

## A fluffy little Superbowl!

By Caroline Hoy  
Staff Writer

Every year people get hyped about the Super Bowl, but there are some who get hyped about a different bowl. For the last 16 years, the Puppy Bowl has premiered on Animal Planet. The Puppy Bowl features 96 puppies that are up for adoption. The Puppy Bowl has two teams and each team tries to get the chew toys in their endzone.

In one corner, we have team Ruff, and in the other corner, we have team Fluff. This year, team Fluff was able to take the lead by four points and bring home the victory.

No one can forget the halftime show by Jenni-Purr Lopez and Cat-ira who performed the song "Catnips Don't Lie." If the kitten halftime show wasn't enough, the cheerleaders helped with satisfying your cuteness overload. The pygmy goat and armadillo cheerleaders were adorable.

Of course, so many watch the Super Bowl for the commercials. If watching adorable puppies isn't what you want then the commercials of the Puppy Bowl are like Super Bowl commercials for animals. One can't remember a single year of watching the Puppy Bowl and not seeing an adorable ad of dogs driving cars.

The Puppy Bowl serves to raise awareness of animals in shelters. Even though it is called the Puppy Bowl, the event hosts a variety of animals. Every year, the Puppy Bowl halftime show is based on who is performing in the Super Bowl and is performed by cats. The puppies are always the players. The cheerleaders will change up on animals, and, sometimes, you will be surprised by who the referees choose to be cheerleaders.

If you are a cat person, the Puppy Bowl may be for you, too. If watching puppies play around or watching dogs drive cars isn't your thing, a pet kiss cam, watching heartwarming stories from shelters, or Meep the cockatiel who tweets on Twitter about the game may satisfy you. This bowl is an emotional show so bring your tissues with you when you watch it next year.

# Psychedelics and mental health

By Margaret Correll  
Layout & Design

In this new age of drugs and legalization there has been a revolution in the study of psychedelics. From "magic mushrooms" to LSD and many other drugs, there has been increasing interest in the scientific community to answer the question, "Can psychedelics improve mental health?"

According to an article by CNN Health, there has been a tremendous amount of research in the past several years looking into how psychedelics affect the mind in relation to past trauma. Even though "shrooms" and LSD are currently Schedule I drugs, CNN Health says, "Governments are greenlighting studies all over the world." The approved research facilities in the United States are John Hopkins, New York University and Yale University according to the Multidisciplinary Association for Psychedelics Studies (MAPS).

In the new Netflix miniseries "The Goop Lab," created by actress Gwyneth Paltrow, it tackles the tough subject of psychedelics and how they help or hurt people with past trauma or mental illness. Paltrow's team takes a trip to Jamaica to experiment with "magic mushrooms" and try an alternative therapy practice known as psychedelic psychotherapy. Several of those that attended the trip experienced relief from the things in their past.

The research being conducted has entered a

reawakening. "Double blind randomized trials have shown 'rapid, marked and enduring anti-anxiety and depression effects,' researchers say, in people with cancer-related and treatment-resistant depression after a single dose of psilocybin," writes CNN Health. The treatment has also improved people with obsessive compulsive disorder symptoms and alcohol dependence.

Another part of psychedelics that has piqued researchers interest is the concept of "microdosing." Becoming more popular in recent years, this involves taking a small dose of a psychedelic to have some effects without the long term high seen with a whole dose. According to CNN Health, this research is in its early stages.

While MAPS and other research facilities are focusing on breaking through and becoming successful with their continued research, there have been a few setbacks. CNN Health states that there have been several tests with displeasing results while in the middle of a high and some of the after effects. In an episode of "The Goop Lab," the MAPS psychiatrist they consulted, Dr. Will Siu, revealed that without the proper care and supervision while on a psychedelic, it may cause the taker to have a negative experience.

Regardless of the good or bad research, the testing of psychedelics will continue. This may be the start of a new wave of alternative therapy which could help many people in the years to come.

