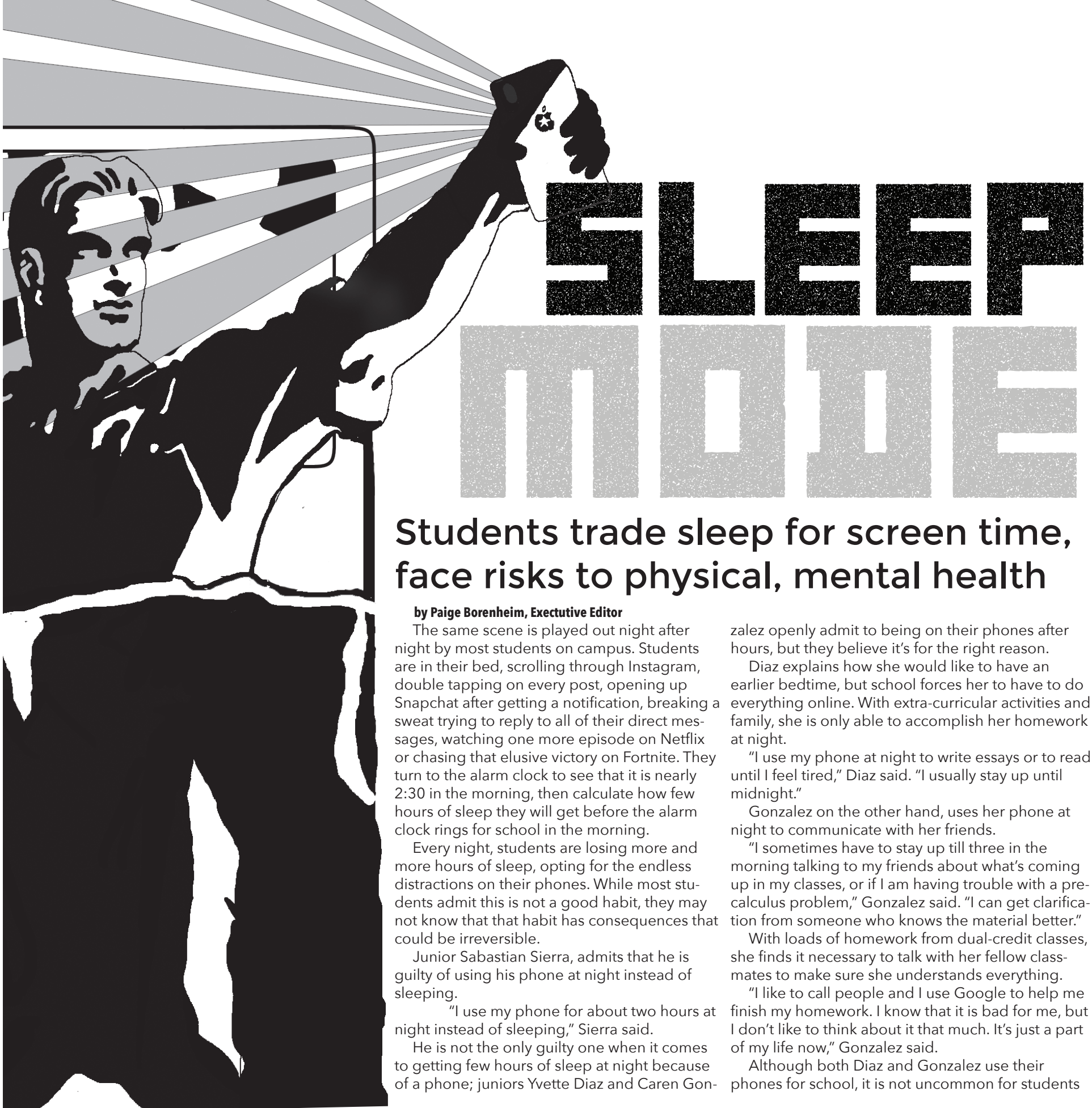
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Students trade sleep for screen time, face risks to physical, mental health

by Paige Borenheim, Executive Editor

The same scene is played out night after night by most students on campus. Students are in their bed, scrolling through Instagram, double tapping on every post, opening up Snapchat after getting a notification, breaking a sweat trying to reply to all of their direct messages, watching one more episode on Netflix or chasing that elusive victory on Fortnite. They turn to the alarm clock to see that it is nearly 2:30 in the morning, then calculate how few hours of sleep they will get before the alarm clock rings for school in the morning.

Every night, students are losing more and more hours of sleep, opting for the endless distractions on their phones. While most students admit this is not a good habit, they may not know that that habit has consequences that could be irreversible.

