



# Patriot Press

Vol I Issue VIII

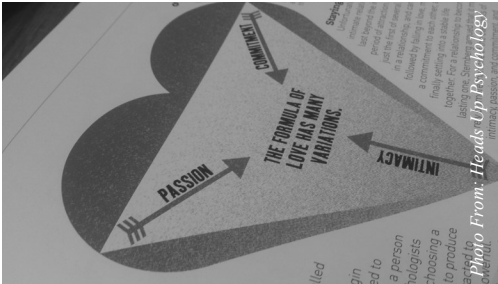
Apex Friendship High School's Student Newspaper

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## Psychology Behind Love

By: Kierney Leonard



Love lingers in the minds of many during the month of February. After all, Valentine's Day occurs this month. However, many people fail to understand what love actually means and why people seek romance. The idea of love can seem very complicated and abstract, but what do psychologists say about love?

Relationships find themselves at the core of any person's life, whether it means friendships or romantic relationships. *Heads Up Psychology*, a psychology book by Marcus

Weeks and Dr. John Mildinhall, reveals, "our relationships with other people help make our lives meaningful, and friendships play an important part in this."

*Heads Up Psychology* explained that people can have several friendships, but they normally have only one significant other. Psychologists have come up with several different theories as to why people desire this special type of relationship. One theory states that people seek a romantic love because of its evolutionary purpose: reproduction and offspring. Another theory explains that people correlate love to attachment. This type of love encompasses the ideas of mutual care and romance. Love can come in many different forms. According to *Heads Up Psychology*, it can vary "from passionate, romantic love to contented companionship." This can be exemplified by: arranged marriages, polygamy, and same-sex relationships.

People choose their ideal partner

based on attraction. Many often confuse attraction with love, but attraction merely means the selection of certain admirable traits. Sandra L. Brown, a professional in pathological relationships, explains that, "Although these traits might guide our relationship selection, this is not the foundation of love. It's the foundation of selection." The attraction can range from physical attributes to personality traits.

*Heads Up Psychology* explains that some psychologists believe physical attraction derives from evolution, and that people choose their partners based on "who will be best suited to produce successful children-we are attracted to people who are healthy, fit, and powerful." People also seem to choose their partners based on face symmetry. According to Sarah Knapton, Science Editor of *The Telegraph*, "Having a face which is equal on both sides is a biological advert which tells prospective partners that good genes will be found in this body."

Besides the physical traits, people also begin to feel attracted to someone when they learn more about the person. This

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## Being Single On Valentine's Day

By: Jada Enoch

If there seems to be no suitors or fair maidens willing to shower gifts on this Valentine's Day, it may be time to buy a small gift or some chocolates for yourself. Think of it as a sign of independence and that someone doesn't need another to shower them with affection. Take the chance and maybe buy an item that has been on a wish-list for awhile.

Sometimes Valentine's Day should be recognized as a blessing, a time to watch a bunch of sappy, lovey-dovey movies and cry eating a chocolate bar. Everyone needs a day to reset their feelings. Chocolate even has some pretty crazy health benefits. According to *Women's Health*, it can reduce stress and promote weight loss. The "Chocolate Consumption and Risk of Myocardial Infarction: A

Prospective Study and Meta-Analysis" study found that chocolate has positive benefits on the cardiovascular system. That makes a great excuse for the bag of chocolate wrappers on the floor the next day.

Valentine's Day doesn't have to be all about a partner. Use the day to flaunt the streets with a few besties. Grab dinner and a movie to complete the evening of fun. Popular favorites around the town include Sushi Iwa, Texas Longhorn, Red Bowl, Tribeca Tavern, and Mellow Mushroom.

Organize a Secret Valentines with friends. Similar to Secret Santa, swap a cute, small gift to a friend and receive one in return. Who needs a soul mate when you've got friends who know exactly what you like?

Treating the holiday like a normal day happens to be another way to avoid the single-blues on Valentine's Day. If normalcy isn't a winner, than try a boyfriend bonfire! Take your ex's items and dispose of them in a satisfactory way. A more positive way to spend the day would be to fall in love with something new, such as cooking, yoga, or painting. Loving yourself first and making time to do activities you love makes for a great Valentine's Day.



