

# Madison Central

# UPROAR

Volume XXV • Issue 1 • 2020

## VIRTUAL VS. IN-PERSON LEARNING

**Emily O'Reilly**  
EDITOR-IN-CHIEF

This school year is different for students and faculty alike. The Madison County School District gave the option for students to do virtual learning or in-person learning. In Madison Central, 180 students have opted to do virtual learning. Marshuna Pippin (12) chose to do virtual learning because her parents have underlying health conditions. "My mom recently had surgery, so it increases her chances of catching the virus. I don't want them to end up catching Covid-19 from me," she said. That is a reality for most students doing virtual learning. They are around families with underlying health conditions or who are immune compromised. They, themselves, might even have health conditions that make them unable to go to school in-person.

Virtual learning was not the first option for everyone. Omari Daniels (10) chose virtual learning because of, "the loss of my very close cousin and his wife."

When they both passed away from Covid-19, I realized that anybody could die from this. My parents are elderly, meaning if I went, I'd be putting them at risk. In my mind, it became, "you are staying home, no questions asked." As of November 13, there have been over 131 thousand cases and 3,514 deaths in Mississippi. In the United States, there have been 10.3 million cases and 240 thousand deaths (*The New York Times*).

With Microsoft Teams and Edgenuity, students can learn at their homes. Microsoft Teams allows the student to chat with their peers and teacher on a video call. Edgenuity "replaces three of my classes with pre-recorded classes where you take notes and answer the questions," Daniels said. Due to the district issued guidelines, some classes and electives of virtual learners were prohibited. Daniels signed up for AP World Geography and AP psychology but was unable to take the AP classes. There is not a virtual option for AP classes or extracurricular activities like Reveille, which Daniels was accepted into.

Like how it was in the spring, online classes give students flexibility. That does not mean there are not any challenges. Pippin said, "Being self-taught is more difficult than engaging in the classroom, but I can handle

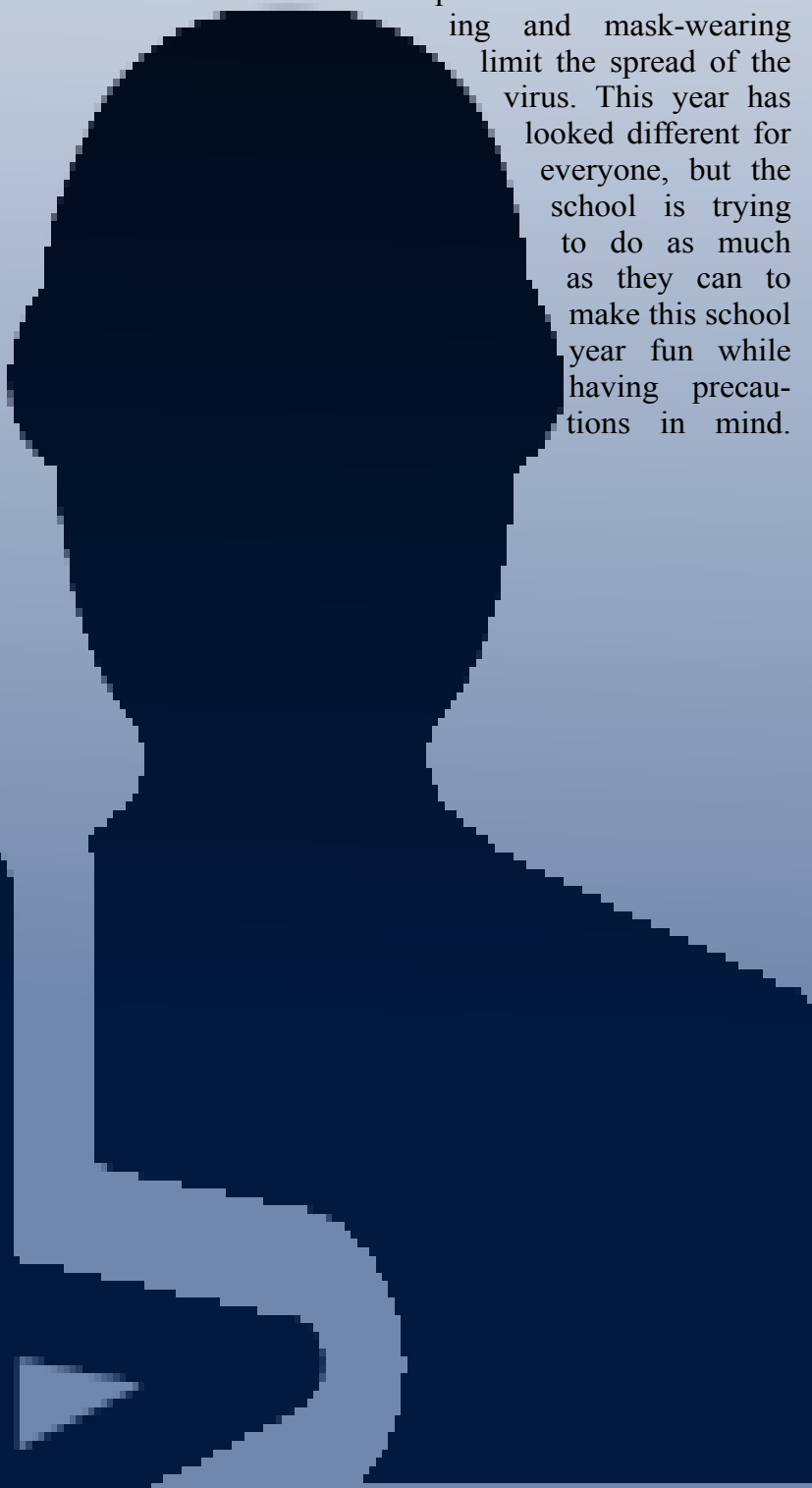
it." Classes like college algebra and English Composition were originally taught at MC but were moved to online by Holmes. Most seniors are taking only the classes needed to graduate, such as micro-economics or macro-economics, government and politics, and either English IV or English Composition. Daniel said, "We get the same lessons as everyone else, as well as the same amount of time to complete our assignments. Virtual Learning lacks the in-person student-teacher connection but being able to use Microsoft Teams allows us almost the same feeling of being in a classroom, without the risk of being present." Virtual learners can do their schoolwork and learn while able to take precautions.

