



# TIGER TIMES



*Valentine's Day Edition*

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## IBHS Holds Valentine's Vice Versa

**By Katie A.**  
Freshman Reporter

Lights flash, music blares, love and laughter fills the air. Needless to say, Illini Bluffs' Vice-Versa created lots of enjoyable memories for all who attended this inaugural Valentine's dance hosted by Student Council on Feb. 4. Many don't know just how much planning and time it takes to plan a school dance, especially one that was to be the first ever!

Last year, the idea for a Vice-Versa dance was brought to the full Student Council, but there was not enough time to execute it successfully. This year, planning began early before Christmas break, with Recreation Committee taking charge of the dance. When picking the date, there was a bit of conflict, as prom and sporting events need to be considered. After establishing Feb. 4 as the date, Student Council planned all of the details, such as the DJ and the decorations.

The nice thing about this dance, though, was its flexibility.

Autumn G., Student Council President, said "I like the idea that it can be whatever everyone wanted it to be."

One thing that was important to the recreation committee was creating an event where students didn't have to buy a new dress or tux if they didn't wish to, giving them more options.

"I always enjoyed homecoming and I love prom and it's fun to hang out with your classmates, in a less formal, stereotypical kind of fashion," Autumn said.

After the event was confirmed, many students were excited to hear about this new dance. Many were already planning what to wear and who they were going to bring as their date.

The night of, student council members were called upon to help set up the decorations. Everyone pitched in a helping hand, from blowing up balloons to hanging decorations around the commons.

The biggest difference between this dance and other dances, though, was the royalty system. Unlike prom and homecoming, The King and Queen of Hearts contest was open to anyone of any grade, as long as they nominated themselves. This led to a lot of competition between under and upperclassmen, especially between two sisters: Gabby G. and Brooke G. The race was very close, but ultimately, freshman Gabby G. pulled ahead of her sister by four votes, securing her place as Queen of Hearts. As for the boys, sophomore Will G. ended up taking the crown.

At the end of the day, the Vice Versa dance served as a great new way to keep spirits high during these frigid winter months, allowing students to take a break from school by blowing off some steam on the dance floor, hopefully making lifelong memories in the process.



Students enjoy music and company

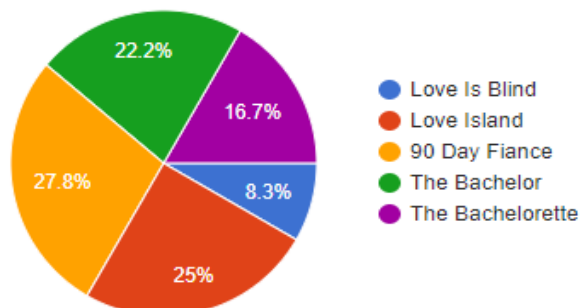
## Student Survey: Which reality TV show should you watch on February 14th? IB students tell you.

**By Kristina Petrey**  
Editor-in-Chief

Reality television: Some see it as excellent entertainment, while others consider it mindless garbage masquerading as "unscripted" and "unfiltered" truth. With the season of love rolling around, romance-centered reality series provide a lot of comfort to those who unwillingly don't have a partner for this love-filled time. The Tiger Times surveyed the students of Illini Bluffs to see which love-based reality series was their favorite.

Coming in last is Love is Blind, a Netflix special about 15 men and 15 women put into "pods" where they can talk to each other, but cannot see each other. Only AFTER they're engaged can they meet face-to-face. This is not a fan-favorite here at IBHS. Only 8.3% of students enjoy watching the process of people falling in love with each other's personalities without trivial things like looks.

In second to last: Love Island, a relatively new show starting in 2019 about a bunch of "islanders" who have to try and find a partner at the end of each week, lest they be disqualified and ultimately



chucked into the ocean and left for themselves. Tragically, the things we do for entertainment... Just kidding. Not only do the participants have to find a partner, they have to convince the masses that they are truly in love! If not, they will not be crowned as true love matches. Freshman Oliva H. says it's the best because, "It's the real." (As real as love can be when trying to win the approval of the audience.)

The Bachelor and Bachelorette are staples in many houses with a combined total of 38.9% of votes. Something about people tearing each other apart for the chance of a love that will probably never last is truly hilarious to most. Or perhaps there are some deluded folks in the crowd that actually believe that a life-lasting love can be formed from a competition. To them, I give my sincerest condolences.

90-Day Fiance. A TLC staple and, apparently, an IB staple as well, coming in with the most votes for a single show. A show where couples finally get to meet and get 90 days, the length of their visa, to get married. Students here at IBHS live for the drama, the awkwardness, and the sheer comedy that comes from this show has created much love. Senior Lindsey H. talks about how it's "the perfect reality TV show!" through the "drama, love, and action." Overall, people love this show mostly because it's just stupidly funny, in the good way. The way that makes you laugh because you think "what is going on in their heads."

Overall, it seems as though a majority of IB students enjoy watching the drama that unfolds through these television shows rather than the actual love aspect.

## Red Flags and Relationship Snags

*Everything you need to know about toxic relationships*

**By Cassy G.**  
Junior Reporter

Depending on the situation, relationships can be very difficult to navigate. Tiger Times is here to let you know the negative behaviors that you should look out for when in a relationship.

Some people have a hard time identifying red flags. A red flag is a warning sign that there may be unhealthy patterns or behaviors with you and your partner. Luckily, we're here to help you figure out what you need to potentially look out for in your relationship.

