## THE EAGLES' BULLETIN

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### EDITOR'S NOTE

#### THE TEAM:

Dear Readers,

In the true spirit of the season, this issue is sprinkled with articles that share stories, and moments of great impact. This edition also explores important topics and student perspectives on the issues that matter most to our community. We invite you to take a moment to delve into the diverse tapestry of information cumulated and produced by our talented writers.

As we reflect on the past months, we extend a heartfelt thank you to all our contributors, readers, and supporters. Your engagement and enthusiasm are the driving forces behind the success of our school newspaper. Together, we've created a platform that reflects the vibrancy and unity of our school community.

This issue is a celebration of unity, joy, and the unique spirit that unites us. We hope these pages bring warmth and inspiration during the holiday season. As always, your feedback is invaluable, shaping the future of our publication. Thank you for your ongoing support, and we hope you find inspiration and enjoyment in the stories we've gathered for you.

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### FEATURE ARTICLE

#### Winter Fashion and Trends

 $^\sim$  Sahanya Reddy, Grade 11



As the seasons change throughout the year, the world of fashion grows to adapt to the requirements of those seasons, as well as to the current trends. As winter descends, there are collections crafted that offer comfort along with style, matching the array of trends that make up winter fashion.

At the forefront of winter fashion are all things knitted; knitted sweaters, knitted caps, knitted leg warmers, simply any normal stitched item of clothing, but knitted instead. The trend of knit was especially huge at the start of 2023, and now that it is winter again, its wear is increased and even more purposeful to keep warm.

Coats also play a large role in winter fashion. Big plain black coats invite a somber presence when worn along with sleek and minimal pieces of clothing. In addition to this simplicity, the

trend of sparkle statements made a comeback in winter and autumn fashion. Wearing muted or monochromatic outfits with one statement piece was all the craze previously, and this season we can see a coming back.

In terms of color palettes, winter is ridding its muted tones for a more vibrant spectrum. Jewel tones like emerald green, deep burgundy, and rich sapphire,



dominate runways and inject a sense of luxury into the colder months. Monochromatic outfits in striking hues are gaining popularity, providing a bold and chic alternative to traditional winter neutrals.



Fashion is highly subjective and the trends that come and go are important to be aware of, however, what matters in the end is self-expression which is best done through fashion.

### SCIENCE & TECHNOLOGY

## A Milestone in Laser Technology

 $\sim$  Akshay Aribindi, Grade 10

We've all seen videos of cats in our lives at some point. But, have we ever seen one that's been sent in from deep space? Well, it's a first for billions of people. A video of a cat named



Taters was sent in from NASA's *Psyche* spacecraft on October 13th, 2023, while it was on a mission traveling toward the metallic asteroid, 16 Psyche. The video's successful transmission marked a significant

milestone in deep-space optical communication technology. But, how was it possible to send a video from space, and what does its success entail for future missions?

Well, the video transmission was initially encoded into an invisible near-infrared laser built into the spacecraft, which could transmit messages much faster than traditional radio wave systems NASA has previously used. As the spacecraft had launched and reached a distance of around nineteen million kilometers away from its launch site, it transmitted the video to the Hale Telescope at the Palomar Observatory. As of now, this laser technology is the only way to send and receive signals from space.

Adding on, scientists at NASA's Jet Propulsion Laboratory claim that this laser can be used for upcoming missions. They plan to use it on probes to transmit high-resolution images from space and let astronauts on Mars send videos back home.

In conclusion, NASA's deep space test of its new invisible laser has become a milestone in broadcast history and it can facilitate future missions to Mars. Ultimately, it can potentially be used in other future interplanetary missions.

## Generative AI: The Next Generation of Artificial Intelligence

 $\sim$  Aashar Pamidiparti, Grade 9

Generative AI is a new era of artificial intelligence. When new content is created entirely by AI it is typically called Generative AI. It is a subset of artificial intelligence that specializes in the creation of new and original content by analyzing and interpreting existing data by mimicking the human brain structure using interconnected computational nodes, enabling the system to learn complex patterns and generate an output.

