
WOLVERINE PRESS

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NEWS & FEATURES

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"Hitting Home in the Softball Department"

By Shanelle Able-Starnes

CRACK! Another season of home runs, three bases, and foul balls for our Woodside softball team. Let's get a little inside scoop on the team's progress. Spring sports are creeping up on the athletics department for our Woodside students, and everyone is preparing for their time to shine out on the field or court. Today, we'll look at our varsity softball team coached by Coach Heath. Our athletes have been conditioning in and outside school since the beginning of the school year. Their efforts to push their way up through the ranks after landing 35 in their state division rank.

We'll be looking at our season so far and getting details on how to train like a softball player. This can be used to prepare for any other sport, or simply for the pleasure of working out on your own! Let's start by looking at how our athletes are doing so far.

Currently, our team sits at a win/lose ratio of 5:6, our first few games being losses, but we later came back with three straight wins. As it stands, we have played Kecoughtan, Warhill, Heritage, and Hampton with many other schools to challenge on the way, to affect the rest of the season. Seeing the trend of our players making a comeback sends hope to our Woodside athletics department, and we wish the best for upcoming games.

As an athlete, there are many parts of your body that you want to target specifically for your sport. With sports like track and soccer, your legs are your target, but in others like tennis and volleyball, you may need to focus on both your arms and legs.

Softball is a sport that requires both your legs and arms to be active. You need to work out these muscle groups to improve your playing. Here are a few things you could do to train like a softball player. Adjust as you need to to feel comfortable while effectively working yourself!

- 1.) Single Leg Lifts: 20 reps.
- 2.) Bicycle Crunches: 20 reps.
- 3.) Windshield Wipers: 20 reps
- 4.) Side Plank: Hold on each side for 30 seconds.
- 5.) Regular Plank: Hold for 1 minute.
- 6.) 50 crunches. All done with your softball workout circuit!



Feel free to add or take away from the list as you work through the workout and continue to progress. For a challenge, add weights to each and try to max out as you go through each step!

We wish luck to the softball team and Coach Heath for rest of the season. Tune in to our Woodside Athletics page on Instagram and Facebook for updates on games, scoring, and great shots of our athletes in action! We wish only the best for all our sports teams this season and will be rooting for you at home and on the fields!



"Preparation"

By Rae'ana Proctor

How does LeBron James prepare for a basketball game? Does he focus on technique? Does he get a pep talk? Or is he just confident? One might ask these questions as they prepare themselves for such big sporting events.

Woodside High School has the most competitive sports teams in the district. Whether it's track, basketball, or football you always hear about the athletes and their amazing performances as a team. Recently there has been an uproar about state championship games here at Woodside. Which has made me wonder, with all this pressure to be the best and win, how do the athletes prepare themselves both physically and mentally? I am here to give the inside scoop on how these athletes really think and feel.

Recently we have had a few student-athletes and teams qualify for regionals and even state championships. Being able to make it that far in any sport is a huge accomplishment and as a school, we are all very proud of the students. Although it feels great to be recognized for such accomplishments, it could also put the athletes under a lot of stress and pressure because they don't want to let themselves or their team down.

To prevent any unhealthy habits in anyone's preparation, I did some research on how people should prepare themselves for such big events. Some researchers say to be well rested, meditate, listen to music, and take deep breaths to control your breathing if you feel anxious. I asked two student-athletes how they mentally and physically prepared themselves for big events.

My first interview was with a student that ran track and made it all the way to states and nationals. I asked how he prepared himself for his meets and his response was; "I have a mental track ritual, I listen to a specific playlist to bring my mind at ease and calm my nerves down. Once I get to the meet I do my stretches and sprint outs, and once my event is called I make a cross on my chest and point to god, and let my skills carry me to finish the rest of my day and races."

My second interview is with a basketball player from our team that won championships. His response was "I mentally prepare my thoughts the night before a game, then in the morning I do a 15-minute meditation, I then eat a balanced breakfast. Before the game, I listen to music to prepare."

