

Waukee South Middle School Newspaper

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Harry Potter: Hogwarts Mystery

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

This is a super fun game, where you are invited to attend Hogwarts! During the game you learn new spells, compete for the House Cups, make friends and rivals. And even solve multiple mysteries! If your a Harry Potter fanboy/girl then this would be a perfect game for you. There has never been a game where you are the person learning from the teachers of Hogwarts, and that's what makes this game so special. The game is about you trying to solve why your brother ran away from Hogwarts, and finishing what he started. The game already is amazing since the quality is outstanding and graphics are incredible. The storytelling is like nothing ever seen and just simply incredible. So if your a Harry Potter fan go play the game today by downloading it in the App Store!

American Obesity

By: Brooke Dohrmann

Edited by: Coria Chaloupecky

Just roughly 30 percent of males and females in the USA are obese. This is only a growing trend in numbers as more and more kids are exposed to fattening cheap foods. Why are people so obese? Well it's because of unhealthy foods getting cheaper and cheaper while healthier natural foods are getting more expensive. The simplest answer to all of this is, natural foods take a lot longer to grow, and they don't get profited off as much because the majority of people just like ready cooked fattening foods that don't take much time to make. Also people that sell fattening foods make a much better profit than people that sell healthy foods. When you go to the grocery store look past the unhealthy food and try to eat healthy. You will feel much better and look much better.

HQ

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

HQ is a free live trivia game show. They host it at 2PM and 8PM every single day. The thing about HQ is that you earn real money for just answering 12 questions correctly! But only 100-200 out of 1,000,000 will get the money though. The questions get a lot harder as the time goes on. Some of the easier questions are like The ____ keeps the doctor away? Or who traveled down the yellow brick road? Those are just a few of the easy ones. They get MUCH harder as the time goes on. So if you think you're up for the challenge go to the App Store and get HQ today! But before you download it just remember to set your birthday about the age of 13 or you will not be able to play. Also, inviting your friends will get you an extra life if you get out of one of the questions.

Sustainability

A Four Part Article About Making the World a Better Place

Article 2: Why is Sustainability Important?

Written By: Noah Kohtz

Edited By: Allyna Bross

First of all, sustainability has a purpose. To keep things going for as long as possible. But this only works when we have sustainability. If sustainability is not reached, then it has no purpose. But sustainability has more than 1 purpose. It teaches us to run things differently, so that we can live here for as long as possible.

Sustainability lets us explore new ways to live and work. Sustainability has kept us alive and opened up new options for us to use. Have you heard about global warming? Well, it's a result of bad choices. We (humans), are hurting the world when we drive in cars, boats, airplanes, and any other form of transportation. Have you ever walked behind a car when stuff is coming out of the exhaust pipe? That stuff is exhaust, and it's bad for you as well as the environment. Exhaust also comes out of:

- Factories,



- Airplanes



- Boats,



- And any other mode of transportation other than walking, swimming, skating, biking, and skateboarding.

All of the above modes of transportation are considered sustainable. This means that we can do these things for years to come, and not hurt the environment. These ways to move are also good for your health, because they are ways to exercise. Rather than driving to a friend's house, you can ride a bike, enjoy the fresh air, and have fun, while improving the environment. Since the weather is getting nicer, go outside and play, instead of sitting on a couch all day (I made a rhyme)! Enjoy the fresh air and get outside!

Plague Inc.

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Plague Inc. is a super fun strategy game that lets you infect the world. There are multiple levels that are super fun to play and give a good challenge, it's super hard to win if you have never played it before. But once you learn some simple tricks and tips you too can become a Plague Inc. pro. When you first load your game in Plague Inc. you're given a starting point of where you want your disease to start. If you want a really quick start then go for China, or India since they have the most people in the entire world. About 1 billion each. India is most likely your best bet if you want to choose it as your starting place. It's poor, hot, and overpopulated. Therefore, India is your best starting point. After you've chosen a starting point this is where the fun begins. You need to evolve your disease, and to do so you rack up points, and spend them on upgrades for your disease. Some of the upgrades include: Harder to evolve, more infectious, higher lethality, or higher amounts of symptoms. That's about all you need to know to play Plague Inc., if you think you will be playing for hours. Now go to the App Store and download Plague Inc. today!

Fit In The Hole

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Fit in the hole is a super fun game that will keep you playing for hours on hours! The objective of the game is super simple, just fit the block through the wall. You have to complete a design first before you actually can get through the wall though. The more times you get through the wall, the faster and harder it will get. The tricky thing about this game though is that your brain first needs to process what the design is and how many times you need to move your block over, half of the time before you can even get to move the block the wall is already .5 seconds away from hitting you. So if you think you're up to the challenge head on over to the App Store and download Fit In The Hole today! Trust me you won't regret downloading it.

Rocky Road Parfaits

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Ingredients

- 1 4-serving-size package chocolate or chocolate fudge instant pudding mix
-
- 2 cups milk
-
- 1/2 cup frozen whipped dessert topping, thawed
-
- 1/4 cup unsalted peanuts, coarsely chopped
-
- 1/4 cup tiny marshmallows
-
- Chocolate curls (optional)

Directions

1. Prepare pudding mix according to package directions using the milk. Remove 3/4 cup of the pudding and place in a small bowl; fold in whipped topping until combined.
2. Divide remaining plain chocolate pudding among four 6-ounce glasses or dessert dishes. Top with dessert topping mixture. Let stand for 5 to 10 minutes or until set.
3. Sprinkle with peanuts and marshmallows. If desired, garnish with chocolate curls.