A relationship is supposed to be a two-way street of communication. Honesty is the best policy. If a partner is not telling you the truth and disrespecting your decisions or personal boundaries, you should rethink how strong the relationship actually is.

Here are some red flags you should look out for:

### The Control Overlord

If your partner makes all the decisions on what you should do or who you can see, it can cause problems. They might make sure they can keep tabs on you so they know what you are doing. For example, demanding you to keep your location on 24/7 or always expecting a quick response. This can cause issues, since there's no personal space or trust, which leads to feelings of confinement or entrapment. You will either start to resent them or start changing your behavior to make them happy.

### The Coffee Fiend

The hard reality is that, if your partner is a coffee fiend, they will love coffee way more than they love you and will choose coffee over you if they have to. You should just cut your ties with them. You simply cannot compete with chemical joy.

### The Liar, Liar Pants On Fire

If your partner is lying about serious matters, or even lying to you on a daily basis, it can become harmful. If they are dishonest with you, then you won't be able to know whether or not they are telling the truth, which leads to feelings of insecurity and inadequacy.

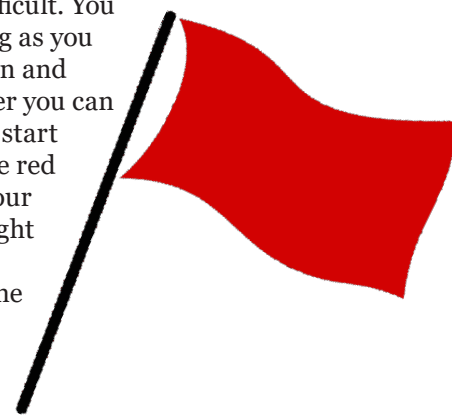
### The Manks (Man Tanks) Enthusiast

Your partner will try to tell you that Manks is a "style" or it's "trendy" when it's really not. They will think it looks good and try to show off their "muscles" because "Manks are for the win!!" They will also wear manks even when it is freezing out. This unhinged behavior does not belong in a relationship so run if you see it happening.

### The Manipulator

A partner could be trying to manipulate you and it would look like, them making you feel like you have to do what they say, no matter if you disagree with what they are demanding. For example, putting you down to get their way or getting physical to get what they want.

It's common knowledge that relationships are difficult. You may fight, but as long as you are willing to be open and honest to one another you can make it work. If you start to notice any of these red flags appearing in your relationship, you might want to stop, take a step back, and run the other way.



# Library News

*Fairytale favorites: Library shelves feature new books!*

**By Bre S.**  
Senior Reporter

Happy February! This month, the Illini Bluffs library has joined forces with Alpha Park Library!

With picks from students and staff, Illini Bluffs Library is currently featuring books that are highly recommended amongst teachers and students alike. These books can be found on top of the library shelves, and feature books ranging from *Carve the Mark* by Veronica Roth recommended by Illini Bluffs Senior Autumn Gray, to a recommendation from Ms. Gresham for the book *Dune* by Frank Herbert. This month the library has many featured texts that are guaranteed to catch your eye.

The Illini Bluffs Middle and High School Library is also working with Alpha Park Library in hopes of encouraging students to read. In efforts to encourage reading, Alpha Park Library has created a Teen Program that allows students to come in and talk and connect with other students.

This Teen Program features a variety of activities that students can partake in, including an Anime Club, a Snow Slime night, a Movie Night, a night that highlights the love some teenagers have for Dungeons and Dragons, and a night titled "Candy Heart Breakers" that is for students 13 to 18 years of age. During this time, students from schools around the county will have the chance to come together as a group, and make a chocolate heart pinata to fill with candy.

This Teen Program also features a Teen Advisory Board, that allows teens to tell the Youth Services Department at Alpha Park Library about what they want to see in their library and how these changes can help not only themselves, but other students as well.

Illini Bluffs Library and Alpha Park Library both have intriguing and exciting things taking place this month to help you find your love for reading and will encourage you and your friends to pick up a book and relax during your free time.

# Principal Updates:

## Mapping the Second Semester

**By Anna S.**  
Sophomore Reporter

Sitting down with Mr. Almasi, he was automatically eager to talk about what was working, and what as a school we could improve. "I know at the beginning of the year people were worried about the finals policy, and bringing those things back. In person learning matters to me... I wanted to make sure there was some sort of stake in the game and I feel like with five days, that gives students enough of a buffer for being sick." While certainly the five-day-rule is infamous to our students, it does serve a purpose. The rule has increased the amount of students coming to school, but surprisingly enough, has also influenced an increase in students voluntarily taking finals to improve their grade.

Almasi then moved on to talking about one thing he was considering to change. "One of the biggest things was passing periods, people think three minutes is too short. So I think that's one-- that I need to [see if I can] find some more time for you to have longer passing periods." This is one that I'm sure a lot of us will appreciate.

He wrapped things up by talking about map testing and why we do it. "It gives us a snapshot of what we are doing inside these walls and compares it to not only the state of Illinois but also the rest of the country... Once you guys graduate you are competing with every other kid in the nation... So while it is only a snapshot- it [still] gives you good SAT projections and other things like that, so you can better plan for your future." When I asked him what he would tell students who score lower than they wanted to, he reminded me once again that it was only a snapshot and nobody is perfect, we all have bad days. Just that, in general, they are good markers to compare and help us improve our growth for the future.

By the end, he wanted to remind everyone that he is pumped and ready for Anything Goes! A tradition from 1982 that he is happy to continue. "I love our school working together, having fun, and doing some friendly competition."



