

Tiger News

December Edition.

By CMIT Staff Writer Dimitri Finch

Do you think the lunch selection should be changed? A school standard lunch selection is very basic as it comes to following standard healthy and profitable food choices based on the “pyramid.” Many people say that changes should be made to our lunch program because of its lack of diversity in food options. If people would like to actually make changes, then they must submit their suggestions to the Child Nutrition Division. The Child Nutrition Division has the authority of establishing new ideas and options to the standard lunch program.

One change that students would appreciate is cafeterias offering juice more than twice a week. Another change is a varying lunch menu that lists any new items or daily lunch choices. Changing and revising the lunch menu could really affect the overall opinion of several students claiming how the school is developing and improving their image. These changes would make the students happier that they were able to add their input to what gets added to the menu.



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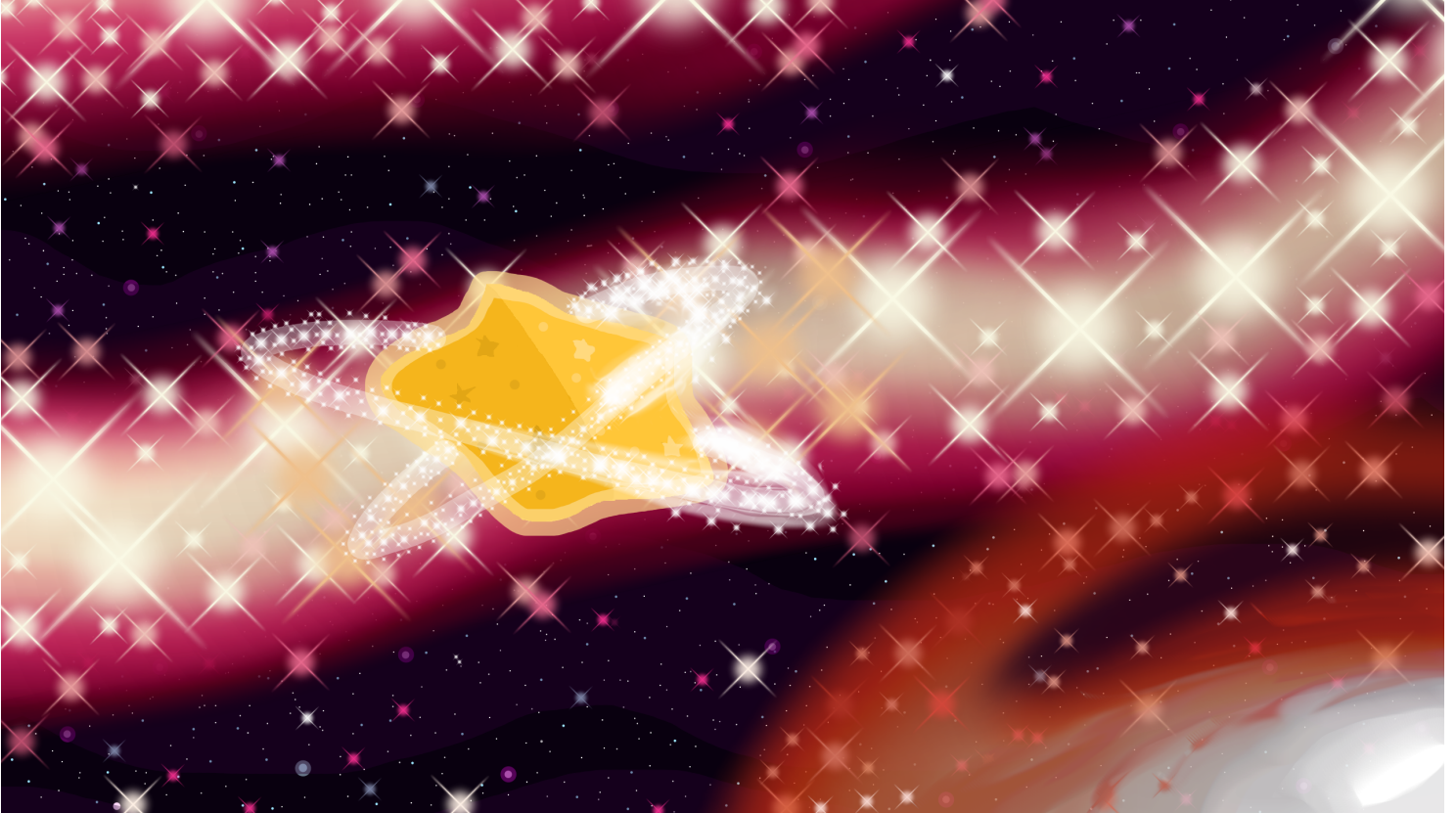
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A Sign of Hope for A Peaceful Home