More than 1,000 students chose to do in-person learning. The Madison County Schools follow the guidance of the Mississippi Department of Health and the Center for Disease Control and Prevention (CDC). Face coverings are required when entering the school and students must maintain social distancing. Desks were arranged to have a six-foot distance, and classes are dismissed in four groups by the last name. If a student or faculty feels ill or has been in contact with someone who has Covid-19, quarantine is important to protect others. Assigned seating is required in the classrooms, and the seating ros-

ters are sent to the front office. If a student or faculty has Covid-19, then everyone in a six-foot radius must be quarantined. The assigned seating allows the administration to trace the infected people.

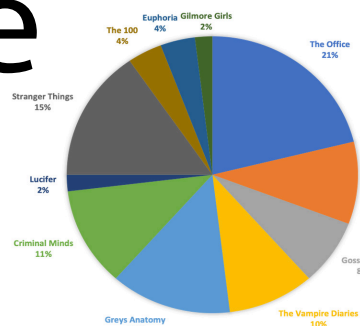
Caroline Smith (12) chose to do in-person learning like most of MC did. "In-person learning has been mostly the same as last year except we can't do group projects and it's a bit difficult to understand what people are saying with the masks. I'm glad we are doing in-person learning instead of online because at the end of the last school year when we went virtual, it was hard to find the motivation to do my work," she said. Due to Covid-19 in March, the MCS D made

the students quarantine. It also did not help students feel motivated to do their work when they learned that their fourth term grade could not be lower than their lowest grade for the other three terms. This year has held many missed opportunities. The Homecoming pep-rally was streamed, there was not a homecoming dance, there is not any in-between class break, and more. Smith says, "I really miss breaks and pep rallies. School just seems so lonely now that we can't interact with each other as much." It can be lonely not having any social interactions, but that is for the students' protection. Social distancing and mask-wearing limit the spread of the virus. This year has looked different for everyone, but the school is trying to do as much as they can to make this school year fun while having precautions in mind.



## feature

Check out page 4 for a poll on the movies and tv shows that students at MC binge-watch the most.



## Sports

Take a look at page 7 for details about the swim team's season.



CHECK OUT OUR WEBSITE



# Covid-19: what the future looks like

**Adya Praveen**  
STAFF WRITER

The Covid-19 pandemic death toll has now surpassed 1.3 million people worldwide, marking yet another devastating milestone, as of November 13. According to public health experts, the pandemic has caused more deaths than malaria, influenza, cholera, and measles combined. In 10 months, the coronavirus has disrupted countries globally, continuing to plague more and more people every day.

With these statistics, it's hard to imagine a time when people weren't living in fear. Life has drastically changed from what was the "norm". Elizabeth Wasson (10) experienced this first hand as she believes that her life has unquestionably changed from the past. "One major thing that has happened in my life is the ability to see my family. Most of my family members are very old and because our family is so big, I have not

been able to see them due to corona," said Wasson. This is one of the many changes that students have had to go through. Haley Cote (12) also felt that her life has been greatly affected by the coronavirus, especially her being a senior this year. "Knowing that many of my 'lasts' won't be the same has been something that I've struggled with," she said. Due to many of the guidelines in place to prevent the spread of the virus, daily life has changed from former times.

The creation of a vaccine is one solution to help life go back to normal. According to the World Health Organization, 172 countries are involved in working to create a vaccine that would provide equal access worldwide to safe and effective vaccines. However, this might take more time than people may expect. On November 9, Pfizer and partner BioNTech said that their Covid-19 vaccine was 90% effective. An early analysis showed that "individuals who received two injections of the vaccine three weeks apart experienced more than 90% fewer cases

