Looking for a new dine-in spot? Try Emmet's Social Table

Gardner Museum Heist
What happened in the world’s greatest art theft?

Why Do We Fidget?
The science behind the inability to sit still

The End of an Era
After 15 years advising the school newspaper, Mrs. Struve is moving on.
**In the News**

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**Covid Vaccine for 12-15**

Teens across the US now receive the Pfizer vaccine. This is a step towards lowering the spread of Covid-19 even more.

**Photo courtesy of Google Images**

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**Chipotle coming soon**

**By: Allie Fowle**

In the News

Restrictions in the Fort Mill area have persistently complicated the lack of Chipotle Mexican Grills in their area for years. Luckily, on Thursday May 6, the Warren Norman Company announced the addition of a Chipotle on Highway 160. According to the Warren Norman Company, the brand new Chipotle will be almost 2,500 square feet and will be built at the retail center located at 1852 SC-160. The Warren Norman Company is building this retail center straight across from Baxter Village, sandwiched between Braden and Harris Teeter. As of right now, there is no estimated construction date or opening date.

This brand new Chipotle will feature a “Chipotlane,” which is a pickup lane for mobile or window orders. According to restaurantbusinessonline.com, there are only 100 chipotles that feature “Chipotlanes” in comparison to the total 2,772 Chipotles in the United States. Stores with “Chipotlanes” require about 50% more workers than stores without this feature, so it is estimated that 10,000 new employees will be hired as they are built. The mobile order function in the Chipotle app makes the experience much faster than typical drive-throughs and takes “literally seconds.” Workers make one’s order a few minutes before they are scheduled to arrive, so that one can drive up to the window and leave just as fast.

According to the Warren Norman Company, Chipotle is a quick grill service that serves Mexican style food. Chipotle only uses a total of 53 ingredients for all the menu items, so all food is made with fresh ingredients and no added hormones in their meat. Chipotle is best known for its burritos and burrito bowls, which both get their first dose the next day. Freshman Willa Clarke would get the vaccine immediately, “It’s not like it’s gonna hurt me and I’d like to be protected.”

The new age group for the vaccine comes with mixed emotions, from both parents and kids. Hesitation and opposition come from the idea the vaccine will affect someone long-term, but organizations like the CDC hope to dissolve this hesitation with information, such as how vaccines work and why it is important to get them. On the cdc.gov website, there are many informative pages that one can visit either before or after vaccination.

Officials hope the vaccines can change environments in places like schools for the better while still maintaining safety.

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**The Bag Lady**

**By: Elle Richards**

With the surge of people being interested in all things spiritual, The Bag Lady is the perfect place to go for shopping for all of one’s needs. Upon entering, one will be greeted by the friendly and inclusive staff and accompanied by the calming scent of incense and sage. The energy inside the store could be described as calming. Even after leaving, the calming sensation is even more amplified, and it will linger on throughout the day. The shop itself is a bit small, but one will be able to find all the basics. When Senior Morgan Harder was asked about her favorite part of shopping at The Bag Lady, she said, “I like the atmosphere along with the wide range of not just crystals, but all things spiritual.”

The Bag Lady has fair prices on its items. For crystals, the price varies from rock-to-rock based on size and type. The larger crystals in the store can cost upwards of a thousand dollars. However, for more moderately sized crystals, prices start at approximately three dollars. The shop also features a book section where many different spiritual topics can be found, including educational books for beginners on how to use crystals, pendulums, incense, sage and even how to read tarot cards properly. The Bag Lady mentions on their website that they are especially proud of their children’s books that have many empowering topics such as women’s history, LGBTQ+ subject matters and even books on energy wellness for pets!

Among the many trinkets that can be found while browsing at The Bag Lady, soup rocks are one of the most unique items. Soup rocks are glycerin soap infused with natural elements such as lavender, chamomile, almond oil, aloe and much more. After formation, these soap rocks could easily be mistaken for a naturally occurring crystal or gem, all while retaining the normal functionality of soap. The Bag Lady’s soups are free from animal products, making them a perfect gift for anyone.