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## Editorial

### Soul Mates

By: Neda Dabbagh

"A soulmate is someone who has locks that fit our keys, and keys to fit our locks. When we feel safe enough to open the locks, our truest selves step out and we can be completely and honestly who we are," said by an American author, Richard Bach. In a perfect world, finding that special someone would happen in an instant. Aside from those romantic films such as *The Notebook* or *The Princess Bride*, the idea of soul mates creates an illusion for



Photo By: Sierra Sanchez

individuals to grab onto, in hopes of finding that certain oasis. Other beliefs include the idea that relationships evolve over time with compromises and hard work. They also include hardships that may be resolved or end up with a disastrous breakup with endless bowls of ice cream. However, I believe in the idea of soulmates; the possibility of experiencing that magical connection when meeting "the one". "According to Greek Mythology, humans were originally created with four arms, four legs, and a head with two faces. Fearing their power, Zeus split them into two separate beings, condemning them to spend their lives in search of their other halves." based on the philosophical text, *The Symposium*, written by Plato. According to C. Raymond Knee

from his *Journal of Personality and Social Psychology*, individuals who disregard the idea of soulmates and believe in romantic growth primarily search for a partner who works hard to sustain the relationship and resolve any conflicts that arise. People who commit to the idea of finding a soul mate fester in a multitude of dying relationships. Once difficulty strikes the relationship, the believers in soul mates often end the companionship, in fear that their partner is not "the one".

From the view of a hopeless romantic, I imagine the idea of a soulmate alludes to the possibility of an endless love story. Being someone's soulmate includes fighting for one another and pushing aside all boundaries just to be together. When conflicts arise, both partners take the time to mend their problems. When with each other, the existence of warmth, comfort, and happiness stands alone. Even with the abundance of people around the globe, by fate, people may meet their soulmates.

### Valentine's Day Fake News

By: Grace Twomey

According to statisticbrain.com, 61.8% of the population celebrates Valentine's Day, but what started Valentine's Day in the first place? NPR believes that the origins of Valentine's Day began with an ancient Roman festival that lasted from February 13<sup>th</sup> to the 15<sup>th</sup>. Throughout those few days the men of Rome would kill one dog and one goat each. After the sacrifice had been completed, the men would begin to beat the women with the hides of the dead animals. The women actually wanted to be whipped; they believed it would make them fertile.

With this whole crazy Roman festival, where does the lovely Saint Valentine come in? Well, it turns out that there has been more than one Saint Valentine, and their legacies have mostly been made up, either by the church, or simply through hyperbole as the stories got passed around. Although the Roman festival lasted

three days, luckily significant others don't expect us to shower them with gifts for three whole days. The men of ancient Rome executed Saint Valentine February 14<sup>th</sup>, which may have led to this date becoming the modern day Valentine's Day. The men of ancient Rome executed two different Saint Valentines, both on February 14<sup>th</sup> of different years in the 3<sup>rd</sup> century, CE.

Catholic.org lists eleven different saints that all have the name Valentine. All of these Saint Valentines can be considered patron saints of love. Saint Valentines have also been referred to as the patron saints of bee keepers, epilepsy, and the plague.

It seems that no one can really agree on who Saint Valentine had been or what he did. If you're worrying about what to get your date, or how to get a date in the first place, don't worry about it. Valentine's Day turns out to be a sham anyway.



Photo By: Chase Parsons

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## News

# The Legend of St. Valentine

By: Katelyn Bohn

Almost 150 million cards will be exchanged around the U.S. on Valentine's Day, and over 50% of these cards will be purchased six days before the holiday. This makes Valentine's Day somewhat of a delight for procrastinators, especially because more than half of the U.S. population celebrates this holiday simply by giving cards to their friends or significant other, according to research done by Hallmark. Roses, of course, also make up almost all of the bouquets given out on Valentine's Day, with 73% of flower purchases near the holiday made by men. The average person spends nearly \$102 on presents, meals, and gifts for Valentine's Day, but why celebrate Valentine's Day in this fashion? Who started the tradition of giving people cards, (and sometimes chocolate, unless it disappears before its dispersal) and why do people sign these cards with phrases like "secret admirer" or "your Valentine"?