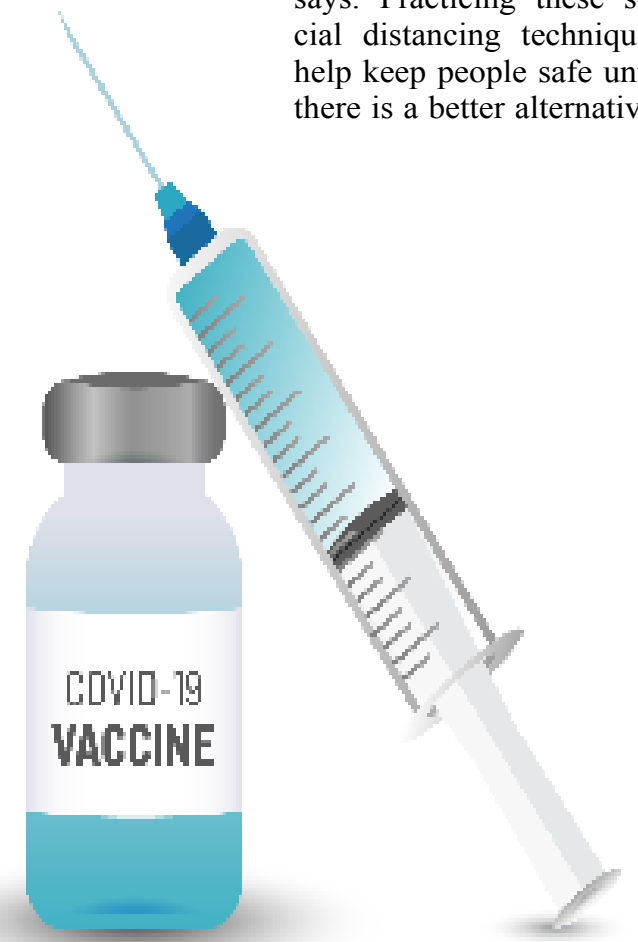
of symptomatic Covid-19 than those who received a placebo." (*pfizer.com*). The first set of results from their Phase 3 Covid-19 vaccine trials provides the evidence for the vaccine's ability to prevent Covid-19. The question of when a vaccine will be created and ready for the public remains in the air. Reese Sorrell (11) hopes that there is at least one by next summer, wanting life to get back to normal for the next school year. "I have heard so many different dates that there's no way to know," he says.

As the public waits for a vaccine, many precautions are taken to prevent the spread of the virus. As the pandemic unfolded, numerous health effects of the coronavirus were revealed, both short-term and long-term. According to the CDC, the range of symptoms vary from person to person. People who have contracted the virus could have fever or chills, difficulty breathing, loss of taste/smell, sore throat, etc. These short-term effects could lead to worse problems, however. There are many ways that the infection could af-

fect someone's health, especially his or her lungs.

To prevent the spread of the virus, people can practice many techniques. Cote believes that everyone can help prevent the spread by being mindful of those around you. "We can do this through certain actions such as wearing our masks, keeping a safe distance, and mak-

ing smart decisions," she says. Those are just some of the many ways people have been preventing the virus from spreading. Sorrell also believes that it is important to test these techniques often. "It's essential that we continue to test whether these methods of prevention are effective so that our efforts aren't wasted," he says. Practicing these social distancing techniques help keep people safe until there is a better alternative.



## 2020: The Age of Protests

**Emily O'Reilly**  
EDITOR-IN-CHIEF

According to Civis Analytics, 15 million to 26 million people in the United States have participated in protests over the death of George Floyd, Breonna Taylor, and many more who have been victims of Police Brutality.

On June 6, half a million people protested during the Black Lives Matter protests. 550 cities held protests in America on that day, including four in Mississippi (New York Times). On May 26, the first protests began in Minneapolis. Since then, more than 4,700 demonstrations have occurred in America. That is an average of 140 per day.

The Black Lives Matter movement began after the death of 17-year-old Trayvon Martin in 2013 by police officer George Zimmerman. Throughout the summer, Mississippi was filled with peaceful protestors marching for the victims of police brutality. Rebekah Woodruff (11) went to a Black Lives Matter protest in June at the state's capitol. She says "it was so powerful to see everyone come together, especially in Mississippi. My mother and I wore our

masks and made signs." People bearing homemade signs marched in front of the Governor's mansion on June 6.

Black Lives Matter demonstrations were not the only protests this 2020. Protests against the state-wide lockdowns and mandatory masks have sprung up across

the protestors of masks, anti-maskers, act against the government. Cherukuri continued, "Although I believe it's only in the best interest of my family, friends, and others that I wear a mask, I can see how other people could be scared or apprehensive.

said, "To some level, I think change is possible to racial inequality, but we have to examine the institutions that are in place and not just individual racism. If institutions of White supremacy and anti-blackness remain, then we will never solve racial inequality. If we're not looking to solve the links between

lead to change and currently seems like the only way to present ideas to people in power." Protesting of all kinds is a constitutional right that should not be taken away.

Social media has revolutionized the way we fight for social justice. Platforms such as Twitter, Tik-Tok, and Instagram are often tools for grassroots activism to shine a light on news that is often overshadowed by mainstream media. Gines said, "I think it's important to spread social justice through social media, but we must make sure we are not using performative activism. We need to do more things than just reposting a black square." Gines also went on to discuss intersectional activism. He said, "Other things I do to make my activism intersectional is signing petitions, calling local governments for change, donating to black-owned businesses, and organizing protests across the city." According to the Merriam Webster dictionary, the definition of intersectionality is "the idea of thinking about persisting inequalities and categories like gender, race, and class as overlapping and mutually constitutive rather than isolated and distinct." By having intersectional activism, a person is focusing on all social justice issues in the world, not just a select few.