# Happy Birthday

Megan R. -Feb. 1  
Ms. Dillon- Feb. 2  
William G.- Feb. 4  
Mr. Miller- Feb. 4  
Hannah T.- Feb. 5  
Victoria B.- Feb. 12  
Brooke G.- Feb. 14  
Erica W.- Feb 17  
Wyatt K.- Feb. 21  
Natalie R.- Feb 22  
Josh B.- Feb. 22  
Jacob R.- Feb. 24  
Tyler H.- Feb. 29  
Evan R.- Feb. 29

# Senior Send-Off

*Seniors sit down and talk about their time at Illini Bluffs High School.*

**By Kristina Petrey**  
Editor-in-Chief

With the spring semester starting up, graduation is right around the corner for the seniors Bre S., Ben P., and Grace H.

For Bre S., senior year has largely been a glimpse to her future. Bre is currently taking 5 college courses through ICC, in addition to an EMT training program. These other courses include art history, art appreciation, English, statistics, and philosophy. She will have 39 college credits upon graduation. When she's not studying, Bre can most commonly be found helping other students in the library as a part of her service project.

"If you give Bre a task, it will be completed so quick, and the whole time she'll be on her phone. I don't know how she does it," said Mrs. Coulter, head librarian.

After high school, Bre wants to be a stay-in nurse. Right now she is preparing for this role by being an active member of the Trivoli Fire Department, where she is trained to use the hoses and drive the trucks.

While Bre has been driving the fire trucks, senior Ben P. has been driving tractors. While Ben has always been a huge help on his family farm, his long term goals include working in a field other than that of corn. After high school, Ben plans on moving West to pursue his dream of becoming a heavy equipment operator. He hopes to get his journeyman card, join an operating engineer union, and then see the world. To him, specific location doesn't matter all too much: He just wants to get paid.

Another senior with big travel plans is Grace H. Once she's graduated, Grace plans to become a marine biologist! She plans to go to the ocean and help take care of the animals that inhabit it. This adventure will begin AFTER her 2,194 mile hike across the Appalachian mountain range. She has been planning this trip for many years. After she graduates from IB, she will be hiking for 6 months from Georgia to Maine! Everyone can follow this adventure on her Youtube channel "Grace Kaitlyn!" She wants everyone to know that she will not injure herself on this trip.

All three seniors are highly involved in the school. Both Ben and Grace are a part of the National Honor Society. Ben is also a part of our school's Bass Fishing team. Grace is another very busy individual here. She has been a part of the Cheer Team, NHS, Student Council, and soccer. "Even though I'm injured most of the time," she laughs.

This year marks an important milestone: The class of 2023 is the first grade to experience a senior school year without COVID-19 restrictions since the pandemic began in March of 2020. So, the class is going all out. These seniors are beyond excited to participate in a class competition called Senior Assassin, a last man standing game where students attempt to eliminate each other with water guns. A Senior Parade where the class will deck out their cars and tramp around town. And of course, ending their time in highschool with a graduation ceremony.

Their parting words, "It's easier to ask for forgiveness than permission."



Photos Submitted by Students

# Diverse Voices: Exploring Black History Month through Literature

By Anna S.  
Sophomore Reporter

As students of a school in a rural area, a lot of us haven't had much experience outside of our singular culture. So, while I wish I could sum up the struggles caused by systematic racism in our country, I'm not qualified to speak; it simply isn't my place. However, that doesn't mean that I can't provide resources so that we can begin to learn about it together.

It doesn't matter what side of the political spectrum you are on; we are one country, and we need to hear other perspectives if we want to truly understand how to improve our society moving forward. If you, like many of us, are just beginning your pursuit of gaining cultural knowledge, I'd suggest starting off with Nic Stone's "Dear Martin."

An amazing quote from "Dear Martin" is, "You can't change how other people think and act, but you're in full control of you. When it comes down to it, the only question that matters is this: If nothing in the world ever changes, what type of man are you gonna be?" This quote can relate to anyone, and that's what truly makes this book special. You can be anybody and still see yourself in this situation and relate to the characters going through a really hard time that usually you would find harder to understand without the point-of-view.

While that is my favorite base recommendation, there are other books you might want to look into that may interest you more. Perhaps you might want a more straightforward book on how racism started, how we got here, and why. In that case, I would suggest "Stamped" by Jason Reynolds and Ibram X. Kendi. It explores all three topics and inspires an anti-racist future.

This isn't the only book by Jason Reynolds that explores the black experience, though. He also wrote the award-winning "Long Way Down." Mrs. Coulter's favorite book by him. This book is composed of powerful poems that tells the story of a boy filled with anger after his brother was shot. Due to this book dealing with the factors of intense grief, it is certainly not a read for the light-hearted; however, if you want a powerful, emotional read, this book might just be perfect for you.

"My mother used to say, I know you're young, gotta get it out, but just remember, when you're walking in the nighttime, make sure the nighttime ain't walking into you." This quote perfectly sums up how emotions can consume people, and it's lines in "Long Way Down" like this that really makes you think.

A lighter book that still taught me a lot is "Piecing Me Together" by Renee Watson. It follows a teenage girl, Jade, who tries everything she can to succeed in life. This includes going to a private school that lacks diversity. The book dives gently into subconscious racism, and it is perfect for someone who wants to slowly dip their toes into the waters of different cultural experiences. Now, of course I cannot forget "The Hate U Give" by Angie Thomas, which is perhaps the most well known book in this whole article. This book is fairly similar to "Piecing Me Together" in the sense that they both have two worlds- one with a rich school that lacks diversity- and another that is the poor community in which they live. If you are interested in the "Piecing Me Together" premise, but want to take a step forward, then The Hate You Give would be a great choice.