Legend says that Valentine's Day originated during the third century in Rome. Emperor Claudius II decided one day that single men made much better soldiers than married men, so he outlawed all marriages for

younger men. A young priest named Valentine thought this to be absurd, and he became furious with the injustice, ultimately defying the Emperor's rule and continuing to marry young people in secret. Of course, Valentine's actions became revealed to Claudius, who sentenced Valentine to death. In jail, Valentine soon fell in love with the jailer's daughter, and she would visit him in secret at the prison. Soon before his execution, Valentine wrote a letter to the girl, which he signed, "From Your Valentine", an expression still used to this day. Around 496 AD, Pope Gelasius declared February 14 a day to honor Valentine, who by this time had become considered as a saint, according to history.com.

The selling of flowers first became introduced by King Charles the II of Sweden. Each flower had a different meaning attached to it in a bouquet, and it sent nonverbal messages to the recipient. A quite interesting concept it seems, to imagine people having entire conversations with only flowers. Today, however, flowers mainly just represent love and sentiments of admiration, according to proflowers.com.

According to history.com, Richard Cadbury became the first to create the

chocolate box in the 1840's, shortly after he improved his company's chocolate process by learning to extract pure cocoa butter from whole beans. This became a much more palatable taste than any kind of chocolate the British had previously tasted up to that point, and Cadbury saw it as an opportunity to sell more of his product. He began hand-making the chocolate boxes himself, each beautifully designed and special for the future owner.

Although the history behind chocolate boxes and flowers doesn't have much to do with Valentine's Day itself, besides that Americans happily adapted them into the holiday, they both have beautiful backgrounds, however, which go fittingly with the beautiful holiday.



## Love at First Sight

By: Sierra Sanchez



Shakespeare once wrote "When I saw you I fell in love, and you smiled because you knew," Love at first sight has popped up in countless works of literature and film, but can this phenomenon be plausible? While many choose to believe in the universe bringing two people together with a subtle glance, others lean toward the factual evidence that science provides. There proves to be a science behind every passionate aspect, which disappoints the hopeless

romantic in all of us. According to byrdie.com, Stephanie Cacioppo conducted a study titled "Neuroimaging of Love" which touches base on every chemical reaction and emotional response within the brain that contributes to love at first sight. According to Cacioppo, falling in love requires four stages; chemistry, cognition, preference/reward, and the desire to be with one another in the long run. Dozens of areas within the brain work together to produce the euphoria one may feel during this time. The chemicals released that make up this feeling include dopamine, oxytocin, adrenaline, and vasopressin.

According to Cacioppo, the two-stage process of falling in love "Based on our findings on love, we make the hypothesis that the concept of falling in love could correspond to the awareness (consciousness) of being in love with someone." Someone not only has to feel love, but know they have fallen in love. Since love requires consciousness, how long can love take? A year? A day? An hour? According to the University of Chicago, it takes a half of a second to fall in love.

The ability to fall in love with just a glance also relates to a person's age. The younger the person the easier it tends to be to fall in love, says Dr. Salida Afridi, a clinical psychologist at the Human Relations Institute located in Dubai. Dr. Afridi states, "When we are young we don't understand the meaning of true love. We are more likely to think that love at first sight will last. Unfortunately, this is not the case unless we work at it. Otherwise it typically lasts anywhere between three to four months and three to four years."

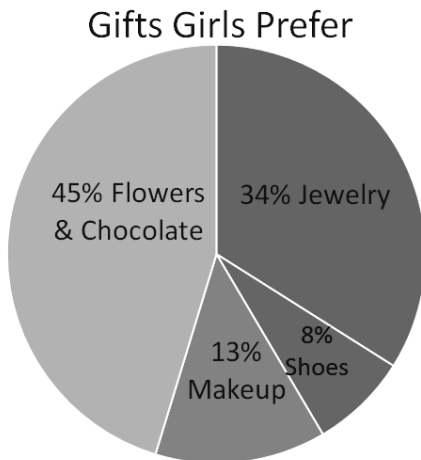
Love at first sight does not only have to do with reactions within the brain, but connections to the past as well. According to heysigmund.com, "The real secret behind why we fall in love at first sight is because something in the way this particular person happens to look, has triggered a comparison in our subconscious mind to someone from our past who meant a lot to us." For example, while one person might see a girl/guy on the street and declare destiny, another can see that same person and feel no out of this world pull to them. The feeling all boils down to the brain, not the heart.

