

## Gambling Addiction

By Lyvia Maloa

Gambling is a well-known addiction. Whether it be buying lottery tickets, opening blind boxes, pulling for characters in a game, or going in big with large amounts of money on sports teams. It's a factor in a lot of people's lives, whether they do it or know someone else who does it. A win big or lose it all game, known for the smallest ratios of winning. So why is it so addictive to over half of America's adults?

### The Science

Most people think it's the rewards that attract players. You could win almost anything when gambling. A new character, the most valuable toy, but the most popular, is money. Although that's not all you win, you also get a whole bunch of dopamine. Dopamine is known as the "feel good" neurotransmitter, activating when you do something good or something good happens to you. It gets triggered by a few things, working out, or doing something that makes you feel relaxed, but it can also trigger in alcohol or drugs.

When you first gamble, you're testing the waters. Whether it be a form of escapism, or to see what the hype is about. But once you win? Then you chase that shot of dopamine, over and over and over again. It's like a snowball rolling down the hill, at first the addiction is small - so surmountable that it's like getting fast food - nice, but once in a while. As you continue to do it, the snowball becomes bigger, and the addiction becomes not a want, but a need. Thoughts like "I need to win" or "I need to see this through" become more common.



The possibility keeps you hooked, the chance of winning such a trophy that you'd stop at nothing to earn it. Then, the losses pile up. For some people, that's when they learn to walk away, but for others, they do this thing called "loss-chasing". The logic behind loss-chasing is that the farther you go, the more you need to make up, and the easiest way to make that up is by gambling more. There's also the near-wins, when the win is so close "you can taste it", keeping the addictive quality of gambling because you keep on chasing those big wins.

### Help

Although it may seem daunting, there are ways out of gambling. The most straightforward solution is not start it at all. But, in this day and age, where all the games have "gacha" systems, or having to test your luck to get cute plushies, it's kind of impossible to fully avoid. So, other ways to help are going to therapy, counseling, support groups, and finding strategies to deal with the cravings. This can be by distracting yourself with other things like sports or picking up hobbies, and reaching out and asking for help from your friends and family. Just know, it's not all doom and gloom, and the people in your life should want to help you.

[The Science Behind Gambling](#)

[Gambling and mental health](#)

[Psychiatry.org - What is Gambling Disorder?](#)

## Movie Review: Ratatouille

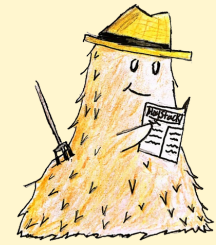
By Kevin Cabrera

Ratatouille is a Pixar animated film released in 2007. The idea seemed strange: a rat who dreams of being a chef in Paris. But nearly 2 decades later, the film is seen as one of Pixar's greatest cinematic masterpieces due to the idea behind the film about creativity, passion, and that with determination, someone will want to see you succeed. In the movie, Remy, a rat who has an exceptional sense of taste and smell unlike any other rat in his colony, sees food only to be used to survive; on the other hand, Remy sees it as art. After being separated from his colony, Remy finds himself in Paris. After stumbling upon Gusteau's infamous restaurant, which provides the message "anyone can cook". He works with Linguini, a janitor at Gusteau, to show off his exemplary skills in the kitchen. Proving that talent is found anywhere, big or small. The film's biggest theme is that "Anyone can cook", which shouldn't be confused with everyone will become a great chef, but that a great chef can come from anywhere. Remy's passion develops as he works in Gusteau's restaurant, hiding under Linguini's hat, essentially controlling him and being able to cook like a real person.

Then Anton Ego orders food, and Remy prepares his childhood dish, which has Anton Ego reminiscing about his childhood. At the end of the day, he finds out that the real chef is Remy. Anton Ego's perspective of talent changes, contributing to Gusteau's belief of "Anyone can cook", and after his credibility gets shot down, he becomes a short-term business partner with Remy Collette and Linguini. Starting a restaurant called Ratatouille. The appeal to high school students is very high and extremely relatable. Many teens nowadays feel pressured to follow certain paths they don't want to or are told their dreams are unachievable and unrealistic. Remy struggles through that feeling, wanting to pursue something you love when everyone tells you that it's unachievable. This film encourages viewers to take their passions seriously and to believe that effort and creativity matter in this world and can be appreciated. In the end, Ratatouille isn't about a rat cooking in a fancy restaurant. It's about finding your place, taking risks, and respecting creativity wherever it happens to appear. The message of the movie still resonates with the youth today, which is why it is still worth revisiting multiple times.



