

# Opinion

## How do you VIBE?

by Joseph Alvarez

When you first wake up, most people tend to start off their day with something to get them into a better mood.

Music is a necessity that people find very important to their daily lives, and some cannot even live without it.

Everyone around the world has their own taste in what music they choose to enjoy. Many different genres, styles, and even different languages in music.

Ever wonder what people around you on campus were listening to while having their earbuds in?

Whether it is slow, fast, loud, or soft, it seems to be to a variety to the students on campus.

The main reason why students enjoy listening to music is the affect it can have upon your mood. It was researched that happy beats of music cause our brain to produce chemicals like dopamine and serotonin which secretes the emotional notion of "joy." Music has a profound impact on lowering stress levels and relaxing your body, perhaps after a long day or as Finals draw near.

Music brings people together and has been a great subject for people getting to know each other.



So, what really enables music to connect one with another? How does one have personal connections with what they listen to day-to-day?

"I really enjoy reggaeton and I really connect with others since others and myself really enjoy listening to it and dancing to it as well" claimed sophomore Melanie Magana.

When you go online you find people that listen to exactly what you like, this can spark an immediate bond. The release of endorphins and neurochemicals can be caused by playing music and this is due to bringing about social closeness.

The topic of music has been one of the most important subjects known to mankind since the 19th century.

Personally, it took a while to find what my music taste was and what I actually felt good when listening to it. It started once I expanded my choices and recognized all the different types, whether it was old songs, newly released, or hyped-on songs.

How does music make you feel? Has it changed your lifestyle at any way? This question made me think—think of how music has perhaps changed my lifestyle. For starters, music has impacted a ton of aspects in my personal lifestyle,

including the way I dress, act, and just live in general. Data from varying Internet sources, shows that music has multiple effects on the human brain and generally has its ways on impacting the brain in a positive.

I can tell you this, without music, life would be bland and boring. Humanity relies on music to bring one another together socially.

Music is a huge aspect and helps people with many occurrences they deal with overtime.

So, ask yourself: *how important is music in my own life and how do I incorporate it into my daily activities?*

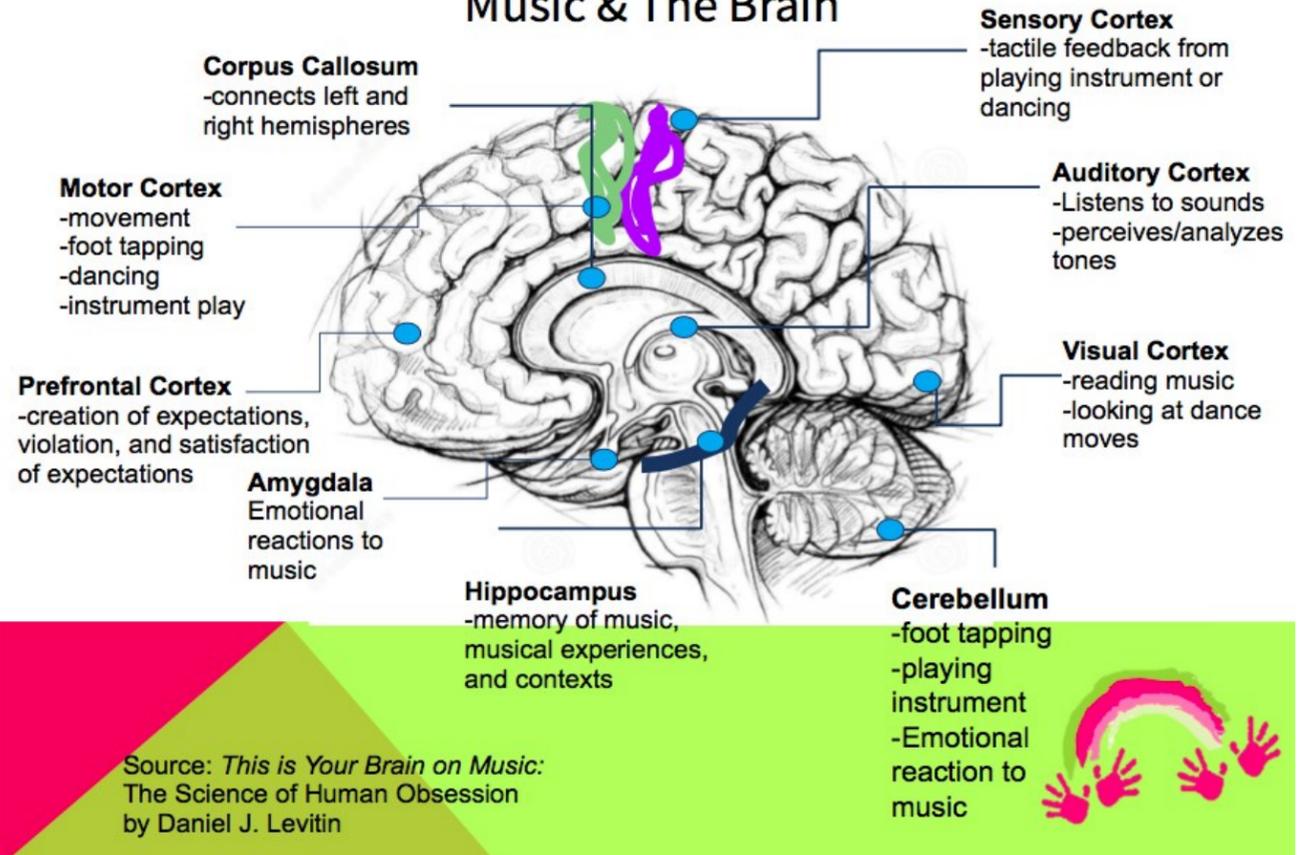
Not So Xmas continued.



the Plastics sing "Jingle Bell Rock" in front of the whole school.

Heron, entering a new high school and meeting a group of mean girls called "The Plastics". Cady soon befriends them when she falls in love with one of the girl's—Regina George's ex-boyfriend. The film is set in the span of a whole year but includes an iconic and hilarious Christmas talent show scene where Cady and

### Music & The Brain



# Endeavors of READING

by Ailene Roque

In a busy world like today, reading is one of many activities that require an intricate devotion of our time. It takes balance and dedication to conquer a single book, but the end result can be gratifying, resulting in newfound knowledge and perspective.

The school library harbors an environment that allows students to further their work ethics beyond the classroom setting and allows students to surround themselves with the company of friends and peers. For those seeking to divert away from their work, the library also has you covered with a diverse selection of books to choose from.

Better yet, the AB Miller library has recently expanded their book selection and allocated plenty of new novels that have been most recently published. In dedication to the library's newest additions, a small shelf has been put on display to demonstrate the newest titles available for students to check out.

Since the display's initial appearance in the library, many of the new books have quickly caught the eye of students, leaving very few newly untouched novels to read. Gearing into the direction of finding a new book can be quite daunting, but with insightful guidance and recommendations from AB Miller students, finding the right book might be at high stakes. Whether you are seeking a stand-alone book, or possibly in search of endeavoring yourself in a book series, our students have you covered.

Annette Orozco, who is a current junior, commented that her favorite book is the *Time Between Us* by Ireland Stone. Annette describes the book to be both "suspenseful" and



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