Tigers Corner

Lunch Selection article analysis

S. Solomon

For our lunch selection outline, we touched on how we as students feel that the people in charge could improve the lunch menu for students. We also talked about how juices should be sold more in the cafeteria on an everyday basis as opposed to just a few times a week. We should be able to offer our input more about what would be good additions to be sold for lunch during the school day. We also talked about how a lot of the students feel like the the school feeds us the same three or four things everyday at lunch and how we feel the lunch selection at CMIT Academy should be more diverse. We also feel that a lot of the lunches could be made with better ingredients that are more healthy and beneficial to the students by the National School Lunch Program (NSLP). We feel like it would be good to make these changes in the new 2019 school year so that we can have a fresh start with the lunch menu at our school.

Upcoming events

Black History Month

Student Assembly, Feb. 22



Politics

CMIT Staff Writer Damon Edwards

Earth. Earth sustains our life, Earth is our home, and without it life wouldn't be as good as it is now; actually, it wouldn't *be* at all! The Earth is heating up slowly but surely thanks to pollution and other toxic waste caused by humans. The possibility of us humans not having Earth anymore is real and no-one in power seems to care or care enough to do anything about it. Governmental response to climate change has been anything but ideal considering they have essentially ignored the fact that climate change is real. President Trump doesn't believe in climate change; therefore, he isn't too fond of putting policies in place to provide a solution, and only a small percentage of states are actually putting adoption policies in action. While all this inaction is happening the Earth's temperature just continues to increase, which will be an issue in the near future. This isn't a "cross this bridge when we get there" situation; this involves everyone and everything that lives on planet Earth, and it needs to be treated as such.

President Trump doesn't believe in climate change, which is a problem for Americans. Some of Trump's comments lead some to believe that he doesn't really understand climate change or its severity. For example, in 2017 President Trump said "In the East, it could be the COLDEST New Year's Eve on record. Perhaps we could use a little bit of that good old Global Warming that our Country, but not other countries, was going to pay TRILLIONS OF DOLLARS to protect against. Bundle up!" () It seems as though President Trump thinks that climate change is a joke and seems to be wishing for it. Furthermore, President Trump plans to pull America out of the Paris agreement which is the agreement among countries to lower emissions to help counteract the increasing temperatures on Earth. This is a huge problem because if America isn't pulling its weight in terms of climate change then that can cause tension between countries.



Also, President Trump is essentially dismantling all of the Obama-era regulations designed to push down emission further such as the Clean Power Plant. Financing the fight against climate change seems to be a huge issue for Trump considering that he said "we should be focused on magnificent cleans [*sic*] and healthy air and not distracted by the expensive hoax that is global warming" () In order for their to be substantial change, President Trump needs to accept that global warming is real.

The world is about to reach temperatures well above those delineated in the Paris Agreement. This is due to a lack of concern from the government and since they are already planning on pulling out of the Paris Agreement they don't really see the value in actually trying. The agreed-upon rate of reduction in temperature was about 4 degrees Celsius, but instead of going down the temperature continues to rise due, in part, to President Trump's intransigence. Furthermore, the temperature increasing is not only about the agreement between the countries but about the world actually warming too much, which would affect everything and everyone on Earth. Lastly, with the climate changing like it is, Maryland essentially only has two seasons: winter and summer; it's either really hot or really cold. There's no more in the middle for Maryland because of the climate change.

