



NANOOK NEWS

February 27th, 2020

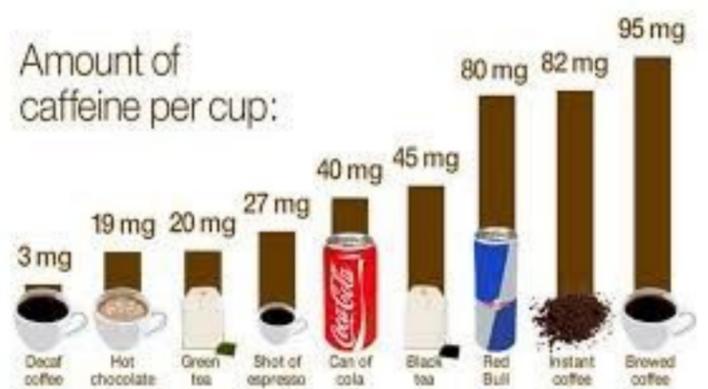
Twenty-Fourth Edition

Fun Facts About Caffeine

By Hailey Goodwin

Caffeine is in a lot of things that you may not even realize. It can be found in chocolate, tea, coffee, energy drinks, soda, or just pure powder. It can also be found in migraine medication. Caffeine closely resembles a hormone that allows us to feel tired, adenosine. Because of this, caffeine can take the place of adenosine in the receptors. This makes new receptors open to make up for the loss.

Caffeine slows the blood flow to the brain and goes directly to the brain from the bloodstream. It takes about 20 minutes for caffeine to go to the brain. Caffeine stays in your system for about 12 hours and wears off when you're getting ready to go to sleep. The withdrawal symptoms start as soon as caffeine leaves your system. Some people have their morning cup of coffee and feel awake after as a result of the 20 minutes it takes to travel to the brain. When really, the caffeine just blocked the receptors that tell you you're tired. When you wake up irritated or with a headache, that's your body going through withdrawals. If you want to break the habit, it'll take anywhere from 7-12 days without ANY caffeine. This allows the brain to close some of the excess adenosine receptors. If you're experiencing a headache when you don't have any caffeine, this can be because your blood vessels widen allowing more blood to rush to the brain. If you do decide to quit, you'll not only save money, but your body will start to feel naturally energized.



Athlete Spotlight

By: Sharla Kalerak

Featuring:
Paris Hebel



What sports do you play?

- "Wrestling, Cross country, and NYO"

Which one do you enjoy most? Why?

- "Umm wrestling because I've done it the longest, I think"

What do you hope to accomplish in your upcoming seasons?

- "Just placing more often"

Any advice that was given to you?

- "Do better and don't quit"

Paris is a Sophomore at Nome-Beltz High School. He is a great student-athlete. He is also kind and is always encouraging his teammates in practice and school. As his teammate I feel you can always count on him for advice. "Paris is teammates with Karis, and she says he is a pretty swag pal, and I'm telling you it's all in the ARIS!" -Karis

Apple Music or Spotify?

By Karis Evans

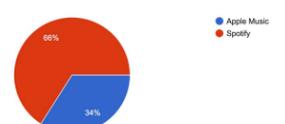
What would you choose? Both have pros and cons but which one do you think is better? Ranking wise, Apple Music is the most popular in the US, but globally Spotify wins.

Let's break it down. Apple Music offers a variety of different things, for example, a free trial to test it out for three months, new releases, and the fact that it is only \$9.99 per month. But on the other hand, unlike Apple Music, Spotify has a free option with ads. This is something that allows people to listen to music for FREE! Spotify also allows you to follow users and playlists.

There is no price difference because for a "premium" plan on Spotify it is also \$9.99. Considering they are both music apps, they have many qualities alike so only little things set them apart. Spotify has a "behind the lyrics" option, shows you nearby concerts, podcasts, and "discover weekly", it also includes some songs that aren't available on Apple Music. Although, some artists choose not to put their music on Spotify. Apple has a better radio option, some exclusives, and music videos.

This is all in opinion, so you just have to choose which music app is better for you. According to most people in our school, Spotify is the clear winner.