Like many other stores in the area, The Bag Lady has taken the precautions for Covid-19 safety guidelines and states that masks must be worn at all times without exception for both customers and employees’ safety. The store’s employees can be seen cleaning and sanitizing every surface, and many speculate that in past decades, these small pieces of food were used to cover one’s drink to prevent bugs from flying into cups. However, in recent years, tapas have become increasingly popular in various parts of the world and many American chefs have begun to put their own flare on the Spanish classic. Tapas at Emmet’s feature items such as fried green tomatoes, french onion dip, smoked mac and cheese and so much more. Junior Kate Hollis is one of the newest employees at Emmet’s, and she says, “Everyone there [Emmet’s] is very kind, and the atmosphere is always welcoming and positive.”

The eatery is located in the Old Center Theatre in downtown Fort Mill at 100 Main Street. Former home to Southern Sugar, the Center Theatre has had a hard time keeping its residents. To solve this issue, Emmet’s is investing in a new sign for the side of the building in order to draw in new business. To accompany its new signage, the restaurant will also have a patio for open-air dining in addition to its indoor seating. The restaurant is open for business every Sunday through Thursday 11:00AM to 9:00 PM and Friday and Saturday from 11:30AM-10:00 PM. Emmet’s Social Table has already received amazing reviews among the community and is a great option if one is looking to try something new and unique!

Fort Mill is adding to its growing restaurant scene, with Emmet’s Social Table opening in downtown. The eatery brings American-style tapas to the streets of Fort Mill.

**Photo courtesy of Evelyn Ealey**

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**All About NoDa**

**By: Reagan White**

The Queen City has a lot to offer: food, live music and shopping are among the favorites of Fort Mill residents during a trip to the big city. For those in the mood for a different vibe than the typical Charlotte experience, no neighborhood offers more than NoDa. The historic arts district, located around North Davidson Street, offers one-of-a-kind entertainment experiences. The region was formerly home to the city’s textile district, but today NoDa is the center for all things art and culture. For a year spent indoors, the neighborhood is full of summertime activities for residents and families alike.

NoDa boasts an impressive 40 plus murals that adorn the sides of buildings throughout the neighborhood. Many paintings, including the Lotus Mural by Osiris Rain and the America the Beautiful by Etsy artist Ramiro Mejia are among the most popular. A mural dedicated to the women of the LGBTQ+ community can be found its way into Fort Mill. Emmet’s gives guests a unique dining experience in the form of American style tapas, which they call their “small plates.” In Spanish, tapas mean “cover,” and many speculate that in past decades, these small pieces of food were used to cover one’s drink to prevent bugs from flying into cups. However, in recent years, tapas have become increasingly popular in various parts of the world and many American chefs have begun to put their own flare on the Spanish classic. Tapas at Emmet’s feature items such as fried green tomatoes, french onion dip, smoked mac and cheese and so much more. Junior Kate Hollis is one of the newest employees at Emmet’s, and she says, “Everyone there [Emmet’s] is very kind, and the atmosphere is always welcoming and positive.”

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**This too shall pass: Mental Health Tips**

By: Mo Serafin

Many have reached the point in their lives where they are forced to make some of the most important decisions of their lives. Reaching adulthood is not an easy journey, so it is important that individuals maintain a good state of mental health.

One of the most important aspects in maintaining good mental health is getting enough sleep. Exhaustion can lead to stress, and stress can lead to depression. It is important to give your body and mind a break after a long day. By doing so, the brain is ready for the next day’s challenges and activities. Exercise is also an important factor to consider in regards to mental health. Getting outside and taking in sunlight is scientifically proven to increase the levels of endorphins, which in turn, improves one’s mood. Stress can make someone not want to share experiences with others, so learning to openly talk about one’s feelings lessens the emotions  a person may feel on a daily basis.

Something which I have come to realize about bettering myself is that attempting to do your best is often better than actually being the best. I would be up until three in the morning to reach my standards, which were higher than necessary. In order to do so, I pushed myself further than I should have, sacrificing my own mental health for a couple of extra points added to assignments. The point I am trying to make is that simply trying your best is enough. Mental health encompasses every aspect of one’s life, so as long as you are happy and content with your efforts, success will follow.