**PROTEST ACTION**

America. Sneha Cherukuri (11) said, "I think people could be scared that they are being mandated to do something because if they need to do that to get what they need, what else can the government make them do to get their necessities." Fear is mak-

They could also just not think anything is real because of the way some media projects the current problems." It is easy to read biased media sources, so one needs to fact check the articles that he or she is reading.

Issues such as systematic racism and poverty will not end unless people are actively advocating against them. Christian Gines (12)

slavery, poverty, criminal justice, and policing within the black community, then I don't think that racial inequality is going to be solved." Protesting is a constitutional right of all citizens. Cherukuri said, "I think protesting can

# How clubs are adjusting due to Covid-19

Mary Addison Loving  
BUSINESS MANAGER

While many things at Madison Central look the same this year, many things are different. Specifically, our clubs are having to make changes to ensure the health and safety of the students and club sponsors involved. The clubs are implementing safety guidelines and are being extremely careful when holding meetings and doing club activities.

One club that has made big adjustments to typical practices is the speech and debate team. Due to their intense preparations for tournaments, they have had to make changes to their typical practices. Rachel Clapper-Davis, the sponsor of the speech and debate team, said, "We are all practicing online. But, when we do practice in class, we log our time with someone who watched another person's speech, worked with someone on the debate, or worked with anyone for more than 15 minutes." Logging their practice time, while reviewing material or working with others, has helped hold the members accountable for doing their part on the team.

Also, several clubs have held meetings virtually. Deanna Wilbourn (11) said, "In Advocates for Change, we are having zoom meetings. We will also hold our discussions online about politics and other issues concerning our community." Holding virtual meetings and online discussions for service opportunities will help the club members stay involved while eliminating any possible safety concerns.

In order to slow the

spread of the virus and to keep the students healthy, the clubs that are meeting in person are implementing social distancing and masks during their time together. Tyler Cresap (12) said, "The Academic Team is very flexible, so it has been very easy to remain socially distanced and to wear our masks." Enforcing students to wear masks and distance, has been a small but very helpful and important adjustment to clubs.

Finally, our clubs have been forced to ad-

just travel plans or community service opportunities. Clapper said, "One of the best things about speech and debate is the ability to see different places in the country and allow our students to compete there." While they may be losing some travel experiences, this adjustment will help maintain the safety of the members. The team will also have more opportunities to compete at other tournaments.



Asian Culture Club members smile for the 2019-2020 club photo. (photo courtesy of Brett Mayfield)

## What classes are going to miss the most

Rowan Gentry  
STAFF WRITER

COVID-19 has certainly brought many changes into students' lives, forcing them to adapt to a new way of life in school. When interviewed, different classes voiced their different opinions when asked the question, "What are you going to miss most about last school year?" The class of 2023, our newest members to the Jungle, haven't had the full experience of Madison Central quite yet, but are hopeful towards the future. Aiden Allen (10), class president of the 2023 class, said, "I miss being able to eat lunch outside and actually sit together with other people." Being able to eat outside certainly is a perk to Rosa Scott, but I think we can all agree that sitting 6 feet apart at lunch in the commons is not our top choice. Avery Brady (10), said that she also missed being able to socialize with others at the break and having a homecoming dance.

When the class of 2022 was asked this question, their answers varied slightly since they did have almost a full year experience at the school. Cannon Bosarge (11) stated, "I miss all the events that occurred on campus, such as homecoming, pep ral-

lies, and parading. I miss seeing everyone come together and just have a good time." Catherine Lowry (11), also said that she would miss pep rallies the most because they got the students excited for the game. Pep rallies are undoubtedly many individuals' favorite parts of the Jungle. Having a virtual one this year is extremely different but students are making the best of it, as it is the only one they may get this semester.

The senior class of 2021 has surely suffered the most because of the pandemic. They have been robbed of so many things including their senior homecoming dance, pep rallies, parading, and many more key events that are extremely valued in their hearts. When senior JT Evans (12), was asked what he would miss the most about his previous experiences at Madison Central. He stated, "I am really going to miss pep rallies and finally getting to sit in the senior section. We have worked our way there these past two years and I'm sad we will never get that experience."

With

virtual pep rallies, how the spirit stick will be chosen is up in the air for students, who longed for their class to win. Another senior, Rhaly Milling (12), stated, "I am going to miss show choir the most. Being able to come together as a team and perform for an audience is my favorite thing about Madison Central." Many events in the arts look very different this year including show choir, which is enjoyed and loved by many of our student body members. Even though the group still intends on competing this season, their audiences may be limited

to very few or even none.

2020 has forced change upon many students across the nation, forcing them to find more normal ways of going about their high school years. In no way is this fun, but Madison Central is putting their best foot forward and attempting to set a new standard for events this year. Many events such as our homecoming dance, pep rallies, parading, and extracurricular activities will be thoroughly missed by our students but never forgotten.