Quick Whoopie Pies

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky



Ingredients

- **1/2** 8-ounce package reduced-fat cream cheese (Neufchatel), softened
 -
 - **1/4** cup butter, softened
 -
 - **1/2** 7-ounce jar marshmallow creme
 -
 - **12** soft chocolate cookies or your favorite soft cookies
-

Directions

1. For filling, in a medium mixing bowl beat cream cheese and butter with an electric mixer on medium to high speed until smooth and fluffy. Fold in marshmallow creme.
2. Spread filling on bottoms of half of the cookies. Top with the remaining cookies, bottom sides down. For firmer filling, wrap and chill about 2 hours before serving.

Rise Up

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Rise up is a super fun and free addicting game for all ages. The goal of Rise Up is to lead your balloon through the obstacle courses without the blocks touching the balloon. You control a little ball to knock away objects in order to keep your balloon

safe. If your ball touches the balloon it won't pop. BUT, if your ball is touching the balloon and an object hits the ball the balloon will pop. In rise up there are 40 levels, each getting harder and harder. The

tricky thing though is that each level is totally random and could be really easy or really hard so expect everything! Rise Up, like many other games is a game that will keep you playing for hours upon hours.

Flip Master

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Flip Master is a super fun and free addicting game. It also is very popular. The simplicity of the game is also very nice. All you have to do is jump and do flips without hitting your head. The more you play Flip Master the better you will get at timing your jumps and doing different tricks. Flip Master is just another one of the millions of addicting games that keep you playing for hours. Once you've been playing Flip Master for a while you will start to notice more places are being unlocked, new avatars, and new flips! Flip Master is a super fun addicting game that will keep you playing for hours.

Finger Driver

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Finger Driver is a fun and free addicting game. Just like stack, Finger Driver was created by Ketchapp. The goal of Finger Driver is to steer a little car through twists and turns. At first getting to learn the controls is a little difficult, but within 20 minutes you will be a pro. Just like Stack, the purpose of Finger Driver is to keep you playing for hours. It's super fun and easy to play, and there are a few game modes in Finger Driver so if you get bored of one game mode just switch to another! So what are you waiting for? Go download Finger Driver in the App Store today!

Dogs

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Dogs are a great family pet for everyone. Of course, it depends on what kind of dog you want. Whether you want a friendly family dog, or a fierce guard dog. The possibility of breeds are almost endless. If you have a family of 3-5 people then your

probably going to want a friendly dog like a Pomeranian or if you want a bigger breed then you could get a Lab or Golden Retriever! Overall, dogs are great pets for the family.

Stack

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Stack is a free fun game where the objective of the game is to stack things on each other! If you're looking for an addicting game I highly recommend Stack, you can play for hours and not even know the time passed by. The company Ketchapp created stack, and they have created many more games just like it that keep you playing for hours. So what are you waiting for? Go to the App Store and buy Stack!

SweatCoin

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Sweatcoin is an app that allows you to walk and earn money at the same time! Everyday with a regular membership you can earn up to 5 sweatcoins. Every 1000 steps is 1 sweatcoin. If you walk outside everyday you could earn up to 35 sweatcoins a week. Once you've stacked up enough coins you can get small prizes. For around 22,000 (about 2 years) you can get a samsung curved TV, Iphone X, 1000 Paypal, or a 1000 dollar plane flight. Weekly goals are things like Iphone Cases, Advanced water bottles, fitbits, gift cards, and free memberships. With the motivation of money, you can exercise while earning free money!

Cats

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Cats are a great pet for introverts and anyone who is looking for a pet that doesn't need much care and attention. Cats groom themselves, know where to use the bathroom, and are very independent. They aren't loud and obnoxious (majority are not.) Instead the majority are calm, relaxed, and are very loving. Unlike dogs, cats are very chill and give great snuggles. The only thing with cats

is they either like you or they don't like you. If you enjoy great company then cats are perfect pets for you.

Fortnite Meteor Strike

By: Xavier DeMarco

Edited By: Evan Vanorny

Many have suspected over the past few weeks that the popular game Fortnite will have a major change. The largest known map location on the game, Tilted Towers, will possibly be destroyed from a meteor. The most commonly mentioned date for the meteor, April 18th has seen no new updates for PS4, XBOX, PC/Mac or mobile. It seems that the theory of a meteor strike could be false. Many might've thought that there's a meteor from the glowing meteor-like object in the sky that seems to be getting closer each day. Nobody is sure what will happen next or what this means for Fortnite strike could be false. Many might've thought that there's a meteor from the glowing meteor-like object in the sky that seems to be getting closer each day. Nobody is sure what will happen next or what this means for Fortnite.