## Student Life

# What to Give A Valentine

By: Chase Parsons

Finding the perfect Valentine's Day gift proves difficult, even for people who have been in long term relationships. Girls typically enjoy receiving jewelry, such as Kendra Scott necklaces currently very popular along with rings and earrings. Dates to certain places have just as much meaning, such as a trip to an art museum or a walk around downtown Raleigh or Apex, followed by a fancy dinner. Candles, chocolate, and candy seem simple but become loved by many. Most girls also love makeup, just make sure not to buy a



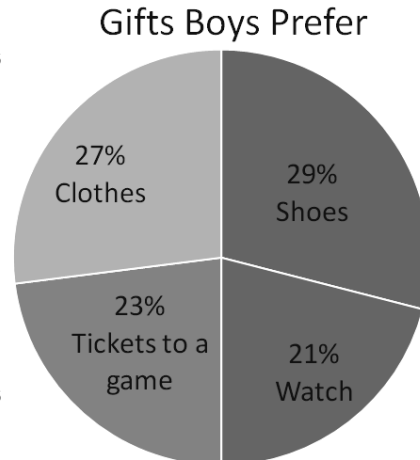
Majority of AFHS girls prefer flowers and chocolate.

product she already owns.

Shopping for boys can be a little tougher, since they don't always express feelings about wanting specific items. Guys do take pride in their shoes and clothes. Buying

them new shoes or their favorite sports team merchandise may be a great option, as well as watches, belts, or wallets. Purchasing tickets to their favorite sports teams' game will make for a great date night and a

fantastic surprise. Another great option would be giving a gift that goes



Majority of AFHS boys prefer shoes.

along with a certain hobby of theirs, such as fishing or music.

One can never go wrong with gift cards and/or candy. Small presents like this work well for giving special friends a gift. Shop for unique gifts online, or even buy locally from boutiques and other shops in places like downtown Apex.

If none of these gifts appeal to you, uncommongoods.com has a great selection of unique and fun alternatives. Mini ice cream sandwich press, table top corn hole, gummy bear lights, and a solar photography kit represent just a few of the interesting gifts on the website. No matter the gift given or received, the thought signifies more. Always

appreciate a significant other and the gift given and enjoy spending time with them as well.

# Unknown Black History Month

By: Braylin Campbell

In 1975, the month of February officially became designated as Black History Month. Black History Month serves as an annual celebration of achievements and acknowledgement for the roles of African Americans throughout the years. Black History Month originated to educate and inform those unaware of African American influence on history. Examples of impactful African Americans can be referenced below,

### **Robert Smalls (April 5, 1889- February 23, 1915):**

Robert Smalls, born into Slavery, in Beaufort, South Carolina became a ship's pilot according to blackpast.org. During the American Civil War, Smalls became sea captain and a politician. On May 13, 1862, Smalls freed himself and his crew and their families from slavery when he led a Confederate transport ship called the CSS Planter, sailing it north towards freedom. Smalls also helped persuade President Abraham Lincoln to accept African American soldiers in the Union Army.

### **Berry Gordy Jr. (1929– Present):**

According to biography.com, at the age of 29 Gordy established Motown Records. Gordy represented known artist such as Diana Ross, Marvin Gaye, and Stevie Wonder. By 1972, Motown had output more than 100 top 10 songs. Gordy achieved success in movies and TV. In 1988, Motown sold for \$61 million dollars.

### **Noble Drew Ali (1886-1929)**

Noble Drew Ali, born Timothy Drew in North Carolina, founded the Moorish Science Temple of America in Newark, New Jersey. He wanted to promote civic involvement and provide African Americans with a sense of identity in the West. According to PBS.com, Ali preached the importance of unity and pride in the black community.

### **Claudette Colvin (1939-Present)**

At only 15 years old, Claudette Colvin became the first to be arrested for resisting bus segregation in Montgomery, Alabama.

According to Biography.com, Colvin served as one of the four plaintiffs in the legal case Browder vs. Gayle. The case proved Montgomery's segregated bus system unconstitutional. Colvin later became a Civil Rights activist and nurse in Manhattan.

African Americans exist as more than just slavery and Civil Rights. Like the examples given, African Americans have influenced music, art, science, and more. As a reference, *Hidden Figures*, a film about three African American females shows how African Americans became involved in a major historic event. To learn more about African American history visit [www.africanamericanhistorymonth.gov](http://www.africanamericanhistorymonth.gov).



## Student Life

# Should We Hug Dogs?

By: Julia Uhlman



Photo By: J. Uhlman

of their eyes, turning their heads away, and closing their eyes. This happens because of the fact that cursorial animals, like dogs, have the instinct to run in times of danger, rather than using their teeth. Hugging a dog can cause it to feel trapped and may make the animal feel in danger.