With the rise of Generative AI, thanks to Open AI releasing ChatGPT, and Google releasing Bard, the untapped opportunities of Generative

AI are just beginning to be discovered. With the power of analyzing hundreds of gigabytes of data, it can generate various forms of media from music and text. This AI can rapidly analyze vast amounts of genetic and molecular data to identify potential drugs and accelerate the drug discovery process. Additionally, Generative A.I. can also predict future climate scenarios and weather patterns, by analyzing large amounts of existing environmental data.

These days, various concerns are being raised due to the unintended negative impacts of Generative AI. The most common concern is when content can be generated that is biased and misleading since cleaning and sorting gigabytes of data is a tedious task for machines and humans combined. Leading to some biased and false data being fed into an AI model leading to a biased response.

Ultimately, the impact of Generative AI will depend on how we choose to develop and use it. By carefully considering both the positive and negative implications, we can ensure that this powerful technology benefits everyone and shapes a better future.

### **ECONOMICS & BUSINESS**

#### Fintech's Transformative Power

 $^\sim$  Anya Maryala, Grade 11

In recent years, the fusion of financial services with technological advancements has led to the rise of Financial Technology (Fintech), revolutionizing the financial landscape. Among its numerous impacts, one of the most significant is its role in fostering financial inclusion worldwide.



Financial inclusion, crucial for economic development, ensures access to financial services for everyone, especially those historically excluded. Fintech's disruptive power lies in its ability to bridge gaps in the traditional banking system through innovative, accessible, and cost-effective solutions. The traditional banking system, characterized by brick-and-mortar institutions, has numerous limitations that have hindered access for many groups of people. Factors such as geographical constraints, high transaction fees, stringent requirements for opening accounts, and lack of credit history have posed significant barriers in the world of finance, leaving millions without access to basic financial services. However, Fintech companies have

swiftly addressed these challenges by leveraging technological advancements to create inclusive financial solutions.

However, challenges related to data privacy, cybersecurity, and digital literacy remain. Yet, Fintech's transformative capabilities continue to empower underserved communities, making financial services more inclusive. The younger generation plays a vital role in the future of Fintech. The youth have the opportunity to appreciate and embrace financial developments due to their inherent familiarity with technology. Their familiarity with technology enables them to investigate creative solutions, rapidly understand intricate financial concepts, and take advantage of new fintech trends to transform existing financial systems.

Fintech systems pose new risks that the younger and most impacted generations will have to navigate to mitigate the risks of fintech and reap the benefits of fintech to the max. They must maximize the advent of financial inclusion through the boom of fintech and ensure that the benefits are equal throughout the global population. The recent spike in opposition the the capitalist structures of the modern world by the newer generations will only be exacerbated through fintech if financial inclusion is not achieved at par with the increase in fintech innovation. With fintech, there is a great risk of the Matthew effect in which the rich reap the most benefits and the poor stay poor.

In conclusion, Fintech's innovation is a beacon of hope for achieving universal financial inclusion, empowering individuals, and driving economic growth. The ongoing evolution and cooperation within the industry promise a more inclusive and prosperous financial future for all.

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### **POLITICS**

#### Canada + India = An Uncertain Future?

 $\sim$  Nitya Kashyap, Grade 10

Lovingly referred to as a second home, Canada is a country many Indians often migrate to for work and educational opportunities. For many years, both countries have had an extremely close and dependent relationship with one another. However, looking back at recent events over the last couple of months, the future of Canada and India is looking rather grim.

In September, Priminister Justin Trudeau of Canada



revealed in the House of Commons that Canadian intelligence agencies had found credible reports that were linking Indian government agents to the murder of a Sikh separatist leader

Hardeep Singh Nijjar. Henceforth began the political disputes between both countries. Last month the U.S. Justice Department also added on saying that an Indian government official had directed the plot to kill Gurpatwant Singh Pannun, a Khalistani separatist leader and dual citizen of the United States and Canada.

