

# Talon Times

A Student Publication

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## IMPACT OF SOCIAL MEDIA

Alexa Gomez

Social media has a big impact on our lives, both negative and positive side, it helps us stay connected with friends and family and access information. However, it can also lead to issues like cyberbullying, misinformation and reduced face-to-face interactions. Social media impacts our lives by keeping us connected and informed. It changes how we interact with each other.

Who is affected? Almost everyone, especially teenagers to seniors, it is very common for highschoolers to get affected by the impact of social media. What is happening? People are using platforms like Facebook, Instagram and Twitter to connect, share information and stay updated. When did this start? Over the past decade, social media has rapidly grown in popularity. Where is this impact felt? The impact of social media is globally in every corner of the world. Why does it matter? While social media brings people together and provides instant access to information, it also introduces challenges like cyberbullying and false information. How is it changing our society? Social media is changing our society by altering communication patterns, influencing opinions and shaping our daily life.

Social media can be harmful because it often leads to decreased face-to-face interactions like said before, which can negatively impact social skills and mental health. Furthermore, social media can contribute to misinformation, spreading false or misleading information quickly and widely. There's certain people in some of my classes and they could be on their phone the whole class without looking at the board once, when asked why they stay on their phone they say they might need to get their phone taken away to pay attention because they are just on social media, and it distracts them. Besides being distracting, research shows that too much phone use in class can hurt grades. Students miss key points and fall behind when they're always on their phone. At family gatherings most of my family is always glued to their phone, nobody tells each other anything because they are all the same way.

In conclusion, the increasing distraction of social media use both inside and outside of school highlights the need for better digital habits. All in all we should try and be off our phones at least a little bit especially while in class.

# Hug Happenings

## Teacher Appreciation – Ms. Rosal

By: Antonio Reyes

One of Hug high schools most valued teachers is Ms. Rosal. She's been teaching at Hug Highschool and already has a strong connection with some of the students at hug. Some students say that Ms. Rosal "feels like a student"

Another student said "Best teacher I've had" other students said that she feels like having an older friend. In an interview with Ms. Rosal, we talked about her career and life before teaching.

### Why did you want to be a teacher?

"Because I wanted to feel like a mother and a friend to the kids who don't have that"



### How did you know you wanted to be a teacher?

"I knew that I wanted to be a teacher because I worked at boys and girls club and my position was called a project learn tutor and so I really liked the feeling of when kids understood how I taught them and so I really liked being able to teach kids and work with them, so I thought my best career path was to be a teacher"

### Did you have a teacher that inspired you?

"Yea my English teacher my senior year his name was Mr. brown, I think he still teaches at Reed that's where I went, and he was very enthusiastic and passionate about what he taught and that really made me as a student enjoy coming to class"

### Any Advice you have for any students that want to become teacher?

"Any students that want to become teachers they gotta have a passion for it because I feel like teachers are under paid and another thing you need to have a lot of patience because you will find yourself constantly repeating yourself but most importantly the patience is because you want students to be able to start figuring things out by themselves instead of always giving them the answers and if you decide to work in a high school you need to be energetic and enthusiastic about what you teach. Smile a lot."

# UPCOMING 2025 SOFTBALL SEASON

By: Elena Solano

As the 2025 softball season kicks off at Hug High School, excitement and anticipation fill the air. Our talented athletes are ready to showcase their skills, determination, and team spirit on the field. Tryouts will be on February 15<sup>th</sup> and February 18<sup>th</sup>, On the 15<sup>th</sup> tryouts will be from 9am-1pm on Saturday, and 3pm-5pm on Tuesday the 18<sup>th</sup>. Showing up to try outs you will need to come with a good attitude, being coachable, and softball equipment, if you have any, and if you don't there will be equipment for you to use!, and make sure to bring water!, Before coming to tryouts you also need to make sure your RMA is filled out and you have done your physical, if you need help go see Coach Fierro in room 326. If you do not have your RMA and physical on file by tryouts, you will not be able to tryout. Other than that, this season promises to be one of growth, resilience, and thrilling moments. Stay tuned as the Hawks take on their rivals and aim for a remarkable season.



# NEWS

## The History of Groundhog's Day

***WHY DOES A GROUNDHOG PREDICT THE WEATHER?*** By: Gabbi Ancho

Groundhog's day is a holiday that most don't really care about, or even remember exists. Or, maybe you do and enjoy celebrating Punxsutawney Phil coming out of his burrow. Regardless of if you like the holiday or not, the history of it will help you understand why we let a groundhog determine whether we'll have six more weeks of winter or an early spring (even if it's wrong).

The holiday originates from an ancient Christian religious holiday, Candlemas Day. At first, the day (February 2<sup>nd</sup>) was a day where Christians would take their candles to church to have them blessed. They felt this would bring blessings for the rest of winter. It wasn't until this belief was introduced to German settlers that a groundhog became a part of the tradition. The holiday gathers people in Punxsutawney, Pennsylvania to watch the groundhog Phil emerge from his burrow to see if he'll see his shadow or not. The first celebration of this new tradition was on February 2<sup>nd</sup>, 1887.