While a hug from human to human means a well-intentioned gesture, dogs may not feel the same. Hugging dogs restricts their ability to move and can cause stress. According to Psychology Professor Emeritus Stanley Coren, dogs become uncomfortable being hugged, as seen through a survey of photos online. The findings show that in 81% of the photos, the dogs appeared to be uncomfortable.

Noticeable signs of stress in dogs include showing the whites

Note that this will not always be the case, just like people have preferences, dogs do too.

Some dogs love to be hugged while others do not. According to barkpost.com, the most affectionate breeds include Labrador Retriever, Golden Retriever, Cavalier King Charles Spaniel, Pitbull, and Brussel Griffon. Expressing love for dogs would be better shown through petting, treats, or kind words.

## Upcoming Events

### February

- Feb 9- Meet The Teacher Night @ 6:30pm
- Ambassadors Lead School Tour @ 2:45pm
- Feb 10- Men's/Women's Quad Basketball Game vs. Holly Springs @ 5:30pm
- Early Release
- Feb 11- Indoor Track State Meet @ JDL Fast Track @ 8:00am
- Feb 13- Spring Sports Tryouts Begin @ 2:30pm
- Feb 14- Principal/Parent Breakfast @ 7:30am
- Ambassadors Lead School Tours @ 2:45pm
- Feb 15- SWAC Basketball Tournament Day 1 @ 4:00pm
- Feb 16- Rising 9th Grade Curriculum Night @ 6:30pm
- Ambassadors Lead School Tours @ 2:45pm
- Feb 17- SWAC Basketball Tournament Championship @ 6:00pm
- Feb 20- Make-Up Day for 1/10 Snow Day
- Feb 21- Tickets To Play Stunt @ 10:30am
- Ambassadors Lead School Tours @ 2:45pm
- Rising 10th-11th Curriculum Night @ 6:30pm
- Feb 22- Basketball Scrimmage vs Harnett Central @ 4:00pm
- Feb 23- Ambassadors Lead School Tours @ 2:45pm

## Love Psychology

*Continued from front page*

includes the personality or social background of a potential partner. *Heads Up Psychology* says, "Some psychologists think that we are attracted to people with a similar outlook to ourselves, whose needs and resources complement our own, or who have the same social standing."

Many students probably remember the health triangle: the balance of mental, physical, and emotional health. Robert Sternberg, psychologist and Human Development Professor at Cornell University, believes that love also has a triangle. This includes three factors: passion, intimacy, and commitment. He believes that all three factors make a strong relationship. Relying on just one piece of the triangle can lead to a failed relationship.

Failed relationships can result from a variety of reasons. *Heads Up Psychology* explains that people can break apart due to differences in backgrounds, money, or age. Unresolved conflicts can also cause a couple to slowly drift apart. Companionship continues to be a necessary part of human life. Why do you think people search for soul mates?

## AoE

By: Grace Twomey

Apex Friendship has a program called the Academy of Engineering sometimes referred to as AoE. While the students involved in the program have every detail down to a tee, some students know nothing about it. AoE, a four year commitment, offers students challenging classes and more opportunities for a teaching style called Project Based Learning (PBL). AoE students usually have core classes with mainly only other AoE students. This happens because of PBL.

While PBL incorporates lots of classroom settings, the type of planning that AoE uses connects between classes. For example, when AoE students had to complete the iconic English 1 assignment of reading Lord of the Flies, they also drew a topographical map of the Island from

the book in science class and modeling a product that might have helped the boys in the book during engineering class. Many students believe that AoE only exists for students who would like to be engineers when they grow up, but really engineering proves to be universal. Engineering has four major branches; mechanical, chemical, civil, and electrical, but each of these separate into endless different types of jobs and interests. To join AoE, students must apply before the start of their freshmen year, but if interested in Engineering, AFHS offers other Engineering opportunities.

Ms. Cadavid heads the program and would be a great person to go to with any questions, if interested, please see Ms. Cadavid in room 3241.