India repeatedly denied these claims and demanded evidence from both Canadian and American governments with no clear outcome. These claims shook India and disrupted many of the trade discussions both countries were having. India temporarily stopped giving out new visas to Canadians who need them to travel there in response to the allegations made by the Canadian Government. This caused further strain on their relationship.

Today, the relations between India and Canada are not at their finest point, however, it is clear that both countries do want to move past this dispute and focus more on their trade strategies, opening up more pathways for Indo-Pacific trade in the future. Who knows how far this political dispute will extend, and when?

# Biden's alliance with Israel causes a loss of support for the 2024 US Presidential Elections.

 $\sim$  Shravya Reddy, Grade 9

When Israel declared war on the Gaza Strip after an unprecedented attack by an armed Palestinian group, the world's focus shifted quickly to the soon-to-be biggest world crisis. Now, along with the casualties, the Israel-Palestine war has buried itself deep into the hearts of people all around the world as they campaign and boycott in support of who they think is morally correct. Joe Biden, current US president is not garnering much support for the 2024 elections. In fact, amongst the adolescent community,



he has lost many votes due to his Israel policy. This course of action could cause him to lose next year's presidential election.

The United States has been

allied with Israel for an extensive period. After resisting calls for a ceasefire, Biden declared fourteen billion dollars in aid and weapon provision. After this blunt declaration, Biden noticed the low polls. Since then, he has taken action to garner more support from the younger generations. Just this month, at a campaign fundraising event, he said the Israeli Prime Minister's government is "starting to lose support," seemingly switching sides due to the rising death toll in Gaza.

A new poll by the New York Times has discovered that around seventy-five percent of young voters aged between eighteen and twenty-nine disagree with how the government is handling this conflict. The poll was conducted this month with over a thousand registered voters throughout the nation. When analyzed, the results show that Donald Trump, former US president, has grabbed the attention of twenty-one percent of the people who voted for Biden, in honor of their support for Palestine.

### **OPINIONS**

## The Illusion of Productivity: Busyness vs Effectiveness

 $\sim$  Ishanvi Tupili, Grade 10

In the contemporary race for success, the notion of productivity often gets distorted in the chaos of busyness. It is time to challenge this notion. Busyness, a misleading ally, creates the illusion of progress through constant motion. School, emails, and multitasking fill our days, and yet, the real question remains: does this incessant activity truly translate into meaningful outcomes?

Effectiveness, the silent sister of busyness, demands a more deliberate and strategic approach. True productivity isn't about how much we do but how well we do what matters.

The paradox lies in our societal glorification of busyness as a symbol of success. However, it is time to break free from this trap and recognize that genuine productivity is achieved



through purposeful actions and not a chaotic schedule.

To bridge the gap between busyness and effectiveness, we need to discern between tasks that work towards our goals and those that add unnecessary noise. By Embracing mindfulness, emphasizing quality over quantity, and fostering a culture of intentionality it will be possible for us to redefine our approach to productivity. Taking breaks, practicing self-care, and fostering an environment that values both productivity and well-being contribute to a fulfilling journey. It is in these moments of pause that creativity thrives, resilience builds, and true effectiveness emerges.

In conclusion, unmasking the busy paradox is crucial for reclaiming true productivity. Let's shift the focus from merely being busy to being effective, ensuring that our efforts align with meaningful goals and lead us to success on our terms.

## Is the Food Pyramid a Sham?

 $\sim$  Avaneesh Gondlyala, Grade 9

Chances are, you've probably seen the Food Pyramid at one point in your life. Traces of this dietary guideline can be found in schools throughout the world. The Food Pyramid establishes a priority chart, with the lowest parts holding the meal types that should be consumed the most. Unfortunately, the consequences of this pyramid are

beginning to unravel, and many individuals are beginning to doubt its "healthy" nature.