Learning to accept yourself and take pride in your efforts, no matter what the outcome, will go a long way in maintaining good mental health. Do not live life to please others, for it is your life — not your parents’, friends’ or teachers’. It is okay if the path you choose is not the path others have taken. Money, fame and education do not guarantee happiness. We only live once, and to waste it doing something that does not make you happy is unfortunate. Failure and disappointment will come, so it is inevitable. The important thing to do when such things happen is to keep your goal ahead of you and keep striving to reach it. If you are going through a rough part in your life, remember that this too shall pass. Happiness will follow.

Perhaps one of the most important aspects of one’s life is one’s mental health. By taking steps to improve one’s mental health, one’s overall outlook on life will change, and he/she will be happier.

Photo courtesy of textmessageonline.org

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**Mental Health Tips**

By: Lily Margeson

In the United States, you consume tea. In Soviet Russia, tea consumes you. Or, more specifically, a creature from central European folklore known as Vodník (pron. vod-NEEK) would store your drowned soul in a teapot.

Vodník, called Vodanyz in Russia, is usually depicted as an old man with long hair, webbed hands, a frog-like face and greenish skin. He frequents ponds and streams, partaking in such hobbies as playing cards with passersby and drowning inexperienced swimmers. Sometimes he enslaves those he drowns for eternity; other times, he simply opts to store their souls for his collection. Despite not being seen as a malevolent spirit, fisherman and mill owners (who have a special interest in making sure their nets are kept in good condition) were terrified of Vodník. More so than nature, Vodník’s popularity surged in the 1970s when he was featured in many Soviet cartoons and a handful of films. Most recently outside of Eastern Europe, he was included as a monster in *The Witcher* video game and as the main antagonist of the horror movie *Cruzer*.

The Vodňák, a humanoid trickster from central European folklore, is a mysterious creature who steals bodies and water and devours things that annoy him, smoking and playing cards, and some still claim he frequents the waterways of Czechia.

Photo courtesy of Ivan Bilibin

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**The Gardner Museum heist remains the largest unsolved robbery in history. Of the 13 paintings stolen, Vermeer’s *The Concert* is estimated to be the most expensive.**

The Gardner Museum heist remains the world’s largest art heist. To this day, the whereabouts of the 13 stolen pieces remain a mystery.

During the time of the robbery, the museum was updating its security system. Half an hour after the robbery began, at 1:50 AM, the fire alarm went off. Whether or not this was part of the robbery or just a coincidence is unknown.

Once the two men finished subduing the guards, they made their first round of the museum by smashing the motion detectors and starting to take art. At 2:28 AM, the robbers made a second check of the museum and removed the security tapes recording them. Witnesses later reported a red hatchback seen around the museum at this time. Among the 13 pieces stolen were three precious Rembrandts and a Napoleon gilded eagle. At 8:00 AM, the morning shift guards arrived on the scene and found both Abeth and Hestand still gagged and bound. The police were quickly contacted and arrived at 8:30 AM. Despite being questioned at length by the FBI, neither Abeth nor Hestand could recall much detail about the physical appearances of the men in question. This fact has led many to speculate that it might have been an inside job. A few months later, the Gardner Museum received an anonymous letter claiming to know the whereabouts of the art and expressing a willingness to return the works in exchange for $2.6 million. The museum received a second follow-up letter soon after expressing distrust for the local police involvement, but much to the disappointment of those involved, the middle-man did not follow up again.

The Gardner Museum art heist remains the world's largest art heist. To this day, the whereabouts of the 13 stolen pieces remain a mystery.

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**The last of the... Lotus ICE cars**

By: Lola Wachtel

As for the price, the Emira will not be supercar expensive; it is expected to be placed estimated to be Vermeer’s *The Concert* is worth approximately $300 million. The Gardner Museum received a letter claiming to know the whereabouts of the art and expressing a willingness to return the works in exchange for $2.6 million. The museum received a second follow-up letter soon after expressing distrust for the local police involvement, but much to the disappointment of those involved, the middle-man did not follow up again.

