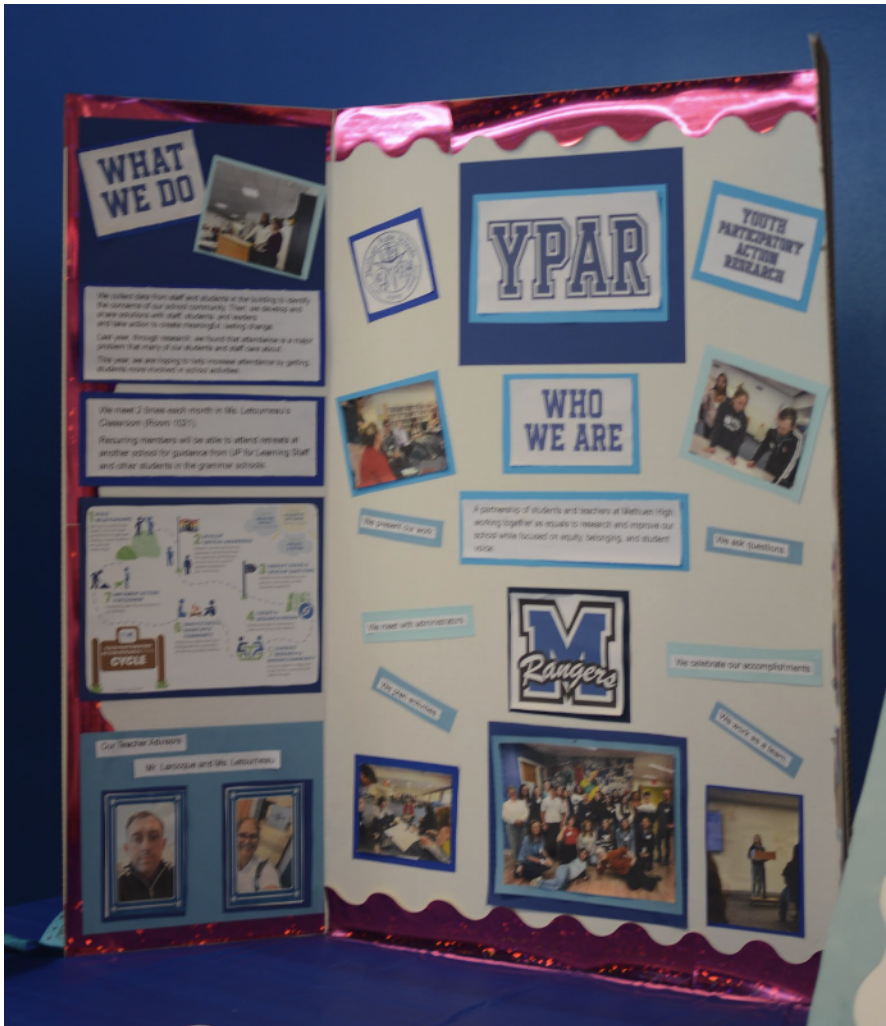


Dive Into the School Year: Clubs Offer Something for Everyone



Images Courtesy of The YPAR Club Members



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YPAR's First Annual Freshman Club Fair: Helping Freshman Find There Fit

By: Ayishah Rahman

In October, Freshman were given the chance to go to the cafeteria to explore different clubs that piqued their interests and passions. Each freshman was called down, and they all got to look around and see what clubs our school had and the ways they could sign up. This was the first time that Methuen High made this fair available to the freshman class and this was brought together by one of the clubs, Youth Participatory Action Research (YPAR). We interviewed the club leaders of YPAR, Isla Rapazzo and Allie Letourneau, about the club and the club fair. They stated that their goals for this club were “be able to change issues in our school that impact all students.” Also their goal this year for the club is to make change and improve the school by getting the students more involved.