Not only does it originate from Candlemas Day but the European pagan festival of Imbolc as well. The holiday brings people from all over the U.S and even some in Canada to watch Phil predict the weather. Though it's wrong 40% of the time, people enjoy a community celebration and just have fun. It gives people a lighthearted moment to look forward to, and to enjoy with family and friends.

In the earliest celebrations, groundhog was served as a special dish. Celebrations in the late 1800's, including the first celebration in 1887, involved eating poor Phil after he made his prediction. It was considered a delicacy, but eventually the feast for the groundhog lost interest to many. Fortunately for Phil, the idea of eating him or his friends was soon retired.

Many who are a part of the Punxsutawney Elks Lodge club claim the groundhog has been the same one since the first celebration in 1887, meaning Phil is still the same Phil predicting the weather today. They claim the secret to his longevity is a special diet, "groundhog punch" and the "elixir of life". True believers of the holiday believe that Phil is in fact 137 years old, like the club members claim, regardless of how silly it sounds.

**This year marks the 139th year celebrating the holiday.  
He did see his shadow so six more weeks of winter!**

# THE PANAGBENGA FESTIVAL

By Gia Fernandez

The Panagbenga Festival, also called the Baguio Flower Festival, is celebrated in February in Baguio City, Philippines. The festival gets its name from a Kankanaey term that means “season of blooming”.



The Panagbenga festival is celebrated by the people of Baguio City or Philippines in general. The festival is celebrated in February at Baguio City, Philippines. And the festival includes a float parade, street dancing, and other events. The Panagbenga festival is celebrated to honor the city’s flowers and to help the city recover from the devastation of the 1990 Luzon earthquake. The festival is celebrated by people dancing, marching bands, street dancing, landscape competitions, fireworks display, live music, and cultural shows.

The 1990 Luzon earthquake was a powerful earthquake that left an estimate of \$369 million worth of damages and a total of 2,412 deaths in the Philippines. The Luzon Earthquake is one of the main reasons why we celebrate the Panagbenga festival.

“One of its most memorable seismic events was the powerful quake that struck the island of Luzon in 1990, which resulted in a number of collapsed buildings, left an estimated \$369-million worth of damages, and a total of 2,412 people dead.” The Philippines is located along the Pacific Oceans Ring of Fire, making the Philippines one of the most disaster-prone countries in the world. “Located along the Pacific Ocean’s “Ring of Fire” and having five major fault lines, it is no stranger to earthquakes.”

The first Panagbenga festival (Baguio flower festival) was launched in February 1996. “The Philippines is one of the most disaster-prone countries in the world. Located along the Pacific Ocean’s “Ring of Fire” and having five major fault lines, it is no stranger to earthquakes.”

The Panagbenga is celebrated all February and is a fun festival that some people from other cities in the Philippines go to.



Thursday  
January 28,  
2025

# Bear Attack

## A REAL DRAMA IN LIFE

BY:  
Devan Flores

### New program launches

#### The latest updates

A terrifying bear attack occurred yesterday at the Reno softball complex, leaving three people injured. The incident happened around 5:30 during a softball game, when the three victims Pedro, Adrian, Kevin, was getting drinks from the snack bar. Eyewitnesses reported hearing loud growls before seeing the massive bear charging towards the three victims.

The three victims were standing there in fear didn't know what to do, seconds before the bear got them, they moved away from it and all they can think of is to fight the bear for their lives after the brutal encounter and trying to scare it way from the other citizens at the background.

Witnesses described the scene as something out of a nightmare, with the bear emerging from the dense forest without warning. This shocking incident has left the community in fear and has sparked urgent discussions about wildlife safety.



Pictuer caption: this is the bear that caused the attack at the Reno softball compex, it was eight feet tall and whighed around 250 pounds.

### Community rallies for charity

#### Daily news updates and opinions



Close encounter: A reminder of the wild side of nature after a recent bear attack.

The three victims Pedro, Adrian, Kevin got rewarded from the local authorities and communities for acts of bravery and saving the people from the bear attack. The communities were proud of the three victims for saving being brave enough and saving the people from the brutal event. The communities started a charity to raise money for their injuries from the attack they had to be sent to the hospital and had to get many stitches. One out of the three victims had a huge cut on the head form a scratch of the grizzly, the other two got scratched on their upper body.

The rising encounters between humans and wildlife: This theme can explore the increasing frequency of bear encounter with humans, the reasons behind these incidents, and the necessary precautions people should take to avoid such dangerous situations. It can also delve into the impact on both human communities and bear populations, highlighting the need for coexistence and better wildlife management practices.