## Arts & Entertainment

# JK Rowling

By: Katelyn Bohn

J.K. Rowling, the famous author of the *Harry Potter* series, only recently became the 13th richest woman in Britain, even wealthier than the Queen herself. She also did not used to be a world-renowned author with hundreds of millions of copies sold in all different languages to all parts of the world. She started out as a small and impressionable eleven-year-old girl, with few friends and a simple adoration of stories and literature. Rowling attended Wydean Comprehensive School and College after she finished primary school, where she left behind her beloved headmaster, Alfred Dunn, who would become a later inspiration for Rowling as Dumbledore. Rowling says she based Hermione "loosely" off of herself at Wydean, because she had no natural athletic abilities, did not excel at making friends, and of course always read voraciously.

She based several characters in her *Harry Potter* series off of people she met in this school, including the head of the Science department, whom she named after the malignant Professor Snape, according to biography.com. Though her parents encouraged her to become a French major, as a bilingual secretary job would give her more stability than a writing job could, her close friend, Sean Harris, continuously

encouraged her to become a writer despite this. She later dedicated the second book of the *Harry Potter* series, *Harry Potter and the Chamber of Secrets*, to Harris.



When Rowling's mother had been diagnosed with multiple sclerosis in her teens, her life started to head down a much different track that would most certainly affect how she wrote her books in the future. Perhaps this explains her books' tendencies to allude towards darker and more serious matters that Harry must overcome. Her parents eventually convinced her to get her degree as a bilingual secretary, and after college, she began working at an organization against human rights abuses. She admits, however, that she tended to jot down story ideas instead of taking notes on the meetings.

During a train ride from London to Manchester, shortly after Rowling had the idea of writing a story about a young boy that does not know he might be a wizard, her mother passed away. According to Biography.com, her mother passed away in December of 1990, and this could potentially be the reason for Harry's

parents dying to Voldemort in her first book.

Still devastated by her mother's death, Rowling moved to Portugal in 1991 to work as an English teacher. There she met and married a Portuguese journalist, and shortly gave birth to her daughter, Jessica, in 1993. However, when their marriage ended in divorce, Rowling moved to Scotland to be closer to her sister, Di, in Scotland, taking her *Harry Potter* manuscript and daughter with her. Unfortunately, a teaching job in Scotland requires a post graduate certificate of education, which demands a year-long course of study, according to gradesaver.com. So, jobless J.K. Rowling struggled to feed her daughter and herself on welfare, spending nearly every evening working on her book in local cafés with her daughter in a stroller.

Finally, in 1995, Rowling completed her book. The second agent she contacted decided to take on the task of finding her a publisher, and after 12 publishing companies rejected the book, one accepted it on the 13th try. Shortly afterwards, Rowling's book began to win numerous awards, including the British Book Award, the Nestle Smarties Book Prize, and the Children's Book Award, according to gradesaver.com.

After learning the strenuous process it took to create the *Harry Potter* books, maybe J.K. Rowling will be more appreciated in the future and more people will want to read the series after understanding the intentions of Rowling in them, while also taking into consideration her surroundings and situations in the process of her writing.

unpopular Laney Boggs to bet on. Will Zack win his friend's bet?

### 13 Going on 30

A hilarious, essential film tells the story of Jenna, a teen who wants to grow up and get a boyfriend. Suddenly, Jenna's wishes come true as she's transformed into the 30 year old version of herself. Will adulthood prove to be what she wants?

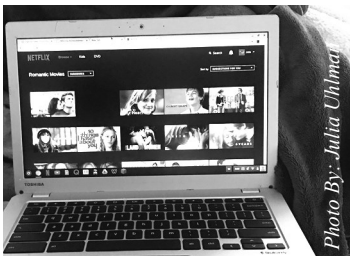
### The Switch

While not totally underrated, this romantic drama follows Kassie and Wally, two best friends figuring out life. When Kassie decides to artificially have a child, Wally's poorly thought out actions lead to consequences. This funny romantic drama finishes off the list of underrated romance movies on Netflix.

These sweet, dramatic, and comedic movies will be perfect for either watching with a loved one, or staying in this Valentine's Day.

# Valentine's Day Movies

By: Julia Uhlman



Everyone loves the Valentine's Day Essential Movies, like *The Notebook* and *Titanic*, but plenty of movies exist out there deserving of attention. Choose from the below underrated movies from Netflix as a perfect choice for the holiday.

### Listen To Your Heart

When singer/songwriter, Danny, falls in love with a girl who can't hear, Ariana, trouble follows. Ariana's inability to hear the music she inspired him to write, and Ariana's wealthy, controlling mother makes this a must see romantic drama.