<https://www.youtube.com/watch?v=atB5NxIZoFU>

War Horse

By: Xavier DeMarco

Edited By: Caiden Walthers

War Horse is a book written in 1982 but takes place in 1914. This book which was turned into a movie is about a teenager, Albert whose horse, Joey must be used for his father to fight in WWI. Although Albert is sad, he comes to the conclusion that it is for the best, but that doesn't mean that Joey will come out alive. I highly recommend this book, because it is very interesting and compelling and gives a lot of history as well as action and sadness. If anybody is looking for a good quick read, I believe that this could be the one for you.

Fallout: Update on book

By: Lohit

Edited by: Brooke Dohrmann

We ran out of the congested airport and rushed outside. “Keith, what’s going on?” I said fearfully. He sighed and quietly said “I promise, i’ll tell you everything once we’re safe”. He scanned the parking lot and started to run towards a rusted and stain covered minivan. We finally reached it as I heard screaming in the airport behind us. “Quickly!” he exclaimed, “we need to get out of here!”. Keith smashed open the window and glass shot everywhere, one impaled gruesomely in Keith’s hand. “Oh my god Keith you’re bleeding!” I yelled. “Shhhhhh” he said annoyed like he didn’t care about the bleeding. He unlocked the car from the inside and he threw me into the car, then jumped into the driver seat and we zoomed off.

As we were cruising down the empty road, I decided it was time for Keith to explain how he knew about zombies before everyone else. “Keith, how do you know about the zombies?” I asked shaken. He sighed deeply and said “ You know how I work in the laboratory in the outskirts of town right”? “Yeah but how does that matter?” I asked confused.

The Flash Quiz!

Written By: Lohit Chawla

Edited by: Brooke Dohrmann

The Flash is a CW t.v. show featuring Cisco Ramon(Vibe), Caitlin Snow(Killer Frost), Wally West(Kid Flash), Ralph Dibny (Elongated Man) and Barry Allen(The Flash). If you think you know a lot about The Flash, then try this quiz and see how much you really know about The Flash after answering these 5 questions!

Q1) What year was The Flash released on CW?

- A) 2012**
- B) 2014**
- C) 2013**
- D) 2010**

Q2) What season does Wally West become Kid Flash?

- A) Season 2**
- B) Season 4**
- C) Season 1**
- D) Season 3**

Q3) What is the alternate world Barry creates in Season 3 called?

- A) Time Break**
- B) Speedpoint**
- C) Flashpoint**
- D) Flashverse**

Q4) What is Joe West's job?

- A) Fireman**
- B) Doctor**
- C) Police Officer**
- D) Engineer**

Q5) Who is Caitlin Snow's fiance

- A) Ronnie Raymond**
- B) Ronaldo Dops**
- C) Roger Raymind**
- D) Ronny Raymand**

Florida shooting creates question. Are these shootings caused by mental health, or by weak gun laws?

By: Lohit Chawla

Edited by: Brooke Dohrmann

Due to the recent event, many students are rioting for better gun laws. They want the president to create better gun laws, rather than talking about how mental health is causing these shootings. The Florida shooting happened February 18th and was the deadliest school shooting since the Sandy Hook Elementary school. Many students as a result of this event, are marching the streets demanding that something is done so this tragedy could never happen again. A lot of pressure is being put on the government and they are urging for president Trump to do something. Trump though is debating that the

shootings are a result of mental health problems. The question is, are mass shootings caused by weak gun laws, or mental health problems.

First, weak gun laws. Many speculate that the shootings are caused by the shooters having easier access to guns than they should. Evidence of that is many of the other shooting had guns that were capable of mass shooting events such as the Florida shooting. The Florida School shooting involved various guns which creates the question, where are these guns coming from? It turns out they come from regular gun shops and this is evidence that it is easy to get a gun license. On the other hand president Donald Trump claims that these shootings were a result of mental problems. Evidence of that is that many of the shooters did indeed have a mental illness though it is not proven to be the cause of their violence. Many believe the shooters may have had great trauma as a child, and this was supported with evidence found of abuse from their fathers or mothers.

All in all it is not clear the cause of these shootings, but based on the evidence, what do you think?

Top 10 Interesting High Paying Jobs

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Credit to: <https://www.cnbc.com/2016/07/26/the-25-highest-paying-jobs-in-america.html>

1: Physicians/Doctors

Median Base Salary: 180,000

2: Lawyers

Median Base Salary: 144,500

3: Software Development Manager

Median Base Salary: 132,000

4: Pharmacy Manager

Median Base Salary: 130,000

5: Strategy Manager

Median Base Salary: 130,000

6: Software Architect

Median Base Salary: 128,250

7: IT Manager

Median Base Salary: 120,000

8: Solutions Architect

Median Base Salary: 120,000

9: Engagement Manager

Median Base Salary: 120,000

10: Pharmacist

Median Base Salary: 118,000

Addictions

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Whether they may be small or big, addictions are not good for anyone. Even if your addicted to exercising, it's still not good for your body since you're overworking it. Super unhealthy addictions are where you're abusing the ability to do something, and you enjoy doing so. For example, if your a couch addict, then you enjoy abusing your privilege of sitting on the couch. As weird as it sounds, it's true. Addictions are very hard to overcome, but you first need to realize what you're doing is wrong and you need to change. Once you've realized that, then you can start making action steps to help you accomplish your goal. Let's say you're addicted to sweets, you first need to realize that what your eating isn't good for your lifestyle. Then you can start to make action steps like limiting how much you eat by throwing some away. Overtime it will just become natural to only eat very few sweets every week. That goes for everything, you can't just push it out of your life, your craving for it will only grow. So try and find out what addictions your willing to get rid of and make action steps to take charge.