Apple Music or Spotify?
100 responses



Bering Sea Glow Up

by Naomi Minix



Photo by Naomi Minix

GOOD NEWS--- Per Rick Thoman- Unlike the last couple years, our ice is getting pretty thick around the southern Seward Peninsula and Bering Strait region, benefiting subsistence hunters. Because of the subzero temperatures with the wind chill, the sea ice has grown tremendously, both ice extent and thickness. Thoman also said that it is unlikely for a storm pattern to occur, but if it does then the sea ice would be more resistant than last year's ice around this time. Although, it is still important to be cautious when traveling on ice because anything can happen in a matter of a second. So, always tell someone where you are going and how long you are going to take, especially if you are going alone.

The Deep Web

By Owen Johanson

What is the deep web? The deep web is defined as the websites that aren't displayed or accessible by normal web browsers. Some people think of it as a place for people to do illegal things like sell drugs or guns or display things that aren't very appropriate or legal to be shown. Many people claim that the deep web is full of these things called red rooms or dark rooms, which just isn't true.

The deep web may have some things that are illegal, like a site that is selling drugs, but those are always taken down before anything can really be sold because it's very heavily monitored by the FBI and places like that. It's almost like a chat forum such as Reddit or Tumblr. You could probably find worse things in those places than you could find on the deep web.

There are many ways to access the deep web. I'm pretty sure with the nature of this part of the web I can't say exactly how to access it but I'm sure that you could find many ways to online. I don't encourage you to try and go onto the deep web, but if you do, I would recommend a VPN (virtual protection network) so you can't be tracked and use common sense (the best anti-virus is common sense and using your brain).



Practically Everyone Will Experience Colds, Flus, and Fever's This Season

By Oscar Contreras

“New” Statistics for the coronavirus have been leaked.

One of the widely-shared screenshots suggests a death tally 80 times greater than the official report. That screen grab from Saturday listed the death toll as 24,589, vastly higher than the 304 that were officially reported at the time.

Total cases were also briefly displayed at 154,023, much higher than the officially reported 14,446 cases. Usually after being found out the virus may fluctuate in statistics. As in total number infected, total number of severely infected, and total number of dead isn't going to be as accurate because this virus was only discovered in 2020.

What does this mean exactly? Well, keep in mind that China is a communist country so there is a chance that the reported statistics may be incorrect. There are multiple reasons as to why the statistics may be incorrect; China may not want to make it seem as important as it should be or could be using this virus as “population control.” This is a theory that popped up a few times.

8 Tips to Avoid Getting Sick

By Cameron Minix

As you can HEAR *cough cough*, everyone is getting sick #Coronavirus. Anyways, here are some tips that can help you not get sick and not spread your sickness to others;

1. Wash your hands - Sing happy birthday while doing it to get all those nasty germs off
2. DON'T TOUCH YOUR FACE - Many people on the girl's basketball team know that Crystal Lie is always saying that. Touching your face can get all the germs from everything you have touched into your skin
3. Don't bite your nails - Germs lurk underneath your nails, that's just another way to get sick from all that dirt.
4. Drink water - Drinking water flushes all the toxins out of your body and keeps you healthy - I can see most of y'all have crusty lips and skin! DRINK WATER!
5. Get good sleep - Getting bad sleep builds up a poor immune system
6. Cover your mouth when you cough or sneeze - Coughs and sneezes can travel up to six feet and can stay in the air for 10 minutes
7. Disinfect your phone- Your phone carries more germs than a toilet seat. A good ol clorox wipe will do the trick.
8. Eat your veggies and fruits- Eating vegetables and fruits can support your immune system

Now go get healthier. We need to stop spreading our nasty germs all over the place.

#Savethebeltzstudents #Sharingisnotcaring

Do Looks Really Matter?

By Precious Nichols

As a society, we tend to categorize people into stereotypes by their looks. You can say “I don’t judge a book by its cover,” but then you would be lying. We all do it even if we think we aren’t. David Amodio, an assistant professor of psychology at New York University says, “Stereotypes are seen as a necessary mechanism for making sense of information. If we look at a chair, we can categorize it quickly even though there are many different kinds of chairs out there.” Not to compare people to chairs, but that is how our human mind works. Like it or not you are being judged by how you look, how you dress and how you carry yourself no matter where you go.