#### Bear Attack in the wilderness

Understanding the risk and precautions

Devan flores

Stay informed, stay safe: Learn more about wildlife encounters at <https://weecocenter.com/>

#### Community

Having communication with others

In a small community nestled in the heart of the forest, a recent bear attack has left residents on edge. The incident serves as a stark reminder of the unpredictable nature of wildlife and the importance of coexisting respectfully with the animals that call these woods home.

#### Bear attack raises awareness on human-life- wildlife conflict

The latest updates

A recent bear attack has raised awareness about the going conflict between humans and wildlife, highlighting the need for better coexistence strategies.

## MARTIN LUTHER KING JR

CHAMPION OF CIVIL RIGHTS AND NONVIOLENT RESISTANCE. "I HAVE A DREAM". A JOURNEY OF COURAGE, EQUALITY, AND SOCIAL CHANGE.

By Brianna Moctezuma



Martin Luther king jr. was a civil rights leader who fought for racial equality through nonviolent protest. Led the fight for racial equality and helped end segregation through nonviolent. Martin Luther king Jr was assassinated on April 4, 1968. He gave his

speech at the Lincoln memorial in Washington D.C. He did all this because he wanted to change racial rights to end segregation, and he believe in justice. He stopped everything leading to laws like the civil rights act of 1964 and the voting right act of 1965.

The march on Washington in 1963, where king delivered his famous "I have a dream" speech was pivotal in building support for the civil right act of 1964, which helped the end segregation. Kinds leadership in the Montgomery bus boycott of 1955-1956, sparked by rose parks arrest was a key event the led to the supreme court ruling segregation on public buses unconstitutional.

"Injustice anywhere is a threat to justice everywhere." This quote emphasizes his belief in the interconnectedness of the people and the need to fight injustice wherever it exists.



"The time is always right to do what is right" this reflects his belief in taking immediate action for justice and equality, regardless to the circumstances.

Martin Luther king jr. resolution was to advocate for civil rights and racial equality using powerful means. His impact effort has left a legacy of inspiration and progress in the fight for justice and equality.

# The Wildfires in Los Angeles 2025

By: Mariana Zarate Tovar

Wildfires started on Jan 7<sup>th</sup>, 2025, in Palisades Los Angeles. This fire has affected people's lives. It didn't just burn Palisades, but it also spread to Eaton, Sunset and Hurst etc. Reporters say that these fires have started because Los Angeles is in bad condition in the combination of abnormally dry conditions and powerful wind gust fueled LA destructive wildfires.

This fire in Los Angeles Has taken over LA. Five people were killed 2,000 structures were destroyed. These flames have been moving fast. The Eaton fire burned 200 and 500 structures damaged five school campus. These fires have not just taken buildings, homes and areas but people's lives. More than 137,000 people have been forced to leave their homes, leaving everything they build behind just trying to survive. Palisades is the first fire to be the biggest fire in the region and has become the most destructive fire in state history.

(Apnews.com)



([www.nbcnews.com](http://www.nbcnews.com))

In the article in Apnews.com states, "The flames torched part of Palisades charter High School." There has not just been one High School affected but so many more. The fire is taking over everyone's normal daily life. The flames have gone towards highly populated places, including Santa Monica, Calabasas and homes to California rich and famous Hollywood stars. In the article In BBC.com claims that "130,000 people had to flee their homes in Americas second largest city." This just shows us how sad this Wildfire is. The Los Angeles fire has caused pain, destroyed life's taken over people homes fully.

(BBC.com)

# The Diffusion of Mardi Gras

Written by Fiamma Semenza

Mardi Gras is a historically relevant event, it's been celebrated in New Orleans for over 300 years. However, its origins are not based in Louisiana, they're not even based in America. Mardi Gras was a celebration started in Europe, and it travelled to the United States through colonization in the 18<sup>th</sup> century. So, where in Europe did it start and how did colonization bring it to America?



Now, Mardi Gras is French for “Fat Tuesday.” In France, Mardi Gras was the day of indulgence before Lent. However, the roots of Mardi Gras can be traced back to Ancient Rome, though that wasn't its name at the time of

its creation. The festival of Lupercalia was a traditional celebratory event that commemorates the coming of Spring. According to Frenchmoments.edu, “Some people compare carnival to the feast of Lupercalia, which was celebrated on 15 February in Ancient Rome. This Roman festival inaugurated the civil year, which began with the *calendes* of March and continued until 45 BC.” It was later Christianized, meant to celebrate the time before Lent. So, how did the celebration come to America?

Two French brothers, Moyne d' Libreville and Jean-Baptiste La Mayne de Bienville founded Mobile, Alabama in 1702, before it came to New Orleans. According to Mobile.org, “Apparently, as early 1703, the French held a type of Mardi Gras celebration in Mobile.” The same Frenchman, Jean-Baptiste La Mayne de Bienville, founded New Orleans in 1718, where the tradition carried on. New Orleans developed its own practices to celebrate Mardi Gras, such as the creation of King Cakes. According to hgic.clemson.edu, “The name King Cake is derived from the Three Wise Men in the Bible, who came bearing gifts for the newborn Jesus on the twelfth night.” Mardi Gras was and still is a sacred tradition to a lot of people, although it has changed a lot from its roots in Europe, to the colorful carnival it has become. Its historical relevance is important, not only in European history, but in American history.