To wrap this up I would like to encourage my readers to really take into consideration some of these techniques and see if they're helpful to you, whether it's for sports, tests, or anything that could be challenging to you.



"The Creation of Golf"

By Imani Lane

Many historians try to determine who created the sport of golf. Was it Scotland, England, or France? I never knew that golf could create such controversy, because like many people I think golf is a little...uninteresting. You wack a ball into a hole, what's so special about that? Well, I'm here to tell you some interesting facts about the creation of the sport called golf.

Did you know that the king of Scotland, King James II banned citizens from playing two sports? And those two sports were football and golf? Because Scotsmen were practicing their "golf skills" instead of practicing for their required military training. Historians used this information to assume that golf was originated in Scotland because this was the oldest evidence that they found of the game of golf. Until they discovered a book that was designed to explain the rules of golf to children written in Latin.

Despite this evidence, most historians still considered St. Andrews, Scotland the "home of golf". But in the early 2000s Chinese historians began to claim that their ancestors were playing golf way before the Scottish were! The version of golf the people in China played was called "Chiwuan" meaning "Hit ball" with evidence dating back to the year 1360.

Many historians are still skeptical about if China is the place where golf was found. They reason that every culture has its own game of hitting a stick with a ball. While historians may continue to argue and make new discoveries about golf, one thing is for certain, that humans have loved to play sports and games with each other since the dawn of time.

"Interested in a New Elective?"

By Mya Pridgen

This year an elective was reintroduced to Woodside: Photojournalism! The class is focused on creating, editing, and marketing the Memory Book (formerly known as the yearbook). Finally, we get to understand the process of creating these books, and it is difficult, yet incredibly interesting! The class is currently run by Mrs. GMC, who coincidentally runs the Creative Writing Program, so it's clear that the class is extremely artistic.

So, what is the Photojournalism? It's self-explanatory, really, but there's much more to it than you think! These students are responsible for designing a book that will catch the eye of everyone. They work on these pages one at a time, or as a collaborate as a group, and they all are able to combine their individual ideas to make a cohesive product. This class is a highly cooperative setting, and you will need to know how to put ideas together and execute them as one. The students use computers to digitally craft each and every creative page in the book, even the student pictures!

Of course, there are little blips that make the class slightly difficult. For instance, a goal of the class is to highlight everybody in the school in one way or another. This can get challenging because of our heavy population, but the students still find a way to get it done! On another note, getting pictures is a difficult task because not everyone wants to get their picture taken, and sometimes there are just not enough students to get the job done. Luckily, The photojournalism and photography classes team up together and get all the pictures they need.

In all, photojournalism is an amazing class to join if you're interested in a creative outlet. Not only do you get to create the most important book in the school, but you also get to have a hands-on learning experience in graphic design! It's also great if you want to develop great communication skills, make new friends, and get more involved with Woodside's student body... So, if you're looking for an elective next year, consider adding Photojournalism to your schedule!



"Woodside's New Percussion Ensemble"

By Tokyo Camm

This year Woodside High School has started something new. It is called the Percussion Ensemble. Thanks to Mr. Grieb, the band director, Ms. Farrior, and Mrs. GMC, we can experience the other aspects of competing with other schools even after marching season. Like marching season, the ensemble works to compete with other schools throughout the region. Since we are a newly established group this year, we try to make a good impression during competitions to ensure the other teams know who we are, and that we are here to win! Being on this team as a part of the visual ensemble, also known as color guard, I can tell you that in addition to working hard on the floor, we also have a lot of fun together as a group.

During the second semester, we rehearsed every Wednesday and Thursday. We are built up of a front ensemble, color guard, and drum line. The name of our show was "Before I Wake". Everyone involved plays the role of a wind-up toy even the Front Ensemble! The storyline is that the guard members are "dolls" and we are waking up in our dreams, experiencing nightmares, and desperately trying to get some sleep. We have a bed prop with a head and footboard, that moves on wheels throughout the show and have some stuffed animals on the bed along with us so at the end we can sleep with them.

