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OPINION: Cheer Deserves Respect Debate over Athleticism Needs To End

By Reaghan DeLisi
Staff Writer

Whether cheerleading is a sport has been an ongoing debate for decades. Cheerleading was founded in the late 1800's to excite crowds at Ivy League football games. Then, competitive cheerleading became a thing in the 1960's. The bottom line: Cheerleading is a sport that involves multiple components of physical activity and competition.

Just like other sports, such as football, track, basketball, etc. cheerleaders have to condition, train, practice and perform. Cheerleaders need to have sportsmanship, technique and skill in order to do what they do.

Cheerleading started as a hobby to support other sports but has become much more than just a hobby. It has now become its own sport where athletes show pride and strength in what they do.

The definition of a sport according to Google Dictionary is "an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment." Cheerleading involves jumps, stunts, dance, cheer and tumbling. All of these skills are very physical and some can become extremely dangerous. These components of cheer form a routine to perform at a competition to get ranked among other teams.

Many people believe you have to "play" something to be known as a sport. You "do" cheerleading which is why some people don't consider it a sport. Another reason is because cheerleaders don't physically come into contact with their opponents like you

would in football or soccer. Some teams don't compete, and they only cheer on the side lines for other sports teams.

Cheerleading does not get covered in the news as a sport. Josh Bean, writing for Tuscaloosaneews.com said, "Others note that cheerleading fights a media and popular culture bias that continues to view cheerleaders more for their bodies than their athleticism. For instance, most mainstream newspapers, television and radio stations don't cover cheerleading as a sport." Cheerleading has had a stereotype of petite girls in revealing clothing that stand on a side line of a football game with pom poms in their hands, but cheerleading is much more than that.

Alyssa Roenigk, ESPN senior writer said, "Sports teams exist to compete, not to perform and entertain or support another group that competes. In the cheer-as-sport conversation, this is the most important element to understand. One can be an athlete and not participate in a sport. And one can participate in a sport and not be very athletic."

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Cheerleaders from Triton compete in a recent meet this winter (DeLisi photos).

Will Vikings Basketball Succeed? A Look at the Second Half of the Season

By Ryan Snow
Staff Writer

As anticipation builds for the ongoing basketball season, excitement and confidence are running through the players and the leadership of the team.

Simon Bissell's declaration that "we are going to be good and have an amazing season," has set the tone for the team's high expectations.

Senior captains John Prendergast and Thiago Tameriao are in charge of the Vikings, accompanied by a seasoned group of seniors including Ryan Snow, Simon Bissell, Liam Londergan, Bryan Doucette, and juniors Charlie Mollineaux, Liam Friis, Jason Holsher, Brandon Somaiy, and Conner Gray.

The underclassmen, consisting of sophomores Harrison Huyuh, Cam McDonald, and Joe Grimaldi, are also set to contribute to the team's success. Despite concerns about losing talent from the Class of 2023, the team remains optimistic about its athletes.

Bissell counters the criticism, revealing that the team's practices showcase a resilience and skill set that is ready to defy expectations.

Senior captain John Prendergast goes a step further, boldly stating that the team is set on becoming the best in the CAL.

The team's composition is notable, with Bissell at point guard, Huyuh at shooting guard, Tameriao at small forward, Friis at power forward, and Prendergast anchoring the team as the center for their starting five.

The departure of seniors from the previous season, which resulted in a loss of height, has kept the team's spirit strong. Instead of feelings of defeat, the team has been fueled by a determination to surpass last year's achievements.



Triton junior basketball player Connor Gray has some fun pregame during a recent matchup. Gray is part of a squad hoping to make this year's tournament (Snow photo).

As practices have unfolded, the team is showcasing exceptional skill and coordination, a testament to the guidance of the coaching staff—Head Coach Trovato, along with the other coaches are not only installing strategic plays but also pushing the players to give their best on the court.

Coach Trovato's advice to the seniors—is to savor every moment and play with their hearts, recognizing that this may be their last time playing the game and will be their last time playing all together.

In essence, the team is determined to succeed in terms of skill and strategy and embrace the elements that make high school sports memorable.

The leadership and resilience on display during practices hint at a season that promises not only victories on the scoreboard but also the forging of lasting memories for the players and their supporters.

