

## CHANGING SEASONS, CHANGING MOOD: SEASONAL AFFECTIVE DISORDER

BY JACK HORNING

So most of us have heard of “seasonal depression” or “the winter blues.” But what differentiates seasonal depression from regular depression? What does it mean? What causes it? What does it entail? Well you’ve come to the right news article my friend.

Also called Seasonal Affective Disorder (SAD, kinda funny right, it’s called sad, heh), seasonal depression is exactly what it sounds like. The term refers to the rapid decrease in a person’s mental well being

typically experienced during the winter months. While researchers are still trying to find out what exactly causes it, there are some basic theories.

SAD usually starts in the late fall and often continues into early spring. As we all know due to the solstices and daylight savings time, during the winter months days become shorter, and there are fewer hours of sunlight. Vitamin D is a natural source that activates tryptophan hydroxylase 2, which synthesizes

(Continued Next Page)

### *In This Issue:*

***Myers Briggs  
Type Indicator  
Personality  
Test***

***Zodiac Signs***

***World Trade  
Center***

***Spirit Week  
2023***

## CHANGING SEASONS, CHANGING MOOD: SEASONAL AFFECTIVE DISORDER (CONT'D)

serotonin (the brain chemical that makes you happy). And with less hours of sunlight, we are intaking less vitamin D. Also due to the less sunlight, our bodies are producing more melatonin, sometimes too much. Overproducing melatonin can make you feel sluggish and have less energy during the day, which can bring your mood down.

**Ways to treat SAD:** The first step is to talk to your doctor before doing anything else. You can try taking vitamin D supplements, or engaging in activities such as sports or clubs. If things still do not improve, you can book an appointment with a therapist who could (might) prescribe you antidepressants.

The most important thing is communication. Talk to your friends and family and don't bottle up your feelings; that will only make it worse. It can also help to realize you are not alone; about 1.7 to 5.5 percent of teens are affected by SAD in the world; that's about 350,000 people. Some people experience SAD in the summer months not the winter; however, since it's that time of year where summer transitions into winter, it is more relevant to be informed about the latter.

I hope this article helped you and/or informed you about what you or your classmates might be experiencing.

## What's Your Type?



THE MYERS BRIGGS  
TYPE INDICATOR

BY NORA SNYDER

The Myers Briggs Type Indicator (or more commonly known as the 16 personality test) is a personality test designed to help you learn more about your personality and understand why you act the way you do. The kind of personality you have has a big impact on how you act in different situations and on how you respond to certain situations in life. There are eight different subcategories and sixteen total 4-category combinations that you could end up with.

**Extroversion and Introversion:** These are used to describe how people interact with the world around them. Extroverts are very action-oriented and enjoy frequent social

interactions such as going out with friends, going to the mall, or going out to dinner with a significant other. Introverts tend to be thought-oriented and enjoy meaningful interactions, along with spending time alone to recharge. Activities that introverts might enjoy doing could include going for a walk, reading a book outside, or watching a movie with a friend or a pet.

**Sensing and Intuition:** These categories are used to figure out how people gather and process information from their surroundings. Sensing people tend to pay much attention to their surroundings, especially to what they can learn from their senses. They tend to focus on fine details and like hands-on activities. Intuitive people pay more attention to patterns rather than details and enjoy thinking about different possibilities and the future.

**Thinking and Feeling:** These categories are based on how people come to a conclusion after gathering information from their surroundings. Thinking people tend to be logical and consistent when it comes to drawing a conclusion, while Feeling people often consider other

(Continued Next Page)

# What's Your Type?

THE MYERS BRIGGS  
TYPE INDICATOR (CONT'D)

other people's emotions and feelings when finalizing a decision.

**Judging and Perceiving:** This scale is used to decipher how you approach making decisions or taking in new information. Judging people tend to prefer concrete decisions, while perceiving people tend to be more flexible when making decisions.

All of those categories are combined into a 4-letter code which can be matched to any person! There are 16 total combinations that you could end up with, each with their own unique talents and proficiencies.

**ISTJ (Introverted, sensing, thinking, judging):** ISTJ people have several key characteristics such as being calm, rule-following, reserved, and responsible. Some strengths that ISTJ people have are that they are planners, realistic, and are very serious about traditions and rules. Everyone has weaknesses though, so some of ISTJ's weaknesses are that they can be very stubborn, judgemental, and they tend to blame themselves for things that go wrong.