Junior Sabastian Sierra, admits that he is guilty of using his phone at night instead of sleeping.

"I use my phone for about two hours at night instead of sleeping," Sierra said.

He is not the only one when it comes to getting few hours of sleep at night because of a phone; juniors Yvette Diaz and Caren Gon-

zalez openly admit to being on their phones after hours, but they believe it's for the right reason.

Diaz explains how she would like to have an earlier bedtime, but school forces her to have to do everything online. With extra-curricular activities and family, she is only able to accomplish her homework at night.

"I use my phone at night to write essays or to read until I feel tired," Diaz said. "I usually stay up until midnight."

Gonzalez on the other hand, uses her phone at night to communicate with her friends.

"I sometimes have to stay up till three in the morning talking to my friends about what's coming up in my classes, or if I am having trouble with a pre-calculus problem," Gonzalez said. "I can get clarification from someone who knows the material better."

With loads of homework from dual-credit classes, she finds it necessary to talk with her fellow classmates to make sure she understands everything.

"I like to call people and I use Google to help me finish my homework. I know that it is bad for me, but I don't like to think about it that much. It's just a part of my life now," Gonzalez said.

Although both Diaz and Gonzalez use their phones for school, it is not uncommon for students

RECLAIM YOUR Z's

Professional treatment is only required when a person physically cannot get to sleep, due to either physical or psychological difficulties. Lack of sleep from bad habits is something that the individual can change. Here are some ideas to help you get off the phone and back to sleep:



Turn off notifications so you don't get tempted to check every 'ding' or buzz'. Most phones have a "Do Not Disturb" option that allows you to ONLY have certain important notifications come through if you fear that you may miss an important call.



Leave work at your bedroom door. If you always do your homework or paperwork in your bed, move it to a kitchen table or couch. Getting into a habit of working with a phone in bed can affect the amount of phone time you have while trying to relax.



If you are stubborn and refuse to get rid of a phone when you try to sleep, try changing your phone's light to grayscale. This decreases the harsh light your eyes are seeing, which can decrease the chances of developing eye problems.



Some people can't sleep without a certain audiobook or soft music. That is okay, but try using bluetooth headphones instead. This allows you to have your phone away from your bed and decreases the urge to change the song every minute.



Many students watch Netflix or Hulu before bed, one episode turning into seven or eight. Try setting a limit to the amount of episodes you watch to save yourself some sleep.



If you set an alarm at night on your phone, place your phone on the other side of the room, this way, you are not tempted to reach for it.



Many students use their phones to read. Instead, try switching out your screen for a hard copy.

Information compiled from: <https://www.cnet.com/how-to/how-to-stop-sleeping-with-your-phone/>, <https://www.cNBC.com/2018/01/03/how-to-curb-your-smartphone-addiction-in-2018.html>, <https://www.medicalnewstoday.com/articles/307334.php>, <https://open.buffer.com/work-bed/>

to be on social media instead. Junior Able Lozano admits to using his technology for entertainment purposes.

"I like to scroll through Instagram's explore page to see different types of posts, or I will watch videos on Youtube," Lozano said.

With Instagram and Youtube being in the top five social media apps, it is not surprising that many students on campus squeeze them into their nightly routine.

"I sometimes stay up until two or three in the morning watching movies on the MovieBox app, or using Snapchat," Lozano says.

While using a phone before bed may seem harmless, health professionals say it is nothing short of destructive for students' health. According to Family Nurse Practitioner Kathleen Davis from Medical News Today, "an ongoing lack of sleep can lead to excessive daytime sleepiness, emotional difficulties, poor job performance, obesity and a lowered

perception of quality of life."

A lack of sleep can also affect students' immune systems, making it more difficult for their bodies to fight off diseases.

"I sometimes stay up until two or three in the morning watching movies on the MovieBox app, or using Snapchat."

-Abel Lozano, 11th

"Not getting enough sleep prevents the body from strengthening the immune system and producing more cytokines to fight infection," Davis explains. "This can mean a person can take longer to recover

from illness as well as having an increased risk of chronic illness."

Not getting enough sleep at night may also be a minor cause for obesity, which can lead to an increased risk for Type Two Diabetes.

"Two hormones in the body, leptin and ghrelin, control feelings of hunger and satiety, or fullness. The levels of these hormones are affected by sleep. Sleep deprivation also causes the release of insulin, which leads to increased fat storage and a higher risk of Type 2 Diabetes," according to Davis.

Although many students agree that being up late due to a phone is bad, they still choose to stick with their habits, especially when it is a habit that has been around for over a year.