# The History of the SUPERBOWL

Let's break down the history of the super bowl and how it became what it is known for and loved for.

By: Justin Binion Waugh

It all starts in 1920 when ten football teams gathered in Canton, Ohio to create the NFL (National Football League) When the NFL is unwilling to expand This makes some Businessmen upset. So, they create the AFL (American Football League) in 1959 to be a competitor to the NFL. The AFL would also gain a good following through the years. Finally in 1967 they would put together a championship. This championship would be fought between the Chiefs and packers ultimately the packers would beat the Chiefs and win the first ever championship between the two leagues that would later be known as the super bowl. And while the Chiefs may have lost the first super bowl they didn't



come up empty handed as their coach Lamar Hunt would start calling it the super bowl. "My own feeling is that it probably registered in my head because my children had a toy called a superball" Lamar hunt said this when asked why he called it the super bowl and that's what we know it as and love it as. There have been 58 super

bowls since. Some being crazy like in 2017 when the patriots would make a comeback to win it all in overtime after being down 0-21. This year the Chiefs have a chance to break history if they 3 peat and beat the eagles in the super bowl on February 9<sup>th</sup>. Last year the super bowl LVIII averaged 123.7 million views making it the largest in super bowl history.

**FEBRUARY 9<sup>TH</sup> IN NEW ORLEANS AT 3:30 PM.**

# The Celebration of Presidents Day

Melissa Razo

How did the celebration of president's day start? Presidents Day first started to honor George Washington's birthday after his death. The holiday evolved to celebrate all presidents. Before, Presidents Day, was celebration on February 22. Now it is celebrated every 3<sup>rd</sup> Monday in February.

The significance of Presidents Day lies in its ability to remind citizens of the contributions and sacrifices made by the presidents. It's a day to reflect on the history of presidency and the roles these individuals have played in shaping the country. Public ceremonies, no school and work, and visiting historical sites are ways Presidents' Day is celebrated.

A witness to the celebration once remarked "Presidents Day is more than a day off; it's a day to remember the values and vision that our presidents have brought to the office. It's a time to honor their dedication to the country and to inspire future generations to engage in public service" This captures the essence of the holiday, emphasizing the importance of civic engagement and historical awareness.



In addition, Presidents Day has become synonymous with sales and promotions, retailers take advantage of the holiday to offer significant discounts. This commercial aspect has made the day one of the busiest shopping periods of the year, patriotism and consumerism.

Overall, Presidents Day stands as a celebration that honors the leadership and legacy of America's presidents while encouraging citizens to reflect on the nation's history and their role in shaping the country and its future.

# New Orleans 2025 Terrorist Attack

Guisly Morales and Mason West

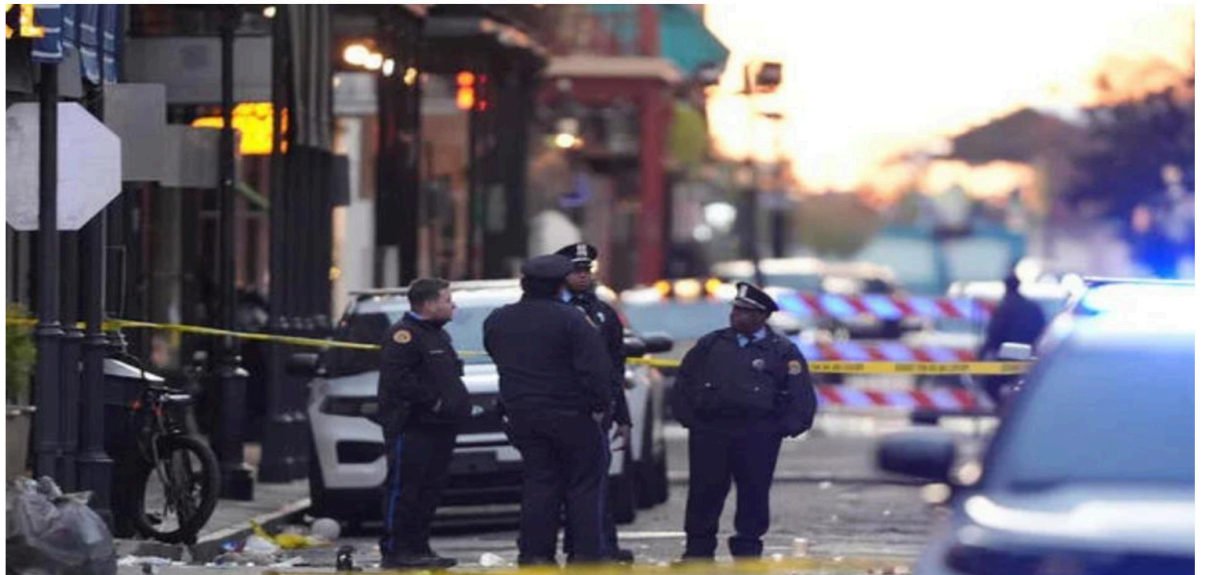
On January 1, 2025, a tragic event happened in New Orleans. Shamsud-Din Bahar Jabbar when into the car and ran over the crowd of people, he was driving a rented white Ford F 1. It was reported that Shamsud-Din Bahar was 33 years old who lived in Houston Texas. This attack killed about 14 people and injured at least 35 others. After the crashing the vehicle, Jabber exited and engaged in a shootout with responding police officers. He was then shot and killed by law