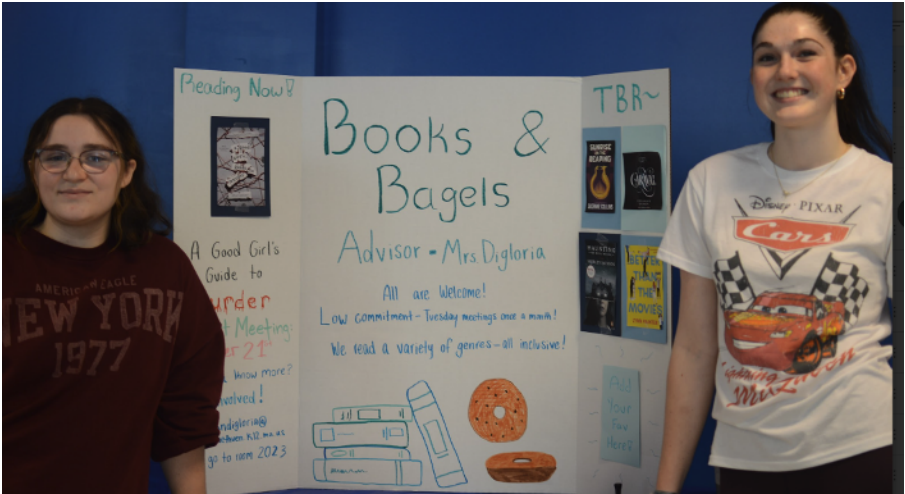
Images Courtesy of YPAR Club Members

Club Fair Cont.

Allie and Isla also reflected and noticed that when students are more involved, there attendance drastically improves. Students are at less of a risk to receive credit denial and do better in school because of having a club where they are a member. When asked about the success of the first school club fair, they replied by saying “they believe it was a success but they’re going over the data still to see if it made any difference in their participation and overall attendance.”

The club fair was a great experience and an excellent idea for all of the freshman. It provided an opportunity for the freshman class to see what is exactly offered. A freshman commented that they were not aware that we had a robotics club but when they saw the robotics club stand, they were really excited and surprised because they didn’t know our school actually had that.

Overall the club fair was a really good idea because it gave an idea of how the different clubs operate and when they meet up and such. It really did make freshmen feel like they are a part of the high school and it gives them opportunities to participate in the high school experience. Having students participate in clubs is a major part of the high school experience and it’s a great way to spend your free time and make new friends or connect with existing ones who are just as passionate about the thing you’re interested in. Considering this is the first year of doing something like, YPAR is continuing to make headway on their goals, and making the school better for everyone.



DECA Take-over: Back In Business

By: Laisha Vazquez
Tejeda



Image Courtesy of Club Advisor, Mr. Rogato

Out of the many clubs at Methuen High School, DECA has experienced unprecedented growth and success over the past two years, transforming from a relatively unknown club into a prominent force. This surge in popularity has many people asking, what is DECA?

The Distributive Education Clubs of America (DECA), is a non profit organization that focuses on developing skills in marketing, finance, hospitality and management. DECA helps students be more proficient in public speaking, presenting and in leadership. Members participate in competitions which include written and roleplay events. Students present to judges in showing their knowledge for business and their professionalism.

DECA first began at MHS in 2008 to bring opportunities for students interested in building real world business skills and preparing for future careers in business, entrepreneurship, finance, accounting. However, in 2023 the club took a new leap under the leadership of Mr. Rogato and Mrs. Thompson, exponentially increasing club membership and winning more competitions. Last year, 64 students from our school qualified for states and 5 students qualified for nationals, earning them a trip to Disney world and competing at the International Career Development Conference! Other than participating in competitions which include written and roleplay events, they also have fundraiser events in MHS such as Basketball 3v3 as well as additional fundraisers which are being planned for this year.

Under the leadership of Co-Presidents Tanzim and Alvin, DECA has gained over 200 members (254 exact) and are hoping for more. Their goal for the year is to have 300 members, have more people qualify for states and nationals, and participate & host more events throughout the year. When interviewing Senior Co-President Tanzim Mahmud, he gave advice to those who are interested in joining DECA:

Be open minded– don't be discouraged because of competitions and not being able to present professionally. We are all here to learn!

It's a great club to build yourself professionally and help with presentational/public skills

It is amazing for networking and overall a great time with your friends while you're competing academically.

Through its engaging competitions, collaborative projects, and real-world simulations, DECA prepares young individuals to become confident leaders and innovate problem-solvers. The DECA Club offers students an unparalleled opportunity to develop essential skills in marketing, finance, hospitality, and management. By encouraging a spirit of entrepreneurship and providing a platform for networking, DECA empowers students to excel in their future careers and make a meaningful impact in global businesses.



Senior Sunrise

By: Sophia Polit

As the sun rises on the dawn at Nicholson Stadium, our Class of 2026 seniors took the time to prepare for a year of bonding, growth, and memories that will last a lifetime. This final start-of-year celebration took place on Friday, September 26th at 6:15 AM and this occasion is just the first of the many others yet to come.