The 1980s saw a spike in

obesity rates within America, and the government wasn't too happy with the prospect of unfit individuals enlisting in the army. To combat obesity, the government introduced the Food Pyramid. This pyramid put a heavy emphasis on consuming grains while meats were confined to a smaller section. In addition to cracking down on meat consumption, the government hardwired the public to believe that "saturated fats" were extremely unhealthy, making grains the most "ideal" food to consume.

Surprisingly, after the release of the Pyramid, heart disease and obesity rates saw an exponential increase. Why? It turns out that grain-based diets include a lot of seed oils, which are terrible for your heart. To profit from the abundant grain supply on American farms, the US government established a diet that prioritized wheat while duping the public into blaming the meat business for the rise in disease rates. Since the introduction of the Food Pyramid, American health has never been the same, and "anti-red meat" propaganda continues to impact American eating patterns. Americans must abandon the Pyramid before it's too late, ensuring the destruction of the government's carefully cultivated society of money-making, grain-consuming, severely unhealthy guinea pigs.

### ENTERTAINMENT & POP CULTURE

## 2024 Grammy Nominations Provide Highlight Reel of 2023 Music

 $^\sim$  Anika Bhupatiraju, Grade 8

As the music industry continues to evolve and captivate audiences worldwide, the 2024 Grammy Awards stand as a testament to the incredible talent and innovation that has graced our ears over the past year. The nominations in the major categories, released earlier this month, reflect the diverse and dynamic landscape of the music industry.



The Best Album category is a pinnacle honor, recognizing bodies of work that have not only resonated with audiences but have also made a lasting impact on the

industry. The nominated albums, which include 'Did You Know That There's a Tunnel Under Ocean Blvd' by Lana Del Rey', 'GUTS' by Olivia Rodrigo, 'SOS' by SZA, and 'Midnights' by Taylor Swift, have sparked conversations, challenged conventions, and provided a soundtrack to the myriad emotions and experiences of the past year. The Best Song category celebrates the craft of songwriting, honoring the lyrical and melodic genius behind the music. This year's nominees including 'Flowers' by Miley Cyrus, 'Anti-Hero' by Taylor Swift, 'Dance the Night' by Dua Lipa, and 'A&W' by Lana Del Rey, have demonstrated a mastery of storytelling, emotion, and artistic vision.

In conclusion, the 2024 Grammy nominations offer a glimpse into the rich tapestry of musical expression that has defined the past year. From the discovery of new voices to the celebration of established icons, the nominees in the major categories reflect the ever-evolving nature of the music industry. As we eagerly await the awards ceremony, it is clear that the 2024 Grammys will not only honor the outstanding achievements of the past year but will also serve as a testament to the enduring power of music to inspire, provoke, and unite.

## The Effect of American Pop Culture on Globalization

 $^\sim$  Saanvi Marappa, Grade 11

American popular culture has had a profound impact on societies and communities around the world. Whether it be the world of fashion, literature, or politics, aspects of



American pop culture have had a lasting influence on societies around the globe, and significantly contribute to globalization.

American movies, music,

and television shows appear to have a global appeal, and present to the world 'The American Way of Life'. Pop culture references, behaviors, and trends in fashion all observed in American media and entertainment are not confined to the States alone but can be observed anywhere in the world. Since its 1994 premiere, the 90s sitcom 'Friends' has had a significant influence on popular culture. The show managed to bring people together despite different cultures, ethnicities, and races and connected them with a sense of belongingness. For many, this show was their first look and exposure to what life in America was like. American slang and expressions often popularized through movies and music, are widely adopted by non-native English speakers around the world, further contributing to the spread of American culture.

American popular culture has found a way to become a beacon for change, what it means to belong to a community, and has found a way to influence and change globalization. It acts as a bridge between different cultures and different people, and embodies the purpose of globalization: the exchange and integration of different cultural elements from around the world. Some critics argue that American pop culture "invaded" the world, possibly causing local traditions and identities around the world to dissipate, with the continued widespread adoption of these cultural elements.

