

# GLOBAL COMPASS

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## Championship Goals...

By Logan Rivera

Photo Edits by Breaden Peoples

When the buzzer rang at the end of the game on February 23, the Global Gators boys basketball team won their first playoff game in school history, 64 - 24 over Cattaraugus-Little Valley. Now, the entire school is hyped for



this season.

"I'm looking [for the boys] to have a breakout year this year", said boys head basketball Coach Antwan Anderson. "So last year's playoff win was big... we've gotten so much better. Last year, we did our job halfway. This year we're gonna finish the job."

Last year's record was 8-14. However, 13 teams they faced won playoff games at the end of the season. Anderson said this year's team will have

an easier schedule, which explains his team's optimism.

"I really think this team and everyone has high expectations," said senior guard Nico Clark. "Even... people in other schools, they know that Global is going to have a good year."

Anderson is also coach of the girls basketball team, who have not won a game in three years—four if you count the year COVID-19 canceled the season. He said he also made their schedule easier to help them find that elusive win.

"The schedule I got for these girls, [our opponents] haven't won over nine games [in a season]," Anderson said. "We have some girls coming up from middle school with some talent that we've never had here at Global, so we'll tap into that talent and hope that we can get some wins."

From the sidelines, the Gator cheerleaders will dance and punch their pom poms, screaming:



*Slow down*

*Pass the ball*

*Dribble like you're tryna make his*

*Legs fall off*

Gator cheerleaders will be at every home game, supporting the gator basketball team's. Senior captain Dabreeha Warren is a returning senior from last year's squad, and she says fans can expect a lot of energy from the team.

"[We will be] really loud, interacting with the crowd. Being synchronized with each other and just making the game a really fun time." Warren said. "Last year, we were all pretty nervous because most of us weren't cheerleaders before, but now that we know what to do, it's a lot better."

Ms. Kelly Lewis, the cheerleading coach, says this year's group is a cohesive unit, which can really help the teams play better.

"The cheer team is vital to the success of whatever team they cheer for," said Lewis. "The [basketball] team feels that energy and you can see it. Their momentum builds up their drive... so it's like bringing that spirit to the team and like keeping that momentum for them. Even if they're losing, they find their spirit and they can keep fighting to the end."

Surprisingly, Clark may be the most optimistic about the season.

"The boys Varsity team, the boys JV team, and the girls varsity team—I think it's going to be the best seasons for all three of those teams in Global history."

The Gator boys have started the season 2-0 after a 64-41 win over McKinley and an 87-30 thumping over Buffalo Academy of Science. The girls basketball season begins Dec. 15 against Buffalo Seminary.

## Upcoming events

Dec 15 Early Release

Dec 23 Early Release

Dec 26-Jan 2 Vacation

Jan 6 Senior Class Candy Sale

Jan 12 Alumnae Slam Dunk Event (pending)

Jan 16 MLK Day, no classes

Feb 17 Early release and

February Dance 7pm-10



## School. Work. Sleep. Repeat.

By Austin Miller & Grey Martinez  
Photo Edits by Breden Peoples

A lot of students have a lot on their plate, such as homework, extracurricular activities, and long school days. However, some students have added more responsibility to their lives by taking on jobs during the school year.

"It's a struggle sometimes," said junior Yasmina Ahmed, who works part-time at Wegmans. "After school, you are a little bit tired and like not ready to work, but it really just depends on the day."

She works a total of 20 hours a week and has not fallen academically.

"I try to get all my work done in school so I don't have to do it after school and worry about work as well."

Amelia Groomes is another student that works part time at Save-A-Lot, a local grocery store. She works 35-38 hours a week, but she is still able to get her homework done with passing grades.

"Honestly I feel like my life is just repeating. It's the same thing every day. Work, school, home, repeat," Groomes said. "Some days after work, I just feel like I could sleep in an extra two hours, but unfortunately that's not how it works. So, I have to push through it, whether I get the sleep or not."

A school setting causes a lot of stress. In a high school environment, there is a higher expectation to succeed than in middle or elementary school. One thing people need to keep in mind is to know their limits because self-care is important. Students

need to make sure they are doing what is best for their body and emotions.

"We have to just be aware of our physical sensations, what we're feeling, how we're behaving, how we're interacting," said Nyala Ahmed, the Global Concepts social worker. who added multiple students come to her every week with signs of fatigue.

"Sometimes it's okay to be selfish... something as simple as putting your phone away—kids are super addicted to their phones—and that's like self-care in a way. We need that."

According to the National Adolescent and Young Adult Health Information Center, "Sleep is essential to the healthy development of adolescents and young adults, as well as their success at school and in the workplace." A good night's sleep can make it easier to get along with others, lower the risk of health problems, and help people think more clearly with less stress and anxiety, says the U.S. Department of Health and Human Services.

Counselor Timothy Flood has seen Global students deal with stress in ways that may not be beneficial.

"Overall, instead of reaching out," said Flood, "a lot of the time, they turn back into themselves and they won't really honestly pursue an outlet for it." "Obviously, procrastination with video games when you're supposed to be doing your work, not getting enough sleep, staying up too late, those are all things that will affect your academics in a negative way."



Jalal Almontaser is a freshman who spends a lot of his free time at home playing Modern Warfare. However, at the beginning of the year, he was working up to 42 hours, six days a

week, making food for the family restaurant. But he still maintained his grades by making the most of his down time at work.

"It's my dad's business; I can't mess up," said Almontaser. "[But] you get a lot of free time in the middle of whatever you're doing. If there was nothing to do there, I would just go on my phone and usually open Google Classroom and do an assignment."

Beyond recommending sleep, Miss Ahmed also suggests a specific Dialectical Behavioral Therapy (DBT) method called PLEASE:

*PL (Treat physical illness)*

*E (Balanced Eating)*

*A (Avoid Mood-Altering Substances)*

*S (Sleep and rest well)*

*E (Exercise daily and responsibly)*

"Sometimes [being overwhelmed] turns into like how we behave and how we interact with others, and that turns into like more negative relationships," Ahmed said. "We need to take a step back and be mindful of those symptoms and do what we need to do."

Ahmed and Flood both advised anybody who is feeling stressed are always welcome at the counseling center.



Groomes says working as much as she does is worth it because she is saving for a car. However, she warns this is not for everybody.

"[It's good] If you have a plan for your money," she said. "If you're just working to get the money and spend it when you have it on things that aren't even going to affect your future, then no, it's not worth it. But if you have a plan for that money, then I feel it's worth it."