Going off the more well-known book theme, there is also "Hidden Figures" by Margot Lee Shetterly. "Hidden Figures" goes more into the lesser-recognized black women who greatly contributed to the United States' win in the Space Race of the 1960s. The book focused on three women in particular, whose mindsets were described in the book as, "I changed what I could, and what I couldn't, I endured." Never giving up, a power that many wish they could wield but few succeed, especially under the high pressure that these women were put under.

The last book that is going to be mentioned is one that I heard about for the first time from Mrs. Coulter: "March". "March" by Andrew Aydin, Nate Powell, and John Lewis focuses on the civil rights movement. Mrs. Coulter made it clear that while it is in the graphic novel format, it still dives into deep topics that any other novel would include.

In the end, there are a lot of books on the black culture and experience to explore and learn from. I urge you to read even just one book, because even that can open you up to so much more understanding of society and cultures. Even reading a singular book can change your view on life... or teach you at least one thing. Either way, positive or neutral, it can't hurt you. Give it a try, read a book, learn something new!

## Conversation Hearts

Students share their love with messages to their peers.



# The Social Media Epidemic

By Celine L.  
Junior Reporter

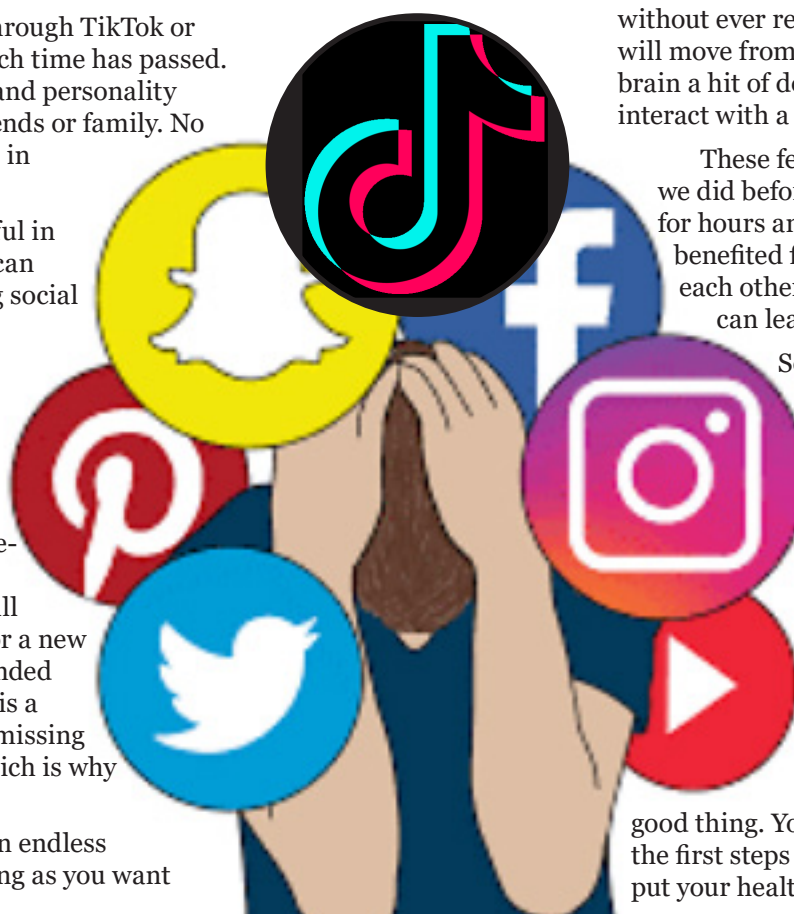
We've all been there, mindlessly scrolling through TikTok or Instagram for hours without even realizing how much time has passed. We spend too much time trying to polish our looks and personality through social media, or even just chatting with friends or family. No matter how we use social media, it can still affect us in negative ways.

Social media apps that we use daily may be useful in some ways, but we can get hooked very easily. This can cause us to spend a significant amount of time using social media.

App developers will intentionally design the platforms to be addictive and keep you roped in for longer periods of time. This is because the longer you view the app the more money the company makes.

Standard practice for developers is using a three-step method to keep you hooked, which includes motivation, an action, and a trigger. This method will give users a reason, such as a notification for news or a new post, to get them on the app and keep them for extended periods of time. What developers take advantage of is a certain feeling or emotion connected to potentially missing out on something whether it is important or not, which is why this design method works so flawlessly.

Apps such as Instagram and TikTok also have an endless scroll feature, which means that you can scroll as long as you want



without ever reaching the bottom of the page. On average, each user will move from one post to the next in a matter of 19 seconds, giving our brain a hit of dopamine each time. This gives users a rush each time they interact with a post, keeping them scrolling for hours.

These features on social media apps leave us feeling worse than we did before. Apps will manipulate us into mindlessly scrolling for hours and in the moment we feel great, but really, we haven't benefited from it much at all. Social media can also turn us against each other in the sense of us comparing ourselves to others, which can lead to low self-esteem.