"I have been using my phone late at night since middle school and I do agree that being on it at night is bad," Sierra said. "But sometimes people can't control themselves. It can be hard to log off sometimes, and sometimes people are just too lazy."



CULTURE OF ANONYMOUS

Students use anonymity on social media for better or worse

by Lucille Gradillas, Staff Writer

Since the dawn of time, people have been hiding their identities for right and wrong reasons. The Greeks defined hiding your identity as being “anōnumos”, or as it translates in Greek “nameless”, later referred to as “anonymous” by the Romans. Whatever you call it, the amount of anonymous people has grown over the years, especially with the invention of social media. Today, more than ever, students on social media are being anonymous to protect their true intentions. For students using anonymity on social media, the experience can be liberating and cathartic. It can also be a way to attack people from the comfort of a phone screen without any repercussions.

Across campus, and for different reasons, students are using anonymity on social media.

Senior Danielle Opperman chose to be anonymous when an artist on Tumblr asked if anyone

knew how to get free apps.

“I did it anonymously to just cover my tracks because I’m paranoid. It added a level of security both socially and internally,” Opperman said. “Some

“When we’re online and we’re anonymous, we can share these things and nobody can say anything.”

-Dr. Stephanie Tikkanen

people just like the idea of being anonymous. You avoid a lot of issues that come with saying things with your name attached to it.”

Assistant Professor of Interpersonal Communi-

cation at Ohio University, Dr. Stephanie Tikkanen, researches how people act and interact on social media. According to Tikkanen, anonymity guarantees that your actions are untraceable. The majority of teens feel safer knowing this, allowing them to ask questions that they previously would not have.

“People choose to be anonymous when they’re not comfortable talking about something in a face to face setting,” Tikkanen said. “They choose to be anonymous and use it as a place to vent frustrations or to do something that’s otherwise not socially acceptable.”

Many teens don’t feel safe saying things out loud with their names attached to it because of the backlash their words may cause. Especially with the heightened anxiety many in this generation face, saying anything directly may seem frightening, ac-

ording to Tikkanen.

"We don't want people to judge us or make ourselves vulnerable," Tikkanen said. "We don't want to scare our family and friends or to worry people. We don't want to share things that we really should be sharing because we're afraid of what people think. When we're online and are anonymous, we can share these things and nobody can say anything. Nobody is going to share what they think of us."

Even though speaking our minds with seemingly no repercussions can be cathartic, anonymity can be used as a tool to negatively impact our own and others' lives. Students also admit seeing their peers say awful things under the security of knowing that no one can trace their words back to them. Knowing this only encourages more people to take anonymity for granted by attacking others online.

"I used to play a lot of video games where you can send messages to people and I would get really negative messages," junior Julian Munoz said. "I never let that stuff get to me even if it was very vulgar and outlandish. I would think 'How does this random person think this way about me?' 'Is that how I come off as?' It implanted something in my brain that what they were saying was true."

The words coming from anonymous gamers impacted Munoz when he was younger. People that had never met him were saying terrible things about him. While Munoz's experience were with strangers, sometimes people choose to target others who they know personally using alternative, anonymous social media accounts known as "burner accounts." Sophomore Christian Malley experienced this firsthand.

"A person on a burner account was telling my crush that I was a horrible person and that I couldn't be trusted," Malley said. "It made me feel annoyed and angry. They didn't have the guts to say it out loud and to get the backlash of people responding to their opinion."

Whether it is someone saying that someone else is not a good person or random strangers telling them things online, anonymity can be harmful according to Tikkanen.

"People say horrible things," Tikkanen said. "There's a fine line between being toxic or benign when it comes to being anonymous."

Having complete knowledge that no one's going to hold the anonymous author accountable for their words motivates them to attack people online.

"They'll bully and make threats to one another," Tikkanen said. "It is too easy to say hurtful things because we forget that the person is an actual person. You don't know if [the victim] will hold you accountable for bullying them."

Students like junior Hunter Yzaguirre agree with

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Tikkanen's analysis, adding further reflection.

"If you don't have the courage to say something to someone's face by saying things anonymously, then they can't trace it back to you and that's where I draw the line," Yzaguirre said. "You're anonymous, yet you personally know what you've done and no one else does. It's a burden you have to carry by yourself."

According to Tikkanen, using anonymity for positive reasons can have the opposite effect. It is sometimes simpler for students to say their true intentions instead of hiding how they feel. Being upfront about things can be healthy, instead of keeping emotions festering inside for too long.

"Telling someone about yourself is really cathartic and feels really good," Tikkanen said. "There's some really powerful stuff that goes into sharing our secrets, but we're often too afraid to do that."