Seniors were able to spend time with fellow classmates, enjoy the slow and peaceful atmosphere, and enjoy many breakfast treats with the charitable provisions of donuts and munchkins by Heavenly Donuts. This was largely appreciated amongst students, and was made possible through the help of..

- Class Advisors: Mrs. Melanson and Mr. Rogato
- Associate Principal: Mrs. Javier
- Class Officers: Gabriel Nyarko, Alvin Nguyen, Jillian Tran, and Dylan Sweetser

We asked Gabe, our current senior class president, a few interview questions on what the outskirts of this task looked like. Some of these questions include:

- ❑ Q1: What was the process of starting up Senior Sunrise?

• A:

“Well, our Associate Principal set up the location and time. As for class officers, we kept our class informed-like our announcement of senior sunrise at the school assembly. A personal responsibility that I had was requesting Heavenly Donuts to sponsor our senior sunrise with donuts, munchkins, and other treats. I was assisted by our class treasurer Dylan Sweester.”
- ❑ Q2: What other senior events are upcoming? What are you looking forward to as the year progresses?

• A:

“Our next senior exclusive event is the New York Trip in December. However, we do also have a role to play in the annual pep rally!”
- ❑ Q3: What is your advice to future senior class officers when managing these large events?

• A:

“My advice is that you should definitely hear out what the class wants. You may want something that the class doesn’t, and as a leader, you must be able to recognize that truth. I also recommend to plan ahead for everything as much as you can. You should be the most informed compared to your class so you can inform them properly!”

Despite the gloomy weather prior to the event, students expressed their time they enjoyed with fellow classmates, and the loving atmosphere of the morning that started their day on the right note! Senior Sarah Baylis explains “The sunrise was absolutely gorgeous, so much so that it looked like a painting! Everyone definitely got great photos, and had an even greater time!”. Kelsey Garcia adds that “I honestly really enjoyed senior sunrise!! I loved the fact we compared the sunrise to the beginning of the final year.”

On the contrary, others emphasized some of the mishaps and downsides of the rainy, damp environment. Another senior, Kelly Lutz, suggested that “Maybe if they could wipe the seats first because some people slipped.” Similarly, Brady Ngyuen adds “Everyone [was] wet and it was kinda cramped...the sun was already basically risen.” He recommends to host the event earlier next time!

Senior Sunrise was a great and impactful beginning for the new and final school year of the Class of 2026. Charlee Mastorakis described her experience as “A fun and calm way to celebrate senior year.” Subsequently, all Methuen High students were given an early release with the annual Homecoming Dance later that same evening.



Image Courtesy of the Senior Class of 2026

The Haunted Homecoming

By: Ivette Melendez

On September 26th, 2025, a chill filled the air as our spooky homecoming took place. Cobwebs hung from the ceiling and spiders dropped from them as the night went on. Projectors showed spooky images of skeletons and zombies as the night continued. It was definitely a night of dancing and hanging out with friends to be remembered. Some of the highlights of the dance that students recall include: The photo booth, and that the lights were off, giving the cafeteria an eerie vibe.



The dance overall had a good turnout, with many people enjoying themselves and taking photos with their friends. The photo booth, as mentioned above, was a HUGE hit with students. No matter how far into the dance you were, you would 100% see a line. Unlike in middle school, a new improvement for some freshmen was that you actually got a physical copy of those photos, so you can hold them, put them in your phone case, or even just put them in a scrapbook to look back on.

9th grader, David Finnerty told the Blue and White: “I made a few friends, the people are really nice. It was a great environment to be a part of, and I'm glad I came.” However, a lot of students felt that their experience could've been improved when it came to the music, and the content. One student stated “I think it was just a little boring because not a lot of things were going on.” According to the survey that the Blue and White provided, a large majority of the homecoming attendees were sophomores, followed by freshmen.

This data is representative of how freshmen and sophomores enjoy having the opportunity to dress fancy and celebrate- whereas the juniors and seniors have many more opportunities for this. These types of dances bring unlikely groups of friends together, and foster a sense of community for freshmen coming from all four grammar schools in the district. This was a great way to start the school year, and it might not be the most memorable for most, but there are definitely some great memories.

On a final note, I’d like to give a shout-out to our student council who helped organize and set up the dance. They did a phenomenal job! Thanks to them, our community can strengthen our bonds through volunteer work, and even just supporting our school clubs by attending events like this!