A helmet sits on a bench from the Ocean Springs Football game in 2017. (Photo by Emily O'Reilly Uproar)

## the Uproar

Editor-in-Chief:  
Emily O'Reilly

Business Manager:  
Mary Addison Loving

Staff Writers:  
Rowan Gentry  
Taylor Martin  
James Phillips  
Adya Praveen

## What's coming up next:

11/23-11/24:  
Distance Learning

11/25-11/29:  
Thanksgiving Break

11/30:  
Students Report Back

12/21:  
Distance Learning

12/22:  
Distance Learning  
60% Day

12/23-1/3:  
Christmas Break

1/4:  
Students Report Back

1/18:  
No School

# Devin Cooper: the newest addition of HTVP

**Taylor Martin**  
STAFF WRITER

Devin Cooper is the new High Tech Video Production’s (HTVP) Academy of Multimedia Communications (AMC) teacher. He was an army brat who was born in Germany, where he lived until he was around two years old. His family then moved back to the United States, and he grew up in Kansas City, Missouri. During high school, Cooper’s love for film and photography began to flourish. When asked specifically about what drew him closer to this field, he said, “[In my] senior year video media class, [I] got to run a little news station and learn how to edit. That just really sparked my interest in filmmaking.” From there, Cooper went on to receive a Bachelor of Science in Film Studies from Full Sail University in Florida. He continued to follow his passion for videography, and he traveled all around the world as a freelancer producing

commercials and promotional videos. He also worked on-set of various films, music videos, and documentaries. Overall, Cooper spent over 10 years in the film industry. When the pandemic hit, Cooper’s lifestyle began to slow down, since many movies and productions stopped filming. In order to compensate for this change, he said, “[I] started teaching Facebook lives called Drawing with Devin.” He would show people – who may or may not have been good at art – how to draw simple objects and how to improve their skills. Cooper said, “I really loved teaching in a way that was simple for everyone to understand.” The people that joined these live sessions gave him lots of positive feedback. Many of them said that he was a very good instructor, and he has a distinct “teaching voice.” These affirmative remarks sparked his interest, and he began to seriously consider a career as a teacher. Cooper heard

about the job opening at Madison Central. “I knew that this school had an academy for film,” he said, which was one of the main factors that drew him to the school. Due to Cooper’s intriguing film background, he is able to bring his own personal experiences to the classroom, which is something that not very many teachers have to offer. He essentially gets to share the practical knowledge, not just the book knowledge. When asked about his favorite aspect of teaching, Cooper said, “[I love] showing the students what I have experienced that they can also experience within the world of filmmaking. [I also like] seeing the excitement and smiles of all of the kids that find it interesting.” Cooper truly just wants to share his love for filmmaking with others, and teaching is his way of doing so. He has only been at Madison Central for about a month, but he said, “I love my time here so far. I think that my cohort teachers are all very supportive and on-board of what I am

doing with this class.” Teaching has become one of Cooper’s passions, and he said not even winning the lottery would make him want to quit. “In my time here, I can tell how much it would hurt me to leave the kids that I have built up. It feels so good to be that voice of inspiration or truth when they need me,” he explained. All in all, Cooper is

very passionate about what he is doing with his life, and he is also passionate about the kids he is able to instruct. “I don’t think I have ever loved a job as much as I love this one,” he said.

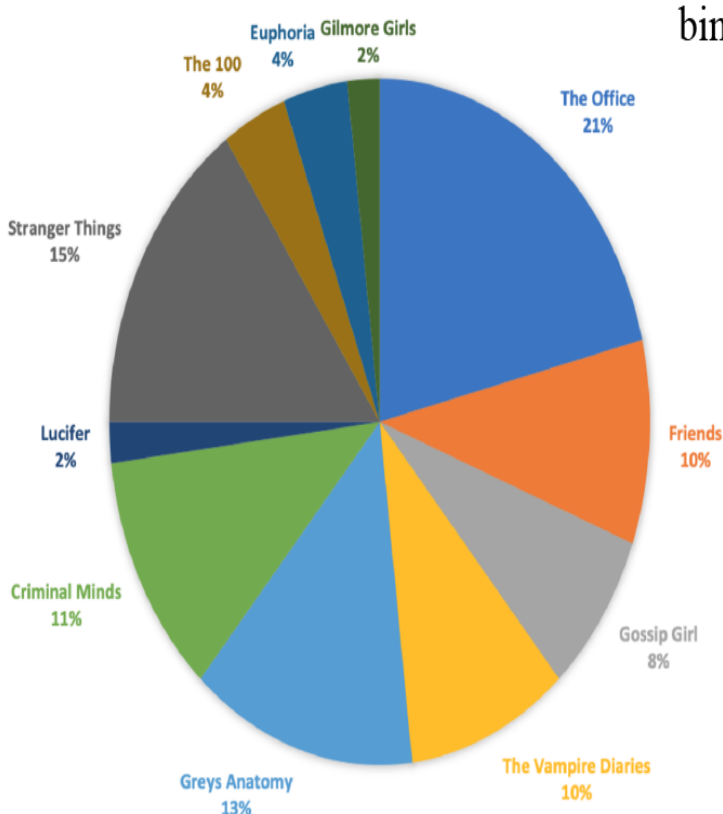


Devin Cooper smiles for the camera. (photo courtesy of Devin Cooper)

