



NEW YEAR'S RESOLUTIONS

By Kyra Whitehead

New Year's resolutions are (hopefully) attainable goals for the year, as a way to improve one's actions or habits. While many people never go through with their resolutions, some take their goals very religiously. Lots of people aim to improve their eating habits or beauty routines, others make their lists more like a bucket list - things like "Go Skydiving!" and "Take a Vacation" linger on many people's lists. Discover Happy Habits website explains that a little over 40% of the American population participates in New Year's resolutions, and only about 9% of said 40% actually complete them.

The Origins of New Year's

As the new year rolled around, the Babylonians hosted a fun festival, called the Akitu, that lasted for 12 days in order to crown or renew their faith to their current king. While this festival continued, they would also offer gifts and promise to return borrowed things to their gods. The promises the Babylonians made to the gods are sort of like the ancestors of what we know as New Year's Resolutions. According to History, if the people were true to their promises, their pagan gods would bestow a gift to them for the rest of the year.



POLL OF THE WEEK

Scan the QR with your phone or [click the link](#) to vote! Results in the next edition!



RESULTS FROM LAST WEEK:

WHAT IS YOUR FAVORITE HOLIDAY SONG?

Happy Birthday Jesus

Unfortunately if they were unable to keep their promises, the gods would become unhappy, and they would become upset with the people, and make their lives harder to live by. Overtime, this practice spread across the world, through the times of Julius Caesar and early Christians.

While New Year's Resolutions have come a long way over the years, they are much different than 4,000 years ago. So to make sure the gods don't become upset with you, try to make achievable goals! This can also help mental health in the long run.

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Pruitt, S., 2020. *The History of New Year's Resolutions*. [online] History. Available at: <<https://www.history.com/news/the-history-of-new-years-resolutions>> [Accessed 21 January 2022].
Discover Happy Habits. 2021. *New Year's Resolutions (2021 Updated)*. [online] Available at: <<https://discoverhappyhabits.com/new-years-resolution-statistics/>> [Accessed 21 January 2022].
By Erin Kelley

BETTY WHITE AND BOB SAGET: The Loss of Two Legends



Betty White actress and comedian. Most people know her from the hit show *The Golden Girls*. She sadly passed on December 31st, 2021, just about 2 weeks before her 100th birthday. She changed history, being the first woman to work in front and behind the camera on television. She was the last *Golden Girl*, standing.

We also lost Bob Saget , another popular and well-loved comedian. He appeared on shows like *Fuller House* and *America's Funniest Home Videos*. He sadly passed January 9th, 2022. It is devastating that we lost two comedians at the start of the new year. Both will be remembered in history.





Pretty Things

By: Rana McCloat

This creative corner covers all types of drawings, photography, and art! To submit your work, send them via email to cmarien@milfordk12.org or amccloat@milfordk12.org.

TODAY'S FEATURE:

Photography
by Logan Woods

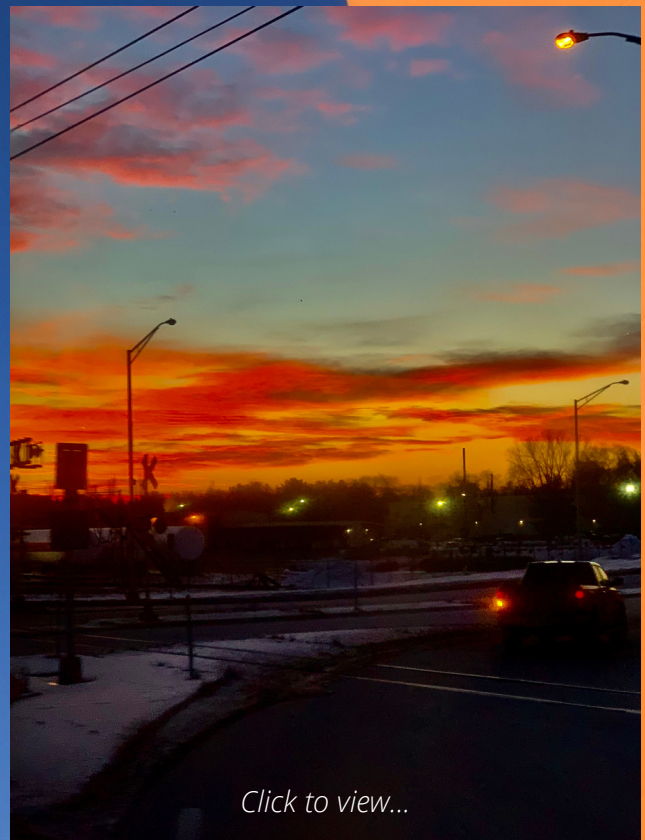
Nice work!



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Five Nights at Freddy's: Security Breach

By Erin Kelley

Some of you may remember the old indie horror game franchise *Five Nights at Freddy's*, mainly popular from 2014-2016. Video game developer Scott Cawthon worked on his final game with the franchise, and it has taken over the internet by storm.

Five Nights at Freddy's: Security Breach is the latest continuation of the storyline, and it was released in December of 2021. Unlike the past games, *Security Breach* is fully free-roam. While some original aspects of the game are kept, such as security cameras and a few iconic characters, most of the game is completely new.