enforcement. Two officers were injured during the shootout.

The investigation showed that Jabber had pledged allegiance to the Islamic State (ISIS)

which led to the FBI to categorize this case as an act of terrorism. When police were investigation the truck, they had found an ISIS flag and later videos got exposed of Jabbar expression support for the terrorist organization. "We had a car there, we had barriers there, we had officers there, and he still got around," Kirkpatrick said.

During this time, lawmakers have carefully examined the FBI's preparedness and response, noting the absence of the local field office chief during the incident. Many questions have also been raised about the FBI's initial characterization of the attack and their overall readiness for high profile events. This tragic event has prompted a conference about public safety, counter terrorism efforts and the importance of community ability to bounce back in the face of this disaster. Louisiana Gov. Jeff Landry called it "a horrific act of violence" and said he and his wife were "praying for all the victims and first responders on scene."



# Lifestyle

## 2025 MOVIES TO BE EXCITED FOR

BY DANIELLA ESTRADA

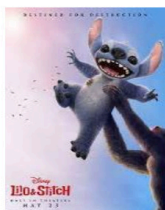
Are you wondering what type of movies are coming out throughout the year 2025? Well, if you are so curious here are some of the top five movies that you should look forward to in 2025!

In this new year we can be excited for all the amazing films that will be released throughout the year. Here are the top 5:



First, we have Avatar 3: Fire and Ash (December 19, 2025). If you have watched any of the other avatar movies you know that they are such great movies, and we can only expect this new movie to be even better.

Second, we have the Conjuring: Lost Rites (September 5, 2025). You can be excited for this one, especially if you love horror, this is the one for you! The Conjuring series is incredibly good, and you can expect a lot from this new movie!



Third, we have the Lilo & Stitch (May 23, 2025). Lilo & Stitch is quite popular and if you have watched the first movie from 2002 there is a good chance that you will enjoy this new live action one!

Fourth, we have Captain America: Brave New World (February 14, 2025). If you are a fan of Marvel, then I know you are excited for this movie to come out!! It is also the first movie to come out on our list.



And finally, we have Elio! A new Disney movie that is coming out and not only does it look interesting but also extremely cute. I am sure it is inspirational just like other Disney movies.

All these movies have been anticipated since they were first ever announced. I hope you have been anticipating these movies too, and if you have not and are just finding out about them then hopefully you get to watch all five of them and enjoy them and recommend them to others!!

# Pokémon Go February Event

*The Niantic team plans another special event for the Pokémon fans where all people gather around and social or as a team to catch their favorite legendary Pokémon.*

Author: Antoinette Erica Arah Villanueva

The Pokémon Go Fest will be a fun exciting special event where people all around who plays the game will have a nice field day, especially for their kids and family who enjoys catching their wild favorite characters like the iconic Pikachu, Eevee, and more.

The event will be “Unova Tour” as Niantic team stated in their social media, to let trainers or people know what’s the events all about. They reported that the Pokémon’s would appear or to be there because the events will be Snivy, Tepig, Oshawatt and other more Pokémons that are located around Unova. Since it is a special event, they will have legendary Pokémon’s that people would likely get excited for the event.

The Events will begin on February 21, 2025, as many groups of the game will have a field day of their fun vacation, they will be also come youtuber community youtubers like MYSTIC7, TrainerTips, and few more Pokémon Go youtubers.

The Event will be in Los Angeles, United States as Niantic planned to do the event for the people who lived in the state, especially Pokémon Go is very popular game in America due to that people find it nostalgic as one of there childhood shows in the TV.

Pokémon Go was meant for people to walk around, gathering them all in the special events to have a social activity. Niantic team goal was to make people be more active and going outside for a little exercise, making the Pokémon game that is augmented reality was a success, since 2016.