## SERVICE & LEADERSHIP

## Spotlight on Servant Leader: Arvind Kejriwal

~Sheik Nashitah Hussain, Grade 11

Arvind Kejriwal, the Chief Minister of Delhi, stands as a paragon of servant leadership, tirelessly dedicating himself to the betterment of his community. Kejriwal's journey exemplifies a commitment to serving the public with

integrity and innovation.



Kejriwal's foray into politics was unconventional, driven by a desire to address systemic issues plaguing society. His leadership style reflects

the essence of a servant leader putting the needs of the people first. Through initiatives like Mohalla Clinics, he has revolutionized healthcare accessibility for the urban poor, emphasizing quality service over bureaucratic red tape. Delhi witnessed groundbreaking changes in the education sector. The introduction of innovative policies and the transformation of government schools underscore his belief in empowering the next generation.

What sets Kejriwal apart is his unwavering dedication to transparency and accountability. By leveraging technology, he has brought about a paradigm shift in the delivery of public services. The positive impact is palpable, with citizens experiencing improved efficiency in areas like water supply and electricity. During the COVID-19 pandemic, he displayed resilience and a hands-on approach, ensuring the well-being of the people through proactive measures and community engagement.

Arvind Kejriwal's journey from a civil servant to a transformative political figure embodies the principles of servant leadership. His relentless pursuit of positive change, emphasis on community needs, and commitment to transparency make him a beacon of inspiration for servant leaders in our community.

## Empathy: The Essence of Effective Service Leadership

 $^\sim$  Leisha Agarwal, Grade 11

Empathy is a powerful force that crosses boundaries and connects people on a deep level. This quality becomes an essential requirement for effective service leadership within



the context of leadership. Empathetic leaders not only prioritize individual well-being but also guide the organization to success. Empathy serves as an encouragement for effective team communication.

Leaders who empathize with their team members can anticipate problems, address concerns early on, and promote open communication. This fosters a collaborative environment in which everyone feels comfortable sharing ideas and working toward common goals. In service-oriented industries, effective communication is critical, and empathy is the foundation for effective teamwork.

Empathy becomes a strategic asset in service leadership, where the focus is on meeting the needs of customers or clients. Leaders who empathize with their customers have a better understanding of their customers' expectations, concerns, and preferences. This knowledge enables the creation of products or services that resonate with the target audience, resulting in increased customer satisfaction and loyalty.

Furthermore, empathy is more than a soft skill; it is the foundation of effective service leadership. Leaders who prioritize and cultivate empathy foster a workplace culture that encourages collaboration, innovation, and personal development. This approach is not only beneficial in service-oriented industries; it is a necessary component for long-term success. "People don't care how much you know until they know how much you care," as the saying goes, and this sentiment is true in the realm of service leadership.

### HEALTH & LIFESTYLE

## Mindful Gift Giving

 $\sim$  Riyanka Reddy, Grade 11

As the air grows colder and the year nears its end, the yuletide season is upon us. This time of year is equivalent to warmth and joy, where people express their love through the timeless tradition of gift-giving. Across the globe, individuals partake in the heartwarming practice of exchanging thoughtful tokens that embody love, gratitude, and, most importantly, goodwill.



Gift-giving is a sweet tradition almost everyone partakes in, from George giving Mary a personalized copy of "Tom Sawyer," representing thoughtful consideration of her dreams

and aspirations in "It's a Wonderful Life," to Jim and Della, the couple in "The Gift of the Magi," where Jim and Della, a couple facing financial constraints, sell their prized possessions to purchase gifts for each other. These iconic moments in literature and television showcase mindful gift-giving.