The government responded to climate change essentially by ignoring it or making it worse. Trump pulled out of the Paris Agreement, there aren't enough states working to make adaption

Merica,Dan."Trump Tweets That 'Cold' East Coast 'Could Use a Little Bit of Global Warming." CNN,Cable News Network, 29 Dec.2017

Cillizza,Chris."Donald Trump Doesn't Think Much of Climate

The Validity Of Trump's Critics

By CMIT Staff Writer Peter Thompson

When an individual holds a position of high authority in society, he is commonly expected to act a certain way both in his private life and in the public eye. The society's members will commonly hold him to a list of somewhat stricter values than are expected. His ability to meet or exceed these standards appears as part of an authoritative figure's credibility. As seen in history, when these characteristics as a figurehead, or authoritative power are interrupted or diminished, the public tends to be quick to fight back, rebel, or raise doubts as the legitimacy of that authority figure. In current events, Trump is the new object of debate. There is a growing distrust in his ability to hold high political power in the manner expected by the American public. This distrust and growing complaints are most recently evident in his controversial tweets in response to hurricane Maria, and the California wildfires in 2018.

To many Americans, Trump's response to the wildfires and hurricane Maria was most ineffective, and in some cases even inconsiderate when one considers its rhetoric, and his so called "deflection" of blame onto the forest regulation department in his official tweets. A tweet put out by the president on November 10 states "There is no reason for these massive, deadly and costly forest fires in California except that forest management is so poor. Billions of dollars are given each year, with so many lives lost, all because of gross mismanagement of the forests. Remedy now, or no more Fed payments!" This is Trump's second quote in response to the wildfires and it makes people angry.

This is because people believe Trump's second tweet took a starkly different turn compared to his first. Instead of continuing his condolences, or offering a concise plan of some type. Trump opted to blame the forest management programs for the event, rather than thinking or acknowledging the work they perform. Likewise, during hurricane Maria, many of Trump's responses fell flat with the public. In relation to a moral value to how authority should act in public eye, this picture gives the best representation of this what some may call, unwanted childish misconduct.

While I agree that many of Trump's responses were not the best way to effectively respond as a leader, it is important to point out that some have incorrectly taken his words and amplified the meaning past his original intent. I feel the best example of this phenomenon can be traced back to a tweet from August 5 that has the following quote. While not grammatically correct, its meaning is clear: "Must also tree clear to stop fire spreading!" The president followed these remarks later in a conference where he referred to the process of "raking forests." While his response is literal, he never said a statement to cut down the forest of California the same way some have twisted the words by depriving them of context.

I understand that the president's proposed solutions would not effectively work how he believes it would, as this is backed up by many journal and scientific reports such as sites like *The Guardian*. This section is not meant to prove the president solutions as correct, or even valid. This essay was meant to highlight the sometimes untrue bias remarks and statements made about the president. Along with the reasoning behind many of these remarks, and disapproval.



Analysis Of 2018 Wildfires

The 2018 Wildfires season had the most destructive wildfire in the history of California. Fast moving and aggressive wildfires in California has spread to thousands of acres, burning hundreds of homes and killed several people.

Firefighters lives been taken by theses flames of these fires in the Northern California State. This long-term disaster is caused by were found to have human causes.

Government spending on natural disasters is expected to increase exponentially. The

California Department of Forestry and Fire protection with covering wildfires financially. "There is no reason for these massive, deadly and costly forest fires in California except that forest management is so poor. Billions of dollars are given each year, with so many lives lost, all because of gross mismanagement of the forests. Remedy now, or no more Fed payments!" Trump tweeted. Trump said the state's wildfires are a result of poor forest management and he has threatened to cut federal funding by nineteen percent for firefighters, unless their leaders improve forest management. Although in



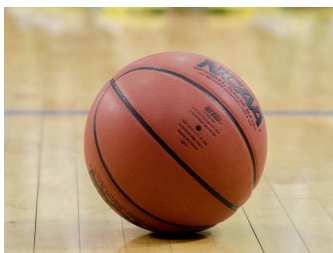
Trump's tweets blaming forest management, he promised federal aid for the victims. It is believed that people humans are mostly to blame for these wildfires. Nearly 85% of wild land fire are caused by humans. For now, the cause of these fires are not determined and they can do something about it.

"Weather doesn't cause fires, weather just causes a fire to burn," said Cal Fire spokesman Daniel Berlant. "It's the people that have the role of actually preventing that fire."