Salisbury Beach, Then and Now: From a Place to Tour, To a Place to Live Final Installation in a Three-Part Series, By Lucas Bistany, Staff Writer

As the new millennium dawned, Salisbury Beach was close to despair. Happy new year? Not so happy at Salisbury Beach. Looking back at the year 2000, Salisbury Beach was left in shambles. The children's screams and yells of enjoyment at the Salisbury Beach amusement parks were now the screams and yells of the "drunks" at their bars late at night. Something needed to change. Going to Salisbury that new year was not even a choice for most. Hampton Beach had become the new attraction.

When you're at rock bottom there's no way to go but up. But for Salisbury Beach, rock bottom became the foundation for renewal. Fast forward two decades later, Salisbury Beach today sees the most tourism it has since the 1980s. But let's start from the beginning of the rebound.

In 2000, the legendary Frolics building founded in 1940, abandoned in the 80s, was now being demolished. A decade earlier, the closure of Shaheen's Fun O' Rama had already dimmed the lights on both adult and child amusements, leaving Pirates Park as the last place for such fun until its closure in 2004.

With an attempt at saving the fun, The Salisbury Beach Preservation Association raised \$200,000 in an attempt to re-purchase the Broadway Flying Horses at an auction in California. They figured \$200,000 was more than enough but they were still outbid. This cast the beach into a quiet decade of nostalgia and lost vibrancy.

Around this time Salisbury Beach was a low-rent district, attracting drinkers and giving the beach a bad reputation. People who grew up going to Salisbury watched in despair as their favorite place to go as a kid became a distant memory. Kurt Riese, a resident who remembers the beach in its prime, shared his opinions on what he thought about the beach in the 2000s. "2000-2010, the beach was a dump as they were taking all the stuff down" adding that the Salisbury Beach at the time attracted those who wanted to drink.

Then, in 2013, Salisbury Beach gained some popularity after being a set on a hit movie "Equalizer 2" a popular movie being shot in an effort to outdo the first "Equalizer." Filmmakers installed a Ferris wheel for the scene and

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A look down the beach at the revitalized beach, including the new boardwalk, Blue Ocean building, and improved beach center (valleymedpsych).

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G.O.A.T. Debate: Jordan vs LeBron

The Greatest Debate in Basketball Settled Once and for All

By Brandon Somaïy
Staff Writer

The discussion over GOAT of basketball has been one of the most controversial debates in basketball history. This debate is the argument between Michael Jordan and LeBron James. While Jordan's career is iconic, my argument is that LeBron James is the example of greatness and is the GOAT (greatest of all time) when it comes to basketball.

First off we can start by considering LeBron's unbeatable longevity in the game in which he has proven to be successful in different eras. He started as a standout in high school and became a star in the NBA. As the game changed over the years, becoming faster and relying more on game plans, LeBron changed with it.

When LeBron was a rookie in 2003, he was already running the league, averaging around 20 points, 5 rebounds, and 5 assists a game. Fast forward to today, he's still putting up numbers now averaging over 25 points, 7 rebounds, and 7 assists a game. What stands out is that many players

slow down as they age, LeBron seems to have reversed that cycle. Instead of declining, his stats have remained high, showing his ability to adapt throughout different stages of his career. And he now is the oldest player in the league.

When it comes to playmaking, LeBron has the upper hand. Having a forward that is able to run the floor on both ends of the ball is game-changing. His average of 7.4 assists per game outweighs Jordan's 5.3 career average assists per game. This stat proves that LeBron's playmaking ability is more impactful than Jordans. On the offensive and defensive side of the ball, LeBron is more skilled in rebounding, LeBron's 7.4 rebounds per game also edges out Jordan's 6.2 rebounds per game.