Mindful gift-giving is a thoughtful way of approaching the act of gift-giving with intention, considering what the recipient would want, and expressing consideration. To give gifts mindfully, you must understand the preferences, needs, and interests of the person you are giving gifts to. You must also focus on the thoughtfulness of a gift; a well-chosen gift has more meaning than an expensive one. Mindful gift-giving is also about being ethical and picking gifts that are ethically chosen and sustainably produced. Choose eco-friendly wrapping materials, or consider alternatives like a reusable gift bag. Lastly, choose to support local businesses. By doing this, you not only contribute to local businesses but also find meaningful gifts.

Mindful gift-giving helps foster a closer relationship with the gift giver and the recipient, as the gift represents how well you may know the recipient. By following these tips, you can give gifts in a way that truly speaks to the person.

## A Tech-Based Approach for Reducing Food Waste

 $\sim$  Kshetra Rao, Grade 10

In the ongoing global effort to combat food waste, innovative technologies are pivotal in minimizing environmental impact and promoting sustainability throughout the food supply chain. One such breakthrough is the development of smart sensors that monitor the freshness of perishable



goods. These sensors, integrated into packaging or storage containers, provide real-time data on the condition of the food. By alerting consumers and retailers when products are

approaching their expiration dates, these sensors help reduce the disposal of still-edible items.

Additionally, artificial intelligence (AI) algorithms are being employed to optimize supply chains. These systems analyze data on demand, weather conditions, and transportation logistics to streamline distribution, ensuring that perishable goods reach their destinations efficiently. This not only minimizes the chances of spoilage but also reduces the overall carbon footprint of the food industry.

Furthermore. mobile applications are empowering consumers to make informed choices about their purchases. Apps equipped with barcode scanners allow shoppers to access detailed information about a product's shelf life and nutritional content. This transparency encourages responsible buying behavior, discouraging over-purchasing and subsequently lowering the amount of food that goes to waste at home. The integration of smart sensors, AI, and consumer-facing applications is revolutionizing the way we approach food waste reduction. These technological innovations not only address the economic and environmental implications of food waste but also empower individuals and industries to contribute to a more sustainable future.

### Reviews

## Movie Review: Chicken Run: Dawn of the Nugget

 $\sim$  Rahul Iyer, Grade 9

It is often difficult to find a sequel that holds up to the



original, yet, Chicken Run: Dawn of the Nugget manages to surpass its predecessor in many ways. The original movie, made by Aardman Animations twenty-three years ago, introduced the world to colorful, claymation figures and batty British humor. In this movie, the protagonist and their friends and family escape a poultry farm where they are being held captive and

prepared for slaughter. The film was a silly take on serious spy/thriller movies.

The sequel, however, completely flips the script. The protagonists from the previous entry have safely built a community away from farmers who would like to capture them. They even have a child (Molly) whom they care for dearly. But, because of their past experiences, they don't let the child leave the community.

Eventually, their child grows to view her parents as jailors. She spots a lorry advertising a farm called "Fun-Land Farms". Due to her lack of experience, she believes that the farm is a place of adventure and wonder. Molly runs away to the farm and has to be rescued by her parents.

The sequel expands on the personalities of all the characters from the previous film. Molly's parents are shocked and horrified by how their child views them. They also have to overcome a huge fear of farms to save their daughter. In the previous movie, they were breaking out of a farm, while in this movie they break into a farm. The movie also has a slight social edge to it, Fun-Land Farms is a sinister yet sadly realistic take on modern corporate factory farming.

## Book Review: The Crystal Ribbon

 $\sim$  Sivani Jaggavarapu, Grade 11

In the heart of South Asia, where vibrant cultures dance with ancient customs amidst breathtaking landscapes, a somber reality often escapes the notice of the world. Let's delve into the challenging terrain of child marriage, a societal norm that cruelly robs children, especially girls, of their precious

childhood, education, health, and

prospects.

The Crystal Ribbon, a tale written by Celeste Lim, perfectly displays the true struggles behind such cultures through the eyes of its protagonist, 12-year-old Jing, we witness the harsh realities of a child sold into marriage and her extraordinary odyssey toward self-discovery and



liberation. Lim's storytelling prowess masterfully paints a vivid picture of Jing's life, from her humble beginnings in a small village to the forced marriage to a three-year-old boy. As a 'little sister,' Jing grapples firsthand with the harsh societal realities, facing the daunting prospect of a future where her dreams are suppressed.