Fortnite Success

Written by: Brooke Dohrmann

Edited by: Coria



Fortnite has taken over the world by storm. Fortnite was originally created in 2011, but not for the purpose of a battle royale at all. It wasn't till around 2013 that they actually added the Battle Royale mode. But many people are wondering "How did Fortnite get so popular?" Fortnite unique gameplay, combining Minecraft and PUBG, is a unique feature to the game that makes it so addicting for all ages. Battle Royale games are the rage right now, and Fortnite brought it to the next level by adding features like allowing you to build, create traps, and a lot more. Also with the support of many popular youtubers, streamers, and famous people Fortnite has boosted in the amount of players they receive daily. The only big downfall to Fortnite though is the fact that it's so addicting, and it's limiting how much time kids are spending with family. Since all they are worrying about is winning the matches. So if you're playing Fortnite, or you're addicted to it, equal the amount of time you spend with family and Fortnite.

New Year's Resolutions

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

It's been about 3 months since New Years, and if you wanted to change your lifestyle at all you probably set a resolution. If you don't know what a New Year's resolution is, it's a goal you have for the entire year. The most common resolution is getting fitter, or eating healthier. But if you set this goal, and you're like most people, then you most likely didn't stick to your resolution and you've failed your goal. To improve this, you need to be more specific. For example, if your goal was to get fitter ask yourself how? Something like "My resolution this year is to workout $\frac{3}{5}$ days of the week." It's more realistic, and much more achievable. Don't think if you've failed your goal that you need to wait till next year to make another. Instead just pick back up where you started, or just simply start fresh. Whatever your goal may be this year keep trying your hardest and don't give up.

Summer Camps

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Summer camps are super fun if your looking to for something to do in the summer. Summer camps can vary on what you like. So let's say you wanted to focus on being athletic over the summer, than the YMCA Summer Camp would be perfect for you as they offer a lot of outdoor activities and much more to stay healthy and fit. If you're looking for something that deals with animals then you could find a summer camp that is based around animals. Horseback summer camps are a great example of this. They offer the chance to work with horses, learn how to manage your time and a lot more. Summer camps can tend to be a little pricey though depending on what you're doing and where it's located. Summer camps are also a way that parents can get a chance to relax and enjoy alone time. So sign up for a summer camp today if you're looking for something to do over the summer!

Horseback Riding

By: Brooke Dohrmann

Edited by: Coria Chaloupecky

Horseback riding is super fun to do, and is quite exciting. If you like hoses then horseback is the perfect thing for you! The only downfall is that it's really pricey and horses require a lot of attention. If your willing to pay fees and take care of the horse than you will love horseback riding. Many camps offer trails, free riding, lessons, and a lot more! If you want to ride for a short amount of time then your best just renting a horse instead of buying one. But if you are going to ride long term then buying a horse is much cheaper long term. Horseback can also be a career if you care about it enough, you could be a trail rider, park ranger, stunts on a horse and a lot more. So if you love horses and have the heart to take care of one then sign up for a camp or buy your own horse!

Spring Break

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

You may be seeing some people walking around the halls with a really dark tan, they most likely went to a really hot place like Arizona, Florida, or Texas. These are all great places to go if your already planning for next spring break. Also, going to visit

grandparents in other states is a really good idea, since you get to spend time with family. If you're looking for some place colder then you could go to Colorado, or North Dakota. These places offer good skiing grounds, and so much more. Or if you just plan to stay home you can always go visit friends or spend time with family. There are so many options when planning for spring break, choose a place that is affordable, activities you like, and good weather. Enjoy your time wherever you choose to go in 2019.

Genetics

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

It would be crazy if there was a way to be able to change the way our future generations looked at just the touch of a button. This isn't a thing currently but it would be cool if we could change the way our babies looked before they were born. For example you need to have blue eyes along with your husband to have a baby with blue eyes. But let's say you don't have blue eyes and you really want your baby to have blue eyes. Maybe somehow you could implement genes into your newborn to change their appearance. Another crazy idea would be able to change the personality of your child. (It's just an idea) Being able to change the way your child looks would be pretty awesome.

Random Facts #2

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

1. Fish can cough. (Though it's not very noticable.)
2. It's illegal to only own one guinea pig in Switzerland. (They get lonely.)
3. Lobsters bladders are in their heads.
4. Wyoming only has 2 escalators in total.
5. Chinese checkers was invented in Germany.
6. You burn 150 calories if you bang your head against a wall for an hour.
7. Around 40,000 Americans get injured each year because of toilets
8. It actually takes 142.18 licks to get to the center of a tootsie pop.
9. It's impossible to sneeze with your eyes open.

Waukeee Police Department Project

By: Wrye Downs

Edited By: Xavier DeMarco



We are doing a police fundraiser at SMS. We are raising money for a police bike, police helmet and bike helmets for kids in the community. Are goal is \$650. The top advisory in each grade will get a pizza party with the SRO's and members of the police department. The SRO's and members from the Waukeee Police Department Came to the assemblies on Tuesday and Wednesday march 27 and 28. They played knockout with Dr. Ferchens advisory and Mr. Sinks advisory in the March Madness competition.