**ISTP (Introverted, sensing, thinking, perceiving):** Some key characteristics of ISTP is that they are goal-oriented, level-headed, and even-tempered. Some strengths of ISTP are that they enjoy new experiences, are easygoing, and logical. Some weaknesses of ISTP are that they are very reserved, insensitive, and they don't like commitment.

**ISFJ (Introverted, sensing, feeling, judging):** Some key characteristics of them are that they are caring, loyal, sensitive, and protective. The strengths of ISFJ are that they are reliable, practical, and they have a keen eye for detail. The weaknesses of ISFJ are that they avoid confrontation, dislike change, and they neglect their own needs.

**ISFP (Introverted, sensing, feeling, perceiving):** Some key characteristics of ISFPs are that they are practical, quiet, and that they dislike conflict. Some strengths of ISFPs are that they are very aware of their environment and they are very loyal. Some weaknesses of ISFPs are that they are reserved, and they dislike theoretical information.

**INFJ (Introverted, intuitive, feeling, judging):** INFJ is the rarest of the combinations, only making up 1% to 3% of the population. Some key characteristics of INFJs are that they are perfectionists, logical, and analytical. Some strengths of INFJ are that they are very creative, idealistic, and they value close relationships. Some weaknesses of INFJ are that they can be overly sensitive, have very high expectations, and are stubborn.

**INFP (Introverted, intuitive, feeling, perceiving):** Some key characteristics of INFP are that they are creative and idealistic. Some strengths of INFP are that they work well alone, are very devoted, and they are great at seeing the big picture. Some weaknesses of them are that they can be overly idealistic and they tend to take things personally.

**INTJ (Introverted, intuitive, thinking, judging):** Some key characteristics of them are that they prefer objective information rather than emotions, they may be a perfectionist, and they have high expectations. Some strengths of INTJ are that they are good listeners, they take criticism well, and they are very hard-working. Some weaknesses of INTJ are that they can be judgemental and sometimes they may seem insensitive.

**INTP (Introverted, intuitive, thinking, perceiving):** Some key characteristics of INTP is that they are quiet, logical, and flexible. Some strengths they have are that they are abstract thinkers, loyal, and objective. Some weaknesses they have are that they are prone to self-doubt, they struggle to follow rules, and they are difficult to get to know.

(Continued Next Page)



# What's Your Type?

THE MYERS BRIGGS  
TYPE INDICATOR (CONT'D)

**ESTP (Extroverted, sensing, thinking, perceiving):** Some key characteristics of ESTP are that they have strong social skills, make decisions quickly, and sometimes act impulsively. Some strengths they have are that they are energetic, adaptable, and observant. Some weaknesses they have are that they are competitive, dramatic, and easily bored.

**ESTJ (Extroverted, sensing, thinking, judging):** Some key characteristics they have are that they value tradition and rules, and they are sometimes stubborn or unyielding. Some strengths of ESTJ are that they often take leadership roles, are hard-working, and dependable. Some weaknesses they have are that they are insensitive at times, and not good at expressing their feelings.

**ESFP (Extroverted, sensing, feeling perceiving):** Some key characteristics of ESFP are that they are very understanding and sympathetic, fun-loving, and practical. Some strengths they have are that they are optimistic, they enjoy socializing, and are spontaneous at times. Some weaknesses of ESFP are that they become bored easily, they don't plan ahead, and they are impulsive.

**ESFJ (Extroverted, sensing, feeling, judging):** Some key characteristics of ESFJ are that they tend to be empathetic towards others, easily hurt by unkindness or indifference, and they have a need to be liked and appreciated by others. Some strengths they have are that they are kind and loyal, outgoing, and they enjoy helping others. Some weaknesses they have are that they are needy, approval-seeking, and sensitive to criticism.

**ENFP (Extroverted, intuitive, feeling, perceiving):** Some key characteristics of ENFP are that they are charismatic, great at socializing, and they dislike routine. Some strengths they have are that they are warm and enthusiastic, fun, and highly

creative. Some weaknesses they have are that they need approval from others, often disorganized, and they tend to get stressed out easily.

**ENFJ (Extroverted, intuitive, feeling, judging):** Some key characteristics of ENFJ are that they are strong extraverts, hard on themselves, and outstanding leaders. Some strengths they have are that they are persuasive, encouraging, and affectionate. Some weaknesses they have are that they are indecisive, overprotective, and they can be manipulative at times.

**ENTP (Extroverted, intuitive, thinking, perceiving):** Some key characteristics of ENTP are that they enjoy social interactions, they are curious, and they tend to not focus on the details. Some strengths of them are that they are innovative, they enjoy debating, and they value knowledge over most things. Some weaknesses they have are that they can be argumentative, unfocused, and insensitive.

