SUPER BOWL WIN NO SHOCK TO PATRIOTS

BY JACQUELINE WHEELER

The Massachusetts State Journal

IT'S A WINNER, Y ALL! The team that the fans have been rooting for all year has finally won the Super Bowl! The Patriots defeated the Panthers 32-29 in a thrilling overtime game. The win marked the team's third Super Bowl victory in five years. The Patriots' quarterback, Tom Brady, was named the Super Bowl MVP for his exceptional performance, leading the team to victory with a series of clutch plays.

Burlington students fretting over midterms

BY JACQUIN MOORE

The Burlington Free Press

IT'S LATE INTO THE NIGHT that the sound of the pages turning of the object lies the severest of all. No, that's not right. I said that. "Sound familiar?"

Many students find themselves at the brink of stress during the final weeks of the academic year. Between end-of-year exams, projects, and other obligations, it can be a difficult time. However, taking steps to manage stress can help students perform their best.

Some tips for managing stress during midterms include:

1. Set realistic goals and prioritize tasks. Break down large projects into smaller, more manageable tasks.
2. Get enough sleep. Lack of sleep can affect concentration and memory.
3. Eat a healthy diet. A balanced diet can help fuel your mind and body.
4. Exercise regularly. Physical activity can help reduce stress and improve mood.
5. Take breaks. Taking short breaks to stretch or engage in a favorite hobby can help clear your mind.
6. Practice relaxation techniques. Techniques such as deep breathing or meditation can help reduce stress.
7. Seek support. Talk to friends, family, or a counselor about your stress.

By following these tips, students can manage their stress during midterms and perform their best.