At our first competition at Grassfield High School, we managed to place 3rd place against countless other schools. It was our first year ever doing it and we managed to rank above other schools that have been doing it for years! After performances, there is a large dance party where all the band kids dance to songs like Cotton Eye Joe, The Macarena, and even The Wobble. Everyone lets out steam and just has a great time. We do this dance party until they are ready to announce what everyone placed.

All in all, for our first season, it was a great success. If you play percussion or are interested in being a part of the color guard, this would be a great activity for you to join next year!



"Creators in the Wood"

By Jillian Coddington

This school is almost always bustling with activity. So much so that sometimes we forget that each person contributes in ways that aren't always known.

Oftentimes, it seems as if only the athletes get recognized, leaving the art programs behind in the shadows. It takes weeks for the Creative Writing IV/Advanced Creative Writing class to design, read the submissions, decide which will be published, and post the magazine. Not to mention the effort put into actually creating the pieces of literature and art from the student submissions.

The Creative Writing IV and Advanced Creative Writing class consists of seniors, most of whom have been in the program for all four years of high school. Recently, they've been deciding on opposing themes for the magazine, with one semester being one theme and the second semester the opposite. This year's themes are Love and Hate, while last year was Dawn and Dusk. Then, as a class, they read through and judge the various submissions that were sent, deciding which are to be published.

I thankfully was able to interview one of the editors for the magazine, Jakayla Harris, to get a better understanding of the inner workings as a person working on the magazine.

How did you choose the theme?

It was chosen last year, then brainstormed and narrowed down. The best one out of the options was chosen.

How do you personally decide which pieces are to be finalized?

If it fits the theme, the level of grammar, how much editing is needed, and the style of the work (ie, good or bad, and does it work for the piece).

What qualities are you looking for in a piece?

Something that stands out, not basic. Expanding on the theme with little to no errors in the writing itself.

What advice would you give to those wanting to publish?

Make sure your writing stands out. If you don't get published it's not the end of the world. Be yourself, the theme isn't always what's important, sometimes breaking from the theme stands out.

Does your opinion change on a piece after seeing who wrote it?

Sometimes shocked by the author, but my opinion doesn't really change about the piece.

I also got the opportunity to spend a class period as a fly on the wall for said senior class in order to observe how they pick the pieces and what it seems they are looking for in submissions.

Nine pieces were read within the class period. Two short stories, six poems, and a piece of historical fiction. Only three of the pieces moved onto the next round of voting. The first round is often the longest as it includes all submissions and is meant to weed out the unwanted pieces. The second round being harder and searching for the pieces that are exactly what the class is looking for, meaning the impactful ones.

Despite reading through several pieces out of the dozens of submissions, the class of seniors still managed to remain supportive and positive about the pieces they read. Occasionally they would brainstorm on how a piece could have been better (changing to a different form, such as flash fiction or a playwright).

The Whispers from the Wood magazine which is published every semester gives students an opportunity to show off their skills. The magazine requests any student to submit short stories, a form of playwriting, art, photos, or poems. All submissions must be based on the current theme, but may not be overtly tied, or obviously tied, to said theme.

Submissions closed on March 3, but the magazine will be published by the end of the semester. As per usual, those not graduating this year will have a chance next year to submit pieces via the posters that are posted with the QR code to submit a piece for the magazine around the school. Another option would be to go to Mrs. GMC's classroom, B121, to find out more about the magazine and how to submit it.

Athletes seem to be recognized more than the art programs, something rather ironic for a performing arts school. Let's begin to recognize those who put in their time and effort for the hidden programs.



"Magnetic Expressions"

By Devin Copeland

Woodside has many great magnet programs such as creative writing, communications, music, and art. While the term "art" is hard to define, the dictionary defines art as "the expression or application of human creative skill and imagination." In order to learn more, I interviewed Ms. Brown who is an art teacher at Woodside in order to understand more about how art impacted her life.

Throughout her childhood, Ms. Brown liked to draw and make little comic books. Later on in high school, she started taking art more seriously.

What are the factors that drive people to create art?

It's all about the human desire to communicate and express one's self!