While students telling someone how they truly feel is good for them, expressing these emotions may be dangerous for marginalized groups. This

is why many LGBTQ students choose to come out anonymously at first.

"LGBTQ individuals who aren't comfortable coming out to their family or friends can choose to come out online so they can test those waters," Tikkanen said. "If they get a positive reaction online, they might choose to come out in person."

Being able to freely say who they are and what they think without anyone knowing and judging them can be the best feeling. They also get to see others' reactions to their comments without anyone knowing who actually made it.

"The thing with anonymity is that it's incredibly freeing," Tikkanen said. "People feel more comfortable saying all sorts of stuff when they know that there's no repercussion with them. No one knows who they are, so nobody can hold that against them. It can go two different ways; it can be something really good or something that's really bad."



THE SOCIAL REVOLUTION

STUDENTS REFLECT ON THE POWER OF SOCIAL MEDIA

by Roslynn Briseno, Managing Editor and Anjelina Gallegos, Staff Writer

Seniors on campus started kindergarten the same year that Twitter made it's way to smartphones. Social media, in all its forms, has remained a major part of the culture and lives of students ever since, growing in influence. Students offer their experiences and opinions about social media in their world.



Q: What words automatically pop up in your head when you think of social media?

"Toxic and expressive."
-Jadie Screation, senior



Q: How do you feel about the lack of privacy that comes with social media?

"If you have social media, you don't have to show what you're doing. You show what you want to show."
- Marco Antonio Romero, junior



Q: What do you believe is the main purpose of social media?

"Drama, rumors and danger."
- Carisa Cintron, junior



Q: What do you think is the purpose of social media?

"I think the purpose was intended to connect people, but I don't think that's what is it now. I think what it is now is sidetracking the initial purpose to connect people."
- Jett Knight, senior



Q: What do you think is the purpose of social media?

"I think the purpose of social media is to be able to exfoliate ideas and become your own person regardless of social status. It's important to have that available to us."
- Brittany Valdez, senior



Q: What do you believe is the main purpose of social media?

"To connect with everyone from around the world, so you can have different perspectives about what's going on."
- Celine Rodriguez, freshman



Q: What words automatically pop up in your head when you think of social media?

"Expression and freedom."
- Hector Escalante, sophomore



Q: How much time do you think you spend on social media?

"About 14 hours a day."
- Ryan Robles, senior



Q: How do you feel about the lack of privacy that comes with social media?

"I think it does more good than bad, since you're able to share your opinions openly."
- Christian Malley, sophomore



Q: What do you think is the purpose of social media?

"I feel like social media doesn't have a purpose. It's more of a source of entertainment. I feel like it can be convenient in certain ways, but overall, I feel like it has a lot of negative outcomes."
- Madison Hylton, freshman



Q: How do you feel about the lack of privacy that comes with social media?

"It's a lot to intake, so you have to manage your privacy as much as possible."
- Jake Castillo, sophomore



CROSSING THE LINE

Social media drama borders on bullying

by D'Mitre Dimas, Co-Editor

As the third period lesson drags on, she pulls out her phone to pass the time, thumbs through the apps, and settles on Twitter. She clicks open her notifications and excitedly sees that her past posts have gained a lot of views and retweets. She clicks her mentions open. Her heart drops to the bottom of her stomach as she reads post after post making fun of her with foul and negative comments; retweets with upsetting remarks for as far as her thumbs will scroll. Looking around the class, frantically, she feels as though her world is caving in and she's lost control. In her mind, everyone is against her, everyone hates her, and she has no one on her side. All she wants to do is crawl inside of herself so she can disappear.

This is cyberbullying, and it's the real life experience of students on campus. Senior Alexandria Delgado believes she has been through it.

Delgado describes the incident she experienced, which began when a friend was unhappy with Delgado dating, and decided to post a comment on Snapchat. According to Delgado, the image characterized Delgado, her boyfriend, and the relationship as toxic and negative.

Delgado had seen the post herself, but others were quick to text and ask her what happened and if she was okay after the picture was posted. Delgado said she felt attacked, sad and mad. She also started wondering if everyone felt the same about her.

"Then I thought if she thinks like this, does ev-

eryone else too? I was second-guessing myself," Delgado said.

Delgado is not alone in experiences like this. Senior Amber Alvarado also reports a similar experience after an online post directed at her, caused pressure and embarrassment.

Alvarado attended Six Flags Fiesta Texas with two of her friends. They thought it was "bring a friend for free at Six Flags," but it was actually "bring a friend for \$40." One friend paid for Alvarado to get in.