**ENTJ (Extroverted, intuitive, thinking, judging):** Some key characteristics of ENTJ are that they are planners, rational, and they are great at spotting and solving problems. Some strengths of them are that they have strong leadership skills, are well organized, and assertive. Some weaknesses they have are that they are impatient, stubborn, and intolerant.

And that just about concludes all of the types of personalities on the Myers Briggs Type Indicator! These were just some of the characteristics of the types, so if you're interested in learning more about your personality type and getting into the details, then I encourage you to take the Myers Briggs Type Indicator test on your phone or computer [HERE](#) to find out more about yourself! When you get your results, there are several sections on how your personality type functions in different environments such as the workplace, as a parent, in relationships and friendships, and more.




# WHAT DOES YOUR ZODIAC SIGN SAY ABOUT YOU?

BY JACK HORNING


Ok look, whether you believe in zodiac signs or not is up to you, but if you do, sweet; because I'm going to tell you ALL ABOUT THEM!!!! First, you need to know what your zodiac sign is. Your sign is based on your birthday and where the sun (star), moon, planets, and eastern horizon were positioned in the sky when you were born. There are twelve signs: Capricorn, Pisces, Leo, Cancer, Libra, Taurus, Aquarius, Scorpio, Sagittarius, Aries, Gemini, Virgo, all of which are named after constellations (hence why it's called your star sign). Your big three are the sun, moon, and rising; but there are also loads more (If you want, you can get your whole birth chart online by putting in your birthday, what time you were born, and where you were born into a birth chart calculator. I recommend Cafe Astrology.com).

Your sun/star sign is who you are as a person; it is determined by what period of the year you were born in (shown below). Your moon is what drives your emotions; it is determined by where the moon was positioned in the sky when you were born. And your rising is what emotions your aura gives off onto others; this is determined by where the eastern horizon was positioned at the time of your birth.


Listed below are the signs, the dates they correlate to, some fun facts, and what it means if one of them is part of your big three.



**Aries: March 21- April 19** Their symbol is the ram and they are ruled by the planet Mars; they are a fire sign. If Aries is your star sign you are naturally headstrong. You are an independent person who is very ambitious and competitive. You are a bold, passionate, confident leader. If Aries is your moon sign you are quick to fall in love, fiery, and short tempered. And if Aries is your rising, you are highly independent and driven to succeed. People often see you as a confident, creative, and a fun loving person.



**Taurus: April 20- May 20** Their symbol is the bull and they are ruled by the planet Venus; they are an earth sign. If Taurus is your star sign you are laid back, stubborn, and analytical. You are patient, greedy, and grounded. Similarly to your symbol (the bull) you can be stubborn and once you're angry, you're angry. If Taurus is your moon sign you appreciate being comfortable, even so much that you can be lazy. You prefer routine and don't like unfamiliar situations. If Taurus is your rising, you give off a calm, peaceful presence that makes people feel safe around you.



**Gemini: May 21- June 21** Their symbol is the twins and they are ruled by the planet Mercury; they are an air sign. If Gemini is your star sign you are clever, curious, and imaginative. You are unreserved and usually have a large social circle. However you can be indecisive, impulsive, and nosy. Having a Gemini moon really plays into their symbol (the twins) in the fact that you can't make up your mind and have trouble understanding your own emotions. You appreciate being surrounded by friends and family and don't want to be alone, the most prominent trait being curiosity. If Gemini is your rising you are witty, open-minded, and socially aware.

(Continued Next Page)

# WHAT DOES YOUR ZODIAC SIGN SAY ABOUT YOU? (CONT'D)



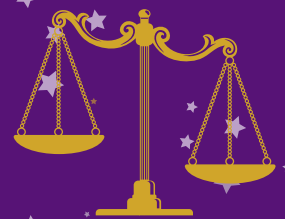
**Cancer: June 22- July 22** Their symbol is the crab and they are ruled by the Moon; they are a water sign. If Cancer is your star sign you are sentimental, intuitive, and nurturing. You can be moody, emotional, and highly sensitive. If Cancer is your moon sign you are loyal and have very strong emotions. You are protective and have a need to support and be supported. If Cancer is your rising sign you are compassionate and gentle natured, although you can let your emotions get the best of you and start arguments, coming off as too moody.



