



Cougar Chronicles



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Dealing with Peer Pressure

By: *Elizabeth Baltista*

Dealing with peer pressure in school can be difficult. Making the decision between going along or holding back can be overwhelming, being it's a big factor in the friendships you hold. Students, most likely teenagers in high school, can be peer pressured into doing numerous activities that are illegal and/or bad for their health, such as consuming alcohol, doing drugs, and changing their appearance and personality for someone else's entertainment and/or judgment. Many who struggle with peer pressure find it hard to say no and stick to their word. Although this may be due to low self-esteem and the desire to feel accepted, there are many ways to stop peer pressure. These four methods to avoid peer pressure can be 100% effective if you allow them to be and will help to improve the way everyone sees you for the better.

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Obama—Trump Transition

By: *Alexys Hunter*

The Obama-Trump transition started soon after Democratic opponent Hillary Clinton conceded to Donald Trump in the election for President of the United States of America. President Trump, soon began to choose his cabinet picks, but not with lack of controversy. Many of his picks, like himself, have very little, or no background in politics. President

Obama—Trump Transition (*Continued*)

our American Political System; the President, the Senate, and the House of Representatives. The 44th President of the United States, Barack Obama, served 2 terms as President. During that time, he encountered many political battles with Republicans. While in office, he issued many executive orders that were met with stiff criticism. He attempted to create and change laws that affected Americans and foreigners.

Donald Trump constantly went against or challenged Barack Obama's decisions made for the countries during his 8-year Presidency. Trump believes Obama's biggest mistake as President was regarding America's health care. President Trump wants to repeal the ObamaCare. On the other hand, Trump is

also hopeful he will create 25 million more jobs. This is a good thing, despite the negative views people may have on his plans for other things such as said situation with ObamaCare. Some say Trump wants a larger military, but a lack of money and the right team to support him is preventing him from having this.

Ultimately, the transition from President Obama to President Trump won't be easy. There are many changes ahead of the nation that will be taking place, but this would be the case with any change in office in almost any nation. There will always be an opposition, and there will always be people that benefit from certain ideals, and others who do not. All that can be hoped for is that the new



Dealing with Peer Pressure (*Continued*)

Say NO and MEAN IT.

Nobody knows what's best for you besides YOU. Once you stand up for yourself and make it clear you do not want to engage in an activity, others will stop encouraging you to do things you don't want to do because they'll realize you don't care to participate. Take a stand for yourself and be assertive towards what's right and wrong.

Avoid hanging with the wrong crowd.

Choosing your friends wisely and creating friendships with others who have the same interests you have may be of big help. If you decide to surround yourself with a crowd in order to fit in or gain popularity, the decision will backfire because 90% of the time you'll be pressured into doing activities that you are not familiar and/or comfortable with.

Change the topic of the conversation.

If a person encourages you to try new things that you aren't comfortable with, you can easily change the subject and trick them into a new conversation to avoid turning them down at once. Don't feel the need to explain why. The change of topic should indicate your decision.

Turn the tables.

Another simple way of turning down the peer pressure you're facing would be to give them a chance to change their behavior before you feel the need to change yours. For example, if someone offers you a cigarette, turn the tables by giving health facts on the physical damages and health issues that cigarettes can cause.

Girls Basketball Team

After a successful season, and winning 16 games, the girls basketball team is looking to build off that energy for their current season. This season, Coach Younger and the rest of the basketball team are feeling very positive. Since they had such a successful season last year, they want to have an even better one this year.

The year started off with a few injuries to the players on the team, and yet they still managed to push through the obstacles. The team is giving it their all, practicing from 4-6 p.m. every single day. The coach feels his team should work harder and bond with each

other more so to improve their skills. He wants there to be better outcomes throughout their games.

Coach younger doesn't single players out. He believes everyone on the team has something special in them. Each and every single one of the players contributes something to the way the team plays. The motto Coach Younger goes by is, "What doesn't kill you makes you stronger." So far, this season has been satisfying. After February 4th, the team will begin to start dividing who will play in the playoffs.



Major Setback for a Major Comeback

Who said the Samsung's Galaxy Note range was over for the company? Surely, not Samsung. The company has settled down after having an incident with their line of Galaxy Note 7's battery issues which caused the phone to explode. This caused the company to lose about two million dollars from sales. However, that major setback did not discourage the company from striving back onto the market. Rumor has it there will be a new Galaxy Note called the 8 that will be launching in late March or April of 2017.

This new device will likely have highlights including a 4k screen, a cut edge Snapdragon chipset, 6GB of Ram, and a more efficient camera. Also, the Samsung Galaxy S8 will allegedly have an iris scanner of a foldable

screen. The first of its kind! In addition, the device will be available in

5.1- and 5.5-inch sizes or 5.7 and 6.2-inch sizes.

The phone is expected to ditch the home button and add a 3D Touch-like feature. Headsets that come along with this are a Gear

VR headset, with the resolution of the display being more sharp than 720p. For the most part, the hottest leaks about this device are its similar but refined design, a dual-lens camera, 30MP rear camera, 8MP front-



facing snapper, and a 4200mAh battery. It is also expected to be water and dust resistance. Unfortunately, it will no longer have a headphone jack.

