

The O'Rourke Observer

March Edition

-2025-



**This year
the
Chiefs
and the
Eagles
were up
against
each
other for
the
second
time in
the last**



**In preparation
for The Super
Bowl our
school held a
Super Bowl
soup drive
where kids
could bring in
boxed items to
donate and
vote for their
favorite team!**

**What were
your
predictions for
the big game?**

Seasonal Affective Disorder

By Gwen

Seasonal affective disorder (SAD), also known as the “winter blues” usually occurs when the days get shorter in the fall and winter months. It’s when one feels “down” mentally during the cold seasons. Signs of SAD include persistent “empty” mood, loss of interest in pleasures and activities, feelings of guilt, worthlessness, or helplessness, and decreased energy or fatigue. In most cases, SAD develops in young adulthood. Studies show that people with SAD generally have reduced levels of chemical serotonin. Research suggests that sunlight affects the levels of molecules that help maintain serotonin levels. Shorter daylight hours may prevent these molecules from functioning properly, which contributes to the decreased serotonin in winter. SAD can be treated by light therapy, psychotherapy, or vitamin D.

Groundhog Day

*The groundhog says late winter,
but how accurate can a groundhog be?*

By:Emily

Although we often look to our groundhogs to see if winter is here to stay or if spring is upon us, it's often not an accurate source. For example, the popular Punxsutawney Phil from Pennsylvania is only correct about the arrival of spring roughly 30% of the time. You might be thinking, "If it's so inaccurate, then why do so many people look to the groundhog for answers?" It's mostly because of tradition that we celebrate on February 2nd. Meteorologists rely primarily on weather data, saying that the groundhog is not a reliable source. But only time will tell; will the groundhog be correct in 2025?

Work Cited

[https://www.wbez.org/
weather/2025/02/02/g
roundhog-day-weather-f
orecasting](https://www.wbez.org/weather/2025/02/02/groundhog-day-weather-forecasting)

The Lunar New Year

By: Marcus

This years Lunar New Year was one that makes New York history. As of last year New York has canceled school during Lunar New Year, becoming the first to do so and making many kids' days.

So how do you celebrate?

- **Set off some fireworks!**
- **Offer sacrifices to ancestors (maybe not)!**
- **Meet up with friends!**
- **Eat dumplings!**
- **Light and watch lanterns!**

See you in the year of the Snake!



sorrow heart summer.

A poem made with Poem Renovation

By:Emily

sorrow heart summer

death and existence stands apart

while the soul and its peace

release

sunshine and warm feelings unfettered

Try Poem
Renovation out
for yourself!
<https://poemrenovation.com/islink>

A photograph of a forest with sunlight filtering through the trees, creating a warm, golden glow. The text is overlaid on this background.

Every day Should Be Earth Day

By: Aramina

Some of you may be a bit high-strung by this, but think about it. On Earth Day, we all do more for the environment than most of us usually do in our lives. Earth Day is only 24 hours out of the 8,760 hours in a year. That leaves 8,736 hours in a year where the majority of us who don't care as much about the environment dirty our planet like we dirty our rooms. I know that if we all take part in making every day Earth Day, we can reduce the amount of waste exponentially.

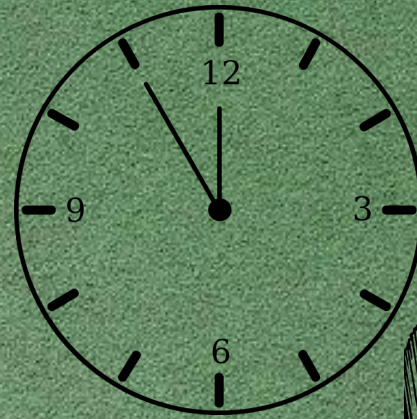
Time Management: How-to

Managing time can be difficult, but it is essential if you want balance in your daily life. With that, here are some tips to help manage time properly.