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**Unsolved: the Gardner Museum heist**

By: Reagan White

The early hours of March 18, 1990, Gardner Museum security guard Rick Abeth buzzed two men through the security gate. This decision would lead to the largest-scale art robbery in history. In total, 13 pieces of art valued at $500 million were stolen.

The two men in question were dressed as police officers and told Abeth, a rather inexperienced guard, that they were acting on a disturbance call. St. Patrick’s Day festivities were occurring throughout the neighborhood surrounding the museum, so this request might not have seemed too extreme. As soon as Abeth allowed the pair to pass — an action that explicitly broke museum protocols — he realized his mistake. The two men quickly cuffed him and bound him with duct tape. Letting the “police officers” into the lobby was far from Abeth’s first break of museum protocol. On several prior occasions, Abeth had let non-staff members in. About 10 minutes later, the second security guard returned from his break and was also restrained. Assuming the criminals were cops due to their disguises, the second guard asked the reason for his arrest. One of the men replied, “you’re not being arrested, you’re being robbed.”

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The Hive

Saying goodbye to Ms. Williams

By: Adrianna Babcock

For the past 20 years, teacher Sarah Elizabeth Williams devoted her valued time to the students and faculty at Fort Mill High School as the theatre arts teacher. After her many years of hard work, Williams has finally decided to bring her teaching experience to an end and retire at the end of the 2021-2022 school year. She would like to highlight the things she has done.

Williams has been a teacher for 37 years. 20 were spent at Fort Mill High, one at Great Falls High, seven at the University of South Carolina, and one at Westview High School. Mrs. Struve was entered into the hall of fame in 2010. Her favorite part of teaching is her students because “they have given me so much energy and joy over the years.”

It is not easy to leave a place in which one has been and loved so dearly for so long. I’m not just saying that!”

Working with so many students and coworkers was a liberating experience for Williams. To sum up the last two decades of being a high school teacher, Williams says, “I have loved every moment of it. I have never felt like I was doing a day’s work, and I have loved every single one of my students. They may no longer be competing for Fort Mill, but they will always represent it at heart.

Williams is and forever will be a very loved member of the Fort Mill community. Her dedication to her students and work will always be remembered, and everyone here at Fort Mill High wishes her all the best!

Track star and PILOT?

By: Devon Dowell

Fort Mill High School Senior Oliver Jaeckli undeniably deserves a spotlight, not just his sports accomplishments, but for all of his daily well-doings. Since elementary school, Jaeckli has set high expectations for himself. Not only did he set high goals, but he attacked and succeeded.

Jaeckli is known as one of the most intelligent students at Fort Mill High School. His scores and class rank prove it to be true.

Jaeckli has mastered the art of balancing a full-time schedule which has led him to his success. He is a steady player in any of his classes. With this being said, this doesn’t mean he doesn’t take the extra step for himself. Not only does he set high goals for himself, but he attacked and succeeded. Jaeckli is known as one of the most intellectual students at Fort Mill High School. His scores and class rank prove it to be true.

By: Evelyn Ealey

Fort Mill High School is known for its ability to provide its students with a multitude of academic opportunities and has recently introduced a new type of class to continue its drive for academic success. In addition to its wide variety of Advanced Placement, Honors and College Prep classes, the school has begun to offer dual credit courses. Dual credit classes have recently been offered at Fort Mill High School through the University of South Carolina. Carolina University and has been met with lots of interest from students and parents alike. Dual credit courses offered at the school include Spanish 121/122, French 111/112, Criminal Justice and Sociology 101 and 170 and 200. For interested students, there is a process in order to sign up for one of the classes. First, one must indicate his/her interest during the IEP and course selection meeting with his/her guidance counselor and meet the eligibility requirements. Eligible students are in all junior and seniors who have a GPA of 3.0 and have completed the prerequisite classes for their desired course. Once these requirements are met, the student has to apply into the USCL dual enrollment program on their website and complete a registration packet. Those who choose to take a foreign language course must also take a placement test to determine their level.