In conclusion, the Samsung Galaxy S8 will be more expensive than the Galaxy S7 due

Spring 2017 Fashion

By: Sanayah Davis

Look Out! This year 2017 Spring Fashion trends are a must for your closet. Research shows that the fashion style of this year will be bolder prints, more frills, and serious wardrobe disruptions. Trends that will be featured in this year's fashion collection are romantic ruffles, bra tops, and neon colors. There will also be more of a look called the "all tied up" look, and there will be hints of patterns like stripes and floral designs. Overall, this year's spring fashions look like they will be a modern, but classic, twist on clothing.

The new uprising fashion look "Aquarius" is a burst of colors that are mustard yellow, orange, purple, pink, and blue. These colors can be paired with gold accessories. Floral is no surprise. The look "Shades of

Blue" is an easy color to pair with anything. That's why fashion experts say it's time to switch out the old black and white and bring in the palest seafoam to the richest cerulean. Furthermore, there's also a final look that will be featured in this 2017 spring fashion trends which is the "Oxfords" look. It consists of the classic striped button-down with designers' addition of flounces, slashing shoulders, and super-sizing the silhouette.

Throughout the 2017 spring fashion, there will also be a male collection. Male looks that will be featured for males this spring are casual, lazy looks, a 50 shades of spring look, and a punk look. The casual look has become quite widespread among youth today. "Fifty shades of spring" will be more pastel shades that will be taking spring by

Attachment to Fictional Characters

By: Meghan Matthew

Most people get attached to someone close to them or a certain object because it has a special meaning behind it or it reminds them of someone or something special to them. However, why do people get attached to fictional characters? Chances are, the answer to this is empathy. Empathy is being able to understand and share someone else's feelings. Empathy is a part of human emotion. We naturally come with empathy implanted into our brains. We just need to know how to apply it to situations in our lives. We are able to understand the emotions and feelings a character might portray by looking at their body language, facial expressions, and the tone of their voice. When we feel empathy, we get a feeling of wanting

to hug the person or simply be there for them, but when we feel empathy for a fictional character we can't touch them or hold them or be there for them when they need us. This makes us more attached, but in a different way.

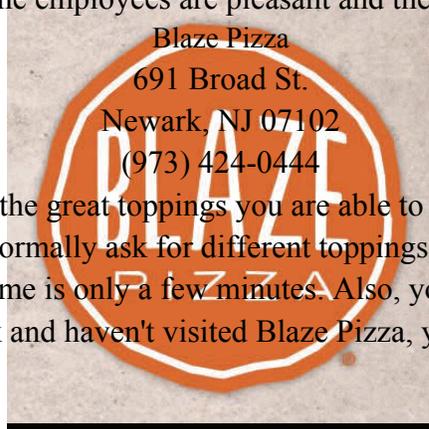
Many fictional story-writers write fictional stories because they are trying to get as close to the character as they can. People go to great lengths to find out the most interesting facts about people. Stress is another reason why we get attached. When humans get stressed, they try to look for a distraction that will help them feel at ease. We get so attached to characters that, if they die, or something bad happens to them we immediately feel that connection to them is lost. Getting

Food Reviews

By: Elizabeth Baltista

Everybody loves food, especially if they're from fast food restaurants. However, there are good ways to avoid going to fast food restaurant, what with bad customer service and ironically long waiting times, and still get good food within little time. I'll be recommending you two perfect fast-acting restaurants in Newark, NJ, that serves food much better than the local McDonalds or BurgerKing.

First, a fresh pizza place where the employees are pleasant and the pizzas are made fast:



I enjoy Blaze Pizza due to all of the great toppings you are able to add, and the time it takes the employees to finish each orders. I normally ask for different toppings each time I go, and they're great every single time. The waiting time is only a few minutes. Also, you can always order online and carry out! If you're from Newark and haven't visited Blaze Pizza, you're missing out!

You haven't had the best cheesesteak in the area until you've gone to:

Newark Cheesesteak House
22 Bloomfield Ave.
Newark, NJ 07104
(973) 412-1400

A review on TripAdvisor by Scenic 2015 claims, "Philadelphia has nothing on Newark. Their oversized cheesesteaks are just plain GOOD." The restaurant isn't very spacious, but I guarantee the food will make up for it. The waiting time is not much and the employees are kind. They keep the place clean at all times, and will always prepare your order with love and care.

Newark has many places to eat from but these two are a MUST. The environments are safe, located on main streets with plenty of people surrounding them. You will not regret taking the time out of your day to visit these great places and enjoy the food they have to offer!

Cougar's Got Talent

Courtesy of Mrs. Doss, Poetry Club Advisor

UNIVERSAL LOVE

By: Maria Hennings
Hunt

IN HONOR OF BLACK HISTORY MONTH

When darkness is all you can see,
I will show you the stars.

When fear makes you tremble,
I will hold you still.

When the child inside you cries,
I will dry your tears.

When even your dreams lie to
you,
I will show you truth.

When the questions remain ques-

tions,
I will give you answers.

When there seems no way out,
I will show you a door.

When another step forward is
more than you can take,
I will carry you.

When you dance your dreams
awake,
I will dance with you.



I looked and I saw
That man they call the Law.
He was coming
Down the street at me!
I had visions in my head
Of being laid out cold and dead,
Or else murdered
By the third degree.

*I said, O, Lord, if you can,
Save me from that man!
Don't let him make a pulp of me!*
But the Lord he was not quick.
The Law raised up his stick
And beat the living hell
Out of me!

Now I do not understand
Why God don't protect a man
From police brutality.
Being poor and black, I've no weapon to strike back
So who but the Lord
Can protect me?

WHO BUT THE LORD?

By: Langston Hughes

IN HONOR OF BLACK HISTORY MONTH