- Set priorities: What is the most important task?
- Make To-Do lists
- Create a schedule: Use a planner or agenda to keep track.
- Set smart goals: It's great to dream big, but are they realistic?

☆ Commitment: Commit to your goals and stick to a realistic schedule. Time management will benefit you in the end!

By:
Emily



<https://www.apu.apus.edu/area-of-study/math-and-science/resources/time-management-for-students/>

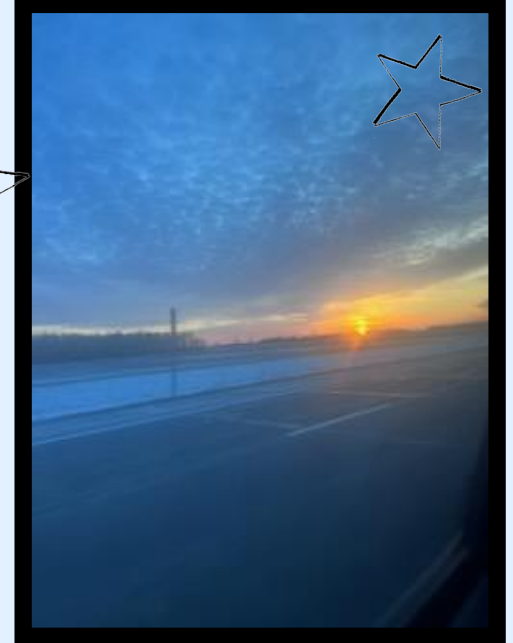
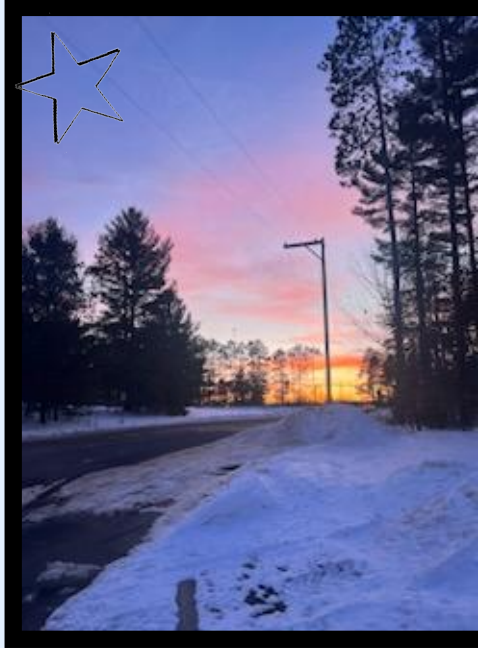


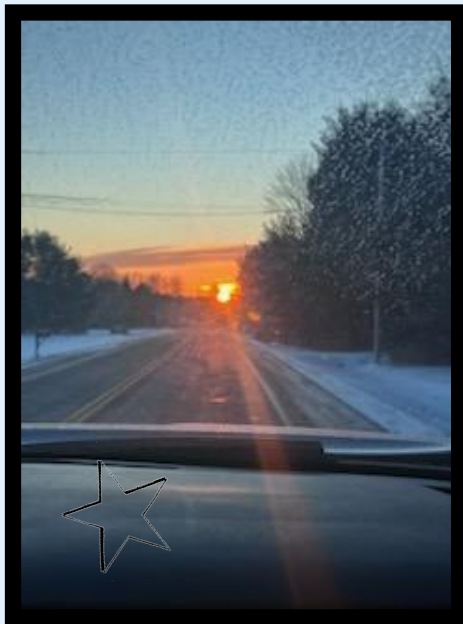
Observer

Gallery By:
Emily

Photos taken in
Western MI.

Date taken:
Late February
And March







-Thanks for reading!-

Our articles come out about every two months. We are always looking for new members, so share with a friend! If you have a writing, photography, or art piece that you would like to share, send it to vwadsworth@bhbl.org, and we will consider adding it to our next article!

Happy Spring!