## Favorite movie and tv show to binge-watch poll

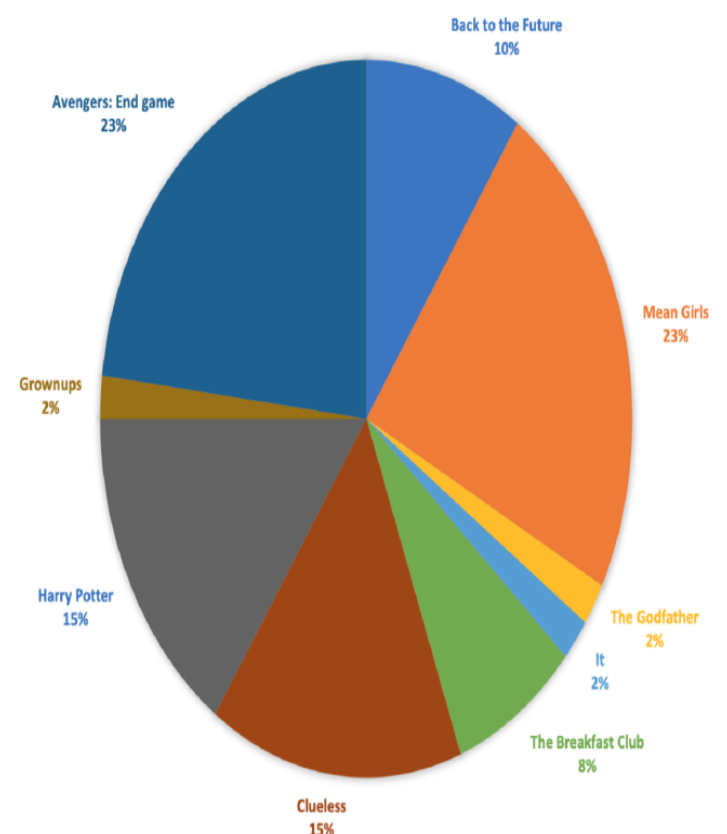
The *Uproar* newspaper staff polled 55 students at lunch on what their favorite movie and T.V. show to binge-watch is. Here are the results.

Favorite TV show to binge-watch by students.



Graphic by Adya Praveen Uproar

Favorite movie to binge-watch by students.



Graphic by Adya Praveen Uproar

# The tastiest new restaurants the area has to offer

Taylor Martin  
STAFF WRITER

## Half Shell Oyster House



The Half Shell Oyster House gives you the coastal, Cajun cuisine. (photo by Half Shell Oyster House)

**Address:** 100 Merchant St Madison, MS 39110

**Opened:** September 30, 2020

**About the Restaurant:** Half Shell is a restaurant that combines Southern style cuisine with a New Orleans flair. The outside of the restaurant resembles a building that might be located in the French Quarter. Their menu contains many different options, such as oysters, hand-cut steaks, seafood, and pasta. The most popular menu items are the Redfish Orleans, Big Easy Surf and Turf, and Stuffed Seafood Portabellas. Half Shell Oyster House is sure to give you that coastal, Cajun feel.

## The Yard Milkshake Bar



The Yard Milkshake Bar serve decadent desserts. (photo by The Yard Milkshake Bar)

**Address:** 113 Dogwood Festival Blvd Unit 34, Flowood, MS 39232

**Opened:** August 24, 2020

**About the Restaurant:** The Yard Milkshake Bar in Flowood is part of a franchise with 10 different locations across the southeast. Their menu contains a variety of different treats, such as edible cookie dough, ice cream cones, and ice cream cakes. However, their elaborate, over-the-top milkshakes are definitely the most popular. Each one contains an ice cream flavor of your choice and a plethora of toppings and add-ins.

## Sal & Mookies



Sal & Mookies serves pizzas and ice-cream for customers to enjoy. (Photo by Sal & Mookies Madison)

**Address:** 111 Colony Crossing Way Unit 130, Madison, MS 39110

**Opened:** August 11, 2020

**About the Restaurant:** Sal & Mookies is a locally owned business with three locations across the state. Their menu features a variety of options, such as burgers, soups, salads, and sandwiches. However, the majority of their menu is centered around their New York style pizzas. In order to fully incorporate that New York feel, each pizza is named after a New York landmark or person. A full ice cream parlor is also incorporated in the restaurant's layout, which is sure to satisfy everyone's sweet tooth.

## Chicken Salad Chick



Chicken Salad Chick opened one of their 177 locations in Madison, MS. (Photo by Mary Addison Loving Upoar)

**Address:** 1917 Main Street Suite B Madison, MS 39110

**Opened:** October 20, 2020

**About the Restaurant:** Chicken Salad Chick has that home-cooked style cuisine. Their menu contains many different options, such as pimento cheese, broccoli and grape side salads, Mac n' Cheese, and more. They are the most known for their variety of chicken salads. Whether you want it fruity and nutty or savory, there is a kind of chicken salad for everyone. Chicken Salad Chick is sure to give you that feel of home with their meals.

# The impact of Covid-19 on movie theatres

**James Phillips**  
STAFF WRITER

Cinemas have been around since 1885 and became a popular place to watch new movies. They are also a great place to go with your friends and family to enjoy a nice movie and have an enjoyable time. Ever since Covid-19, things have changed a lot which includes the film industry. Cinemas have been closed down all over the world, many movies have been postponed and some even cancelled their release date because of the pandemic. In fact the first movie to do so was the new James Bond movie, No Time to Die, which was supposed to come out on November 12, 2020. It had to be postponed to April 2, 2021. Following the new James Bond movie, Wonder Woman 1989 has been postponed until June 5, 2021. It was originally supposed to be released October 2 but has been delayed until December 25, 2020.