Social media is clearly impacting our lives negatively, but there are some ways we can combat those effects. Instagram has recently added a "Quiet Mode" feature, which allows users to set boundaries with friends and followers. If you receive a direct message while this feature is enabled, an auto-reply message will be sent saying that you are in quiet mode at the moment. You can also set time limits for certain apps. You can do this by setting a timer for your desired amount of time or by downloading an app that will keep track of your app usage for you. If you feel these aren't working for you, then you can always take a break from social media and come back when you are ready.

Social media can be very draining, but it can also be a good thing. You are in complete control, and you have the power to take the first steps in breaking away from a social media addiction. Always put your health first!

# Scholastic Bowl: The Arena of the Minds

By **C.J. Grice**  
Senior Reporter

Spartacus, Maximus, Eli, Kristina, Cole. Do you recognize any of these names? Forget the first two names because they don't matter anymore; although, the last three could possibly be the most infamous names on the entire planet in the near future. These three are just a few of the fierce opponents on our Scholastic Bowl team.

Lydia G., Claire G., Kristina P., Lindsey H., Josh B., Cole J., Amanda J., Eli H., Emily T., and Amelia H. These are the 10 strongest mental warriors in the school. Everyone else has failed to make it onto the team. (There are no tryouts and everyone is welcome, but those who aren't on the team have succumbed to natural selection.) Natural selection has taken its course and now only the strong few remain. They are put through rigorous tests every Monday and Tuesday in practice, pushing past their limits each time, so they might prove themselves to be superior to the masses.

These tests consist of listening to questions and answering them correctly and quickly. Practices start directly after school and last roughly an hour. Imagine being hog-tied and thrown into a pond twice a week. Scholastic bowl is like that, just with a pencil and paper ready.

That human which is drowning his disciples in knowledge, is the very perspicacious and sometimes persnickety Mr. Adameczyk. He had this to say about this year's season, "We're doing pretty well. Gotta keep grindin' away and keepin' it up." Mr. Adameczyk, or 'Mr. A', is a man of few words, but his actions speak loudly.

Right now, the Varsity team holds a hefty 8-4 record, already beating Delavan twice, and Junior Varsity team holds an impressive record of 8 wins and 2 losses. Two of the varsity's wins ended with double the points of their opponents, and JV beat Delavan by over 100 points.

The JV team has gained quite a large amount of confidence from their first week. They held an undefeated record during their first week, 3-0. Eli H., a member of JV, maintained a level head through all the triumph, and said this during an interview: "I hit my peak on game one, it's only downhill from here." It's hard to imagine being so heedful and shrewd in this massive success. This perceptiveness is likely attributed to the experience gained from his coach, Mr. A.

The JV roster consists of Lydia G., mythology maestro, Lindsey H., rookie of the year, Eli H., sanguine of the inferno, Claire G., the cantankerous obdurate, and finally the captain, and the master of geography, Cole J. This team is breaking JV records left and right, and could possibly be remaining in the record books for a long time.

As for the varsity team, there is nothing but excitement. Potential is a virtually untapped resource for this season's Varsity roster. Kristina P., Amelia H., Emily T., Josh B., and

Amanda J. Each of these members brings a unique strength to form this Vultron-like team. Kristina is the captain and leader of the team. Amelia is the resident pop culture connoisseur. Emily, the loquaciously gallant comrade of doughtiness. Josh, bonus point antiquary. And Amanda, commemorate of the quadrivium. This new varsity team has entered the colosseum through the floor. They are no gladiators, they are the tigers.

Lydia, Claire, Kristina, Lindsey, Josh, Cole, Amanda, Eli, Emily, and Amelia. Only ten names, but the history books will not, even for a moment, cease to remember them.



Photo Taken by Caroline Joplin

# E-Sports Gets an Update

By **Blake M.**  
Contributor

The cheers of triumph and the sighs of defeat. The sounds of coaching and the sounds of clicking controllers. The smell of vending machine snacks and Casey's pizza. The friendly feeling of your controller or keyboard. The pretty sights of video games; Colors galore! The Valorant, League of Legends, and Rocket League teams inform each other frantically. Other teams hoot and holler over their own victories.

Esports has a multitude of games, and surely one of them is bound to catch your fancy. Some of the member's favorite genres include first-person shooter games (FPS), games that have interesting stories, and roguelike games. Whether it is Madden or Super Smash Bros, there are always enough genres to appeal to anything you like. The team meets on Mondays and Wednesdays until 5:30, and we look forward to seeing you there!

Cole Joplin, a sophomore, joined Esports because "I like the competitive scene and playing with my friends." When asking if Anthony Jurewicz, the coach, likes Esports, he states "Yes, I like Esports... because it allows

players to grow as people, work on collaborating, and learn new skills."

Just about everyone is enthusiastic and willing for you to try their game. You may play games you didn't even know you liked while also discovering games you couldn't buy yourself. All of the members of the sport are rather nice and friendly. The coach is understanding and is willing to help teach you how to play every game better. As a member of Esports itself, I think anyone would enjoy Esports. Sophomore Will G. comments on this, "Esports sounded like a fun outlet. It stood out to me because I didn't think the school would do a sport like this."

Esports hangs out in either the library or the maker space where we get together to learn and play games. Bradley University's Esports and Gaming Competitive Director, Anthony Jurewicz, is the current coach of the



team. He helps teach the members new concepts and goals to get better at video games. In addition to teaching competitive tactics, he also gives members important life advice.

When asked why Anthony wanted to coach Esports, he said "[I wanted] to give students an experience that they would not otherwise get through high school." Will G. echoes this. "I've been enjoying playing with friends, and I've had Anthony help me build computers, too." Some deadlines for getting teams are coming up soon, so taking a day or two to attend a practice could help you see if you like the sport!