Think about first impressions and how much they *do* matter. The first thing we notice about somebody is how they look because it is the quickest thing we can evaluate. If two people are standing side by side and one is dressed in a nice suit and the other is wearing a stained t-shirt and ruffed up jeans, our first impressions would be different, wouldn’t they? It is just proof of how appearance has an impact on how we think of a person when we don’t know the person. We don’t know that maybe the person in the stained t-shirt could be the owner of a company and whatnot. We assume and fill in the blanks before even talking to the person to make a judgment on who that person is. That is our flaw as humans, we judge someone by what we see but I can tell you, looks could be deceiving.

I’m also here to tell you that in certain situations, looks matter. Think of job interviews or grand celebrations like weddings. There are places where you should care about your looks and how you dress but you don’t have to change who you are and what you like to fit into a stereotype. Looks don’t *always* matter, especially on a day to day basis. Dress as you want and flaunt it like you own it. But, remember that there are those who will always judge. That’s my take on this topic.

Forming Habits For a Healthier Life

By Talia Cross

Do you want to build healthy habits? I have a few tips and tricks to share. Making a task become a habit takes between 18-254 days. It is easiest to form new habits when we practice them daily.

Stanford University researcher, B.J. Fogg, states that big behavior changes require a high level of motivation that most times can’t be kept. Starting small is more effective than starting with a big change. Most people will try to make drastic resolutions to workout or lose weight. Rather than taking a short walk or a small daily exercise to begin a journey of fitness. Or, adding a fruit or vegetable to your lunch every day could lead to healthier eating.

An effective way to form a new habit is to attach it to an existing habit. Many of our morning routines are the most solid routines of our day which makes it easier to stack a new habit on top. Such as staying away from your phone while getting ready to head out the door. Or, drinking a cup of water to get your day started on the right track.

Habits take a long time to create but they form more effectively when practiced daily. Start with something reasonable that you are likely to stick with. Get going!