Chewing For Cancer

Chewing for Cancer was a fundraiser that Saina and Tasha created. They did it during the week of Iowa Assessments. The goal was to raise money for cancer by selling gum and raffle tickets. Together, they made over 500 dollars! Their original goal was to make three-hundred dollars but instead, they made they made five-hundred dollars. They first had to make a google doc. Showing their plan, they then finally met with Mr. Barry and, as Saina and Tasha recall, he said he remembered having two twins at SMS and their dad was a specialist in cancer so, we could meet up with him. That is when this journey took off. After waiting for three months they finally met Dr. Martin. He spoke with them and told them where to donate and which category to donate in. After all of this planning, the day finally came. They had a bunch of gum and raffles, some of which came from Dr. Martin and Mr. Barry. The first day they made thirty-eight dollars and Saina believed that the fundraiser wasn't going to be successful. The second day of the fundraiser Mr. Barry had a talk with us. Dr. Martin gave us a hundred dollars to donate and a bag of lifesavers to "sell". Finally, after the third day, they made so much that they meet and exceeded their goal. So, that's how Saina and Tasha made a lot of money for cancer.





Lettie Prell Author Visit

By: Xavier DeMarco

Edited By: Wrye Downs

Recently Sc-Fi author Lettie Prell visited our school and more specifically God Pod.

Lettie Prell is a popular Sci-Fi writer with several books, articles and publishings.

Although she is retired she still has awesome novels and is very kind and funny. Her visit was very interesting and informative as she taught us a lot about writing hooks and endings for all different kinds of stories. She also told us about her writing history and

different things that might occur when writing and all kinds of issues as well as the enjoyment and excitingness of writing. She has 2 books currently available and plenty of stories and short stories. Her first and most popular book, Dragon Ring tells the story of a daughter of an innovative pioneer in Guatemala, but when he goes to find her father's killers she finds a hidden power in the earth with crazy capabilities.



Manga & Anime

By: Xavier DeMarco

Edited By: Evan Vanorny

Manga and Anime are two very interesting and special forms of film and writing. Manga is the form of books, both designed and written differently. First off, they are written backwards, their read from back to front and right to left. Secondly, they have a special style of art, written like a comic or graphic novel with captions and speech bubbles, they make for fun and easy reads. They are also very derivative of the Japanese culture with plenty of artist, writers and directors. Overall, I think manga and anime are very interesting with their style, imagery and culture.

Coyote

By: Defne Tekinalp

Edited By: Xavier DeMarco

Coyote is a big fan of other dogs, because Coyote isn't quite sure how to meet other people. He draws confidence from his Canine companions. He must have a dog friend in his new home to help him feel comfortable. Coyote isn't a fan of new things. He is easily scared from loud noises or loud movements. He will try to run from whatever is scaring him. He may never be dog you can take to large and strange places. Coyote gained a lot of confidence from his foster home, and can be taken on short walks. Special features about Coyote are: he loves tennis balls, loves cuddling, belly rubs, and booty scratches.

Memes

By: Xavier DeMarco

Edited By: Brooke Dohrmann

Meme a form of visual entertainment usually depicted as a image followed with a caption, memes have evolved and changed very much since there beginnings. Memes defined into 2 main categories, dank and spicy. Dank memes are most commonly ones that make fun of popular media and things in the news. Spicy memes however are definitely more edgy and can usually cross the line between politics and sad events. Overall memes have definitely taken over today's society and pop culture as they make up some of the biggest and funniest things for the whole year.

What Sport Do You Like?

By: Parker
Edited by: Sam

I personally love to play football and baseball. There are lots of other sports. What is your favorite sport? There are lots of national sports, like the MLB (Major league baseball), NFL(National Football league,) NHL(National hockey league,) NBA (National basketball association.) Both boys and girls play sports, are you involved? Lots of those sports that are above play in the Olympics as teams.



Banana Extinction

By: Xavier DeMarco
Edited By: Brooke Dohrmann
Credit to:

<https://www.cnn.com/2015/07/22/africa/banana-panama-disease/index.html>



As you might've known, the common Cavendish Banana, the kind you would most likely find in any supermarket is becoming extinct. Prior species of banana include the Gros Michel, which became officially extinct in 1965 due to a deadly disease. There are hundreds of different kinds of bananas, but the Cavendish makes up nearly all banana exports. This new disease that is infecting the Cavendish's is known as Tropical Race 4. This disease is most likely contracted from a form of fungus, that is suspected to be in the soil. The fungi can spread very fast from small amounts of contaminated

dirt. The disease has mainly impacted Africa, whose farmers are losing business and an important food. Researchers and scientists are trying to end this banana killing contaminant but cannot do it without help.

Cowboy

Written by: Alen and Dominik

Edited by: Brooke Dohrmann

Cowboy is a loving cat what will stay out of drama without other cats and he needs a home.