The Haunted Homecoming Pictures



Methuen Marching Band: Behind Closed Eyes

By: Kaylie Lam

Image Courtesy of the Blue&White Staff



From late night rehearsals to halftime show lights, the Methuen Marching Band has been perfecting their 2025 show, “Behind Closed Eyes,” since the beginning of June. Drum Major Sophia Mayole highlights the effort and improvement of the band this season, saying, “I’ve seen tremendous improvement in the Methuen Marching Band. Last year wasn’t our best, so I’m thrilled to see how much we’ve grown.” She reflects on the many changes the band has made for this season, including introducing an entirely new marching band show theme this season. “The band directors and staff have come up with something completely different from what judges have seen from us in the past. Methuen Marching Band has been well known for performing shows centered around a single movie, video game, or franchise, building the performance around its soundtrack. However, this year we took a new approach and created a show inspired by the style of professional marching bands,” said Mayole, who believes this is a major factor in the band’s success so far.

Image Courtesy of the Blue&White Staff



This year’s show, “Behind Closed Eyes,” is all about dreams, nightmares, and altering realities. Some song features include, *Pure Imagination*, *Sweet Dreams (Are Made of This)*, Cinderella’s *A Dream is a Wish*, and *Dream On*. Each song is meant to emulate a different aspect of the show’s theme, whether that be lighthearted dreams or haunting nightmares. “It’s filled with intensity and includes many beautiful and unique elements. The show’s unpredictability keeps everyone

excited to learn and perform it,” Mayole stated. In previous seasons, Methuen’s Marching Band shows mostly focus on the band’s musical performers and set aside the visual aspect of the show. However, with the growing success of Methuen’s Winterguard, “Behind Closed Eyes” focuses not only on the musical aspect of the band, but also the visual aspect. “Behind Closed Eyes” combines both the band’s skillful playing, and the colorguard’s accomplished work, to ultimately create a unique show that has become the best post-COVID show Methuen has ever produced.

“Behind Closed Eyes” has been showcased at Home Varsity Football Games, and competitions all throughout October. Competitions are held by an organization called NESBA, New England Scholastic Band Association. Methuen had their first competition on Saturday, October 11th, being the last band to start competing in their division. Despite this setback, they scored an 85.16 and 3rd Place! Scores are determined by judges around the region who score the band in three different categories, Overall Effect, Ensemble Analysis, and Individual Performance. Overall Effect focuses on the show as a whole, Ensemble Analysis focuses on the technique of the band as a whole, and Individual Performance focuses on the technique of individuals in the band. All three of these categories are scored and added up into one final score, which determines the band’s final score and placing. Along with this, bands that compete under NESBA are also divided into divisions based on sizes. Methuen competes as a Division 5 Band, being one of the biggest bands in the New England Region! The Methuen Marching Band competes against some of the best bands in New England, including Wakefield and Oakmont Overlook, which are also some of the best-funded bands. Despite Methuen being at a disadvantage compared to other bands with better fundings, Methuen has proven to the other bands that they are a worthy competitor.

The Marching Band still has two more competitions in Wakefield and Reading, and Finals in Lawrence, where they hope to progress even more and improve their scores. Mayole is pleased with this newfound progress of the Band, saying “As the drum major, I can confidently say we’re in great shape and I couldn’t be prouder of everyone in the Methuen Marching Band!” With their upcoming performances, don’t miss the chance to watch the Marching Band’s, “Behind Closed Eyes!”



Drum Major Sophia Mayole

Teamwork Makes the Goal Work for Girls' Field Hockey

Image Courtesy of the Blue&White Staff



By: Brittany Boisselle

Methuen Varsity Field Hockey is currently ranked 34th in the MIAA division 1 power rankings with a record of 9-3-1. Despite graduating three seniors last year with huge impacts overall on the team, the field hockey team has shown great growth this season under new head coach Cait Connolly and captains Neah Nyguen, Emily Barbosa, and Alexa Bonigourio. Coach Cait has stepped up to work with a team that was struggling with their overall skill level. By showing the players her confidence in them many players have had huge improvements including Olivia Nyguen and Kelsie Morris. Players have had opportunities to play in the varsity games after sitting on the bench in the past. Chloe Cashman, Alice Sakalaris, and Olivia Nyguen now start! Multiple players have gotten their first career goals including Kenzie Costa, Brittany Boisselle, and Chloe Cashman. With star forward Ava Nartif continuing her young career with multiple goals throughout the season. Goaltender Sophia Barbosa has had an incredible season with amazing saves. With a young team and only five upperclassmen as well as Coach Swales’ resignation as head coach, Methuen field hockey was expected to have a hard season. The schedule was not the only difficulty the team would face throughout this year. The big question was whether this team would be able to come together as a family and work through the hardships as a team.