# PRESIDENTS

## DAY



### FEBRUARY 17<sup>th</sup>

February 7<sup>th</sup>

# FROSTY DANCE

HUG HIGH SCHOOL

9-11 pm

Buy a Card for  
\$40 to receive  
Flowers every month

From: Sparks Court

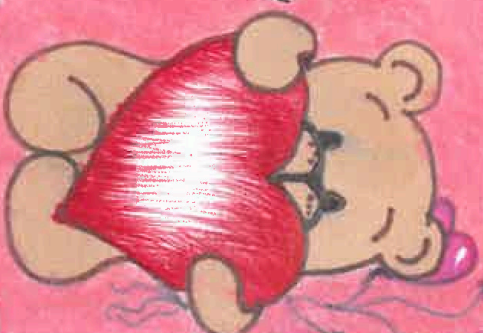
@ room 131

Between 1/09/25-1/31/2025



# Happy

# Valentine's



# Day

# Special Valentine's Day Edition



# Meals To Cook On Valentines Day!

Naomy Calderon



**Do You Want To Know What To Cook On Valentines Day? Stay Tuned To Learn Some Of The Words Best Recipes For This Lovely Day.**



Valentine's Day dishes to make: Impress your loved one with a romantic feast! Valentine's day is just around the corner, and what better way to show your love than by preparing a special meal for your significant other? These meals can be

cooked for your family/friends. Some delicious dishes you can make are Marry me chicken, Seafood Alternative: Lobster Risotto and more! Here are some sweet-treats you can also make: Chocolate covered strawberries, butter cookies etc. How? All of these ingredients you can buy at any grocery store.

## **Why We Should Cook These Delicious Meals On Valentines Day!**

Valentines day is one of the most popular holidays celebrated in America it is meant for you to show your love for family or your significant other. Since Valentine's day is coming here are some meals you can cook if you would like. Cooking for your significant other on Valentine's Day can be a way to show love and affection, and to bond with them. Another thing I have learned is that cooking opens the door for communication on different topics such as upcoming and present events, or even simply just catching up with each other for the day. Valentine's Day serves as a reminder to express love and appreciation to significant others, whether it be through gifts, acts of kindness, or simply spending quality time together.

## **How To make Seafood Alternative: Lobster Risotto**

If your partner is a seafood lover, consider making Lobster Risotto. This dish is both decadent and comforting. Start by cooking Arborio rice in a mixture of Lobster stock and white wine, stirring constantly until creamy. Add cooked lobster meat, Parmesan cheese, and a touch of butter for extra richness. Garnish with fresh parsley and lemon zest to brighten the flavors!



## **How to make Chocolate butter cake:**

To make this cake for your family or friends, preheat the oven to 425 (220). Grease four six-ounce ramekins. Melt butter and chocolate together, stir in powdered sugar, whisk in eggs and egg yolks, then add vanilla. Fold in flour and salt. Divide the batter into ramekins. Bake for 12-14 minutes. Let it cool for 1 minute, then invert onto plates, and you're done! Enjoy your chocolate lava cakes! Here is the chocolate lava cake.

## **Quotes for Valentine's!**

Walter Winchell quoted “ Never below you. Never above you. Always besides you.” And this quote means that no matter what you and your partner will always be supporting each other and there will be no competition.

Saint Augustine quoted “ Love is the beauty of the soul” To people this quote means that the beauty of someone isn't based on their looks it's based on their personality and how beautiful their soul can be.

These quotes have a connection to Valentine's day meals because if you ever decide you want to cook for your significant other you can write them a letter and put these quotes on them to show them how much you care!

# **Happy Valentine's Day**

# Who Is Cupid?

*By: Isis Hernandez*

Cupid is the God of erotic love, affection, and desire. Cupid is often depicted as a young boy with wings and a bow and arrow, symbolizing love piercing the heart. The Roman cupid was the equivalent of the Greek God Eros. Cupid's name originates from Eros which also translates to “desire”. Cupid has become closely associated with Valentine’s Day due to his connection to the Roman Festival of Lupercalia and the legend of Saint Valentine. “In the [Greek] literary sources we have, he’s depicted as just unconquerable,”- Richard Martin, a classics professor at Stanford University.



The Roman festival of Lupercalia was a fertility festival held from February 13th to the 15th. During this violent festival, the priests would sacrifice animals and use violence towards people to promote fertility. Cupid was depicted as mischievous and used his role in Lupercalia to inspire love and desire in the people participating. According to the Christianized version of Cupid’s story, Saint Valentine was a priest who would refuse to obey the ban on marriage. Valentine continued to secretly hold marriages, later when he was caught he was executed on February 14th. The Catholic churches tried to Christianize the Lupercalia festival by associating it with Saint Valentine’s Day. However, as Christianity took hold of Cupid, Cupid went through many different interpretations. Cupid was also seen as a demon by religious scholars. They believed that Cupid was a “demon of fornication”. They depicted him as an evil nymph who fed people with lustful thoughts.