**Leo: July 23- August 22** Their symbol is the lion and they are ruled by the Sun; they are a fire sign. If your star sign is Leo you are confident, optimistic, loyal, and compassionate; however, you can be arrogant, temperamental, and jealous. You love to have all the attention on you and being in the spotlight. Sometimes you're egocentric; but to combat that you are uplifting and supportive of your friends. If Leo is your moon sign you are bold and very enthusiastic. You are full of warmth and light and it is very apparent to others.



**Virgo: August 23- September 22** Their symbol is the virgin (don't laugh); and they are ruled by Mercury, they are an earth sign. If your star sign is Virgo you are intelligent, hardworking, dedicated, analytical, and practical; but, there are also downsides to those characteristics. A Virgo is a perfectionist. They can be critical, judgemental, and are prone to overthinking. If virgo is your moon sign you are understanding, practical, service-oriented, and refined. You can get overwhelmed by everything you've put onto your plate. If Virgo is your rising, you are imaginative, reserved, trustworthy, and methodical. You're typically polite and care a lot about your reputation and how people see you.



**Libra: September 23- October 22** Their symbol is the scales of justice and they are ruled by the planet Venus; they are an air sign. If your star sign is Libra you are extroverted, passive, idealistic, avoidant of conflict, always trying to see the glass half full, and you have a hard time making decisions. You also can be vain, self-pitying, a people pleaser, gullible, and lack commitment. If Libra is your moon sign you always try to make peace; with your symbol being the scales, you strive for people and your personal relationships to be harmonious. You're a romantic, and sometimes flirty. If Libra is your rising, you are very social. You love putting kindness into the world and you are an overall pleasant person to be around.



**Scorpio: October 23- November 21** Their symbol is the scorpion and they are ruled by the planets Pluto AND Mars; they are a water sign. If your star sign is Scorpio you are ambitious, determined, honest, loyal, compassionate, and independent. You can also be moody, jealous, controlling, and impatient. If Scorpio is your moon sign you are sensitive, strong, committed, and mysterious. If Scorpio is your rising you are edgy, passionate, persistent, alluring, and mysterious.

(Continued Next Page)

# WHAT DOES YOUR ZODIAC SIGN SAY ABOUT YOU? (CONT'D)



**Sagittarius: November 22- December 21** Their symbol is the archer and they are ruled by the planet Mercury; they are a fire sign. If your star sign is Sagittarius you are curious, energetic, optimistic, compassionate, and grounded. But... you can be reckless, short-tempered, narcissistic, impatient, and irresponsible. If Sagittarius is your moon sign you are generous, boisterous, warm, and affectionate. If Sagittarius is your rising sign you are cheerful, energetic, fun-loving, and optimistic.



**Capricorn: December 22- January 19** Their symbol is the sea goat and they are ruled by the planet Saturn; they are an earth sign. If your star sign is Capricorn you are hardworking, ambitious, responsible, and organized. But you can also be critical, stubborn, pessimistic, procrastinating, and overly serious. You tend to put up walls and distance yourself from others. If Capricorn is your moon sign you have a strong urge to be productive and reliable, have success, and be level-headed under stress. If Capricorn is your rising sign you are stoic and poised, quick witted, and reserved.

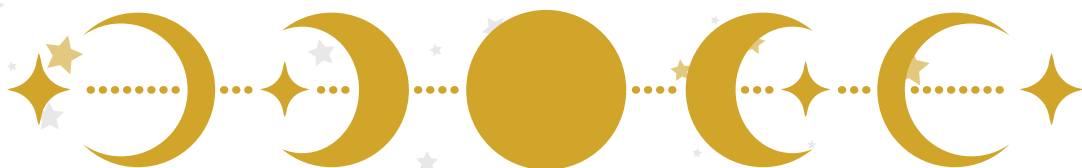


**Aquarius: January 20- February 18** Their symbol is the water bearer and they are ruled by the planet Uranus; they are an air sign. If Aquarius is your star sign you are analytical, progressive, creative, assertive, and confident. But you can be uncooperative, rebellious, detached, or arrogant. If Aquarius is your moon sign you are a humanitarian, aloof, but sociable, and you care more about others than yourself. If your rising sign is Aquarius, you are independent, innovative, idealistic, quirky, and supportive.



**Pisces: February 19- March 20** Their symbol is two fish and they are ruled by the planet Neptune; they are a water sign. If Pisces is your star sign you are adaptable, generous, imaginative, intuitive, and dreamy. But you can be closed off, moody, hard on yourself, lazy, and secretive. If Pisces is your moon sign you are empathetic, sensitive, idealistic, and romantic. If Pisces is your rising sign you are easy-going, good natured, and selfless.