Throughout the season, Methuen field hockey has not only grown with physical skills, but also showing improvement with teamwork and sportsmanship. Even through tough losses the varsity team has stuck together and put in the work everyday to become the best they can. During preseason Methuen tied Central Catholic in a scrimmage 0-0 for the first time in history. They continued to win many games giving them a winning record. Methuen recently had a huge upset against Ipswich winning 1-0 in the last quarter after a goal from Alice Sakalaris. Methuen has three games left of their season and are on track to make states after falling short last year.



Inside the Huddle: Methuen Breaks a 15 year Drought Against Central Catholic



Photo's Courtesy of Jacob Neang:

By: *Kaylie Lam*

It was a night that will go down in Methuen High School history. Under the bright Friday night lights, the Rangers took down rival Central Catholic for the first time in 15 years — and the entire Methuen community was there to feel every second of it.

Football Player, Cole Smith shares his personal reflection of the before, during, and after game:

“The atmosphere leading up to the game was incredible, it was honestly one of the best atmospheres I've ever seen. The excitement and energy building up throughout the school leading up to the game was unmatched, and the crowd was electric from start to finish. And that excitement from the crowd helped fuel us during the game.

The game was intense from start to finish and both teams made exceptional plays. But we came out ready to play and executed our plays when it mattered the most. There were some huge defensive stops that really shifted the momentum, and our offense came through in key moments. Everyone stepped up when we needed them to. It's hard to point out just one play because the whole team

made great plays all night.

The student section was alive and loud the whole game. The turnout didn't disappoint at all, the student section was full and had energy all game. Looking throughout the sidelines and stands, there were a bunch of teachers that showed up to show their support also. Towards the end, seeing the students rush onto the field after the game was a perfect way to cap off such a huge win.”



Alexander Santiago Gomez and Jeyvien Deleon

Inside the Huddle with Coach Ryan Dugan



New Head Coach, Ryan Dugan, also shared his thoughts on the big win, reflecting on key plays made by the defense and offense. “Cole Smith interception return for a TD to clinch the win will be something I remember for the rest of my life. Josh Defatima catching 4-5 of his "Fist Leak" plays means that we don't win the game unless the team executes them and his 30 yard caught pass that wasn't really open...probably won us the game.” Even when Central scored points, the team never faltered. Coach Dugan explain that when the bad things happen during games, they teach the team how to respond with "energy and effort" and that the

culture of the program really helps build that for every game. He specifically mentions how, “All players were into the game. Vinny DeMaio is always the top leader during games for morale and getting the boys going... I'm just so happy for the kids that they have been able to experience so many cool things this season that they will remember forever. We have overcome a lot of adversity in so many ways. I am very proud of how the team has responded to it all. ”

As the team heads to the playoffs, some players have also reflected on the progress of this season. Senior, Dylan Sicard, stated that "this year we made so many changes on offense and defense, which has really helped the way that we work as a team and do things. I think our team is mentally stronger and more prepared to face any adversity as we head to the post-season."

Methuen's win against Central is not just a win for the community, but a reflection of the growth and hard work that has been put into this program. Go Rangers and Good Luck on the playoffs!



Joshua Defatima, Elie Bouchaaya, Thomas Rodriguez

SENIOR SPOTLIGHT - OLIVIA LEFEBVRE

By : Jacqueline Mastro



After spending the last five years on Methuen High School’s color and winter guard team, captain Olivia Lefebvre has grown a lot since her beginnings in the sport. Now, as a senior at MHS, she reflects on the time she's spent on the team and what it has meant to her to be a captain.

Her introduction to guard is almost funny, with her older sister and her friend, who were part of the team, forcing her to join in eighth grade. Olivia wasn’t big on the idea, but her sister insisted that she would enjoy it, almost like she could see the future. So, Olivia went to rehearsal in the summer of 2021 as one of the youngest on the team. Anyone would be nervous in a new place, but Olivia says that those nerves quickly faded after she started rehearsal. “Everyone was so supportive,” she remembers. “The energy was great. I even went home to show my mom the new skills I learned.”

As a new member she was put on flag, one of the three instruments the team offers and what beginners start with. In the first show, Time, Olivia reflects on the moments of her team comforting her before their first show. The environment was one of the most supportive she's been in, which is what she attributes her success to.