"I thought he was doing it as a friendly gesture because he never said anything about paying him back. So later when I got a job, he started bringing up the money, asking where the \$40 was," Alvarado said.

The friend headed to Twitter, demanding that he give her the money, continuously posting and commenting about it, according to Alvarado.

"We got into a Twitter argument and it got to the point where he called me [the b-word]. My brother got into the situation and soon after, we both decided to block each other," Alvarado said.

Since the incident, the two work together and have resolved some of the tension, with her friend explaining that it was a misinterpretation, and that he used the phrase in a joking context. Joking or not, the posts were public, a lot of people saw them, and it couldn't be undone.

Since elementary school in NISD, students have

heard lessons or statements about cyberbullying, yet doubters still exist, believing that people have a right to say what they want, and there isn't such a thing as cyberbullying.

According to the U.S. Department of Health and Human Services, cyberbullying includes sending, posting, or sharing negative or false content about someone else, and can include sharing personal or private information about someone else that causes embarrassment or humiliation.

While the Department of Health and Human Services offers an official description of cyberbullying, not everyone believes that it's an issue, including senior Isaiah Garcia. He believes that nothing can be seen as offensive, including blocking or unfollowing someone, or making an offensive joke online. Garcia questions how we define what is and is not offensive.

"What may be offensive to you, may not be offensive to me. People have the right to say as they please. It's their freedom of speech," Garcia said. "The first amendment is not just applied in real life, among one another, it can still be applied on social media."

Isaiah believes everyone has a right to be on the internet and on social media platforms, and should say what they want without consequences.

"I don't believe in cyberbullying on social media because you don't need to be on there. If it's that

bad, then just get off [of social media] and delete your account or block the bully," Garcia said. "Not everyone is nice in the world, so be cautious when it comes to social media."

Garcia believes that people have a right to post pictures or comments of their choice because it's their own page. Instead of seeing it as cyberbullying, Garcia sees it as a space for people to voice their opinions, or even tell jokes.

"The bottom line is, cyberbullying doesn't exist because it's just people voicing their own opinions and you are allowed to have them, no matter what platform," Garcia said. "And just how you can talk bad about the President, you can talk bad about someone in your third period."

However, Texas Senate Bill 179, known as "David's Law" was put into effect in 2017, and targets cyberbullying by providing a criminal penalty against the bully, as well as informing schools on what they are required to do when they are notified of a potential incident by a student.

According to Texas State University's Texas School Safety Center, "David's Law creates a new avenue of civil relief for the cyberbullying victims who are minors by allowing the victim to seek injunctive relief, such as a temporary restraining order against the cyberbully."

The law, which is named after David Molak, a young man from San Antonio's Alamo Heights High School who took his own life in 2016 after months of cyberbullying from peers, makes it possible for the cyberbully to be placed in alternative school, expelled, have a restraining order filed against them, or even be subject to a Class A criminal misdemeanor in certain cases when the offense is committed against a minor with intent to encourage the victim to harm themselves.

Campus counselor, Dr. Elizabeth Holbrook, explains how even minor cyberbullying can affect students and grow into something major.

"Hurt and pain can certainly occur. The issue will start to snowball. It starts off very small with a post, but then grows and grows when people start to share or like it, and then becomes this huge snowball that won't be able to be stopped," Holbrook said. "We can start to normalize hurtful behaviors when people don't know what bullying is, which can be very concerning."

According to Holbrook, part of what students don't understand is that when things are said in a public forum like social media where others can see, it makes the hurt and negativity feel amplified.

"Maybe we need to start rethinking about going back to the concept about personal conversations," Holbrook said. "Some things belong in a personal conversation and not in a text or post."

When students see or experience even the

beginnings of cyberbullying, Holbrook believes it's important for them to reach out for help.

"I think a negative effect is that victims aren't sure how to reach out for help, but they need to understand there is help out there," Holbrook said. "The victims may isolate themselves because they don't understand what's happening to them."

Students can approach the counseling office or AP office with this information at the campus level, and at the district level, the phone and texting Safe-line program (397-SAFE and safe@nisd.net) "offers a safe and anonymous way for students, parents, and the community to report potential incidents" according to NISD's website.

While students who find themselves the victims of cyberbullying or negativity on social media can reach out, Delgado and Alvarado find it helpful to understand why someone posts negative attacks toward others on social media in the first place. Delgado believes she knows why someone might post like this.

"They want to show that no one is going to mess with them or that they are the top dog," Delgado said. "They want to show they are great, but actually, they may feel bad about themselves, so they want to talk bad about others so they can feel the same way."

Delgado suggests considering the end result of how a post could affect someone in order to determine if what you are posting is bullying or not.