The Esports team even has a Discord server for students to join for updates, quick tips, or to talk with friends. You don't even have to play competitively, as Esports offers casual play as well. Whether you like playing cards or even just building computers, Esports has it all

This lovely sport was started by Mr. Church and Mr. Carr in 2020. It started with only League of Legends where the team won a few games here and there, but never went anywhere big. With Covid as a big setback, Mr. Church took over and only hosted Chess and Rocket League online in later years. The roster has thus expanded to Rocket League, Smash Bros, League of Legends, HearthStone, Chess, and Valorant under the leadership of Anthony.

# Featured Artist TESSA H.



# Lunch Lady Takeover: Mr. Murphy in Charge

By **Lauren B.**  
Freshman Reporter

With the effects of Covid finally leaving our schools, the lunchroom is finally going back to normal. With the need for more staff becoming a rising problem in the kitchen, Mr. Murphy takes charge!

Mr. Murphy took the title of Head Lunch Lady at the beginning of this year, and students love him! While leading lunch preparation and supervising other kitchen staff, Mr. Murphy also takes student's recommendations for lunches.

When asked about his secret to keeping students happy with the lunches, Murphy states, "I want you guys all to be happy with what you eat at the end of the day; it's just another thing that makes you want to come to school. I can use Bosco sticks or chicken nuggets as an example; that's just another thing that makes you say, 'alright at least I got a really good lunch today'".

Mr. Murphy is a great cook, and he has plenty of experience! He worked in Connected, A high-class restaurant in Peoria and the only restaurant in our area to receive a DRONA (Distinguished Restaurant Of North America) award. With the experience he gained there, he plans to change many things within the lunchroom, including silverware, appliances, and food quality.

With this being his first year in the kitchen, Murphy plans to create a healthy and happy environment for students, giving them the lunch they deserve.



# STAFF PICKS

## Celebrity “IT” Couples

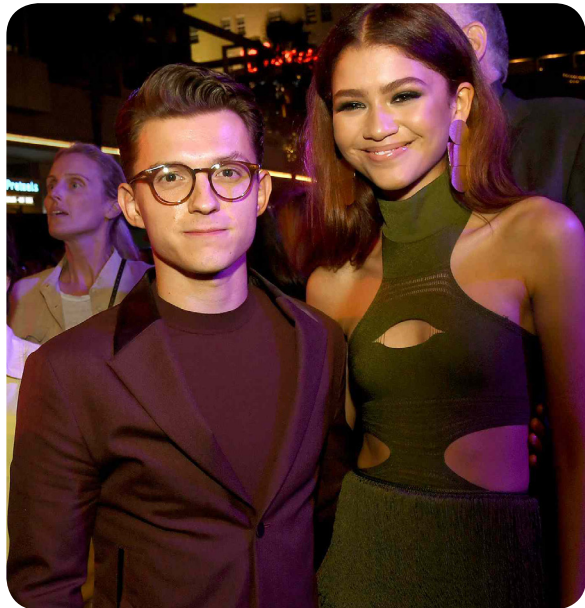
Staff of the IBHS Tiger Times

This month Tiger Times Staff determined which celebrity couples they think should make everyone believe in true love.

**Katie A., Bre S., Anna S., Cassy G., & Grace T.**

### Tom Holland and Zendaya

The staff who selected this couple view them as only young and healthy relationship in Hollywood.



### Kristina P.

### Ryan Reynolds and Blake Lively

Mr. Reynolds is an unapolegetic male wife who is always worshipping Mrs. Lively. To me, they prove that true love is a real thing.

### Lillian K.

### Justin and Haiey Bieber

They have been so cute together. From the cute trends to even cuter videos. It's an ideal match!!



### Emily T.

### Dax Shepard and Kristen Bell

Something about them when they're together is just, adorable. We love a comedic duo!!



## Frozen Fashionista: Winter Fashion Trends in 2022

By Lillian K.  
Freshman Reporter

This winter there has been a lot of different kinds of clothes that fulfill all aesthetics. From sweaters to cardigans, layers to hats, trends come and go as the seasons change.

In 2022, popular pants consisted of flair leggings, mom jeans, skinny pants, cargo pants, joggers, and Nike sweatpants.

As for tops, oversized sweatshirts, puff jackets, solid sweaters, and long-sleeve, solid-color v-necks were the most liked shirts.

With these styles, people would style with different shoes, such as Airforces, Blazers, Lowbounds, Converse, Uggs, and Vans.

When wearing all of these outfits, you can't forget about the accessories. Kendra Scott had the most shoppers buying and reviewing their items. The mother-of-pearl necklace was the most liked item in the store. For guys, the solid gold chain was the best item to style.

To find these items, Target, Kohls's, Dick's Sporting Goods, Amazon, Shein, Old Navy, Dry Goods, and American Eagle have a great selection to choose from.

There have been many fashion trends this winter, however, they will constantly be changing.



## The Council has Spoken: Anything Goes and Upcoming Events

By Autumn G.  
Senior Reporter

Hello IB!

It seems like it's been a while! I hope you all had a fantastic holiday! The IBHS Student Council got right back to work after break and now February is looking pretty busy! Don't worry, it's going to be fun!

First up, we had the Valentine's Vice Versa Dance on February 4th! We loved seeing so many of you there! The Student Council has not hosted a winter dance in a while, so this was totally new for us and we want to hear from you! What did you like? What would you like to see changed? Should we do this again next year? Give us your feedback via Instagram, email, or your class representatives. We really appreciate it!