On the question of why she returned, she responded, “It sucks you in because it’s so fun and the energy is so great.” A testament to the kind of family guard creates.

The next four shows, Alice, Zelda, Maleficent, and Bond, strengthened this connection that she felt with her team and the sport. When the winter season came around in sophomore year, Olivia had been promoted to captain alongside an upperclassman for the show Only Murders. During this season, Methuen had a fiery rivalry with Stoughton, constantly competing for first. Before finals however, Olivia had a feeling that a loss was coming. So when it was announced that Methuen got second Olivia wasn't surprised. “I felt disappointed, but I had a gut feeling of what was going to happen.”

This loss wasn't going to be their downfall, and instead she turned it into a fierce motivation to improve herself and her team for next season as a true captain. With the feeling of winning so close, she knew she couldn’t give up. This motivation started to show itself with a running start during Train your Dragon with MHS guard scoring higher in every competition. With Olivia as their captain, the team only knew improvement.

Going into the Junior year winter guard show, Happier Than Ever, she recalls the importance of that show on both herself and the team’s connection to the sport. That season they were undefeated, and as they approached finals Olivia didn’t feel the same as last year. She knew they were going to win, and the rest of the team had that feeling they won as well, leaving their all on the floor during the show. MHS took first in finals, but that show left the guard with more than just victory. “Now I hear the strums [of Happier Than Ever] and it makes my stomach drop. I was so overwhelmingly proud of myself and my team.”

With the team now closer than ever and entering a high division of competition, Olivia has offered a few quotes that seem fitting to end off the article with.

Q- “What are your thoughts on the upcoming season?”
A- “It’s looking like it’ll be our best season yet. Somehow, we will top Happier Than Ever. We will push ourselves even harder.”

With the team now closer than ever and entering a high division of competition, Olivia has offered a few quotes that seem fitting to end off the article with.

Q- “What are your thoughts on the upcoming season?”
A- “It’s looking like it’ll be our best season yet. Somehow, we will top Happier Than Ever. We will push ourselves even harder.”

Q- “What’s bringing you back to the sport?”
A- “No matter how many times you wanna quit, you never will because you love what you’re doing.”

Q- “How do you feel about leaving after this season?”
A- “I’ve created very good bonds with my teammates, and I love each of them. I can’t imagine moving onto a different team. This is my team.”

Olivia has made a great impact on Guard at MHS, and we are all wishing her good luck for this upcoming season and her decisions after high school!

Demon Slayer

By: Riham Tetbi

“If you are feeling disheartened, that you are somehow not enough. Set your heart ablaze.”

You may recognize this quote, among many others, to be a part of the worldwide phenomenon, *Demon Slayer*. This September, a new addition graced our presence: *Demon Slayer Infinity Castle*. This movie was the direct sequel to the 4th season and started off the newest arc : Infinity Castle. All the series and movies including this one are all based on the Manga series written by Koyoharu Gotouge.

Infinity Castle arc broke crazy records, making \$70 million in just the first weekend of its release. The movie is now the fifth grossing movie of 2025 and the *highest grossing* international film ever in the US!

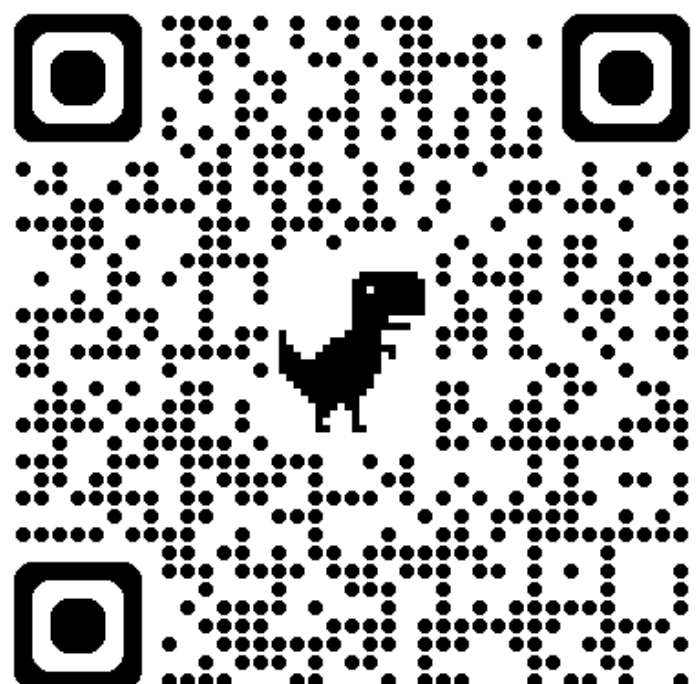
Infinity Castle had a stunningly positive reaction. Viewers claimed the story was captivating, the animation was better than its predecessor and the spectacular emotional story is eye watering. On the other hand, some critics argued that the movie did not need to be 2 hours and 30 minutes long, claiming that it “dragged on.” at times. Others felt there wasn't enough time for all the plot to develop. Even with this criticism, the overall feedback was extremely positive, demonstrating its power(or influence) over the manga genre.