Dual credit is a great advantage for high school students because it allows one to obtain credit for college and high school simultaneously. That is, it allows the student to be enrolled in two different classes at the same time;

The student will be enrolled in the same number of credits and will receive a dual enrollment certificate. Dual credit courses only count one semester; and every one who takes the dual credit courses and exams will have this new course counted on their college transcripts.

Although dual credit is really just a win-win, it might not be for everyone. Junior Jake Bakery says, “I think dual credit is a good option for students, but it’s definitely not for everyone. Some people are better at it, while others are not."

Dual credit is currently only being offered at Fort Mill High School and does not have a lot of restrictions on how many classes a student can take at one time. The student must be enrolled in a college course and earn college credit and work towards a degree.

For interested students, there is a process in order to sign up for one of the classes. First, one must indicate his/her interest during the IEP and course selection meeting. The student must have a GPA of 3.0 and have completed the prerequisite classes for their desired course. Once these requirements are met, the student has to apply into the USCL dual enrollment program on their website and complete a registration packet. Those who choose to take a foreign language course must also take a placement test to determine their level.

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What I left behind

By: Lily Margeson

I have spent every semester of high school except for one in B209, and five of those semesters have been spent writing for the Loudspeaker. I have no interest in pursuing a career in journalism, even though I love it, which brings up the question: why have I spent so much time—720 hours of my life, if my math is correct—writing for the newspaper? Cheesy as it sounds, I chose to take this class semester after semester because it feels like a part of me.

The cast of characters rotated continuously as staff members graduate or need to take AP Psych or what have you, but with every first day comes an opportunity. I have met some of the most incredible, talented, funny, charismatic students. Despite my internal feelings of inadequacy, the staff was beyond inclusive, ensuring that every student was included. In my mind, I was an outsider to these gifted, funny, charismatic students. Despite my lack of writing skills, I was still able to contribute to the paper. I always had a place, but I don’t know if I will ever get to the point where I can feel like I’m a part of it.

As much as I hope that I have been able to positively affect the lives of all the students who spent time in my classroom, I honestly believe that I have been affected the most. Through good times and bad, I knew that each day would end with a fourth block Christoph and chatty classmates, but I will leave it with confidence not just in my writing skills, but myself. Parents and older siblings are supposed to guide you as you mature, which is precisely what Struve and upperclassmen did for me. In turn, when suddenly I was an upperclassman, I passed on the wisdom first taught to me—at least, I tried my best—and learned a thing or two from my newfound siblings.

No longer writing for the Loudspeaker will be bittersweet, especially knowing Struve will no longer be the one in charge of controlling the wonderland chaos, but I will always have the family I found in it, and ultimately, what else matters?

The end of an era

By: Angela Struve

How do I even begin to sum up what the last 15 years as the Loudspeaker advisor have meant to me? When I was hired in 2006, my hope was to teach English, exclusively. However, the job was for an English teacher and newspaper advisor. I had no prior knowledge or experience in the field of journalism, but I learned quickly I wanted to teach at my alma mater, Fort Mill High School. I spent my first semester learning alongside my students, creating a curriculum that made sense to me and ultimately our students, and forgave some of my writing faults. Writing has always been a struggle for me. That changed the fall of 2018, during which I took journalism on a whim. During the mentorship at the end of the class, I wrote an article about the unsolved cold case of the Isdale women—a case I had seen on BuzzFeed Unsolved two years prior. The feedback I received on the article was unlike any praise I had received before; for the first time in my life, I was good at writing. As the semester came to a close, I sold my soul for the Loudspeaker as I was interested in writing for the newspaper. As a sophomore, I had spent the entire semester slightly terrified of the upperclassmen on staff. Writing skills were far from the only thing that drew me into the class. There was this incredible sense of community between the staff that semester, and I desperately wanted to be a part of it. I had not known her as long as some of the other students in the class, but it feels as if I have known her forever.

By: Caroline Wollenhaupt

The end of an era

As the semesters progressed, I became more comfortable with the other students, largely thanks to the efforts of Struve. Between her no-hate policy and designated journalism time, a class that had the potential to be highly technical with little room for fun quickly became my favorite part of the day. Instead of sitting in silence, we listened to music, laughed, and even played Uno if everyone was done working early. As cliche as it sounds, the people in B209 became something of a family to me.