- Here is a some of Lebron's Greatest Accomplishments:**
- **Four-time NBA Champion: He won championships with the Miami Heat in 2012 and 2013, the Cleveland Cavaliers in 2016, and the Los Angeles Lakers in 2020.**
 - **NBA Finals MVP: His four Finals MVP victories (2012), (2013), (2016), and 2020**
 - **NBA Most Valuable Player (MVP): Throughout his career, LeBron won the most coveted individual award in the league four times (in 2009, 2010, 2012, and 2013).**
 - **NBA All-Star Selections: 17 selections as All-Star.**
 - **NBA All Time Leading Scorer (2023)**

In this debate Michael Jordan's legacy holds significant weight. His six championships, six Finals MVPs, and competitiveness define an era that many consider unbeatable. Jordan's scoring ability and defensive stats make a strong case for his claim as the GOAT. Also his impact on modern culture has transcended the game of basketball. Jordan is one of the biggest names in the clothing and shoe industry partnering with NIKE. However, there are different things that we have to take into consideration due to the difference in eras. Some might argue that modern defense is much more competitive in comparison to old defense. Generally, today's players have more athleticism and access modern training equipment. Also, basketball is now a more popular sport, so more people have heard of it, get involved in it from a young age, and work hard for a career in the NBA. Because young players now have access to the internet, they can learn from older players, copy their moves, and improve on them. So in that aspect LeBron has played against more difficult competition than Jordan.

The debate between Michael Jordan and LeBron James has been around for ages. However, judging by their overall impact and statistics, I believe that LeBron is the greatest of all time (GOAT).

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If you have to "play" something for it to be a sport then why is wrestling, swimming, track, and innumerable other athletic events known as sports? You "do" these sports just like you would "do" cheerleading.

The definition of a sport is "an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment." Although cheerleaders do not come into physical contact with their opponents they still compete against others for entertainment just like the definition explains.



Brandon Somaïy/Adobe Express Image

Psychological Hysteria

Understanding the Mandela Effect on the Human Brain

By Talia Strauch
Staff Writer

Imagine being told that what you have believed in for so long is an absolute lie, where all your confidence fails you. Often seen in pop culture, this effect has implications on people nationwide who are bamboozled by false interpretations. Whether it be a story that has been forgotten or a logo that has suddenly changed, the effect is everywhere. This is the Mandela effect, a psychological phenomenon where thousands of people misremember minor details about the same event.

The result that the effect leaves on an individual is significant, as people suggest extreme doubts about what they believe to be true. The more exposure to possible misremembrance only confuses the mind, increasing the chances for someone to fall for the Mandela effect. Some may remember well known Mickey Mouse to have worn suspenders yet his character never did. This goes for the *Looney Tunes* logo being interpreted as *Looney "Toons"*; however, they are both examples of false imaginations. While many may have fallen victim, there are still skeptics who doubt the possibility that numerous people have all forgotten the same things

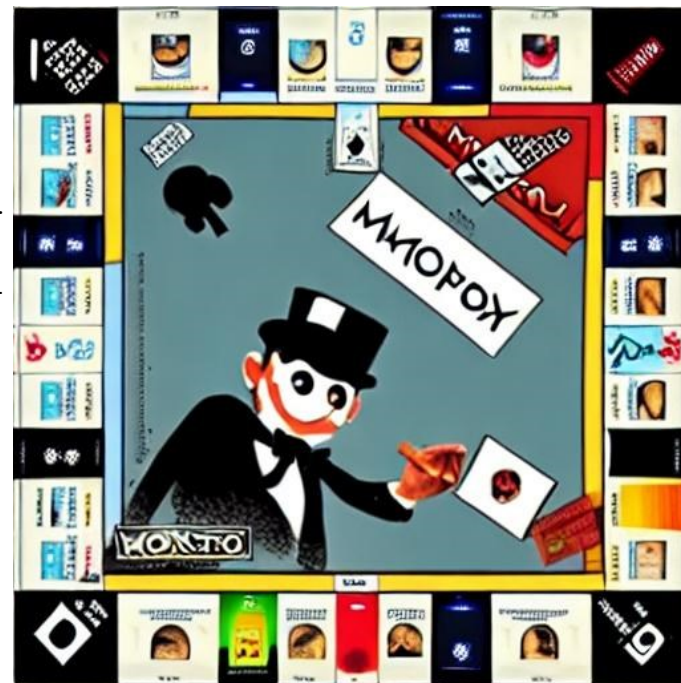
Written in a Forbes Health article, *What is the Mandela Effect? Examples And Causes*, reveals the backstory behind misremembering. Author Nicole McDermott claims that the chaos began when a man in South Africa allegedly died in the late 1980's, yet didn't formally pass until 2013. Numerous people believed to have seen news coverage regarding the death in precise detail, yet it never actually occurred. Society questions how this is even possible, especially given the fact that citizens had to create an entire story with vivid information to prove the story's credibility. A single man was able to give the circumstances a notorious name.