Anime movies were historically not shown in nationwide movie theatres, especially in the US. With recent successes from Demon slayer, movies and others we have finally gotten to see them rank up in Hollywood movies. Upcoming anime movies to come out include “*Chainsaw Man: Reze Arc*” on October 24th and “*Jujutsu Kaisen: Execution*” on December 5th. These movies may not be able to break Demon Slayers records but are highly anticipated. Others have seen more like in anime after the Demon Slayer Infinity Castle release which really highlights the success of not only the movie but also anime in general.

Anime and manga have proven to be a huge part of Gen Z culture and should be represented more. With the rising success of anime and manga we could expect to see more manga on our local shelves and more anime in our local movie theaters. Have you found yourself looking for Demon Slayer manga or any manga in general in our library? You and many others have. If you have we would love to hear from you in an attempt to expand our school's manga selection.



If you liked this review and would like to see more please fill out this google form. What type Animes would you like to see on our next Issues? Would you want an Anime club at our school?



Double Infinity, Next To Eternity



By Janely Sanchez

Double Infinity is an indie rock album created by the band Big Thief, and it was released on September 5th, 2025. Originally, the main agreement was a heavy rock album, they then switched to a stripped-back album by isolating themselves in the woods. Realizing they needed a community to work on the album and getting multiple collaborators to help work on it, the trio moved to Manhattan to be closer with friends. Adrienne Lenker, the lead vocalist and guitarist, says that the album is the embodiment of shouting from the mountain and all the way into the core of the earth. The album shares views of love, aging, and acceptance, along with getting through life.

Their first single for the album “Incomprehensible” was released on June 3, 2025. The song gives a unique vibe of calmness and vulnerability of being different. To be incomprehensible is to be something so different and obscure, as if normality is nowhere to be seen. Lenker sings about younger memories, reminiscing on the past yet discarding it as if it isn’t important anymore by singing “Traveling with some stuff I left when I was a kid, Mr. Bear and the wooden box I hid, full of broken gadgets that mean nothin’ now, the only things I’ll keep are the letters and the photographs.” The song immediately jumps to the beauty and privilege of becoming old and how society treats being young as normal and beautiful, that aging is abnormal and should be prevented. Big Thief reveals the beauty standards of not getting “saggy” or “gray”, but bringing up grandparents and older folks wrinkling like the river and sweetening like the dew as a form of accepting mortality and the physical attributes of aging. Abnormality is something to embrace and never let others discourage the uniqueness of a person. Lenker sings, “Let me dance in front of people without a care, let me be naked alone with nobody there, with mismatched socks and shoes and stuff stuffed in my underwear.” Things that are considered strange are comforting or freeing for another, and Big Thief explores that aspect of life with open eyes.

The second single from the album is “All Night All Day”, released on July 9, 2025, and is a very intimate and loving song. It mainly touched on the intimacy of a partner and the touch of another person, with lines describing the feelings of being with someone you love. The double meaning of “swallow poison, swallow sugar” gives the relationship of the two people in the song a bittersweet feeling, with poison and sugar giving the same effect or “high”, yet the singer declares their relationship to be neither sugar nor poison. Big Thief

states that love is just a name and a thing we say, as if declaring some things as love is unworthy of a name. Relationships are wonderful within the aspect of closeness and intimacy, yet we ascribe that to be our everything.

The last two singles are “Los Angeles” and “Grandmother”, both released on August 5, 2025. “Los Angeles” sings of love again, with lyrics like “I’d follow you forever, even without looking, you call, we come together, even without speaking.” This could be being in love with a specific person or rather the city, as the ocean also is referenced as taking the embodiment of anything that incorporates love into its meaning and purpose. “Grandmother” continues the conversation of morality and aging, with Lenker using some actions of herself like dancing, then realizes that it may soon end with her growing too old and dying. Lenker sings, “tight, sleep loose, it’s alright, everything that happened, happened, so what’s the use of holding?” The topic of meaninglessly holding onto the past when it doesn’t matter comes again, further explaining the impact of the present moment. The song continues to sing of love and mistakes, but also growth and forgiveness of the past, seeing love through every bad thing that happens and learning whether independently or dependent on another.