Wildfires in the western United States have been increasing frequency. Natural cycles, such as human activities and human caused climate change. Many areas has seen changes in parts the US, it's projected to continue the climates warm temperatures, droughts, and wildfires are expected to increase. The cost of these wildfires are estimated to increase financially of a hundred million dollars each year. We can help reduce our current risks, and by making strides to reduce our impact on the climate, we can help to keep our forests, our homes, and our health safe.

Disadvantages of Basketball

By CMIT Staff Writer Evelyn Stills.



We all love either playing or watching basketball. The constant adrenaline that rushes while watching and playing is amazing. One

moment your team is winning the next they are not, then they are winning again. But do you know how bad the injuries can be? We all that just running back and forth is harmless. That's just from the outside looking in. When playing basketball, it can be more dangerous than usual. There is so much to this sport that people either don't know or ignore. Two injuries that can be acquired while playing basketball are ankle sprains and tearing your ACL.

What exactly are ankle sprains? Well ankle sprains is an injury that occurs when the ankle rolls, twists, or turns in an awkward way. In basketball, an ankle sprain the most common injury in basketball, is an injury to the lateral stabilizing ligaments of the ankle. Lucky they are very treatable. Treatment of ankle sprains depends on the severity of the injury. A combination of ice, elevation and anti-inflammatories is used to help with swelling and pain control. But if you don't take care of the ankle sprain properly, you could suffer chronic pain, instability and arthritis in your ankle. If your ankle still hurts, it could mean that the sprained ligament has not healed right, or that some other injury also happened.

While playing basketball, it is also very possible to tear your ACL. An ACL is anterior cruciate ligament that is one of the key ligaments that help stabilize your knee joint. The ACL connects your thigh bone (femur) to your shinbone (tibia). It's most commonly torn during sports that involve sudden stops and changes in direction, such as basketball, soccer, tennis and volleyball. ACL injuries are common in high-impact sports, like basketball, where athletes do a lot of cutting, jumping, and pivoting. While recovering from an ACL injury is a long, grueling process, with surgery, sound medical treatment, and aggressive rehabilitation, many basketball players are able to return to their sport. If you wait too long to fix a torn ACL and you start to get chronic ACL deficiency, the surgeon may not be able to fix all of your joint damage. You may still have pain and swelling. It's important to have surgery before your unstable knee causes other joint problems.

Although basketball is fun, it can be dangerous. So when you play be careful, and if you do get hurt, make sure you take care of your injuries when you get them so that they don't become inflamed or have long term effects.

Basketball Games

By **CMIT Staff Writer** Cameron Carr.

Basketball can be played indoor and out. Today professional basketball get more attention than it did, because that is how the rules changes. The game being played, delivered, and enjoyed by fans. There are some disadvantages and advantages. Disadvantages are from playing, you can get head injuries, spine injury, overuse it and lose it etc. Advantages are balancing hand-eye coordination, social skills, increases flexibility, increases speed, and many more. Another disadvantage is being compared to low-impact exercises such as swimming and walking. Another advantage is you will look nice in the uniform.

A benefit of playing basketball can develop concentration and self-discipline. If you decided to give up on something, you know you should not. Making a goal of cutting out certain foods, for example. Chips and eating more fruits. This should be your habit, it may take time. If you are out of breath and you aren't in the best shape, as a person you did not do what you had to do to get on the team. If you cannot push yourself, then have someone else do it or have that extra help.

Figure out who did this and how they continue without anything getting in the way. Do research on these people. These things let you down, but you have to learn how to overcome it.

Developing a good team player attitude consists of good passing, shooting the ball in the hoop. Playing hard pays off for a win, sometimes it isn't enough. Many people on basketball teams never reach their full potential because they lack chemistry, or team spirit. On the other hand, many less talented have accomplished unthinkable goals by putting in the work, aspiration, and team spirit. Having a positive attitude means you honor your teammates. Each person on that team probably try as much as you as a person does. A rule when playing is never trying to "show up" or even "trash talk". Always be proud that you are doing this for the world to see and not just for enjoyment. Never play dirty, you only lower yourself by doing things like this. Lastly, do not argue with the referees. They are just doing their job.