"If someone tells you to stop then stop, but if you keep going, then you are bullying because you know how the other person feels, yet you don't do anything to ease the situation. If a post is showing negativity to another, whether or not a name is included, then it can still be bullying," Delgado said.

Alvarado extends this thinking to things like blocking someone on social media, which she believes can be interpreted in two ways.

"It just depends on the context. If you block someone because you are tired of seeing stuff from someone else, then that is your right. However, if you are only blocking them to make a statement, then that is considered cyberbullying," Alvarado said.

For those finding themselves wondering if what they are about to post is cyberbullying or not, Holbrook believes that they should ask themselves a clear question:

"Before you send an email, text, picture, before you send anything, ask yourself, 'How would the other person be affected by this,'" Holbrook said. "If you know that, then you have the answer on whether it can be interpreted as cyberbullying or not."

IS IT BULLYING?

This checklist developed by Texas State University's Texas School Safety Center clarifies when an act is considered bullying for schools, and the school is required to step in and take action. According to the Safety Center, "if any identified section does not receive at least one checkmark, then the act is not considered bullying by state law. [...] Follow the 'yes/no' logic for the questions regarding the use of electronic communication devices in possible bullying scenarios." The original chart may be found at www.txssc.txstate.edu.

- Was it a single significant act?
- Was it a pattern of acts?

- By one or more students directed at another student that exploits an imbalance of power

- Through physical contact
- Using verbal expression
- Using written expression
- Using electronic means

- Physically harms a student or damages their property
 - Creates reasonable fear of harm to student or damage to their property
- Is sufficiently severe, persistent, or pervasive enough that the action or threat creates:
- Intimidating educational environment
 - Threatening educational environment
 - Abusive educational environment
- Materially and substantially disrupts the educational process or operation of school
 - Infringes on rights of victim at school

Was the act committed by using any type of electronic communication device?

YES

NO

Did the act occur outside of school-sponsored or school-related activity?

NO

- On school property
- At a school-sponsored or school-related activity (on or off campus)
- On school bus or vehicular used to transport students

YES

Did the act interfere with a student's educational opportunities; or substantially disrupt the orderly operation of a classroom, school, or school-sponsored/related activity?

YES

Yes, it's bullying that the school is required to address.

NO

According to law, if the act DID NOT meet the criteria above, it is not under the school district's authority.



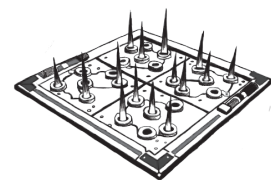
WE ARE ALL IN FOR FORTNITE FEVER

STUDENTS ALL IN FOR FORTNITE

by Lailah Villegas, Staff Writer

We talked to dedicated Fortnite players on campus and discussed the components that go into the game, including

how much time, money, and energy they spend on it. Here are their answers. Welcome to the world of Fortnite Fever.



Q: What do you gain from playing Fortnite?

"I probably don't gain any real life skills from it, it's just cool."
-James Rubio, 12th

"Honestly, not really anything besides maybe communication skills."
-David Dana, 11th

"You can make new friends, or even get closer to acquaintances."
-Jaslinn Vega, 11th

"Tactics. You have to think about what you're doing to win"
-Aryanna Powers, 12th

Q: What are the negatives about playing Fortnite?

"It's pretty addictive with friends and even trying to balance, but it takes up a lot of time and I can use it doing something productive instead."
-Nick Cantu, 11th

"Lack of sleep, procrastinating on homework, and wasting too much time. Getting in trouble for not doing house chores because the game is too consuming."
-Jaslinn Vega, 11th

"It's really distracting. At times, I find myself procrastinating on homework and end up having to rush through it. Sometimes I don't get as much rest as I need to."
-David Dana, 11th

"Time consuming, money consuming."
-Aryanna Powers, 12th

Q: What's the longest consistent time you've spent playing Fortnite?

"Somewhere along nine hours, which is a lot, and I now realize it was just a waste of my time."
-Jaslinn Vega, 11th

"In one sitting, probably ten hours over the summer."
-Nick Cantu, 11th

"Actually, it's been a while, but around like six to seven hours. I started playing around like six or seven and ended up getting off around like one A.M."
-David Dana, 11th

Q: How many hours a week would you say you play for?

"Around 12 hours, which has cut down a lot since school started because of the amount of homework I need to do."
-Jaslinn Vega, 11th

"Like four hours a week. I don't really play anymore. It gets pretty repetitive."
-David Dana, 11th

"I used to play a lot, probably ten hours a week, but I don't play that much anymore."
-James Rubio, 12th

Q: Who is the best Fortnite player?