Movies and television shows are being produced, but they are taking precautions. Julia Dent (12) says, "They're shooting movies, the actors are quarantining together,

they are wearing masks when not filming scenes, and the crew wears masks at all hours. It's possible, you just need to be safe and wear masks." Wearing masks and social distancing are how movies are being filmed. The film industry, like a lot of other industries, has suffered because of the pandemic. Work is being produced, but safety measures have been done.

Even though Malco Grandview Theatre is open, that doesn't mean people will go to see a movie. Dent says, "I would not go see a movie during Covid-19 because it is not safe enough and I don't want to give Covid to my family members." Employees will get their temperature checked before their shifts, and high contact surfaces will be wiped at a minimum of every 30 minutes. Masks are mandatory and can only be removed once seated while eating or drinking in the auditorium. Groups sit six feet apart in every other row. Plexi-glass barriers have been installed at every register. All popcorn containers and fountain drinks are single service use only. If someone is purchasing the refill option, they will be given a new container. Through all of the safety precautions due to Co-

vid-19, some people will go and others won't. It is another risk that some will not take.

Ameila Haydel (12) says that she has been looking forward to seeing "A Quiet Place 2." She says, "I loved the first movie and I can't wait for this one to come out." The movie was originally supposed to be released on September 6, 2020 but has been delayed until April 23, 2021. Other movies such as Black Widow and Antebellum have been postponed to later dates. Black Widow was originally

scheduled to be released on May 1, 2020, but was delayed until May 7, 2021. Antebellum was supposed to be released on April 24 but was delayed until August 21. It did not go to theatres in America. Instead, it went to people at home "On Demand" and in theatres in select countries.

Due to Covid-19, the film industry has suffered a great loss in revenue recently and suffered a great downfall. On the other hand, many people have gotten subscriptions to streaming sites, Hulu, Dis-

ney+, Netflix for example, because movies have now been available on different streaming sites. Disney+ has gotten 10 million new subscribers in one day while Netflix received almost 16 million new subscribers. Despite the film industry suffering a great loss of revenue, streaming sites have become a lot more popular over the months of the pandemic.



Movie theatres open with new safety precautions. (Photo by Mary Addison Loving Uproar)

## Fall trends of 2020

**Mary Addison Loving**  
BUSINESS MANAGER

As the seasons change, trends change with them. Faux fur can be a staple for fall weather. The fur makes your outfit look more refined. Mock-necks and turtlenecks are examples of adding layers to outfits. "I love sweaters because they are so cute and are fun for cold weather," Reagan Nordquist (10) says. Fringe is turning favorite basics into something new. It adds a sense of texture, be it on a denim jacket or at the bottom

of a pair of pants. Jewel tones have made a comeback this fall. Stunning shades of emerald, ruby, and sapphire are eye-catching tones that make a simple outfit put together.

Blazers, pleated skirts, and knit tops are essentials in the preppy style. Navy, stripes, and tailoring add the sophisticated feel to outfits. Sweaters, cardigans, and long leather jackets are essentials in the fall trends due to the change of weather. "Oversized sweaters and

sweatshirts are my favorite fall clothing because they are very comfortable," Sneha Cherukuri (11) says. Comfort is a key element of the fall trends. Sweater vests add warmth to an outfit, but can be worn in either hot or cold weather. This year's trends are different but are still stylish.



Annsley Lott (11) is in a stylish sweater and jogger set.



Camille Boles (11) wears a sweater.



Faculty Susan Shivers wears a pink flannel.



Adya Praveen (11) wears a fall colored shirt.

# Back with a Splash

**Adya Praveen**  
STAFF WRITER

**Emily O'Reilly**  
EDITOR-IN-CHIEF

The AquaJags and Lady AquaJags left their pawprint this swim season. The teams shined this year, with both of the AquaJags winning first in the state championship.

One of the most exciting parts of the sport is the meets, where many swimmers from several different schools come together to compete. All of the meets have the same order of events. It starts with warmup and cheers. Then the events take place, where many swimmers compete in a variety of categories. Finally, the team ends off every meet with a post-meet team meeting. This year's swim season is different, of course.

Due to COVID-19, guidelines are in place to protect the athletes. Masks are required for each athlete from the moment they walk in till the moment they

get in the water. They also get their temperatures taken each time they enter into the pool. Both of the coaches wear their masks the whole time of the meet. The meets are also shorter, due to the smaller number of participants in each event. Ella Gibbs (12) talks more about Covid-19 safety precautions. She says all swimmers "have to sign a cover form every meet to be allowed to swim. The warm-ups are spread out so we can social distance. We wear our masks up to the blocks and have hangers behind the blocks so our masks do not get dirty. The parents are only allowed to come into the pool during our race then they have to go back outside the facility." Covid-19 safety precautions are in place to protect the swimmers and everyone at the meets.

Although the season is different from what the swimmers are used to, it does not prevent the athletes from performing their best. Carter

Dickey (11), who has been swimming for 12 years, is looking forward to the teams last few meets in the coming weekends. His favorite part about the sport is being able to compete in the championship meets. "There is always a kind of energy there that you can't find at any other meet," he says. At the championship meets, each athlete performs their very best, creating a sense of team spirit and feeling that cannot be replicated anywhere else.

