

THE Compass



ISSUE 6

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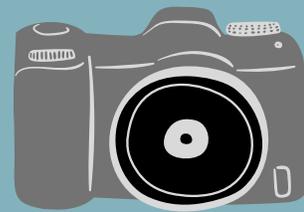
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Coming Up

- 1/27 - Spirit Day
- 1/29-2/4 - Catholic Schools Week
- 1/31 - CSW Mass
- 2/9 - Q3 Midterm
- 2/9 - Sadie Hawkins
- 2/10 - No School - PD Day
- 2/12 - Metro Confirmation

NEW YEAR'S

RESOLUTIONS

BY: MEGAN FANGMAN

38.5% of U.S. adults set New Year's resolutions each year. Out of these 38.5% only 9% of people successfully keep their New Year's resolutions. Some of the most common resolutions every year are to work out more, eat healthier, or lose weight. For 2023, 52% of the people who made resolutions said they wanted to exercise more, according to healthnews.com. Another popular resolution is to spend less time on social media.

Here at Columbus 29% of students said they made New Year's resolutions. Freshman, Claire Schaefer, said her resolution is to not exceed 1.5 hours of screen time on school nights. Freshman, Seth Dikanda, has a goal of getting in shape for the upcoming track season. Claire and Seth, along with many other Sailors, are starting off the year on the right foot with their resolutions. Many people struggle with keeping their resolutions for all different reasons. Here are some helpful tips to making and keeping resolutions:

1. Be realistic with your goal

Make a goal that is achievable for you but still challenges you.

2. Have an accountability partner

Have a friend or family member to do a resolution with you to keep you accountable.

3. Reward Yourself

Acknowledge your achievements and progress, even the little things, and reward yourself for these.

4. Track Your Progress

By keeping track of small goals and achievements you will be able to stay on track with your resolution.

5. Stick To It

It has been proven that it takes 21 days to form a new habit. Keep trying and don't give up.

6. Go Easy On Yourself

Don't get down on yourself for an occasional slip up. Do the best you can and you'll get there!

De-Stressing as a Student

By: Thuy Pham

I think we can agree that sometimes school can become overwhelming and stressful. Trying to balance school, work, and friendships all at once is a hard task. Students, and teachers, don't get the recognition they deserve not only during finals week, but also during their entire school career. A study has shown that 45% of high school students report feeling stressed all the time and 61% of teens 13-17 years old say they are under a lot of pressure to produce good grades. This percentage is twice as high as those pressured to look good or fit in socially. With all of this chaos, one of the biggest questions asked is: "What about time for myself? How can I sneak in just a couple minutes to relax?"

Oftentimes, it may seem like you have no space to stop and take a deep breath or to just sit around and do nothing. However, I promise you that even taking just five minutes or less out of your day to relax, drink some water, catch up with friends, etc. isn't going to ruin everything. At times, it's advised to step back and give your mind and body a break.

"I would say that I try to relax for at least 2 hours a day, but it also depends on the day and what I have going on." Abbi Weber, a junior, says. Instead of working a break into your schedule, already have a dedicated time to relax that doesn't change. This can be hard, especially with school activities, homework, studying, and other things, however, you can also give yourself breaks midway through these things. For example, if you study for one hour, allow for a 15-20 minute break.

Some ways to de-stress are: face masks, watching a show or movie, reading, talking to friends, or simply just doing nothing at all. "I would say make sure you give yourself enough time to get done what you need to or what you're stressing about because often you then procrastinate and stress more. So, if you build in that time to get this done, then you won't have to worry about it." Abbi concludes, and I agree. Although finding time to get everything out of the way can be stressful, the sweet relief of knowing you have nothing else to do is the most satisfying feeling in the world.



6 Life Skills to Have Before Leaving High School

BY ADISON HAGEDORN



1. What to do if your car breaks down:

The basics of car maintenance like checking oil and tire pressure are important for any driver. You should also know where your information is in case you get pulled over. If your car breaks down knowing what to do can make the situation a lot easier.

2. How to budget:

Budgeting, investing, and saving are all things where the sooner you start, the better. Making a good budget can save you from getting into debt and lowering your credit score for big costs in the future. It can also help you save money for things you want.

3. Basic first aid:

Knowing how to avoid dehydration and treat a burn are skills that could save you from some expensive medical bills. Knowing when to get help from a professional is also important.

4. How to be a good roommate:

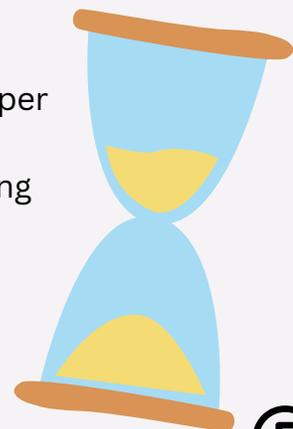
Cleaning up your trash, washing your dishes, and being respectful of someone's space are all things that someone would want their roommate to do. Having a bad roommate in college or just in life can make your day a lot worse. Being a good roommate is the best way to make sure you'll get a good roommate back.

5. How to manage time:

Time management helps you find time for all the things you need and want to do. Deciding what is important can make life easier and less stressful. Putting things into a calendar and keeping track of dates or appointments are ways to manage time better.