Is there anything art could express other than our emotions?

You can use art to invoke inner thoughts and connections. When listening to music you are into the song because of the beat, but when you actually listen to the lyrics you could connect with the music artist.

What other forms of art are there besides music and drawings?

Photography, multimedia art, ceramics, and animation. The list can really go on and on and on!"

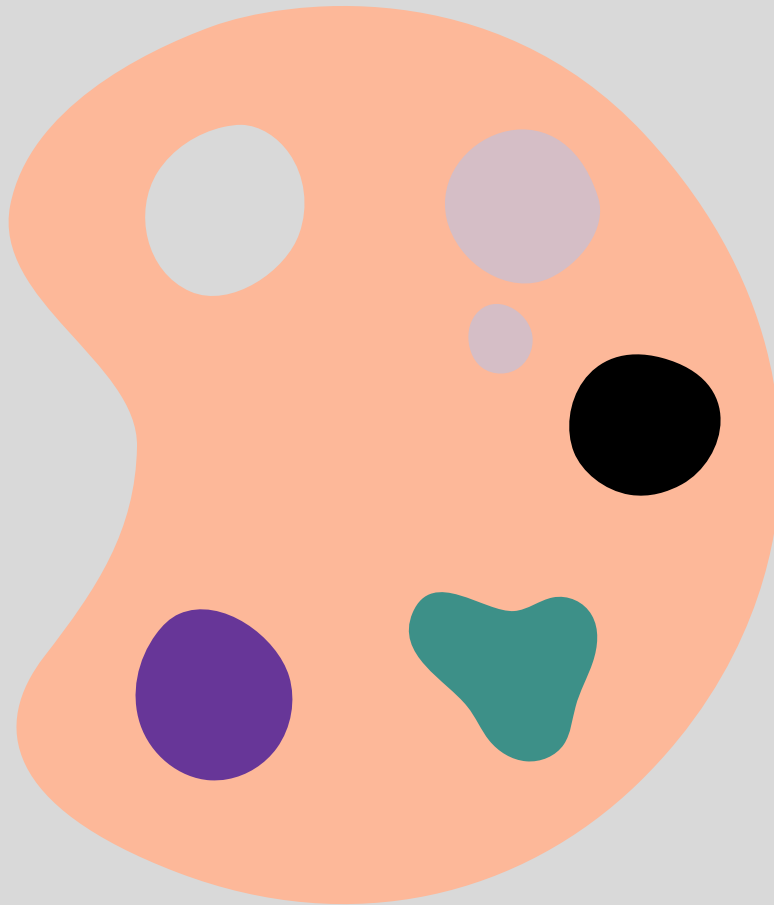
How are you enjoying your experience as an art teacher at Woodside?

I'm loving it. I never in a million years thought I would see myself teaching.

Would you say you're living the dream?

Yes, I would it has its ups and down but I would say that!

It is safe to say that art is an important tool and method of communicating. As Ms. Brown stated, you could use many different ways of art to express yourself. It could be through music, photography, multimedia, ceramics, or animations. While spending time at Woodside I would recommend looking into our arts or even joining an art class in order to experience this for yourself.