Cowboy is a male fun loving relaxed cat with some needs such as he needs food. Along with that he hates being picked up or petted for a long time. Young kids are to much for him so kids who adopt him should be older and know he needs space. His special features are that likes hanging out with you but is fine being on his own, he will come to you when he wants attention. In the mood he will jump on your lap and lay next to you and purr. His favorite toys are balls. Other reasons he is a special cat is because he stays out of drama with other cats, and he will be fine when cats let him do his things. These are reasons you should adopt him and he is currently living at the ARL.

A Real Problem

By: Lauren Hansen

Edited by: Reagan Glass

Did you know that 2.7 million dogs and cats get killed each year because animal shelters get to full of homeless and abused animals. This is a real world problem that we can't deny. In the article, [Animal Abuse Statistics - THE FACTS](#), "According to statistics, there are over 18 foxes killed to make 1 single fur coat. Over 55 minks give up their lives to provide the soft fur for your mink coat." That means even if you don't have a pet this still applies to you. The animals that are killed don't deserve the abuse they are getting. Next time you see a old dirty animal don't be quick to judge it.

ASPCA

Dogs and other animals all around the world are getting abused by humans. We are here trying to stop it. 6.5 million u.s animals enter shelters each year. Most people who abuse animals just try to do it for a viral video. We need it to stop. The ASPCA is an organization that is preventing animal

abuse. Matthew Bershader, ASPCA President & CEO said, "Helping vulnerable animals and keeping pets in safe and loving homes requires a commitment from all of us—advocates, pet owners, shelters, leaders, and entire communities. When we work together under a common cause, we're both saving lives and elevating our society and its laws to ensure cruelty victims and other at-risk animals receive the protection and care they deserve." There is a issue that needs to be solved.

Apple, Amazon and Alphabet

The Race to a Trillion

By: Xavier DeMarco

Edited by: Defne Tekinalp

There are 3 competing companies and by the end of 2018, one of them will become worth one trillion (1,000,000,000,000 dollars).

Apple, the insane computer, smartphone and device company that has been delivering some of the most popular devices from there first computer, the Apple I. Since then the owner, Tim Cook has expanded his company to make billions, with new releases every year at most.

Amazon, also the the most recent and currently successful. This huge shipping and ordering company has been largely profiting of the fact that people don't want to go to the store. Amazon's success in the last years has been insane, especially during the holiday season.

Alphabet, or the parent company of Google. Alphabet has become one of the most expensive companies in history, as they own both YouTube, Google (obviously) and all other Google products, see [full list](#). Alphabet, definitely a front-runner with over 40,000 Google searches every second. Overall these 3 companies become so connected into our own lives it's just crazy that they aren't already at one trillion.

Slenderman

By: Xavier DeMarco

Edited by: Tasha Bhatia

An urban legend, a "creepypasta", a scary story, or whatever you call it, he's frightening. The slenderman, a story about a pale, faceless man in a

suit and tie, about 6-15 feet tall. The creepy tentacled creature was first depicted in an image playing with several kids that supposedly went missing. Tales spread that the Slender Man lives out in the woods, abducting and tricking children, and the story gets even more horrifying when you look at some of the images. The pictures were reviewed and others among the internet created their own stories, fandoms, and websites about their favorite trend. The story became so crazy that 2 teens to tried kill their classmate to impress him. Once more, the story had become out of hand and eventually died down. Then what do you know, Sony is trying to make it into a movie, with plenty of negative reviews over the trailer, the movie might even be discarded with the responses from some people.



<http://a57.foxnews.com/images>

Snapchat Update

By: Xavier DeMarco

Edited by: Brooke Dohrmann

The insanely popular social media filled with the likes of celebrities as well as most teens. Recently this application has been getting alot of backlash and that is for one reason only: the update. Snapchat's newest update has nearly completely changed the app with a different layout, slightly more difficult viewing and people are not happy. There has already become a controversial topic with thousands of people signing online petitions to remove it. A tweet sent out around the time of the update has spread that it was and can be uninstalled, the tweet got thousands of retweets and insane liking.

[Cites](#)



How to Treat the Flu

By: Defne Tekinalp

Edited By: Xavier DeMarco

With the flu season, everyone is seeming to get sick. Remember to take precautions like washing your hands and coughing into your elbow. If you do get the flu, this is how to take care of yourself.

1. Recognize the symptoms. Some symptoms include body aches, headaches, runny or stuffy nose, or a high fever. Be sure you don't confuse the flu with a cold or the stomach flu.
2. Get some rest. This is important for your body, but staying home from school is also important because the flu is highly contagious.
3. Stay hydrated. Drink tea or water with lemons, as these will soothe your throat.
4. Get plenty of Vitamin C, like orange juice or other citric drinks.
5. Blow your nose. This is important, because if you don't, it may transition to an ear infection.
6. Use a heat pad. This will relieve the aches and pains of the flu.
7. If you get a fever, put a damp cloth over your forehead. A gel pad could also work.
8. Gargle with salt water. Gargle for about a minute, then spit the water out.
9. Use essential oils. Putting lavender in your room can help you go to sleep, and tea tree oils may help with shortening the duration of the flu.

And remember:

10. If you get aches or pains, DON'T take pain relievers without parent permission. The dosage for a kid is different, and you do not want drug overdose.

Stay Safe From The Flu!