The New Plague

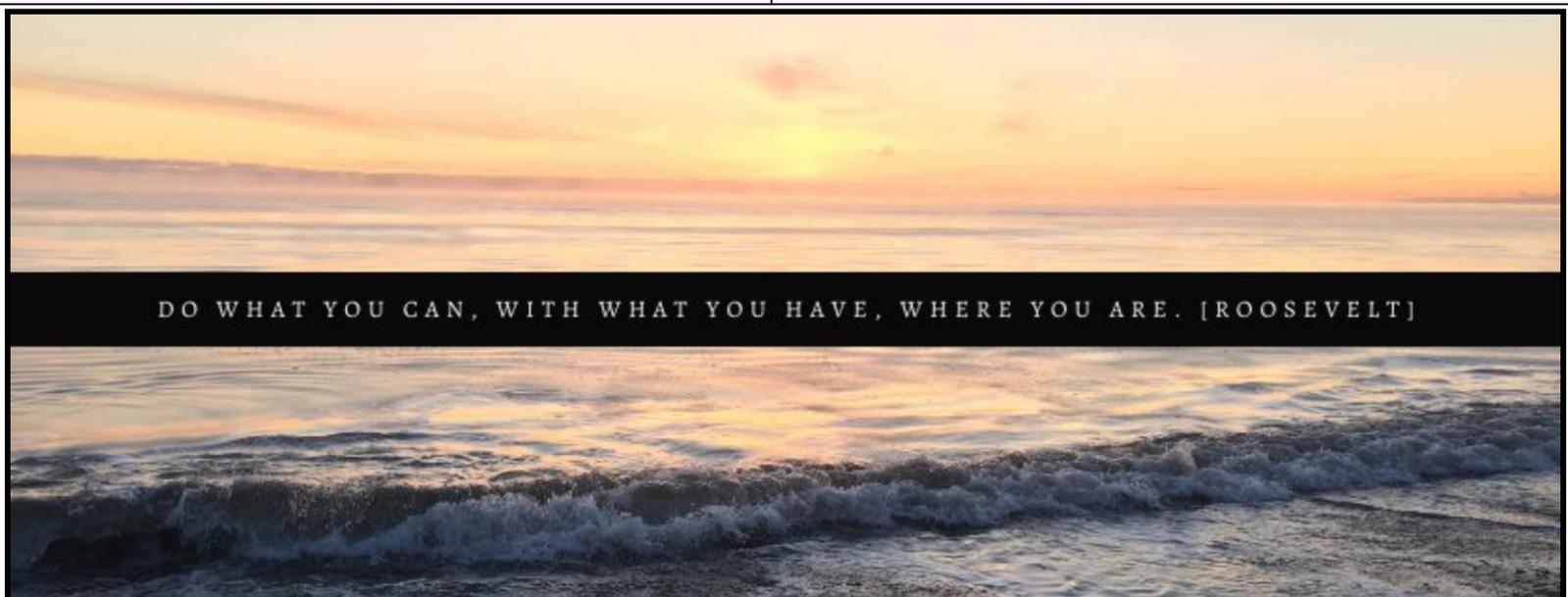
By Minnie Clark

The Coronavirus started spreading around Asia at the end of December and into the new year. The virus spread pretty fast outside of Asia into Italy, South Korea, Afghanistan, Kuwait, Iraq, the U.S., and Bahrain. About 79,756 cases are confirmed and 2,629 people have died from the virus.

They have yet to find a cure for this virus and they are trying to use existing drugs. There are more than 70 drugs and drug combinations that could be worth trying. However, It would take three to four years for a vaccine to reach the market for people to take.

How does the coronavirus spread? It spreads from person to person. These people could be only six feet apart from each other. Droplets of sneezes or coughs travel through the air and these droplets can land in or near the mouth, nose, or possibly inhaled.

The symptoms of the virus are severe illness and/or death. More mild symptoms are fever, cough, and shortness in breath. There is a potential that we can fight off the virus. There was a 35-year old man who took a trip to China, had the virus, and recovered quickly. Doctors in Washington are going to test a few things to see why he recovered so fast. Till then, stay healthy my friends.



DO WHAT YOU CAN, WITH WHAT YOU HAVE, WHERE YOU ARE. [ROOSEVELT]

8 Ways to Get Rid of Phlegm/Mucus

By Viv Heers

1. Keep the air moist, by using a humidifier.
2. Avoid caffeine and alcohol.
3. Take hot baths or showers.
4. Remember to blow your nose.
5. Rub eucalyptus oil on your chest.
6. Gargle with saltwater.
7. Stay hydrated.
8. Try vapor rubs and see if those help.



By Elden Cross

I know thinking about what college to attend can be very hectic and overwhelming because I myself was there for a bit. Well, hopefully this can help with the situation of choosing.

The Western Undergraduate Exchange (WUE) allows students to attend schools with cheaper tuition than most colleges. On average, students save about \$9,000 per year for out-of-state school tuition. So you shouldn't limit your options to any school that is ONLY IN ALASKA. This program helps eliminate that problem.

Alaska is a great state, don't get me wrong here, but just remember that there is much more than just Anchorage or Fairbanks and just take advantage and explore this country. You have the options of Arizona, California, Colorado, HAWAII, Montana, Washington, and many more Western States in the US. Just look into the schools, their town and decide whether you like it or not, there are more options.

What is Sleep?

By David Anungazuk

Sleep is something that occurs naturally and re-energizes our brain, which helps us learn and helps our memory. So, the way it works is our brain waves slow down, our muscles start to get relaxed, and then our body resets to make it refreshed for the next day.

Not getting sleep is very serious. Not getting sleep can result in increased blood pressure, heart failure, and strokes. You can even start to hallucinate after 2 to 4 days without sleep. Your body can last around 264 hours or 11 days consecutively without sleep. Then, it will slowly start to shut down. So just remember to get around 8 to 10 hours of sleep and you will be good.



What Really Grinds My Gears

Complaint Column

People who are really rude. Listen up, this is a big pet peeve of many students at Nome-Beltz. Don't think you are rude? Check out the list below;

1. Talking while someone else is trying to talk
2. Talking during movies
3. Trying to one-up someone with a 'cooler' story
4. Being really, really physically close to someone
5. Pushing someone's buttons just for fun or trying to annoy them
6. Saying the most ridiculous thing you can think of to get attention
7. Chewing with your mouth open
8. Leaving your trash and not throwing it away

If you have done any of the things listed, guess what? THAT IS RUDE. Please respect each other and be more mindful of your actions. You are not the center of the universe, make some room for the rest of us.

**The views and opinions expressed in the Nanook News are that of the authors. They do not reflect the opinions and views of Nome-Beltz Jr/Sr High School or Nome Public Schools.