### Before We Go

An accidental encounter between two people in Grand Central Station sparks a life-changing adventure, as they grow close to each other and face their fears. Chris Evans and Alice Eve make this sweet movie an essential.

### She's All that

Zack Siler, recently dumped by his popular girlfriend accepts a challenge by his friend Dean to turn any random girl into the Prom Queen in six weeks. Dean picks the dorky and

Want to see your own comic here? Contact us at: [afhspatriotpress@gmail.com](mailto:afhspatriotpress@gmail.com)

Sports

# Concussions

By: Karlyn Wills

Collision sports have the highest rate of concussions. According to the National Center for Biotechnology Information (NCBI), a concussion classifies as a traumatic brain injury (TBI) induced by an impulsive force transmitted to the head resulting from a direct or indirect impact to the head, face, neck, or elsewhere. Every year an estimated 38 million children and adolescents participate in a sport in the United States. Out of those 38 million, 1.7 million of them suffer from a TBI, causing 1.365 million emergency room visits, and 275,000 hospitalizations.

These concussions may cause a wide range of symptoms. Clinical signs and physical signs include, nausea, loss of consciousness, lack of focus, slow reaction times, irritation, and more. Due to these neurologic impairments, people who get a concussion do not recognize they have one.

Also, the coach and athletic trainer sometimes do not receive an indication to check for the injury. This issue causes the coaches and trainers not to follow the proper guidelines when diagnosing a concussion. Since then, Heads Up created a program to educate parents, coaches, athletic trainers, athletes, and school administrators on brain injuries for the youth. This research program has been seen to improve high school coaches' knowledge on the evaluation and signs of a concussion.

Out of all the sports, American football has the highest number of brain injuries in the US. According to the NCBI, "since the 1982-83 season, there have been 133 football players with incomplete neurological recovery from catastrophic head injury. 120 of these injuries occurred in high school athletes, eleven occurred in college participants, two occurred in sandlot players, and none occurred in professional football players. In 2009, all nine cerebral injuries with incomplete recovery were in high school athletes." This shows the change in just a few years of football.



Photo By: Jada Enoch

Head injury rates have skyrocketed over the years and only get worse. In 2008, Collegiate athletics reported 245 concussions, resulting in a concussion injury rate of 0.39 per 1000 athletes. What can be done to save these athletes from permanent brain damage? While people enjoy watching football, watchers and players should still acknowledge the risks of the game.

## Come Out and Support Your Patriots This Spring

Varsity Baseball	Varsity Softball	Varsity Women's Lacrosse	Varsity Women's Soccer
2/22—Harnett Central	2/28- @Fuquay-Varina	2/28— Millbrook	2/27- @ Fuquay-Varina
2/28- @ Fuquay-Varina	3/3— Green Hope	3/7— Panther Creek	3/1— Green Hope
3/1— @ Northwood	3/17— Middle Creek	3/14— Cary	3/2— @ Leesville
3/3— Green Hope	3/24— Athens Drive	3/21- @ Athens Drive	3/6- @ Panther Creek
3/7- @ Panther Creek	3/31— Fuquay-Varina	3/24— Holly Springs	3/8— Apex
3/10— @ Apex	4/4- @ Green Hope	3/31— Green Hope	3/11— Topsail
3/14- @ Cary	4/10— Triton	4/6— Apex	3/13— @ Cary
3/15— Chapel Hill	4/25- @ Middle Creek	4/18— Middle Creek	3/15— Middle Creek
3/17— Middle Creek	5/2- @ Athens Drive	4/25— Athens Drive	3/22— Athens Drive
3/24— Athens Drive			3/23- @ Millbrook
3/28- @ Holly Springs		<b>Varsity Men's Lacrosse</b>	3/27- @ Holly Springs
3/31— Fuquay-Varina		2/28- @ Fuquay-Varina	3/29- @ Fuquay-Varina
4/4- @ Green Hope		3/3— Green Hope	4/3- @ Green Hope
4/6- @ Heritage		3/21— Athens Drive	4/5— Panther Creek
4/7— Panther Creek		3/28— Fuquay-Varina	4/17- @ Apex
		3/31- @ Green Hope	4/19— Cary
		4/21— Jordan	4/24- @ Middle Creek
		4/25- @ Athens Drive	5/1- @ Athens Drive
			5/3— Holly Springs



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