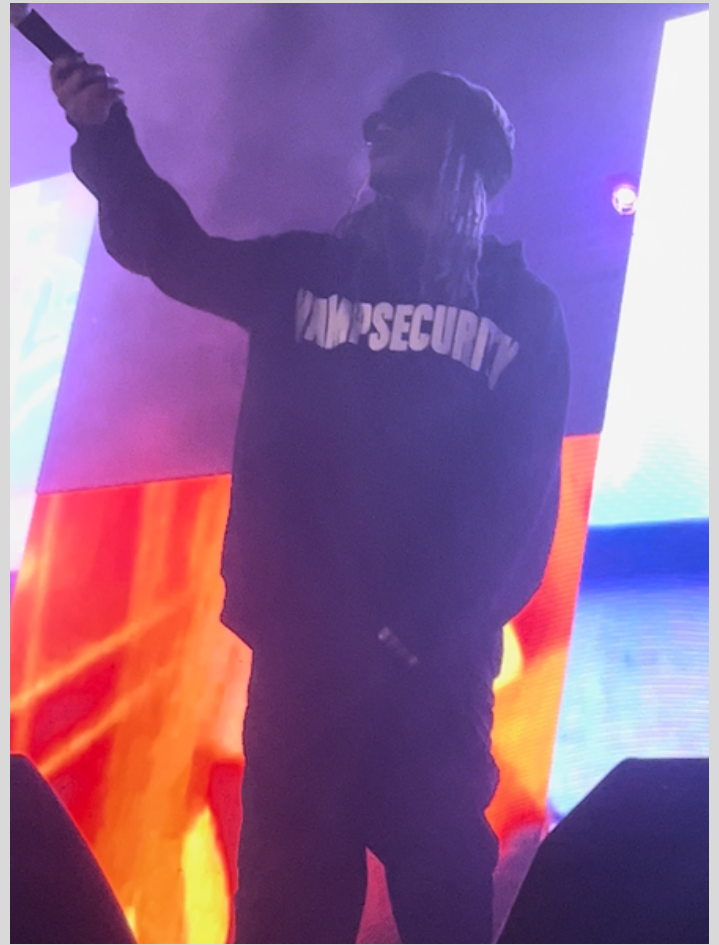
The Best Artist to See Live?

Destroy Lonely!

By Aysiah Matthews

Since the beginning of the 2022-2023 school year, tons of artists, such as Steve Lacy, Yeat, Homixide Gang, etc., have traveled to Virginia, or surrounding areas, to perform. Though these are divine, popular artists, they do not match this one man's energy, or his fans' energy, on the stage. This man is Destroy Lonely. Most recently, he performed at the NorVa in Norfolk, Virginia on February 22, 2023. Let it be said, if you were not there, you definitely missed out.

Upon entry, the vibes were immaculate. Tons of fans, whether they were strangers or not, bonded over their shared love for the artist and other common interests. After about an hour or so of impatiently standing around, a DJ came out to interact with the crowd and hype them up. The crowd yelled and jumped around to songs such as "Freestyle 2" by Ken Carson, "Lord Pretty Flacko Jodye 2" by A\$AP Rocky, "family ties" by Baby Keem, and more. The energy in the venue was out of the roof for this DJ.



After a short break, the venue lights dimmed, a thick cloud of smoke came over the crowd, and the ominous, spine-tingling, extended introduction to one of his most famous songs “Oh Yeah” played on the speakers. As the beat dropped, he walked onstage and the crowd went berserk. Regardless of tempo, the mosh pits during each song were insane and full of aggressive energy.

Throughout the performance, the artist was very interactive with the audience. He often asked if fans were okay, as the energy in the crowd wore people out pretty easily. Unlike most artists, he was not lazy with his performance, as he was sure to walk around, dance a little, and rap ALL of his songs, not just some.

Overall, the absolute best artist you could see live is Destroy Lonely. If you are unaware of who he is right now, let this inspire you to search for him and his discography. As he is just starting to get big, imagine how much better his performances could possibly get.



Top 10 Movies to Watch Before You Die

By Mads Santrock

There are thousands of movies out in the world, but which of those do you need to watch before you die? I looked at some of the most popular movies in the world, looked at my own “favorites” list, and finally found the 10 movies you need to watch.

1. **Everything Everywhere All At Once (2022)**

Where to watch: Showtime, Paramount+, Amazon, Apple TV+

Although this movie was only recently released in 2022, it belongs at the top of this list. This movie follows the crazy life of a middle-aged Chinese woman, and how her life becomes even more chaotic when she discovers that the multiverse is real. This movie is sad, funny, and truly beautiful.

2. **Big Fish (2003)**

Where to watch: Vudu, Amazon Prime, YouTube, Apple TV

Of course, at least one Tim Burton movie had to be on this list. This movie goes back in time to show the audience the unbelievable life Edward Bloom, who has recently fallen ill, had lived. He tells many stories, which some may or may not be true. After all, he was known to be a storyteller.