The other big event in February is Anything Goes, coming up the week of February 13th. For any of you who are unfamiliar with this event, it is a battle of the grades for the most coveted prize... BRAGGING RIGHTS! This year, we will be hosting games all throughout the week. During 4th hour on Monday, Tuesday, and Wednesday, games such as Jelly Bean and Human Knot will take place. Also, preliminary rounds of the big events like the Relay will take place. Thursday will be the big finale! During the 7th and 8th hours, classes will have their final chance to earn points and see who will take the victory. Don't forget about Penny Wars either! The class with the least amount of money in their jar will be adding a big chunk of points to their tally, so keep adding money to the other class jars!

Last year, Anything Goes was crazy! The Class of 2023 holds the title as reigning champions... are you going to let them take it again?

As always, please feel free to share your ideas with us! We love hearing from you as it is our mission to make school as enjoyable for you all as possible!

# My Chemical Romance: The Science Behind Love

By **Lauren B.**  
Freshman Reporter

Do you ever get that warm feeling in your stomach when you look at someone? You might stumble over your words, get super nervous, or even lose your entire train of thought. Everyone knows the feeling of love, and although the feeling of butterflies is wonderful, one might wonder why this happens.

The feeling of love is indescribable, but many struggle to understand what truly happens when you fall in love. It all starts within your brain. Chemicals flow and feelings spread from head to heart. Dopamine, which is one of the main hormones that people associate with love, is expressed when things feel good to us, like falling in love or eating your favorite pizza.

Along with dopamine, norepinephrine is released when a person feels attraction. These chemicals often make people feel warm and euphoric, and can easily affect sleep patterns, eating patterns, and a change in heart rate. This means that people can fall so much in love they don't sleep or eat! The "reward center" of the brain is commonly triggered as well and sets off a response towards people you find attractive. Another thing special about norepinephrine, it's linked to the fight or flight response, meaning that the brain is usually going through a type of decision process when you find someone you are attracted to.

So, within seconds, the brain can recognize strong attraction. These hormones are the reason for most of our feelings, and love is a prime example! Love can happen at any place and anytime, so keep your eyes peeled. Just watch out for the friend zone!

# Your Average Rom-Com Watch List

By **Staff of the Tiger Times**

## 'The DUFF'- Kristina Petrey

As an avid romance connoisseur, "The DUFF" is the perfect high school romance. It's about senior, Bianca, who has been told by a classmate that she's known as her pretty friend group's DUFF. Designated Ugly Fat Friend. In hopes to change other people's perceptions of her, she asks for help from Wesley, the high school's popular jock. They create a quid pro quo, Bianca helps Wesley pass chemistry, and Wesley helps Bianca shake the DUFF title.

Watching this relationship unfold is so much fun. There's so much witty banter, and overall it's so adorable. I recommend this to anyone who appreciates a good slow burn relationship that forms from a friendship.

## 'To All the Boys I've Loved Before'- Celine L.

"To All the Boys I Loved Before" is a great movie and a perfect choice with Valentine's Day just around the corner. "To All the Boys I Loved Before" is about a girl, Lara Jean, who writes letters to all of her crushes but never intends to actually send them. Soon, she realizes that all of her letters have been mailed to her crushes when a boy named Peter approaches her about the inaccuracies about him in one of the letters. She becomes more stressed each time one of

the boys from her letters approaches her.

I love the concept of Lara Jean writing letters for all the boys she has ever had a crush on. She is a character that you can easily fall in love with and connect to. Even I felt stressed when her letters were mailed to all of her crushes. I definitely would recommend this movie to anyone who loves high school romances and dramas.

## 'Along For the Ride'- Katie A.

"Along for the Ride" is a heartwarming movie that is sure to pull your heartstrings. It will make you cry for more than one reason. Enter Auden, a college-bound student, who missed out on all of childhood's best experiences, and the things that make being a kid so special. While her life continues to get complicated, she moves to the beautiful seaside town of Colby. After her arrival, she meets Eli, a moody insomniac just like her. Auden and Eli start their own quest for Auden to experience all of childhood's best and brightest.

This movie will remind anyone of the innocence and joy of childhood. It will excite a person's feelings on what the future will bring. "Along for the Ride" brings a story that teens can relate to.

Overall the movie is one sure to capture your attention and stirs your romantic hearts.

# ONE ON ONE DEBATE: WHICH IS BETTER SINGLE VS TAKEN

## Be My Valentine!

By **Lillian K.**  
Freshman Reporter

Social media often shows the picture-perfect life by either inspiring a person or completely destroying them. For example, Tiktok has a tendency to show cringy couples all over the "for you" page, and one may argue that it takes too much work and isn't worth the time; however, it may better your mental health, socialization, and becoming a better you.

Many people across the globe spend Valentine's Day alone. Instead of spending it alone, find a special someone and go to the movies, dinner, carnival.

Studies have shown that these are priceless experiences that every single soul needs. From it being a new environment to a relationship, it can only give you memories.

While in highschool, it is important to be socialize and putting yourself out there in order to increase positive mental health. Many students struggle with these concepts, and being a valentine could be a solution to these problems.

It's no surprise that receiving positive feedback from others, especially from people you care about, increases self esteem.

Therefore, it would be able to argue that being in a relationship is way better than being single due to the outcomes and benefits.