And there you have it folks, your basic guide to your zodiac signs and what they say about you. Now if some of the characteristics for your sign don't match up with you, that's totally okay; sometimes they won't. But what's important to know...is that this might be a whole bunch of bologna, who knows; but I find these cool, and I hope you do too.







# THE WORLD TRADE CENTER: ITS BEGINNINGS

BY JOSEPHINE MARSHALL

If you're a student reading this, odds are the only thing you know about the World Trade Center is in regards to 9/11. But the history of the World Trade Center technically goes as far back as 1921 (eighty years before the tragedy even took place) when New York and New Jersey were given the green light from Congress to begin an interstate agency to develop and modernize the entire port district to improve commerce and trade. The Port of New York Authority, later renamed the Port Authority of New York and New Jersey, was chartered to build and operate all transportation terminals and facilities within a 25-mile radius of the Statue of Liberty.

The first mention of the words "World Trade Center" was in 1939. Originally an exhibit capping off the New York World's Fair, it was dedicated to the concept of "world peace through trade." Several years later, Winthrop W. Aldrich, an exhibit organizer, headed a new state agency with the proposed goal of creating a permanent trade exposition based in New York. Research indicated that the city would benefit more by modernizing its ports, however, and the plan was later scrapped. David Rockefeller, Aldrich's nephew and grandson of John D. Rockefeller, didn't forget the idea. He decided to revive the World Trade Center concept as the core of a revitalized Lower Manhattan. In 1959, Rockefeller formed the Downtown-Lower Manhattan Association. They would go on to plan a \$250 million complex, including a single 70-story office tower and several smaller buildings.

After constructing the Lincoln Tunnel and the George Washington Bridge, by 1960, the Port Authority had 5000 employees and more than \$1 billion in freight and transportation structures. Following their agreement to take over and renovate New Jersey's Hudson and Manhattan commuter railroad, which had its terminal on the west side of Lower Manhattan, they decided to move the trade center location from east to west, combining the two. This would lead to a bitter legal battle with representatives of Radio Row, a region bounded by Vesey, Church, Liberty, and West Streets with many electronic shops, as it would be destroyed. Ultimately, the Port Authority won the right to continue its plan. They had decided the trade center should replace the Empire State Building, as the world's tallest building....

*Please be sure to check out our next issue where we will continue to explore the history and legacy of the World Trade Center.*

# WORLD TRADE CENTER FUN FACT

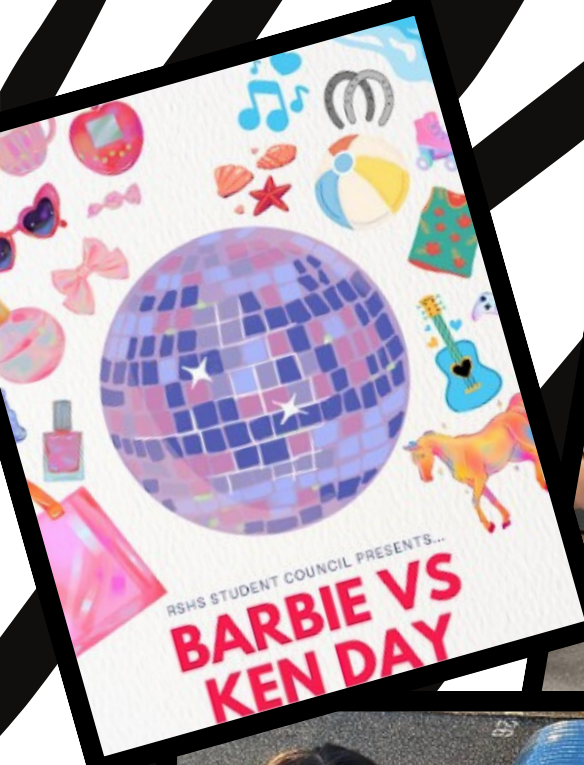
BY STEVEN HOLBROOK

In 1974, highwire artist Philippe Petit did a highwire walk between the North Tower and the South Tower. He did it in 45 minutes. He then got charged for trespassing. Later, he was freed in exchange for performing to kids in Central Park. A movie about the highwire walk called *The Walk* premiered in theaters in 2015. It caused some viewers at sneak previews to get sick due to the fact that the movie was made with 3D and IMAX and felt so real.





🐾🐾 SPIRIT WEEK 2023 🐾🐾





# SPRIT WEEK 2023



SPRIT STICK WINNERS