3. **Bullet Train (2022)**

Where to watch: Netflix, YouTube, Redbox, Apple TV, Vudu

As said in the title, this movie takes place in a bullet train. It follows an unlucky assassin, known as Ladybug, who goes on one mission and believes that somehow, he will be lucky this time. Of course, he was wrong.

4. Us (2019)

Where to watch: Hulu, YouTube, Apple TV, Amazon Prime, Vudu

This movie is truly one of the best horror movies I have ever seen, and I have seen many. When Adelaide returns to her childhood home, she soon realizes that the place she knew and loved is not the same. She begins to remember why she left home, and soon enough, her worst fears have started to come to life. She sees someone that looks like her but is not her.

5. The Truman Show (1998)

Where to watch: Sling TV, YouTube, Apple TV, Amazon Prime

The biggest and longest tv show, starring Truman Burbank. Thousands of people around the world have tuned in to watch. But what happens when he starts to realize that his life is just a tv show, nothing real?

6. The Perks Of Being A Wallflower (2012)

Where to watch: Youtube, Hulu, PLEX, Apple TV

Socially awkward and depressed teen Charlie has finally made it to highschool! But, as he learns, it's not any better than middle school. He watches his life pass him by until eventually he meets two people. Sam and Patrick become the best friends Charlie could ever have. He starts to believe that he feels better with friends around, but when traumatic memories resurface, he realizes that nothing has changed.

7. The Butterfly Effect (2004)

Where to watch: Youtube, Amazon Prime, Apple TV

College student Evan suffers with strong headaches, sometimes even causing him to black out. After some time, he realizes that when trying to remember his forgotten memories, he is able to travel back in time. With this newfound power, he begins to try to change the past. He'll soon realize that every "good" change he makes, another bad change occurs.

8. Knives Out (2019)

Where to watch: Sling TV, Vudu, YouTube, Hulu

Truly one of the best whodunit films I have ever seen. This movie takes place after the sudden death of a wealthy man, first seen as an accident, but later found out to be a murder. Detective Benoit Blanc struggles to figure out the truth while investigating a very complicated family.

9. The Breakfast Club (1985)

Where to watch: YouTube, Apple TV, Hulu, Amazon Prime

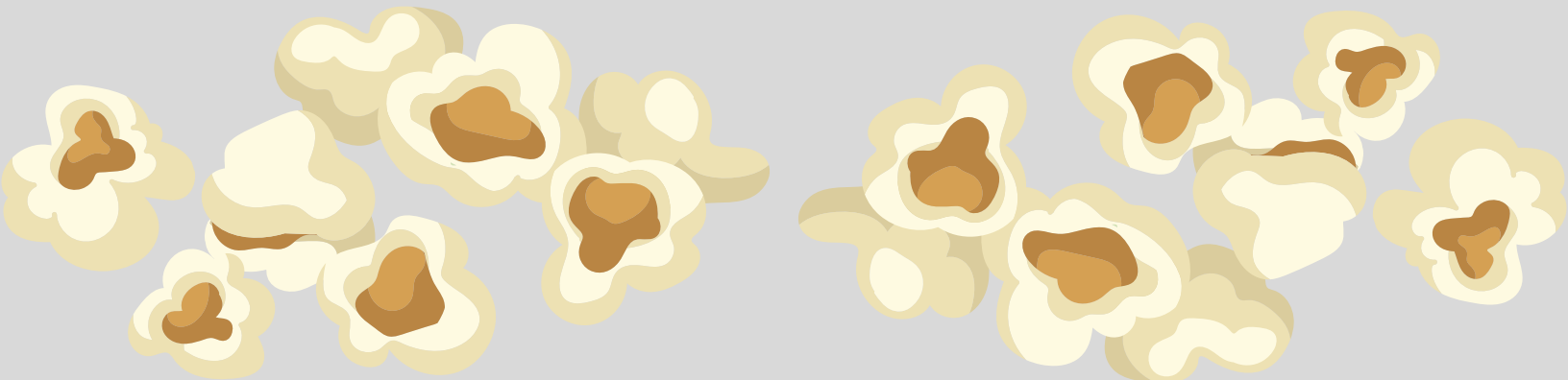
Five very different high school students are sent to the same detention. With nothing else to do, the students decide to speak to each other about their true selves and what situations they are going through. These five students will never be the same after learning about their classmates.