In today's modern world, Cupid is the face and a strong symbol of Valentine's Day because he represents the act of people falling in love and instigates romantic feelings.”Cupid had become linked to the holiday for his love-creating abilities. It’s no surprise that when greeting-card manufacturers made products for the holiday, they included imagery of Cupid that was inspired by beloved Renaissance art”.

# The Origin of Valentine's Day

By Shawnee Aston

## The Roman Festival:

Although the exact origin of Valentine's Day is unknown, historians have a few theories about where the holiday came from. Some theories suggest that it is linked to a festival called Lupercalia that was celebrated around the 14<sup>th</sup> century, which was used to celebrate fertility. During this festival, dogs and goats were sacrificed. Men would use strips of goats' skins to whip women because they believed it would make the women fertile.



Another activity of the Lupercalia festival was called the lottery of love. This involved young men drawing the names of women from a jar. The pair would become romantic partners for the night and sometimes the couples would marry afterward.

## Saint Valentine:

Later, Pope Gelasius wanted to ban the Lupercalia festival and replace it with a Christian holiday. He called it St. Valentine's Day, likely to coincide with the original festival. Although it is not confirmed who exactly Saint Valentine is since there were many Christians saints with that name, the most likely is the priest Valentine of Rome.

The Roman Emperor Claudius II allegedly banned marriages for young soldiers in hopes they would perform better in war. Valentine was a Christian priest who secretly married young couples and helped Christians escape from harsh prisons. Eventually Valentine was arrested and sentenced to death for his defiance. While he was in prison, people believe that he fell in love with the jailors daughter, and before his execution on February 14<sup>th</sup>, he sent her a letter signed "from your Valentine," which eventually became associated with romantic love.

"Saint Valentine was a martyr-yes, a lover, but one who loved the lord Jesus to the point of giving his life." -Michael A.G. Haykin

# Best Gifts for Your Significant Others During this Love Giving Season.

According to New York Times.

Daira Ramirez

Finding the ideal present may make all the difference, and Valentine's Day is the ideal time to express your affection for your loved ones. Thoughtful gifts that express your emotions can make the day unforgettable, whether you're celebrating with a friend, your significant other, or simply yourself. Valentine's Day presents come in a variety of forms, sizes, and styles. Here are some ideas for this Love giving season.

‘Put a ring on it’ okay maybe not THAT type of ring yet but this adorable minimalistic gold ring from Catbird Twin Hearts (\$108) is a great gift for her this season.



Another great gift might be a classic, but it never goes wrong.



*Flowers!* Don't wait for your lady to ask you for them. Any bouquet OR Lego flowers. Build together and create amazing memories. “If this is the year you aren't overthinking Valentines Day, you can never go wrong a sumptuous bouquet”. Remember classics are classics for a reason!



Lastly but a must have, chocolate. Now imagine custom made chocolate with images/words designed unique for your partner. 'Tony Choclonely Bars' make these amazingly sweet messages who make a great gift for him & her. “This is a simple and rather spectacular gift.” Take a sweetness of the love & friendship.

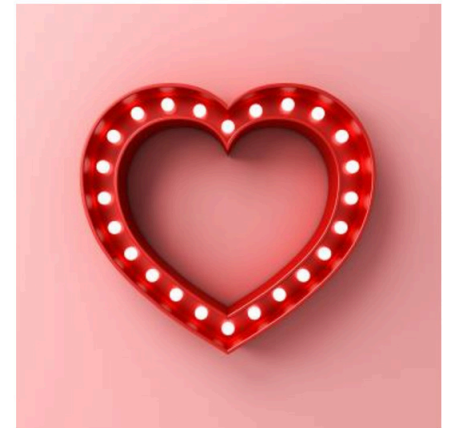


Let's celebrate the month of love and friendship with some of the previous insight there no need to be confused what to give your significant other to make it a great Valentine's Day.