One major difference is each of the animatronics (Glamrock Freddy, Glamrock Chica, Montgomery Gator, and Roxanne Wolf) all have different personalities that are provided throughout gameplay. Even some minor characters such as Sundrop and Moondrop have different personalities. I believe that this is a great new aspect of the game, as it provides players actual connections with the well-loved animatronic characters. We are also not in a pizzeria anymore. We are in a full mall-like establishment called The Pizzaplex, which has different attractions like Roxy's Raceway, Monty's Gator Golf, and even has multiple restaurants and rides inside, and instead of playing as a night-watch security guard, we are a lost



SECURITY
BREACH

child. These changes are astounding, and it's amazing to see how much has changed since the release of the first game back in 2014. It provides much more entertainment in my opinion and gives players a chance to delve deeper into the heavy lore.

The majority of the community has taken a huge interest in Glamrock Freddy, as he assists the player throughout the night, something that has never been done before in the FNaF franchise. It's a very interesting change, and I personally think it's lovely to see how he protects a child, also known as the player.

This game is very fun to play, as there are actual missions and tasks that require the player to physically run away from the robots, unlike the 6th game, *Freddy Fazbear's Pizzeria Simulator*. The game is a must-play for horror game fans, but be warned: there are lots of jumpscare!

SUPER TRENDS



Summary: "When relationships are born and broken and magical new discoveries are made, the twin cities of the luxurious Piltover and the downtrodden Zaun will be changed forever...for better or worse."

Arcane: League of Legends Review

By Jason Lewicki

(This is just my opinion, feel free to think whatever you want!)

So, I kept hearing about how good this show "Arcane" was, and so I figured, "Hey, why not? It looks cool, and my family's been looking for something to watch." So I watched it, and...I was disappointed...THAT I DIDN'T WATCH IT LATER, BECAUSE THIS SHOW IS SO GOOD!! The animation is stunning, and it makes the world and characters stand out and feel both extremely colorful and rich with life. The story is amazing, telling a genuinely tragic tale of love, destruction, discovery, and corruption. The music is stunning, and it goes from simply very well-fitting background tunes to absolute head-bangers. Finally, the characters are great, with each feeling like real and emotional people, not just animated cartoons that you'll forget after a day, or characters in a video game that you just point at and recognize with little thought. The fight scenes are combinations of the best parts of all of these, with stellar animation, amazing choreography, awesome music, excellent character moments and actual story relevance that make the fights feel like incredible spectacles rather than poorly-choreographed filler scenes to keep the audience distracted from an otherwise mediocre story. Once those vocals kick in, you're in for a good time. I can't give too much information on this show, as it's better watched completely blind, but I can say that despite the fact that this show is based on the video game League of Legends, it's less of an adaptation and more of a retelling, so no prior knowledge of the lore is required to enjoy it. Trust me, take it from someone who's never even played League and still loves this show, you can not know a thing about it beforehand and enjoy it fully.

That all being said, it's not quite perfect, though it is pretty close; firstly, the first season is pretty short, with it only having nine 41-minute episodes that make it easy to blow through, though that can be refreshing for some people. People who may have played a lot of League of Legends, the game that this series is based on, may have a few additional problems, as the characters that are actually in the game tend to have plot armor in the show, and the story is apparently painfully inaccurate to those who are well-versed in the lore of the game. Combined with the fact that League of Legends is a game well-known for being...uh...shall we say...unfriendly, some people may be turned off from this show for that reason alone. But let me tell you, it's worth watching for anybody who's willing to ignore the spotty history of the source material and enjoy the well-written, gorgeously-animated, and wonderfully-composed work of art that is "Arcane". Everything a great show could do in three to five seasons: establishing an interesting setting, introducing compelling characters that you quickly feel for and care about, having a natural sense of time and progression, and setting a perfect tone for the series as a whole are all things Arcane is able to do in merely one 9-episode season. Seriously, it's worth watching. The show does contain some adult content, so check the "Parent's Guide" on its IMDb page if that's a concern of yours, but if all is well, go ahead and give this show a watch if you're interested. I promise you won't regret it. I'm giving it a 9.5/10, and I'll see you next time.



State Champs!!

On Monday, January 10th, MHS's We the People team competed in the New Hampshire State competition and won! They now have the opportunity to travel to the national competition. We the People is a class at MHS open to students in grades 11-12 with an interest in the judicial system and studying laws. Congrats Team!



SPARTAN SPORTS

UPCOMING ATHLETIC EVENTS

Jan 26

The Unified Basketball Team is scheduled to play their final game hosting Alvirne at 3:30 pm. The Reserve Boys Basketball Team is scheduled to play at John Stark at 3:30pm.

The JV and Varsity Boys Basketball Teams play at John Stark with games at 5:00 and 6:30 pm.

The Girls Basketball Teams are scheduled to host John Stark with games at 5:00 and 6:30 pm.

Jan 27

The Varsity Girls Basketball team is scheduled to play hosting Lebanon at 6:00 pm.

Jan 28

The JV Boys Basketball team is scheduled to play at home hosting Merrimack Valley at 5:00 pm.

The Varsity Boys Basketball team is scheduled to play at home hosting Merrimack Valley at 6:30 pm.



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