"Maybe Ninja? I don't really watch many streamers, but he has good tactics and is an okay builder."
-David Dana, 11th

"Not me. I'm good, but not the best. Honestly, I don't know the best player but that doesn't really matter because I just do it for fun, but my squad is pretty good though."
-James Rubio, 12th

Q: What's your highest kill streak?

"Only 20 kills."
-Nick Cantu, 11th

Q: What is your highest total win total?

"I don't play solos that much, but probably somewhere around like 100."
-Nick Cantu, 11th

Q: What's the best emote?

"I'd say the default dance is the best because it's cringy and everyone has it. It's just funny to watch."
-David Dana, 11th

"I think the best Fortnite dance move is probably jubilation because it's just different and it looks funny in a game."
-James Rubio, 12th

"Orange Justice, because it's amusing and everyone does it."
-Aryanna Powers, 12th

"The 'no, no' emote, because it's funny and easy to use in a conversation."
-Jaslinn Vega, 11th

Q: What's the most money you've spent on Fortnite?

"The most I've spent on Fortnite is probably like 50 bucks and I bought a lot of skins and the battle pass."
-James Rubio, 12th

"Personally, I've only spent like \$50 on it, but my boyfriend is always the one who buys me all my stuff and he's spent like hundreds on it for me."
-Aryanna Powers, 12th

"If the battle pass counts, then probably only like \$15 because I only really buy one skin a season and a battle pass."
-David Dana, 11th

"Probably somewhere around \$80."
-Nick Cantu, 11th

Q: Does money define you as a good player?

"Yes and no. Most players that own a lot of skins tend to always play really good, but overall, I don't really think it defines you as a player because a no-skin can sometimes be average at building, but can also have good strategy in games."
-David Dana, 11th

"No, I don't think money defines you as a good player. You could see someone with the newest or rarest skins and emotes and they can still not be as good as someone with a no-skin or basic season pass skins."
-Nick Cantu, 11th

"No, FazeTfue is an example there. I think money is actually what gives you too much confidence in what you're doing. So you think you're better, but money doesn't define you. It's your skills."
-Aryanna Powers, 12th

"Money defines some people because if they have all the skins and stuff, then they're either rich or a streamer because good streamers have everything."
-James Rubio, 12th



Here the latest news?

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Ingram Park (inside and outside the mall)



OPINION: Social media no place for negativity about team

Staff Editorial

Our football team has worked hard to push through the season in only their second year with a new coaching staff, and with many young and new-to-varsity players on the team. This season's outcome was not what the players and coaches wanted, with a single win on Homecoming against rival Marshall, but that does not take away from the hard work and countless hours that they put into the game.

Throughout the season, some students on campus posted negative attacks about this team on social media, saying things like "y'all suck" and other public insults. Comments like this were retweeted, liked, commented on, and shown around for the drama, targeting our own football team. These social media critics need to learn how to keep comments like that to themselves, because people who say this, do so without considering what they are tearing down.

Students shouldn't post them on social media where everyone can see them, including athletes who are in that sport. The football team are the ones that put their sweat and blood on that field and it's not okay for people to talk bad about their hard work.

Playing a football game in a competitive league

is not as easy as it seems, and requires so much time and dedication. The players are expected to be at school by 7:45am to attend film. Film is where they watch back the last game they had and they also watch their next opponent's last game. Some players are also expected to still be involved in another sport even when they're in offseason.

Players come early, stay late, and come in during the summer and on weekends, and in one social media post or retweet, someone can devalue that dedication. Most students don't have the passion, drive, and commitment to dedicate themselves to something challenging, and our football players choose to. If the students posting negative comments shared the football players' level of dedication and time commitment to anything other than tearing other people down, they would know the power of that work to make themselves and their community better, win or lose.

Players like varsity defensive tackle Lawrence Lee wishes students would understand that it's not just about wins and losses for the players themselves, it's about who the hard work and dedication push them to become.

"It's not about what happens on the field, it's about the work we put in," Lee said. "Most people don't know about the stuff we do offseason or when

we're off the field."

Our football team has done many amazing things. Not just on the field, but off of it too. One thing that they do is go to elementary schools around the neighborhood such as Esparza, Linton, Martin, and many others to read to the little kids. This is something probably many people didn't know about them. They just think that football is all about simply playing a game, but it's not always about that.

The negative comments don't really affect players like varsity linebacker Dimitri Rodriguez, because he knows how to set it aside and focus on working hard. He chooses to avoid the negativity in order to be a good athlete and chooses to not be involved in drama.