10. Se7en (1995)

Where to watch: HBO Max, YouTube, Vudu, Apple TV

A retiring detective decides to take on one more case, one in which he will be working with an amateur detective. What was originally one murder turned into more, and they soon realized that they were dealing with a serial killer. When they find hidden messages at the crime scenes, they realize that this person is targeting each person as one deadly sin.

It's very difficult to put thousands of movies into a list of 10, but these are the 10 movies that I fully believe everyone should watch before they reach their last day.



Skool Luv Affair by BTS

By Bernadette Pimentel

Skool Luv Affair is a ten-track album by K-Pop group BTS, the lead single titled "Boy in Luv". This album is a throwback to older hip-hop and R&B music as it is heavily influenced by old school music from these two genres.

Skit: Soulmate is the 3rd track of the album and it contains the 7 members, their producer, and their boss discussing what they wanted to talk about for their skit. They playfully fall into the conversation of ideal types, their personalities that ARMY love shining through in it.

Where You From is the 4th track of Skool Luv Affair in which the artists sing about falling in love. It is not the most memorable song on the album, but it was effective in showcasing their soft vocals and slower-paced rapping.

This is the first track of the album, hence why it is called "Intro: Skool Luv Affair". It sets the tone of the album as the group's rap line show off their different flows while rapping about first loves, hopeful notions of true love, and the hurt of being vulnerable in passionate love.

The outro of Skool Luv Affair, "Outro: Propose" is an R&B ballad track that the vocal line sings, shifting back to the tone and theme of the earlier songs in the mini-album. The lyrics speak about giving the song to their love and includes sounds of a crowd, showing their love to ARMY.

"Cypher PT. 2 : Triptych" is a continuation of their cyphers, their first cypher being on a previous album named "O!RUL82?". The rap line members use this track to unveil their skillful rapping abilities and reference Psy, another famous K-Pop artist, to explain the popularity they would soon achieve.

Often in their ciphers, they address someone who has disrespected them, “dissing” them as one would say. In this track, SUGA disses B-Free, a hip-hop critic who hated on SUGA and RM unprovoked.

Spine Breaker criticizes the social injustice students faced at the time due to a current trend in which younger generations begged their parents for expensive/trendy clothing. Many students who could not afford the pricey clothing were bullied, hence why BTS wrote a song to stand up against the ridiculous trend. One main point of this song was also to criticize the students for “breaking their parent’s spines” due to the burden they felt after having to buy them such expensive clothes. The choreography made by Jin is a fan favorite.

Jump is a high-energy song that can get a crowd going. It gives an encouraging message that many hold close to their heart as they sing about the struggles and changes the group has gone through since becoming a part of their company.

Boy In Luv is the title track of the album and serves as a typical high school love song. The high-energy choreography is something the fans love along with the song itself. Similar to “Jump”, Tomorrow is a song about following your dreams and the obstacles that come with it. The members again discuss the hardships they faced as trainees. This song is loved by ARMY due to its beautiful lyricism when comparing overcoming obstacles to the nighttime, which will eventually pass as it becomes day along with its amazing choreography.

Just One Day is arguably one of the most iconic BTS songs to exist. Many non-Korean fans know all of the lyrics, despite not being able to speak the Korean language.

The song talks about what each member would do if they got to spend one day with their special someone. The catchy song also has choreo that many ARMY have learned over the years.

Overall, this is just the beginning of BTS' amazing discography, and I highly recommend giving them a listen; you can find their music on any streaming service, including Soundcloud where some of their unreleased songs are.



"Need New Movies?"

