Therapy dogs: Real or fake

By Fiona Tenuta

If you’ve ever gone to the airport, the mall, or even right outside your front door you’ve probably seen a therapy dog. Once you see them you don’t look twice, but what if I told you, you should. Not all therapy dogs are real, sure they have their license, but they are not serving someone who needs emotional support. *People Magazine* said that about 96.2% of therapy dogs they’ve seen are fake. You might be wondering why this is a problem. Well, fake therapy dogs don’t have the same training as real therapy dogs. So, because of this they don’t know how to ignore dogs and other distractions. There have been many reports of fake therapy dogs attacking and causing real and true harm to real therapy dogs. If a real therapy dog gets hurt, it will not be able to perform its duties. You’re probably wondering why someone would do something that comes at such a cost. Well, they do it so they can take their dog everywhere and never have to part with them. So next time you see a therapy dog, stop and think is it real or FAKE.

Taylor Swift’s New Album

By Caroline Gangl

Taylor Swift is one of the biggest artists in the entire world. At the 2024 Grammys, Taylor announced she is releasing a new album on April 19, 2024! The album is called The Tortured Poets Department. As a Swiftie myself, I am extremely excited for this new album. Taylor is the queen of giving hints and Easter eggs, but the Easter eggs she gave us lead us all to think Reputation (Taylor’s Version) was coming next. When she announced the new album, she said she had been keeping it from us for TWO YEARS! She is exceptionally good at keeping secrets. She released the track list the day after she announced the album on Monday, February 5th.

Now that you have the basic gist of the album, I would like to go into the aesthetic. On the day of the Grammys, she was wearing a white dress with black gloves. If you look at the cover of this new album you will see that it is very 2008, black and white, vintage kind of album. The track list just adds to that theory with songs titled Fresh Out of The Slammer, LOML (Love of My Life), and Fortnight ft. Post Malone. The Collab on that last song is going to be interesting because those two artists are quite different musically wise. Most Swifties thought that Reputation (Taylor’s Version) was next because of all the black and white, but that was hinting toward her new album instead. She is a Mastermind!

How can I help with my anxiety and stress?

By Bella Lukany

Anxiety is a feeling of unease, such as worry or panic. It can range from mild to severe. Anxiety is not particularly good for your mental health. In other words, a person’s condition regarding their psychological and emotional well-being. It is nothing to be embarrassed of because we all get anxiety. It is completely normal. You can get it because you might feel pressure, feel constant worrying, have negative thoughts, experience nightmares, have no confidence, and even struggle with your own self. There are some things to help with anxiety. You can talk to someone you trust, practice mindfulness, or you can TAKE A DEEP BREATH! Also, do not put so much pressure on yourself, do not focus on the things you cannot change about yourself or the situation. All you have to say is, “This is temporary, I will push through it.”

**Cinema Experience:**

**Eras Tour Edition**

**By Makenna Lee**

Taylor Swift’s 2023-2024 “The Eras Tour” started on March 17, 2023, in Glendale, Arizona, and concludes on November 23, 2024, in Toronto, Canada. She sings ten amazing albums, and a massive variety of songs. Taylor Swift even broke records! Her performance has taken her around the world and won her the title of highest-grossing music tour ever! It's time for what you’ve been waiting for! The secrets behind the stage dive. If you've seen the Eras Tour, you know what the spectacular stage dive is. Taylor Swift jumps into the stage, after preforming her song “My Tears Ricochet,” and swims into her track “Style.” Imagine jumping onto a huge bouncy castle. Well, Taylor swift does this at every Eras Tour performance! But it's not all that easy. First of all, she must wait for the perfect moment to dive. There is a small light, and when it flashes green, that's when she can jump. And, she has to make a quick change under the stage, since she’s transitioning to a new album. In a nutshell, *the eras tour* is a once in a lifetime experience, and 100% worth $900.

Chick Fil A

By Mallory Miller

I bet you have heard people say that Disney is the happiest place on earth. You probably think so too. But I think that Chick-fil-A is the happiest place on earth. Every time I walk in it is like I am walking into a Chick-Fil-A heaven. They have so many options. If you are not feeling nuggets or a sandwich, you can get mac and cheese (which is delicious by the way). Here is how the whole process works. First, they take your order at the counter, then they give you a table marker, and you sit down and wait (which does not take long at all). Finally, they give you your food, and I promise you will enjoy it. If you don’t feel like going in, you can order online and pick it up, or you can go through the drive through. The staff are kind and helpful with whatever you need help with. You can always ask them for anything like sauces, napkins, salt, etc. Chick-fa-la is my family’s go to meal, and hope it is yours to!

GO KNIGHTS!

By Paisley Lux

The UCF Knights are an awesome football team. In 2017 and 2018, the UCF football team rose to the height of popularity. They also disrupted the college football world with its 25-0 run that spanned 745 days (about 2 years). The accomplishment ranks among the NCAA Division I FBS’ top 25 longest winning streaks of all time. This cemented UCF as a national brand. They have many awesome players like Blake Bortles (Quarterback), Shaquem Griffin (Defensive back), and Daunte Culpepper (Quarterback) and those are only a few of their skillful players. And as a Division I–AA program, the Knights made the 1990 and 1993 playoffs. They were picked as the preseason No. 1 team to start the 1994 season. As of the end of the 2021 season, UCF has compiled 278 victories, six division titles, and six conference championships. In 2017 the UCF Knights football team went undefeated and was selected by the Colley Matrix as its top team. The UCF Knights are utterly amazing at football.