Overall basketball is a great way to show what you're capable of, even if you aren't on a real team. Whenever you have nothing to do, this can make your boredom turn into excitement. Being played indoors and out can be fun, it may be better inside because of air conditioning. This is another advantage of playing basketball. To play this you have to be a hard worker and have dedication. This sport can do a lot for your body and that is what most people want to see as the end result. It is an equal amount of pros and cons, but you can overcome and keep pushing forward with this to be better. Hard work pays off.

Climate Change

CMIT Staff Writer: Pubert Beuford Nelson III



Here in the United States and around the world, people have heard about climate change. Some people want to change the way they do things to prevent climate change and others are in denial about climate change, and they don't believe it is real. Climate change is very serious; the causes can be catastrophic and very dangerous to the environment and people. The Causes of these wildfires are from dry air, dry soil and forests.

When the air is dry no moisture is used to create rain in which helps to keep everything saturated, moist and healthy, when it is dry and there is heat it has such a high chance for fires to start and when that happens the fire starts to burn things in its path as well as being fueled by oxygen. Meteorologists have monitored climate changes for a long time and they say the problems of climate changes can cause severe problems, one of them being wildfires.

President Trump is one of the people who in denial about climate change, his party and him have known about this for awhile and does not believe it poses a threat to the American people and the nation. People who agree with President Trump believe that climate change is not real which allows more people to agree with the statement that is created for people to deny the fact that climate change is real and it is causing problems for the people and the environments.

In conclusion, People of the Nation should all work together and help create a way to help reduce the levels of pollution in the Atmosphere and create a safe and healthy environment for us to live in.

HOLIDAY NIGHTMARES

BY CMIT NEWS REPORTER J Gatsby



As the holidays are fast approaching, and people are traveling for holiday cheers. People seem to believe there 's some sort of peace during this time of year. I normally think of the dangers and the chaos the holidays tend to bring with them.

During shopping days such as black Friday to be specific it's such a great time for the flu virus to spread around more freely. Since people are so close together and some of them could be carries for any viral disease, such as meningitis, the common cold, etc.. My opinion would be to wear some protection, and be safe.(Don't take that out of context.) Maybe you should just stay in and enjoy those online sales, I wish your families luck on those.

Traveling around is to me the absolute worst, for every little thing that can happen you would pretty much ask yourself, "What did I do to deserve this?".Flying around is one of those things that anyone will eventually grow to hate. When you think of all the delays, and other factors, you will wish you were back home. Driving around is self-explanatory, traffic. I was going to mention trains, but I've never taken a train before for the holidays, so umm yeah.

Family, sometimes your family will be a bit much, or you just don't want to leave your home. I'm there with you it's not that I don't like my family it's just that me and others that I talk to don't like to talk, and there are many others that are like that. Me personally I hate being asked the same questions over and over again. There's a point where you want retreat to your room and just do whatever it is you do, it could be your hobby or just talking to your other friends.

This is the end of the article, happy holidays. I wish you luck with traveling, and you don't like too much socializing good luck with that. Take the time to relax and hope that none of your teachers give out assignments.

Honor Roll

By **CMIT Staff Writer** Siri Dubois

This years Honor Roll

Assembly has a lot going on this year. Sadly, this year we have a broken sound system, so we will be wondering what will happen if it is not fixed. Students are also wondering if the grades will be split up because of size, and space, because of the gym being to small now to hold everyone. We also will be wondering who will be performing, and what did people think of the performance. Another thing that students are wondering is what times will the Honor Roll Assembly be for the grades.

This year's first Honor Roll Assembly was interesting, for one we had a broken system and we did not know how people were going to hear their names, when they were announced. For being in the gym I was personally wondering if they were going to have a powerpoint with people's names on it, or putting people in rows, and from there let them go one by one.

Thankfully, the tech support people were able to fix the sound system, so that people were now able to hear their names. This year the Honor Roll Assembly added the recognition of students who showed outstanding character, leadership and service hours in the first quarter.

This year we have a lot of students that our bleachers cannot hold all of the students in the bleachers, so some of the students have to sit on the floor. But that would not be the best because people want somewhere comfortable to sit. So in my opinion would be the best part would be to split up the students, so that everything can be smoother.

So for this Honor Roll Assembly we are looking forward to performances, the different categories, and all the students who got honor roll. This is a great way to acknowledge the students achievements and what to look forward to for the next semester.