Senior Noah Alcaraz blames the influence of social media, stating, "I think it's just another social phenomenon perpetuated by the internet."

Nobody wants to admit that they have been drowned in feed that consumes our attention through our devices, yet it's inevitable. Day after day information is slightly altered, explaining why people receive different facts on main events or through influencer-related gossip. The Mandela effect is not to be taken seriously, as psychologists believe that it is not a psychiatric condition, but simply a result of confabulation. The only possible concern is that consistent brain fog can lead to the start of a mental disorder, which is an extreme response.

Multiple students who take psychology or are familiar with the effect, see it to be nothing but a hoax that leads to mass hysteria.

Time and time again this happens, all out of our control. Some may have fallen for forgetting the name



Distorted Image of Monopoly. Generated image by

to the popular childhood book series, *The "Berenstein" Bears*, which was actually called *The Berenstain Bears*. Even the monopoly man from the famous banking game has been deceived by the public. Junior Matt Mollica claims that, "Most of the big examples like the monopoly man only have small changes that make sense to misremember, for a big tycoon businessman in 1920s, a monocle wouldn't be a crazy thing to misremember him wearing." Yet, Mollica still believed it.

A more logical explanation for the human brain failing us, would involve the adolescent brain. Most of the common misconceptions have been a part of childhood memories. As an AP psychology student, Alcaraz explains that "from a biopsychosocial approach, the Mandela effect is a combination of our brain's tendency to misremember minute details (especially from childhood, where the brain is still developing), the cultural zeitgeist of the internet, and conspiracy theory culture". With taking in so much information through adolescence, we are bound to skip details or fill in the blanks.

Very little thorough research has gone into the Mandela Effect as it confuses the mind and the studier. Many debate whether or not it is a mental disorder or just a recurring phenomenon with the power to influence people worldwide. Psychology student, Anna Webb, questions how it's possible for so many "to fall delusional to the power of an effect that doesn't actually exist". But it's all an illusion created by the media that debunks memories collected in one's adolescence.

Voice Reacts: Belichick Out as Coach

He has no emotion, seems like a negative coach, not passionate about the sport. And the Pats have been losing with him ever since Brady left — Ryan V

Personally Bill wasn't the problem, he was part of the problem, the whole team is a failure and it's not one person's fault — Jon H.

I think he has done good things for the patriots and he shouldn't leave just because they had a bad season — Reagan D.

it takes more than a coach to make a good team with a good record — Taryn L

Hasn't been a winning coach after Tom Brady left, not good at drafting—Billy T

Brady left because of him. Not cool—Hunter B.

This guy has been selling my bread. I lost nearly 100 in my prize picks. I cant take this pain anymore — Brandon S.

haven't been following the Patriots too closely, I just know they aren't as good as they used to be — Carl T.

Had no emotions but was very devoted to what he did — Hudson M.

The patriots performance has dropped and changes need to be made — Brian C.



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crowds flocked in to watch the spectacle.

In 2016 Salisbury began to stretch its resources to attract visitors by building a boardwalk where abandoned garages used to be. This was a huge step of cleaning up the beach. With the new boardwalk in, the town began more updates, adding a grass area in 2019 that accompanied games like giant Tic-Tac-Toe and cornhole, giving kids things to do. Though it isn't an amusement park, this was a step in the right direction. Bryant Monaghan a teen resident of Salisbury said "It was a very good thing for Salisbury Beach as they replaced it with those abandoned garages there before, giving the beach a cleaner look."

In 2020 with the COVID-19 pandemic flushing everyone out from inside places, it left the beach to flourish. These people return and realized the beach wasn't so bad. With beach pizza and arcades thriving throughout that crazy year, popularity of the beach only gave residents hope for when the pandemic was over. Residents from the beach were astonished with the number of people who were now visiting.

With little add-ons such as a new grass area with cornhole and more kids' activities, new bathrooms, and a new carousel building built in 2022 Salisbury's reputation has gone way up since the early 2000s

Today, the next question is what's next for Salisbury Beach...