The Truth About Jimmy John's

By: Xavier DeMarco

Edited By: Noah Kohtz

Jimmy Johns is a huge sandwich company and claims they have "the world's best sandwiches" has a dark and revealing truth. The owner of the company Jimmy John's, Jimmy John Liataud is actually not the best kind of person. It turns out after some research that he is a big game hunter. Some of the animals that he killed include,

Rhinos, Giraffes, Boars, Leopards, Lions, Sharks and multiple other animals. In 2011 he went on an “African Safari” and tons of pictures of him were found posing with dead African animals. I used to like their sandwiches, but now I can’t look at them the same. I hope this article made you a little less open to Jimmy John’s and more careful about what you eat.



[Photos of Jimmy John](#)

Are Phones Harmful?

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

How often do you use your phone? Do you use it a lot, or do you tend to only use it when you absolutely need to? If you look at your phone about every 30 minutes, you are addicted to it. Phones can be harmful, but usually only if they are misused (overused). Phones can tend to decrease your use of correct grammar, lack of sleep, and they can make you stupid. But, they also help us connect with people around the world, stay in touch with friends, and help us in the classroom.

When you use your phone, you don't usually type in complete sentences. For example (Hello, how has your day been going?) We tend to say (sup, how is ur day) or (Are you doing anything tonight, I'd love to come over!) We tend to say (u free comin over tonight). Lack of grammar makes it harder to tell how the person is feeling, it's very unprofessional, but it is quicker, and it's much easier to type. Many people nowadays are bringing text talking into their own writing, when you type a paper or write a paper, sometimes people tend to use words like "U, or R." Instead of "You, or are."

Also, when you use your phone, you find yourself staying up until 12:00 AM in the morning, when you should have been asleep about 2-3 hours ago. Lack of sleep interferes with day to day things, such as going to school, or getting stuff done. You lose focus, and you are in a bad mood if you get a lack of sleep. There are apps though, (if you get them) that allow you to lock yourself out of your phone past your bedtime, so you don't end up a like a zombie in the morning.

Finally, being able to just google up answers makes you stupid. Instead of being able to know things, we have to ask google. (This is called the Google Syndrome.) Yes it's quick and efficient, but instead of knowing these things we have to google them.



Random Facts

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

- 1: Pineapples don't grow on trees, they grow on the ground.
- 2: The human nose can remember over 50,000 scents.
- 3: I've woken up over 4380 times, but still can't figure out how to wake up without falling back asleep.
- 4: 7 is technically bigger than 9, since 78(ate)9.
- 5: Baked beans are not baked, but stewed.
- 6: Sunsets on Mars are blue.
- 7: Dogs are banned from Antarctica since they may spread diseases to seals.
- 8: Dead people can get goosebumps
- 9: Hippo Milk is pink
- 10: More people are killed annually by donkeys, than they are by plane crashes.

A Short Story

By: Brooke Dohrmann

Edited by: Coria Chaloupecky

Credit to: <https://www.plot-generator.org.uk>

(Helped me create my story.)

Diana Sigrith looked at the cup in her hands and felt anxious.

She walked over to the window and reflected on her noisy surroundings. She had always hated London with its maze-like, tricky towers. It was a place that encouraged her tendency to feel anxious.

Then she saw something in the distance, or rather *someone*. It was the figure of John Raymond. John was a friendly coward with chubby legs and ugly hair.

Diana gulped. She glanced at her own reflection. She was a sweet, cute, tea drinker with ginger legs and short hair. Her friends saw her as an anxious, arrogant angel.

Once, she had even rescued a crying toddler from a burning building.

But not even a sweet person who had once rescued a crying toddler from a burning building, was prepared for what John had in store today.

The sun shone like gleaming jewels, making Diana annoyed.

As Diana stepped outside and John came closer, she could see the fast glint in his eye. John gazed with the affection. He said, in hushed tones, "I love you and I want a hug." Diana looked back, even more annoyed and still fingering the cup. "John, I hate you," she replied.

They looked at each other with lonely feelings, as if they had both met their ends.

Diana studied John's chubby legs and ugly hair. Eventually, she took a deep breath. "I'm sorry," began Diana in apologetic tones, "but I don't feel the same way, and I never will. I just don't love you John."

John looked calm, he had a emotionless blushing look.

Diana could actually see John's emotions shatter into 7196 pieces. Then the friendly coward hurried away into the distance.

Not even a cup of tea would calm Diana's nerves tonight.

Smoothies

Written by: Ayohnna

Edited by: Ella

Do you love smoothies and love being creative? Well, I've got something for you. An easy recipe just for yummy smoothies, here it is.

Strawberry Shortcake

You need: 2 cup strawberries, 1 cup crumbled pound cake, 1 ½ cup milk, 1 ½ cup ice, and sugar to taste, top with whipped cream and strawberries.



Then put it in the blender until it's blended.

THE BIG GAME

By: Morgen Hoffman 2/2/2018



"Lily time for breakfast."

Yep, that's my foster mom, Mrs Murphy. I like to call her because she is really nice, but I feel like she is way over protective.

"Coming", so I walk out of my room with bunches of fireman on the walls. That room was Blake's the used to be single child Mrs Murphy made him move into the guest room. I mean he's really not that good at basketball so I have been teaching him so he is starting to kind of like me.

