



Youth of Today
Hope of Tomorrow



High and Low Pressure



Montrae Nelson
Four Points M. S.

Have you went outside and wondered why it looks so gloomy or why there's no clouds in the sky? Well, its simply high and low pressure effecting the weather outside and changing the look depending on the location. High pressure is the condition of the atmosphere in which the pressure is above average. This means that the cold air will over lap the air in the area and will go to ground level and the clouds would disappear making clear skies. This is also known as "Happy Weather" because of how it makes people feel relieved, happy, relaxed, etc.

High pressure days are very common, but low pressure days can be common to but not as good as high pressure weather makes you fell.

Low pressure is the condition of the atmosphere in which pressure is below average. This means the warmer air will overlap the colder air and rise up into the sky forming rain clouds and making a humid moist air. High pressure and low pressure are used for weather channels during the day. But they use H and L in different locations and heat and cold waves will point in a direction that means that that area is going to experience high or low pressure.

At my school (FPMS) everyone has to go outside and the first to say if it was high or low pressure that day wins a weather ticket. So if you get 5 ticket you can get ice cream from the cafeteria, its only a one time thing so you can only get it once. They want us to realize that weather and climate are two different things and that they are cause by something to make them happen. these are the main types of climate changes because there are more of them that support the climate change but doesn't effect them as much but assists. Thanks for reading!

Connally Cougar Basketball



Sarah Robertson
Connally H. S.

The road to playoffs for the Connally Cougars boys basketball team was a long and full with hard work. The first round of playoff was against the Hutto Hippos at Weiss High school, the Cougars fought hard won 60-41. The second round the Cougars traveled to Huntsville, TX to play against Huntsville High School, the competition was tough but then again, the Cougars overcame and won 60-52. Finally, the third round the Cougars traveled to college station to go up against College Station High school. Once again, the Cougars

won 55-47.

Now the Cougars were on their way to Houston for the 4th round. The fourth round saw a rough start for the Cougars, however, at the end of the fourth quarter the Cougars were tied 46-46 and had to go into overtime. The Cougars persevered and won 53-47. Lastly the 5th round that determined if the Connally Cougars goes to the state championship. The Cougars were up against another local team, the Manor Mustangs; the Mustangs and the Cougars are two discipline teams that are both hard working and have incredible athleticism. The fight for the game was close but sadly the Connally cougars fell short and lost a close game 46-49 to the Manor mustangs. I am extremely proud for my school and the hard work that was displayed in every game. I am excited but will have to wait until next year. Go Cougars!

I'm Starting Tumbling



Ruby George
Cele Middle School

I've been begging my mom to put me in tumbling classes for weeks, and now she put me in it! I have been really eager to learn how to flip, especially since I've been practicing for cheer tryouts. A week or so ago I was with one of my friends out and

about, and we stopped to drop her little sister of at gymnastics practice. I used to go to that same place a long time ago. I went inside to see if my old gymnastics coach was there, and he was! He was so surprised to see me. I told him that I was going to be trying out for cheer, and he told me that I should take tumbling classes there. I was already looking into classes at somewhere else, but I changed my mind because I would rather go somewhere I have been before, and be taught by my former coach. A couple days later, I find out I'm taking class. Thank you mom!

Mental Health



Tyler Allen
Gus Garcia YMLA

Last week a group of us went to a conference at the Palmer Center. One booth there had a table on African America Mental Health. I am always surprised when I read things that seem to imply that we are a different type of human. To me it should have said just "Mental Health".

The first problem it stated was that there were cultural biases that were preventing African Americans in general from accessing proper health care.

It said that across a recent 15 year period,

suicide rates have increased 233 percent among African Americans aged 10-14 compared to 120 percent among Caucasians. It said they metabolize certain medications more slowly than other groups. Yet they receive higher dosages of psychiatric medications.

African Americans comprise 40 percent of the homeless population and are only 12 percent of the population. People experiencing homelessness are at a greater risk of developing a mental illness. Nearly half of all prisoners in the United States are African Americans. About 45 % of foster care population are African American. This group tend to most likely to develop mental illness. The information was quite revealing.

This information was compiled by the "National Alliance on Mental health".

Spirit Week



SaNaya White
Ann Richards

The week of March 11th-15th marks my final school week before spring break. The Ann Richards School for Young Women Leaders is prepared for spring break as we transformed our last week into a spirit week. The purpose of

spirit week is to be recognized and express our school pride before we leave. Each day of the week includes something new, a new activity for us to participate in. Monday is meme day, in which we dress up in school appropriate memes. For our advisory activity, we will participate in the five woman race.

The five woman race is much like the three legged race. Each grade level creates two teams and we play against each other, the first to reach one side of the gym then back. Tues-

Captain Marvel Review



Ira "T.J." Williams
Cedar Ridge H. S.

On Friday, March 8th, 2019, the film "Captain Marvel" opened in theaters everywhere. The movie stars Brie Larson as Captain Marvel and Samuel L. Jackson as Nick Fury.

"Captain Marvel" is about an extraterrestrial Kree warrior who is fighting an intergalactic battle between the Kree and the Skrulls. Stranded on Earth in 1995, she keeps having flashbacks of her past life as U.S. Air Force pilot Carol

Danvers. With help from Nick Fury, Captain Marvel tries to put together the missing pieces of her past while harnessing her full power to end the war with the evil Skrulls.

"Captain Marvel" did a good job of setting up future movies within the Marvel Cinematic Universe with various references and its post credit scene. I thought Brie Larson had a great performance as Carol Danvers. She is definitely a good fit for the character and will help bring more development in future films. I'm looking forward to future movies to see how Captain Marvel further develops her skills and power.

The movie is rated PG-13. I would recommend watching this movie with an adult because it does have some harsh language and intense scenes.

Meteorologist



Ava Roberts
Pflugerville M. S.

On Saturday, March 9, I attended a career fair. It was hosted by Con Mi Madre from 8:30 a. m. – 12:30 p.m. at St. Andrew's Episcopal Church. The guest speaker of the event was Meteorologist Ericka Lopez. She works for KVUE in Austin, Texas.

After meeting

Ericka Lopez, I recognized that meteorologist is a Science, Technology, Engineering, and math (STEM) career. She told of her upbringing and why she chose meteorology as a career. She informed us of her academic struggles and the challenges of working in a male-dominated field. She gave us an overview of her daily work routine. She said she loves her job!

In the end, I learned a lot about meteorology. Although it is an interesting profession, I will keep my medical career outlook. If you love learning about the science of weather, meteorologist could be a career option for you!

day represents alphabet day. For alphabet day, we dress up as something with the first letter of our name. The advisory game is orange necking, and the human pyramid. For orange necking, each grade will choose a team of ten people. They will stand in a circle and when time is called will pass an orange to the person to the side of them, while only using the space of their neck and shoulder crease.

For the human pyramid, A team of six people from each grade will form a human pyramid. The first team to stay in formation for thirty seconds wins. Wednesday, is Western Ware. Advisory game, Five Minutes of Fame.

Grades will have the chance to put together a five minute performance and perform it on Wednesday. Thursday is Pathway Day, high schoolers dress in colors similar to their pathway. For example, my pathway is biomed, I will dress in blue along with the rest of my peers. The advisory game is crab soccer. Grades will pick teams of five to play soccer while crab walking, they will each have seven minutes to accrue the most points.

Lastly, Friday mark spirit day and pep rally. We were clothes that match our school colors to show our school spirit during the pep rally. This week will be a pretty good way to end the last week before break.



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