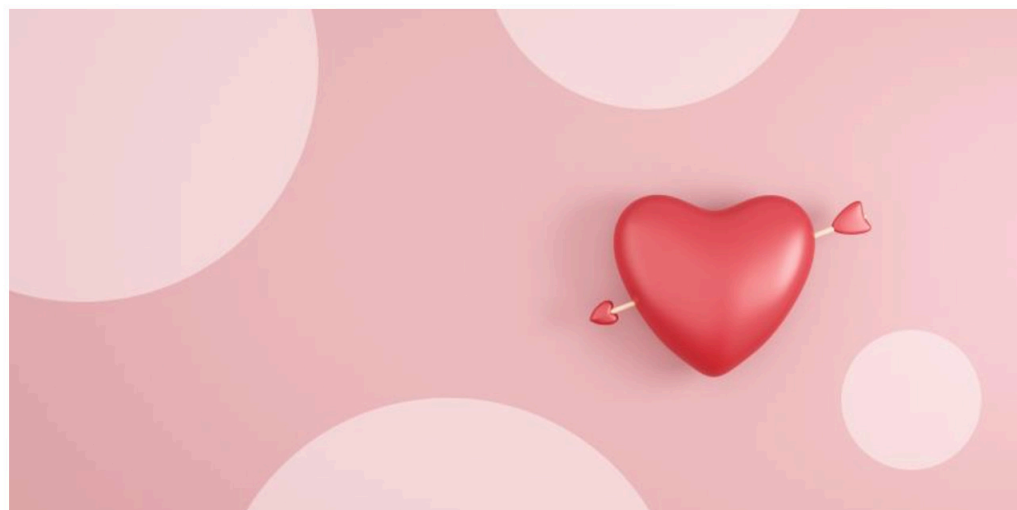
# Traditions Behind Valentine's Day

Amyia Thomas

All around America on February 14<sup>th</sup> every year Valentine's Day is celebrated to honor a martyr named Valentine and to celebrate love and romance. Most people celebrate it by sending cards or letters also gift giving such as chocolates or flowers and having meals in nice restaurants or a good home cooked meal.



Valentine's Day is a day dedicated to expressing love and affection. Its origins trace back to the Roman festival of Lupercalia, which was later transformed by the Christian Church into a day of honoring St. Valentine. The tradition of exchanging gifts and love notes began in the Middle Ages and has evolved into a global celebration. Today people exchange cards, flowers and chocolates to show their love for one another. The holiday significantly boosts the economy with billions spent annually on gifts and dining. This serves as a reminder to appreciate and cherish our loved ones. A good quote from Ted Kooser is "Valentine's Day is the poet's holiday". And a great poem to reference that is the famous poem Roses are red violent are blue the honey's sweet and so are you" written by Sir Edmund Spense that goes far back to 1590. A lesser-known fact about Valentine's Day is that it's not just for romantic love. In some cultures, it's also a day to celebrate friendships and family bonds. Another good funny quote says "All you need is love, but a little chocolate now and then doesn't hurt" – Charles M. Schulz. In all Valentine's Day is the day everyone around the world show appreciation and love for there significant other and loved ones.



## THE HISTORY BEHIND VALENTINES DAY

Syla Y.

Who invented Valentine's Day? Pope Gelasius invented Valentine's Day, according to History.com. Pope Gelasius made valentines day a day to celebrate love, affection, and friendships, this information is from Roses only. Valentines' day was created by the end of the 5<sup>th</sup> century in ancient Rome, said by Britannica.

Valentines' Day was a day out of the month to honor a martyr named Valentines, according to Wikipedia. They honor this martyr because emperor Claudius executed two men, both named valentines on February 14<sup>th</sup> of different years in the third century, this information is from NPR. Pope Gelasius decided to announce February 14<sup>th</sup> St. Valentine's Day, said by History.com.

How do folks feel about Valentine's Day? Well, most Americans enjoy it just like any other regular day, 53% have said. 22% enjoy it less than any average day. While 17% enjoy it more than any other day, according to You.Gov. Overall, Valentine's Day is a day to celebrate love, affection, and friendships. It is a day to honor folks and have fun.



## **" The Beauty of Being Alone: A Self-Love on Valentine's Day."**

**By: Ivy Flores**

Many people represent Valentine's Day as a time for relationships, romantic gestures, and couples. However, it's not necessary to have a partner or friends to enjoy it. It's simple to overlook one important relationship in a society that maintains friendship: the relationship with yourself.



### **The Strength of Being Alone**

Being alone yourself on Valentine's Day is an opportunity, not a sign of loneliness. You may focus on your needs, interests, and general well-being while you are alone and free from outside distractions. It's an opportunity to reflect on your life, make plans, and value your freedom. Although many people feel under pressure to look to others for approval, true contentment originates inward. Happiness is something you nurture for yourself and isn't reliant on relationships outside of yourself, as you discover when you learn to appreciate your own company.

### **Prioritize Self-Care Over Surrounding Expectations**

Take advantage of Valentine's Day as an opportunity to treat yourself rather than feeling excluded. Take a long bath, start a new book, cook your favorite dish, or watch a movie you enjoy. You deserve to celebrate yourself in the same manner as you would a lover. Love in all its manifestations, including self-love, ought to be the focus of Valentine's Day. Take a trip by yourself, write a love note to yourself, or buy yourself flowers. The way you love yourself determines how you will be treated by others in the future.

### **Redefining Bonds and Love**

Love isn't just for friends or romantic partners. It is present in your dreams, interests, and passions. It's in the satisfaction of reaching individual objectives, discovering new passions, and just being content with who you are. Giving, helping others, or doing something creative that uplifts your spirit are all excellent ways to honor the day if you don't want to do it the conventional manner. Love is energy, and it all depends on where you focus it.

Valentine's Day is just another day; it doesn't have to be characterized by what society thinks it should be. You already have everything you need, regardless of whether you're single or just like to be by yourself. Honor your independence, relish your alone time, and never forget that you are enough now and every day.

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