The team has a great attitude towards the season, and have a lot of passion and spirit for the future. The guys and girls are both undefeated. The Lady AquaJags won their seventh consecutive title. The AquaJags won the State Championship, their first in 21 years. Kimberly McGraffrey, Ella Thomas, Ella Gibbs, and anchor Cassie Howell broke the state record.



MC's Lady AquaJags won their seventh consecutive title. (photo courtesy of Bridget Carmody)



MC's AquaJags won their first title in 21 years. (photo courtesy of Bridget Carmody)

# In it for the Long Run

**Mary Addison Loving**  
BUSINESS MANAGER

**Taylor Martin**  
STAFF WRITER

Cross country is an outdoor running sport where individuals compete against each other for the quickest running time. These athletes competitively run outside on running trails or open terrain. While each runner competes for his or her own race time, they are also a part of a team. All of the runners' scores come together to form the team score and rank the team.

One major part of cross country is the preparation. The athletes must be physically and mentally prepared for their race. Sarah Sawaya (12) said, "Running is a very mental sport and requires a strong mental mindset to succeed. Being mentally prepared allows you to stay focused on the race ahead, even though your body is under pain and stress." For a runner, being both physically and mentally prepared is equally as important.

For the athletes to perform well, they must also repeatedly practice in ways that will keep them physically in shape. Sawaya (12) said, "At a typical practice, the coaches give information about upcoming meets and share the day's

workout. After that, we warm up by running and going through drills, and then we work out in a speed group while the coaches time our runs. Finally, we cool down, complete bodyweight workouts, and stretch." Although these practices may be intense, long, and packed with a lot of elements, they prepare the athletes for the intensity of the meets. If the athletes can perform well in practice, they will be even more ready and prepared for the meets.

Then, after many long hours of practice, all their hard work and preparation comes down to one single race. As Maddox Saltzman (11) said, "Everything you have been working for comes down to those 16 to 20 minute races." In most of these varsity meets, runners will run a 5k, which is almost equivalent to three miles. The difficulty of these races depends on the terrain of the course, the weather on the given day, and overall how the runner is feeling. Most runners know that each course is not created equal, and races are much easier when it is not ninety degrees outside. However, races



Philip Wright (12) and Maddox Saltzman (11) running at a meet. (Photo by Ella Gibbs)

can be much easier when runners have the support of their teammates. Being encouraged by teammates can increase your willingness to keep going, and it is also helpful to know that one's teammates are also going through the same thing. "The combined effort of everybody on the team makes all the pain and suffering of practice worth it," Mad-

dox Saltzman (11) stated. Once a race is over, most runners feel a sense of accomplishment, and it is also fun to look at the results to see what the team accomplished.

Overall, cross country is very much an individual sport, but, in the end, you need the help of multiple teammates for the team to do well. It is a very mentally challenging sport, but it

is also very rewarding. Just like many other aspects of life, it is important to work hard in order to achieve the desired results. It is also important to be passionate about what one is doing. In the end, the Madison Central cross-country team works hard in order to be successful, and they have a passion for what they are doing.

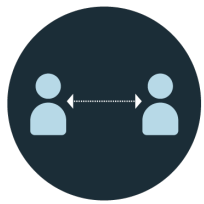
# TOGETHER WE FIGHT COVID-19



Use Mask



Wash Hands



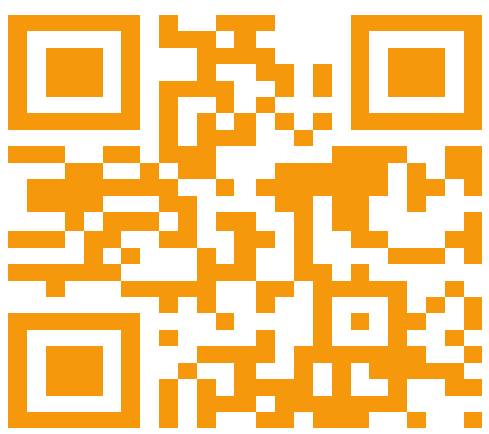
Social Distancing



# Follow Us



## CHECK OUT OUR WEBSITE



## FOLLOW US



@the.uproar



@theuproar



@mcuproar

Renaissance Location  
1000 Highland Colony Pkwy  
Suite 8003  
Ridgeland, MS  
(601) 790.1919

Fondren Location  
2906 N State Street  
Jackson, MS  
(601) 982-2100



Pickup Hours  
Monday-Saturday  
11:00 AM - 2:30 PM

[www.eatbasils.com](http://www.eatbasils.com)

Delivery Hours  
Monday-Saturday  
10:30 AM - 8:00 PM

1-800-345-2799

### Mostly Martha's

353 Highway 51  
Ridgeland, MS 39157  
(601) 956-1474  
[www.mostlymarthasflorist.com](http://www.mostlymarthasflorist.com)

Daily deliveries to Jackson and surrounding areas.

Elizabeth S. Williams  Linda Sowell  
Owner

# J.S. Lupe's

Corporate, Team Uniforms & Fan Gear

Monday-Friday  
9:00 A.M. to 5:30 P.M.  
Contact: 601-856-7776  
[joe@jsiupe.com](mailto:joe@jsiupe.com)  
101 Village Blvd. Suite D  
Madison, MS  
39110