Among the many triumphs of "The Crystal Ribbon" is Lim's ability to breathe life into medieval China. The vibrant descriptions of settings, customs, and traditions create a rich backdrop that enriches the narrative. The seamless integration of supernatural elements adds an extra layer of intrigue, making the book an utterly captivating read. At its core, this is a tale of empowerment—a portrayal of the strength of a young girl navigating a world that seeks to limit her at every turn. It stands as a stark reminder of the harsh realities faced by countless girls worldwide.

"The Crystal Ribbon" stands as an extraordinary work, skillfully addressing a complex issue while delivering a compelling story. It's a must-read for those who appreciate historical fiction, strong female characters, and narratives that inspire positive change.

## **Sports**

## Intense Battles Await in the 2023/24 UEFA Champions League Knockout Stage

 $\sim$  Samvit Punnam, Grade 9

The 2023/24 UEFA Champions League has entered its thrilling knockout stage, following the conclusion of the group stage on December 13. Sixteen elite teams, including football powerhouses like Manchester City, RB Leipzig, Bayern Munich, and Real Madrid are now set to battle for glory and the prestigious title.

This edition brings a significant change to the format, with a



straightforward knockout structure featuring two-legged ties for the Round of 16, quarterfinals, and semifinals. Notably, the traditional away goals rule has been discarded,

introducing a major shift in the dynamics of the matches. The absence of the away goals rule means that tied matches after both legs will proceed to extra time, injecting a new level of drama and unpredictability. Teams can no longer rely on away goals as a tiebreaker, and the prospect of extra time adds an element of physical and mental endurance, promising nail-biting moments for fans worldwide. As the knockout stage unfolds, fans can anticipate intense and closely contested matchups. With the spotlight on the remaining 16 teams, each fixture is poised to be a battle of skill, strategy, and determination as teams strive to secure a coveted spot in the quarterfinals and edge closer to Champions League glory.

In conclusion, the 2023/24 UEFA Champions League knockout stage promises to be a spectacular showcase of top-tier football, featuring dramatic moments, tactical brilliance, and unforgettable performances. Football enthusiasts worldwide are in for a treat as the journey towards the pinnacle of European club football unfolds.

# Shocking stop of a Premier League match, as Luton's captain is hit with a sudden cardiac arrest

 $\sim$  Medha Koppula, Grade 9

On December 16<sup>th</sup> an abrupt stop was put to the match between Luton Town and Bournemouth as Luton Town's captain, Tom Lockyer, had an on-field cardiac arrest. The Premier League has ensured that there will be a full replay of the match soon.



The first half of the match went well, with Luton taking an early lead due to Elijah Adebayo; then during the second half of the match, in the 59<sup>th</sup> minute, a cardiac arrest occurred. It was reported that his heart had

stopped for 2 minutes, but he had survived. The Premier League issued a statement thanking the medical staff involved, "The league would like to thank the medical staff and all those involved for their swift actions in responding to what was an extremely upsetting situation for everyone."

Although very upsetting, this situation cannot be considered unexpected due to Lockyer's previous history of collapse; in May, during the finals of the Championship play-off against Coventry City, Lockyer collapsed 11 minutes into the game due to atrial fibrillation but soon recovered and was cleared to play for the Premier League. He had made 15 appearances in all competitions before his match with Bournemouth.

As of December 21<sup>st</sup>, Lockyer has been discharged after a successful procedure to prevent a repeat of the previous event. The club has said, "We are thankful to report that our captain Tom Lockyer has now begun a period of rehabilitation from the comfort of his own home" offering relief for the team's supporters. But, as this is Luton's first ever Premier League, it can be considered quite frightening for them, yet they continue to keep strong.