Although I’m sad that my time on the staff is drawing to a close, the Loudspeaker will always hold a place in my heart. Through my time here, I’ve discovered my love for writing, and I’ve learned something important: never doubt your abilities. Many of my students will continue to work with me this summer, and I can’t wait to see what they do with the platform the Loudspeaker has given to Mrs. Struve, room B209. My personal columns and letters have been a way for me to voice my opinions and express myself in a way that’s different from the rest of the student body. My goal was to be truthful and my ideas are based on the facts and opinions I have. I hope to continue sharing my ideas and opinions through the Loudspeaker.

By: Reagan White

As a dyslexic, hyperactive kid with a typing speed rivaling elementary schoolers, writing has always been a struggle for me. That changed the fall of 2018, during which I took journalism on a whim. As I continued to write, I began to realize these classes have changed my life, from the people I met, to the many articles I wrote. I could not want to give away a single one of it. To my classmates this semester, last semester and future semesters, good luck, because you will achieve great things taking this class.
**Snap, Crackle, Pop**

**By: Laura Torres**

Knuckle cracking is a common habit shared by many people. During any quiet time, the pop of the joints has become a familiar sound. Cracking sounds can be a way to release stress, dissolve tension or create a satisfying sound.

"I got bored and feel like I have to move," freshman Cooper Ledford says. In addition to cracks, cracking necks, backs, knees and ankles can produce the same effect.

Despite the name, joints and bones do not actually crack, per se. The noise comes from gas bubbles within a fluid called synovial fluid found inside joints to lubricate and protect them. When a bubble pops, it is the gas in the bubble that is placed on the joint, which gives the feeling of releasing tension. The bubbles take around 20 minutes to reform, which is why people cannot crack the same joint directly after.

Those who frequently crack their knuckles are often told that this will result in arthritis; however, numerous studies have shown that cracking one’s knuckles does not increase the risk of arthritis. One such study was conducted by Donald Unger, in which he cracked the knuckles on his left hand every day for 60 years and left his right hand alone. After 60 years, there was no signs of arthritis in his left hand. Cracking joints is generally considered harmless if done correctly, since most injuries come from using excessive force on the joint. If it results in pain or inflammation, stop immediately; if there is a pre-existing condition affecting joints or cartilage, knuckle cracking may still cause damage and should not be done regularly.

**Joint cracking is a common habit in many.** This produces a loud cracking noise.

*Photo courtesy of Google Images*

**Why do we fidget?**

**By: Gracie Johnson**

Many are more than experienced with the dreadful feeling of boredom, arguably one of the most persistently annoying burdens. To compensate for boredom, humans have a tendency to uneasily squirm around, or fidget within their desk space. Fidgeting does not necessarily cure boredom, nor make time go by any faster, so what is the notion behind this impulsive movement? Fidgeting occurs because the body has elevated levels of stress hormones, preparing your muscles for a sudden eruption. Fidgeting can include forming fidgeting toys or simply bucking your leg or tapping your fingers. In certain cases, fidgeting can get eccentric and out of control. As demand for the eyewear has increased, blue light glasses have become more accessible and easy to find. Amazon, Target and Walmart are just a few common carriers of blue light glasses that offer various styles, sizes and colors. Blue light glasses are relatively inexpensive with prices starting as low as ten dollars. The use of technology will most likely not slow down anytime soon, so blue light glasses are definitely worth the investment.

Before electricity was discovered, candles and lanterns were the dominant way of generating light and heat. Nowadays, candles are primarily used for their nice aroma and aesthetic effect. Besides these reasons for using candles, they also provide great benefits to one’s overall health. The use of aromatherapy, candles mostly provide benefits to one’s mental health. According to psychotherapist Chryssa Chalkia, “The smell of the scented candles stimulates the part of your brain which is connected to memory and mood.” When stimulating this part, called the limbic system, serotonin and dopamine are produced. These neurotransmitters help to calm someone and regulate his/her overall mood. Candles that have specific scents are created to help with specific mental health issues.