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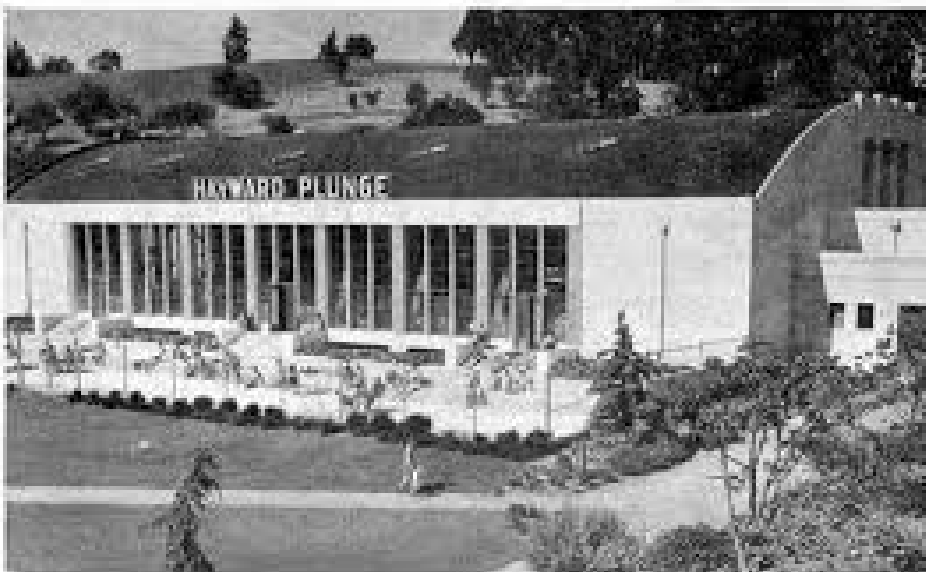
## It Came from the Plunge!

The Story of the Hayward Plunge murders that have haunted the establishment for many years

By Joshua Cook

The Hayward Plunge is a questionable swimming spot at best. Compared to other indoor facilities of its kind, it falls flat with a 4.4-star rating out of 5, based on 262 independent reviews of varying moods as of the writing of this article. It is currently closed for renovations that began a while back and should continue until Fall 202, supposedly due to less-than-satisfactory reports from certain organizations recently. But its infamy wasn't just earned by the establishment itself; a rumor has circulated since the mid-1900s that murders occurred after hours, which has repelled the more gullible outsiders and confused those who decided to look into it, including myself. But where did these rumors come from if they aren't true, and why?

To answer this question, we must first look at an overview of the story. It is hard to find one since the story can vary based on who you ask, but the details that repeat the most are this: In the 60's or 70's, a coach returned after dark to the Hayward Plunge, where his team resided, led them outside, told them to wait as he left, eventually returned, and killed them either through blunt force trauma, stabbings, or drownings, depending on who you ask, and hid their bodies along the trails or in the running water behind the Plunge.



HAYWARD MUNICIPAL PLUNGE, HAYWARD, CALIFORNIA

You were probably skeptical reading this, and for good reason, because the likelihood of this ever happening is quite small given the evidence presented so far regarding its legitimacy, and this is because there is none. Locals, including police, have taken it upon themselves to disprove this story, and the Hayward Area Historical Society has factually shown that there was never any reference to a murder at the Plunge in police records. If this rumor were true in the first place, somebody would've had to see and report the bodies. But then, why would anybody spread these rumors? The truth is, it was likely the result of information being twisted, contorted, and misremembered over the span of a number of decades.

I say this because of two scenarios that happened around the same time, both before these rumors originally emerged. One case was an unconfirmed murder perpetrated by a man named William J. Randall, a private, who killed a man for reasons unknown while showing him the features of the car after getting picked up by the man, becoming overwhelmed by fear of being caught and guilt from what he'd done, and then driving the car into a gully near the Plunge, which very easily could've been changed into the Plunge story repeated today.

Another potential origin includes a boy drowning on the 21st of June in 1945 for unknown reasons; his body was found 10 hours after death, meaning there were no witnesses to this (mostly since most lifeguard rules were still being made or enforced in the 40's), and the illusive nature of this case likely fueled a conspiracy for murder, which eventually turned into the urban legend. It should be noted that this is still the only death confirmed with 100% certainty, even though the boy was never identified by name due to lesser forensic technologies in the mid-1940's. Other accounts on social media describe another story of a girl drowning, but these are more modern rumors spread by the internet instead of word of mouth, making them both easier to fabricate and harder to connect to the Plunge murders since they emerged earlier. However, despite all of this, these rumors were the ones to spark changes within supervision policies.

Overall, the likelihood of the Plunge murders being true is unlikely. Not only is there no evidence to support them that isn't refutable, but given the lack of technology around when these rumors emerged, it is a very realistic possibility that misinformation was being spread as details of the stories surrounding the Plunge were forgotten and made up. Ghoulish stories of this type are very present in less populated suburban areas, and with the uncertainty of the trail behind the Plunge and how the world was in the 1960's, the story could've just been made up by teenagers looking to spook each other. It is very important to verify claims like this, especially when they're as damaging to a reputation as these murder claims have been to the Plunge, even outside of the bay.

## Movie Review: Avatar Fire and Ash

By Yolihuani Romero

Fire and Ash takes audiences back to Pandora, but this time, things feel a lot more intense. The movie introduces a new Na'vi clan called the Ash People, who are connected to fire instead of nature or water. They're more aggressive and show that not all Na'vi are peaceful, which makes the story feel more dangerous and exciting. The movie is really long, around 3 hours, and at times it feels like it drags, especially during some of the slower story parts. But the action and visuals make up for it. The fire scenes are incredible, with lava, explosions, and dramatic battles that really keep you on the edge of your seat. It's a big change from the calm water scenes in *The Way of Water*, and it makes the stakes feel higher for Jake, Neytiri, and their family. The acting is good, especially from the new, younger characters, and the story shows more conflict within the Na'vi than the previous movies. Even though the movie is long and feels really repetitive at times, the combination of action, emotion, and amazing visuals makes it worth watching. Fans of the series will enjoy seeing a darker, more intense side of Pandora.



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