6. Basic Home skills:

Being able to do things like laundry and following a basic recipe are super important to know before living on your own. Being able to shop for groceries properly can save you a lot of money in the long run and being able to tell when food is a little too far past the expiration date is something you can't underestimate.



Christmas Recap



Most popular Christmas Gift

By Natalie Steele

What was the most popular gift this Christmas? For girls it was a Stanley water bottle! This was a very popular Christmas gift this year, many girls got a variety of colors in different sizes. Stanley's come as 30 ounce bottles or 40 ounces. One of the most popular colors here at Columbus is the light pink. Ryleigh Frush got a Stanley for Christmas along with Bella Schoo, they both love it. After Stanley's, clothes were the second most popular gift. Many girls got clothing from different brands, but the most popular clothing brand this Christmas was lululemon! The most popular items were leggings and align tank tops.

The most popular gift for boys was money and clothes. Joseph Kwofie got money this Christmas along with Tre Robinson. Mr. Robinson got lots of new shirts to wear for school. Jackson Mudd and Caleb Holthaus received a bunch of sweatshirts this Christmas! We hope everyone had a very merry Christmas.



Christmas Vacations

By Kamryn Regenold

Christmas break is a great time to celebrate the holidays, while spending time with family and relaxing. Over break, many Sailors traveled to see family, for a quick little getaway, or for a nice vacation. This past break, junior Abby Rhomberg traveled to Flagstaff, Sedona, and Apache Junction Arizona. While she was there she visited the Grand Canyon, the chapel of the Holy Cross, and hiked in the Superstition Mountains. Alayna Grovo went to Cabo San Lucas, Mexico over break. While on vacation she went whale watching and deep sea fishing on a yacht. Students are all back from break and ready to start the second semester!





BY: STEPHANIE BOYER

At Columbus, TikTok is very popular among the students whether they make videos or just watch them. TikTok has become more and more popular with people watching videos every day. TikTok videos range from people singing, dancing, and just making relatable content in a short clip. Trending sounds, dances, and trends will go viral and other users continue to use it and make their own videos. 86% of Columbus students watch videos on TikTok, and 38% of students create videos on TikTok.

Although a smaller amount creates videos, creating videos can be super fun and lots of students at Columbus have become popular off of their videos. You can receive lots of likes from other users by creating a video that goes on to other users “For You Page”, which can lead to you getting TikTok famous or get a lot of likes. Every user has a “For You Page” and it is filled with a variety of short clips that are based on what other videos you like. Your “For You Page” is based on what you enjoy and it is unique to everyone. TikTok has made a lot of teenagers become famous and make money off of their content. TikTok is a fun environment and there is content for everyone, and Columbus students love to use it!



Instagram

By: Haile Frost

Instagram is one of the most popular social media platforms in the world. It is a way for people to communicate with each other and show what they are doing. Ever since Covid hit, there have been changes that have affected the people who use the app. Some ways that it has changed people's story or post feeds is that "I follow more people that focus on the good side of life and their mental health" says senior Lauren Parsons. Lots of big influencers have changed their lifestyle over the years and that can be a good or bad thing for some people. One big influencer for teens around the U.S is one of Junior Bella School's favorites, Hannah Meloche. She has over 1.8 million followers and is still growing everyday. She is a model and young adult so lots of teen girls look up to her for inspiration and positivity.

Along with Snapchat and Twitter, Instagram has had a few updates over the past years such as adding story reels and shopping into the mix. These are some other ways for people to connect by buying and selling and a short video about what they are doing, hauls, tours and many more. Since the beginning of 2022 Instagram has 2+ billion active users. That is third on the list behind YouTube with 2.291 billion and WhatsApp with 2 billion users according to 'DemandSage'. Overall, Instagram has many great qualities and aspects to it and can continually change and grow into the future.





TOP THREE Streaming Services

BY: ANDREW BOESCHEN

There are a lot of great streaming services out there like Netflix, Disney Plus, Hulu, HBO Max, Peacock, and a lot more. Here at Columbus, we are always talking about new big shows that are out. The Dahmer series on Netflix was a big one that students were talking about when it came out. Hocus Pocus 2 was a movie that was talked about for a week when it came to

Disney Plus. Students here watch a wide array of shows throughout all of these streaming services but which one is the most used in Columbus? The third most used streaming service here at Columbus is Disney Plus. Disney Plus has many old movies that we used to watch when we were younger and of course it has Star Wars, which was another big reason for it being third place. The second most used streaming service was HBO Max. According to students, HBO Max is always getting new movies and shows as soon as they're out of the theater. Other reasons it's so popular are that there are many horror movies, Christmas movies, and the popular tv show Rick and Morty. The number one streaming service used at Columbus is, of course, Netflix. Students say that Netflix has the widest selection of shows and movies and are the best quality as well. Whenever a show comes out on Netflix students say they know it will be a good series.



FAVORITE PHOTOS OF 2022

BY: ABBY RHOMBERG

Thuy Pham, a junior, says, "one of my many memories during 2022 was having bonfires and hanging out with my friends. We had bonfires pretty often and I remember we had some of the best moments there." She also says, describing one of the photos she sent in, "going to the Olivia Rodrigo concert was definitely in my top 5 memories of 2022. It was so cool to listen live to the songs me and my friends love. Overall, 2022 was definitely a year where me and my friends grew closer together."