Tik Tok Trends: 6 7

By: Elier



Have you ever said the numbers 6 and 7 just to be faced with laughter? Have you ever solved a math problem with the answer being 67 and students gesture their arms at 90 degree angle swinging their arms up and down with palms up? Have you wondered what these two numbers mean and why they are so special? Then you’ve come to the right place, unc (someone who is old, out of touch, or old-fashioned). In this article we will explain the meaning of the sacred two numbers, 6 and 7. As an unc, it might be a surprise to hear that there isn't much of significance to these two numbers, the meme of referencing “6-7” whenever these numbers are

said came from a song made by Skrilla named “Doot Doot (6 7)”. As soon as the song was published it went viral for the numbers “6-7”, this inside joke was most prominent in younger middle school kids but over some time slowly it has made its way into your high school classrooms. Once it had reached the high school audience it gained more comedic affect, in a way to mock the younger kids who truly thought the song was cool. The numbers “6” and “7” truly have no significance and us gen Z and gen Alphas understand this, but there is still tons of humor in seeing you uncs struggle to grasp the idea of the revolutionary “6-7” meme.

To recap, the “6-7” meme means absolutely nothing, this is just a reference to a cringey song that is thought to be more funny than cool. You might not get it but to us these are the kinds of jokes that have us laughing together. And before you judge us, just remember the days where you all used to laugh at “your mama” jokes, or “that's what she said” jokes, and even the numbers of a cringey song, “17 38”. All generations share their own cringey funny trends and “6-7” is not an exception to this. 67 is just another funny trend we can all laugh about as a generation.

So uncs, if you found this article helpful, informational, or interesting and want to tap into the world of the younger generation, email me at 41442@methuen.k12.ma.us and tell me what gen Z trend or meme you want the next article to be about.



Alzheimer's Awareness

By Sabiel Sanchez

Did you know in the United States, approximately 6.5 million Americans aged 65 and older have Alzheimer's? This number in 2060 is expected to nearly double.

According to a 2025 study, individuals after the age of 55, face the risk of being 42% more likely to be diagnosed with dementia. Fortunately, scientists have discovered a breakthrough to help with early intervention by finding pulses in the brain!

Every heartbeat sends a pressure wave from our heart to our brain. This motion is called a cerebral arterial pulsation and has been a key role in brain health. However, scientists have not been able to unlock the mystery behind how these pulses affect our brain.

Scientists from the Mark and Mary Stevens Neuroimaging and Informatics Institute (Steven's INI) at USC's Keck School of Medicine made a significant breakthrough to see how these subtle pulses can help us deepen our understanding of dementia, aging, and neurological diseases like Alzheimer's.

For years, these pulses were unable to be detected without using invasive methods, which are mostly used in animal studies. The USC team used an Ultra-high field 7T magnetic resonance imaging(MRI), creating the first ever noninvasive method for measuring the contractions and expansion of the small blood vessels that are in sync with the heartbeat.

"Our new method allows us to see, for the first time in people, how the volumes of those tiny blood vessels change with aging and vascular risk factors. This opens new avenues for studying brain health, dementia, and small vessel disease," said Danny JJ want, PhD, professor of neurology and radiology at the Keck School of Medicine.

As age increases, microvascular pulses increase, potentially accelerating memory

loss and the progression of Alzheimer's disease.

This is a disease affecting society that needs urgent attention. Alzheimer's affects the individual as a whole, but also the people around them. Family and friends of those affected are slowly being forgotten and eventually the victim of the disease will forget them. Imagine your grandparents are slowly losing their memory of you? Little by little they're forgetting those core moments you shared with them, wouldn't that hurt you? Think about them as well. They have no idea that they're losing their memory. For them, they're confused. They may think:

"Who is this person? It seems like I should know them, but I don't."

"Did I feed the dog?"

"Did I take my medicine?"

These are all questions individuals with Alzheimer's may think. Their minds are racing with confused thoughts. Do we want them to feel this way? No, we do not. That is why this breakthrough is so impactful to society. This new finding could help ease their confused, racing thoughts and preserve their memories from withering away.



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