![Snap, Crackle, Pop](https://via.placeholder.com/150)

**Plants in homes have many benefits for the environment, reducing stress and boosting productivity are just some of the benefits.**

*Photo courtesy of Caroline Wollenhaupt*

**Blue light blockers**

**By: Caroline Wollenhaupt**

Health and lifestyles are a dominant factor in the society, but many still do not consider the impact of technology on their health. The use of technology is increasing at a rate that is not slowing down anytime soon, so blue light glasses are definitely worth the investment. There are many common carriers of blue light glasses that offer various styles, sizes and colors. Blue light glasses are also relatively inexpensive with prices starting as low as ten dollars. The use of technology will most likely not slow down anytime soon, so blue light glasses are definitely worth the investment. The increased usage of computers during the quarantine created a spike in blue light glasses sales due to more events, meetings and classes being held virtually. People who have worn the glasses during these times have seen positive effects such as reduced irritability, improved sleep cycles. If you wear the glasses all day, you can start to notice a difference just after a few hours before they go to bed, many students have found that they sleep better. Junior Evan Mucciarone is one of the many students who has invested in blue light glasses. Although blue light is typically attributed to electronics, it is a naturally occurring light that is released by the sun. In smaller amounts, blue light can decrease the body’s natural production of melatonin. The lack of melatonin to the body can lead to sleep deprivation, which can leave one extremely tired, especially when the blue light is combined with the LED light from another device. Blue light glasses seek to solve this issue by coating the lenses of the glasses with a film that blocks out the damaging light, allowing a higher tolerance for the eyes.

Blue light glasses can be worn anytime, but are most beneficial when working for multiple hours on a screen. Through aromatherapy, candles provide additional benefits to one’s health. One can buy a candle online or from a local boutique.

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*Photo courtesy of Madelyn Prickett*

**Captivating candles**

**By: Madelyn Prickett**

Before electricity was discovered, candles and lanterns were the dominant way of generating light and heat. Nowadays, candles are primarily used for their nice aroma and aesthetic effect. Besides these reasons for using candles, they also provide great benefits to one’s overall health. The use of aromatherapy, candles mostly provide benefits to one’s mental health. According to psychotherapist Chryssa Chalkia, “The smell of the scented candles stimulates the part of your brain which is connected to memory and mood.” When stimulating this part, called the limbic system, serotonin and dopamine are produced. These neurotransmitters help to calm someone and regulate his/her overall mood. Candles that have specific scents are created to help with specific mental health issues.

Although one may have an urge to buy the nicest smelling or prettiest candle, he/she should be aware of the dangers of particular candles’ scents. Many candles with artificial fragrances or dyes can release formaldehyde, which can increase one’s risk of developing cancer. These candles can also negatively affect those with severe allergies through increased irritating and skin blockage. Another type of candle that one should be aware of are those made out of paraffin wax. When burned, paraffin wax candles create benzene and toluene. Both of these are cancer-forming chemicals called carcinogens. Healthier choices (include candles that are made from soybean, beeswax or coconut wax). One should also opt for candles using natural fragrances or essential oils.

Especially during these times, one may feel being overly stressed, depressed or anxious. To help cope with these feelings, one can try using aromatherapy by lighting a candle. To help maintain a positive outlook on COVID-19, one should try a citrus-scented candle such as orange, lemon or lime, because these scents can boost one’s energy and positivity. Although Fort Mill High School Junior Lizzy Burke is afraid of lighting candles, she “[loves] the different scents.” One can buy a candle online or from a local boutique.

**Why do we fidget?**

**By: Gracie Johnson**

Fidgeting occurs because the body has elevated levels of stress hormones, preparing your muscles for a sudden eruption. Fidgeting can include forming fidgeting toys or simply bucking your leg or tapping your fingers. In certain cases, fidgeting can get eccentric and out of control. If one is not looking at health benefits when buying a candle, he/she should be aware of the dangers of particular candles’ scents. Many candles with artificial fragrances or dyes can release formaldehyde, which can increase one’s risk of developing cancer. These candles can also negatively affect those with severe allergies through increased irritating and skin blockage. Another type of candle that one should be aware of are those made out of paraffin wax. When burned, paraffin wax candles create benzene and toluene. Both of these are cancer-forming chemicals called carcinogens. Healthier choices (include candles that are made from soybean, beeswax or coconut wax). One should also opt for candles using natural fragrances or essential oils.