"I just let them say what they say," Rodriguez said. "We just keep on working as a team and just keep on doing what we do."

All of these posts and negative comments that are going around about any group, team, or organization on campus where students are working hard to improve and grow as people needs to stop, especially because it's their own school they're talking about, and it just reflects poorly on the person posting. We should always stay positive and go by the saying, "If you have nothing nice to say, say nothing."

ing at all.”

All students should think before they post. When they open up that social media feed, instead of reacting, think about what they’re putting out there in the world, and how ugly it is to discredit or devalue the self-improving work that others are doing in sports and activities.

If students know they are already guilty of any level of trash talk, or just want to do something better, they can start making up for it by being intentional about posting things that are positive now too. When’s the last time you celebrated something good about our campus or community? These things are happening every day, and we have so much to be proud of. You can scroll through @holmesbcnews daily and see good things happening that aren’t happening anywhere else. Post those things, and put some positivity in the world too.

This won’t eliminate all negativity, but it’s a start to drown it out. In the same way, when students see this negativity on social media, they shouldn’t give it a platform. Don’t retweet it, don’t comment on it, quote it, or like it. Don’t even show it to your friend in second period just because you need something to talk about and it’s easy to get stirred up about drama. The best thing to do is what players like Rodriguez choose to do. Just ignore it and move on.

For those critics who really believe that the team is so bad that it deserves to be publicly called out and criticized, the real measure should be turning all their critical talk into real action. If you think you can do a better job than the players working hard out there, have the guts to try out for football, and use all of your expertise and skills to make the team better. You’ll have to put down your phone and lift up some weights before you do that, though.

To our football team, who this season laid it on the line, put in the work on and off the field, and makes such an effort to grow themselves and better our community, you should know you have our support. And we maintain that former President Theodore Roosevelt said it best:

“It’s not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat, and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory or defeat.”

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SPORTS SHORTS

by Jake Lee, Sports Reporter



CROSS COUNTRY

2nd in district, 5th in region

Senior Alexis Quintero holds off opposing runners at the district cross country meet, winning second place and advancing to regionals where she claimed fifth place.



VARSITY FOOTBALL

Season Record: 1 W - 9 L

Senior De'quar'e'yon Haney takes off on down the sideline against the Marshall Rams. The team defeated their oldest district rival, the Rams, in front of an excited homecoming crowd for the lone win of the season.



VARSITY VOLLEYBALL

Season Record: 17 W - 23 L

Sophomore Delanie Sanchez steps up to serve with textbook form against a district opponent. The team looks to return many young players next season.



SWIM

20 1st place finishes in 4 meets

Senior Terrin Boehmer executes his backstroke, cutting through the water at the front of the pack. Boehmer, along with junior David Dana, and sophomores Penelope Payne, Joshua Benson and Anthony Miklaucic all contributed to the 20 first place finishes so far this season.



TENNIS

Fall Season Record: 8 W - 5 L

Senior Jose Martinez returns from his backhand in a district match. The team ended the fall season with five wins and five losses in district.



photo by Jenessy Curial



photo by Paige Borenheim

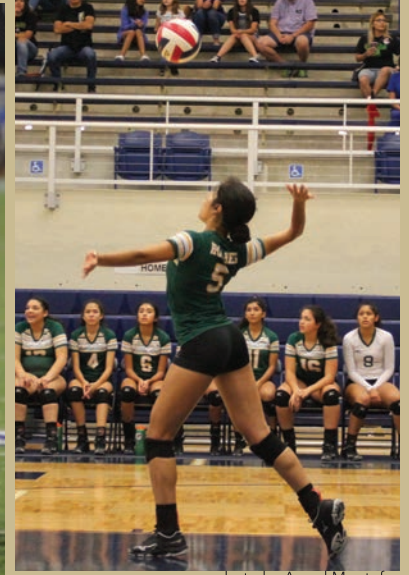


photo by Angel Montufar



photo by Raquel Medina



photo by Arthur Martinez

COMIC RELIEF



"SCREEN JUNKIES" written and illustrated by Lucille Gradillas

SHOUT OUT

The "shout out" section is dedicated to those making a positive impact on our campus, whether it be students, faculty, or organizations.

We appreciate your time and dedication to making our school a better place. In this issue we would like to shoutout:

Nurse **Sharon Olson** - No matter the season or sickness, she works her hardest to make sure the campus is feeling great.

Cheer Coach **Jennifer Salazar** - She makes sure all her students strive in excellence.

After a not-so-easy year last year for her family, theatre teacher **Annie Bridges** is bouncing back better than ever, proving that all you need is a positive attitude.