By Sanai Roberts

Did somebody say horror? Did you know that only ten percent of people in the world enjoy horror movies? There are multiple subgenres of horror waiting to be explored. Come with me as we stab into my Top Ten Horror Movies.

At number **ten** is Circus Kane. Circus Kane was released in 2017 and is available to watch on Tubi. Circus Kane is an interesting movie with a skeptical plot twist. A group of people is chosen to participate in a haunted house belonging to a former ringmaster. He's known to be one of the greatest and this house is known as one of the best haunted houses. While everyone is having fun, everything takes a turn for the worse. They begin to realize how dark the house really is.

At number **nine** is Candy Man. Candy Man was released in 2021 and is available to watch on Amazon Prime. While there are many remakes and variations of this movie, this is my personal favorite. This movie digs deep into the origin of Candy Man. It also details Cabrini Green and the men that fell victim to this overtaking. Cabrini Green is a neighborhood in Chicago, where the original story takes place. This movie also involves artistic depictions of the events, as the main character is an artist. Though the ending was a cliff hanger, the movie overall is a great depiction of this historical event.

At number **eight** we have Tusk. Tusk was released in 2014 and can be watched on Amazon Prime. Tusk is more disturbing rather than horrific. This movie is about a comedian on a radio show. He endures a rather ironic experience. Earlier in the movie, he's seen joking about a man being turned into a walrus. Later on in the movie and the retired doctor takes it upon himself to -you guessed it- turn this comedian into a walrus. While this movie is disturbing, it's also very interesting.

At number **seven** is Nightmare on Elm Street(1984) and at number **six** is Child's Play(1988). Both movies can be watched on Amazon Prime and Hulu. These two movies are very well known, thus their placement on the list. Both have successful franchises. Freddy Krueger is known for his character in Nightmare on Elm Street for killing teens in their sleep through their dreams. Chucky's character in Child's Play is more complicated than that. Charles Lee Ray is a voodoo performing, serial killer. By swapping his soul into a child's doll he continues his killing sprees with no suspicion.

Number **five** is Wrong Turn. Wrong Turn was released in 2003 and can be watched on Tubi. This movie is also well known. Hillbilly this. Cannibal that. This movie is the real deal! A group of friends and an outsider both get stranded in the middle of West Virginia. They all come together to find a way out. While they endure their journey they come upon a house. The house consists of a million body parts on the inside with a million cars on the outside. I don't know about you, but West Virginia is a no-go for me!

Number **four** is Silence of the Lambs. Silence of the Lambs was released in 1991 and can be watched on Amazon Prime and Tubi. This movie digs deep into the mind and investigation of Hannibal Lecter. Hannibal Lecter was in prison and kept in a mental institution due to the many horrific murders he'd committed. Watch as he makes his grand escape!

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Number **three** is Insidious. This movie was released in 2010 and can be watched on Amazon Prime. This is also a well-known movie involved with The Conjuring and Annabelle Cinematic Universe. This movie takes on a paranormal approach as two parents take drastic measures to release their son from a possession contracted by their new house. While retrieving the soul from their child the family soon learns the background of the spirit as well as the house.

Number **two** is Cadaver. This movie was released in 2020 and can be watched on Netflix. Cadaver is a horror-filled drama with a drastic plot twist. Many families are offered a reward to participate in an activity after a nuclear disaster. This game involves acting and maintaining a character. This game separates drama from reality. If horror and mystery is your genre I recommend this enticing film.

Finally, number **one** is The Autopsy of Jane Doe. This movie was released in 2016 and can be watched on Netflix and Hulu. This movie also takes on a paranormal approach. It's a mystery as well as a historic movie. While dealing with this corpse this father-son coroner duo notices something involving witchcraft embedded in the body; This is where the movie takes a turn for the worse. Though the story ends in a tragic way, the last message leaves a lingering chill.

In conclusion, while the majority of these movies may be unknown to you, these are my Top Ten suggestions! I recommend all movies to people who gradually enjoy horror movies. Collectively, this list is very versatile giving horror, mystery, and paranormal. Thank you for reading and I hope you enjoy these movies.

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