Blue light glasses are a stylish way to protect the eyes from the harmful light emissions from a computer, phone, or even a TV. These glasses are easy to purchase and worth every penny!

*Photo courtesy of Evelyn Ealey*
Cruella

By: Evelyn Ealey

Lin-Manuel Miranda is one of the 21st century's most infamous actors and playwrights, and is known for his hit musical Hamilton. Although many associate Miranda with Hamilton, the first Broadway show he wrote and performed was In the Heights. After several reschedulings, the movie adaptation of the Broadway musical is finally making its way to the big screen this summer.

The story of Miranda's own beloved neighborhood of Washington Heights, New York. He was inspired by his own experiences growing up, and many of the aspects of In the Heights reflect his life. The show focuses on the residents' love for each other and their Hispanic and Latino heritage. Miranda first wrote the musical for Harvard College and it was later picked up to be on Broadway in 2008 because of its unique style. The show was a huge hit, with the musical running from 2008-2011, and receiving four Tony Awards and a Grammy Award for Best Musical Cast Album.

After the success of his other projects, Miranda hoped to revive In the Heights in the form of a movie musical. The film will feature the same plot line and characters as the original show. The story follows a Washington Heights bodega owner named Usnavi who is struggling to make a decision about his business. When Usnavi finds himself in possession of a large sum of money, he contemplates going back to his roots in the Dominican Republic, or staying in the heights to help support the community that he loves. The cast tells the story of love, struggle and community through salsa, rap and hip-hop style songs.

Anthony Ramos, most famous for playing Philip Hamilton and John Laurens in Hamilton, will play Usnavi, and Lin-Manuel Miranda will portray Piraguero. The first trailers of the musical were released last year, but a new trailer was recently released on April 25. The new trailer is full of vibrant colors, lively musical numbers and fiery songs that have theater fans eager to see the film. Junior Emma Caldwell says, "I am most excited to see yet another on stage musical be brought to the big screen. It's really exciting to also see the representation of the culture in In the Heights through the casting!"

Miranda recently announced that the movie's release date would be pushed up a week to June 11 and will be shown in movie theaters and via HBO Max for those with COVID-19 regulations, claiming "it needed to be seen on the big screen." Following the first movie's huge success, there are high hopes for the sequel. With so much support behind them, it was no surprise when over 70,000 fans tuned into a Youtube livestream called "What's melting?", where their upcoming song "Butter" was first announced. "Butter" is BTS's second ever fully English single and is set to be released on May 21 at 1:00 PM KST/12:00 AM EST. "I'm really excited for the upcoming song," said Treyag, a senior at Fort Mill High School, who said, "I hope they release a new album soon."

As the proposed date grows closer, the fanbase will likely only grow larger as a result of the huge success of "Butter." One can only watch and see as BTS continues to take over the music industry. For the latest updates about BTS, the fanbase is notoriously active on Twitter and confirmed information can be found on the official BTS website, www.Bighit.BTS.com.

By: Reagan White

BTS, the Korean-based seven-man band, is seemingly taking over the world. While many celebrities and social media figures grew distant from their fan bases during the pandemic, BTS's discography is extensive. Despite the large volume of music the band has put out, it is not the only thing it focuses on; both quantity and quality are essential. Since that first album, BTS has won over 500 nominations, and has been nominated for Best Pop Duo/Group Performance. Unlike many other prominent figures of the music industry, the members of BTS write almost all of their own music. With so much support behind them, it was no surprise when over 70,000 fans tuned into a Youtube livestream called "What's melting?", where their upcoming song "Butter" was first announced. "Butter" is BTS's second ever fully English single and is set to be released on May 21 at 1:00 PM KST/12:00 AM EST. "I'm really excited for the upcoming song," said Treyag, a senior at Fort Mill High School, who said, "I hope they release a new album soon."

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