## Table for One, Please!

By **Lauren B.**  
Freshman Reporter

With Valentine's Day just around the corner, you can't go a day without hearing about everyone's dating drama. If you are someone who gets sad about not having a date, don't worry! Being single is 100% better than being in a relationship.

For many people, dating in high school doesn't go as planned. Many couples say they broke up because of different life goals anyway. So why bother dating at all? I mean, if it works out for you, good job. But when you're single, you don't have to worry about buying presents for your partner or keeping track of things such as anniversaries. We're all broke high school students anyway. Overall, it just works out for the best.

Being single during this time of year means, no putting someone before yourself or constantly feeling like you have an extra person to carry around. You don't gotta worry about forgetting to text someone good morning and good night, because you only need to worry about yourself.

Instead of stressing about not having a date, go and buy some chocolates, and then eat all of them yourself while watching rom-coms. Enjoy not worrying about someone else, and start focusing on yourself! Remember: a table for one costs WAY less!

# February 15th: The Day for Singles

By Anna S.  
Sophomore Reporter

Valentines day: A day for all over the moon-swoon worthy couples out there with their big Hallmark pink teddy bears. Not everyone wants the unstable roller coaster that is highschool relationships, but how come all the couples get the big pink bears and all the independent singles get left out?

That's what February 15th is all about. The day where all singles can hit the stores, and get those pink bears for half the price plus twice the candy without the downside of messy relationships.

The 15th is the day for self love, so how does one make the best out of it? We planned one store for each major category based on the best deals. These categories include: stuffed animals, candies, and candles.

Now, we can't always predict exact price reductions, but looking at past trends, CVS is the first place to start. CVS tends to have a 75% sale on all stuffed animals and certain gift baskets. However, CVS also has the second largest sale on

candies, typically ranging around 50%. So not only can you get a cuddly bear for a quarter of the original price, but you can splurge on candy all in the same place.

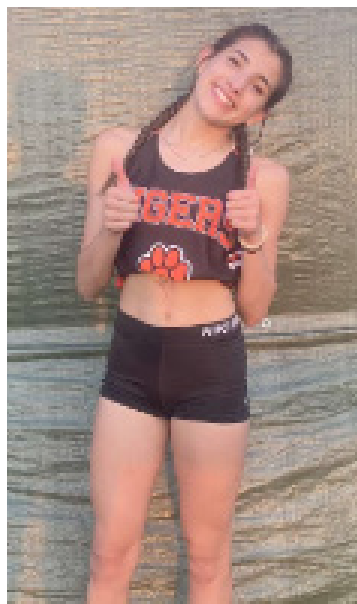
If you are a super saver like myself, Walgreens goes above and beyond with 70% off candy. I don't know about you, but I'd rather put the same amount of money in for some more candy.

Now for the Taylor Swifters out there who enjoy all the different scents, Target has a 50% off deal for candles. While candles aren't everyone's cup of tea, the trip is certainly worth it to those candle lovers out there.

While every store seems to have some sort of deal for Valentine's Day, these three stores tend to have the most stable and highest annual discounts. Honestly, it might all seem silly, but if milking a Hallmark holiday for your own benefit isn't independent genius and self care, then I don't know what is. We all deserve one special day for ourselves.

# Springing Into Action: 2023 Spring Sports

By Amelia H.  
Contributor



Spring sports are coming up! All 4 teams had great seasons this past year; Baseball, Softball, Bass Team, and Track. Tori Brown (S), Vance Roberts (Sr), Lilly Hicks (Sr), and Chris Finn (Sr) sat down and talked about their sports.

Tori Brown was a Triple Jump sectional champion and qualified for state last season. It's quite the feat for her considering she was a Freshman. It was her first year competing in the Triple Jump event and by all means showed out. Tori's goals for the season include, "Working hard to be a back-to-back sectional champ and placing in the State meet."

Vance Roberts was a top Angler for the 2022 season. Angler, a term used to refer to the participants or players in each competition. Vance and his Junior partner Ethan R.

made it to the state tournament and placed in the top 20. Due to rain their second day was canceled, "We could have easily placed higher if it weren't for the weather." He even committed to fish at Mckendree University recently. Vance's goal this season is to make

it to state for the THIRD year in a row. "I'm gonna work hard and dedicate myself to the season. It's Senior Year, I'm going all out!" said Vance.

The Softball team had an outstanding season, they won state for the 2nd time in a row. Lilly Hicks, a senior this year, has been on the team every step of the way. "I hope to have a lot of fun with my team. We have a ton of pressure to perform well, so I'm trying to stay relaxed by having fun." There's no doubt that they will go the distance again.

Baseball has already begun practices for this season. In the morning before school, the team practices throwing and hitting. Chris F., senior, has high hopes for this season, he has been working

on his hitting every day and is determined to have the best batting average on the team his average last year being 0.383, holding the second highest on the team. "I look forward to spending my last year with my friends and having a successful season," said Chris.



# Tiger on the Prowl

Students talk about what gives them "The Ick:" niche things that instantly makes you disgusted towards a person.

Bradley M.



"Crocs."

Kennedy K.



"People who breathe through their mouth."

Gabby G.



"People who make so much noise during a test. They sit there and open a bag of snacks they got from the vending machine in the dead silence."

Karenna H.

"Guys who wear their jeans below their knees. Just, pull them up. Nobody wants to see that."



# Playing with Feels:

Whether the day of love makes you want to cry your eyes out, or slow dance with a partner, we've got the music for you :3