After breakfast we had to go to Blakes basketball game. He went into his room to get his basketball uniform on and I thought to myself I am actually really excited to go to his game because I think that he will do very well. When we get to the game I see a lot of boys with there purple and white jerseys. They actually look really cool. Some of them were really fast the fastest one was named Jake. He was as fast as a lightning bolt Mrs Murphy, Mr.Murphy and I go to the bleachers and find a seat. Blake's team is warming up. While I watch the other team warm up I think to myself.

" This is going to be a tough game but I think that we can do it".The game is tied 87 to 87 when the buzzer beeps the referee blows his whistle and says

"shooters".

"What are they doing" I ask Mrs Murphy.

"Since the game is tied and its at the end they have to do a shootoff and that is when each team picks 5 players to shoot a free throw and whichever team makes the most wins"

"ok that makes sense now" so they pick all of the players and Blake gets picked. The 4 team mates on the team shoot there free throws and make it but the other team they make 4 out of the 5 chances. It is Blakes turn to go so he dribbles the basketball twice bends his knees and takes the shot it hits the rim twice and makes it. The crowd goes wild Mrs Murphy and Mr Murphy and I am screaming and shouting. Everyone is so happy for Blake and so am I. I see him wink at me and give me a thumbs up I feel good inside. We walk over to the coach he tells all the parents that we should go out to ice cream so everyone gets into their cars.

On the way there in the car we congratulate Blake and he says

"I couldn't have done it without you Lily" "Well I'd take that as a compliment" I say right as we pull into the Ice Cream shop. When we walk inside we see Blake's coach Mark paying for everyone's Ice cream. I don't order any because I wasn't hungry. When we all sit down I sit with all of the parents while all of the basketball players sit together. The coach asks me if I was the one who taught Blake to be a better basketball player" "Yes" I say "Well you should think about being on a team yourself you would be really good" "Thanks" I say. When everyone is done with their ice cream we all get into our cars and drive home. When we get home Blake takes a shower Mr. Murphy says you should probably head up to bed and get a good night's sleep ok I say so I go up the stairs get ready for bed get out my book and drift off to sleep.

When I wake up in the morning I hear crying from down stairs so I go to where my suitcase was in my closet. When I don't see it there. "Lily I have something to tell you" Says Mrs. Murphy "Ok" I said "I'm coming" so I rush down the stairs to see all the Murphys in tears with all of my things at the door. What's going on I say. "Lily this morning I got a call It was your mom, she says that she's ready to have you back now" I'm speechless. I don't know what to say. I was happy to see my mom but I also liked it here. I say my goodbyes and when I get to Mrs. Murphy she whispers to me "Just always think of us as family" I nod, grab my stuff, and start heading toward the door when Blake says wait I have something to give you so he rushes out to their garage and when he comes back he's holding his favorite basketball and a sharpie. He writes his name and a note and so does his parents he hands the basketball to me and says. "Take this it will give you memories" So I head out the door dribbling the basketball. I thought in my head I should join the basketball team.

Basics of Softball

Written by: Brooke Dohrmann (Shortstop)

Edited by: Coria Chaloupecky (Catcher)

If you've ever wanted to play softball, there are some basics you need to know before you play. The main goal of softball is the exact same as baseball, you need to hit the ball, run the bases to score, and the team with the most points wins. In softball there is the offensive and defensive sides.

In the beginning of the game you get to choose the offensive side (hitting), or the defensive side (fielding).

Positions on defense are super simple. There is a player for every base, the first baseman covers 1st base. 2nd baseman covers 2nd (along with shortstop), and 3rd baseman covers 3rd. There is also shortstop that stands between 2nd and 3rd and they cover the gap. Pitcher and catcher are the most popular position, but if you didn't know, the pitcher pitches the ball so the batter can hit, and the catcher catches the ball behind the batter to make sure no base runners can steal. In the outfield there is Right Field, Left Field, and Center Field and they all cover a certain part of the outfield.

On offense, AKA hitting, the pitcher pitches the ball, and you need to hit it. When running the bases if you hit a grounder you better hurry to first base because you are most likely not going to get a double. If you hit it to the outfield and it doesn't get caught, you have a good chance at getting a double, but if it's to right field your chances may be slim.

Overall, these are just the basics of the game, it goes into much more depth, but if you ever want to play softball or baseball, you should be set with the basics.

Plot Generator

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Credit to: <https://www.plot-generator.org.uk/story-ideas/>

I did some research on the internet recently, and I was trying to find a website that would help me come up with ideas, I found [Plot Generator](#). Plot Generator allows you to create an entire mini story, and it also gives you many ideas. You can create movie scripts, memes, and a lot more. I use it to come up with ideas, or a plot for a story. I highly recommend this if you are having a brain fart, or you just simply out of ideas, there are many other sites like this, but I personally think this is the most useful. A few examples of the Plot Generator include..

1) A chef from Alaska is delighted when he gets the chance to take part in the final of a talent show. However, his chances are scuppered when his great uncle is badly injured in a car accident. Finally, the chef makes it to the event, but is so flustered that he comes last.

2) In a world where apes outnumber every other creature, one writer has no choice but to save mankind by sacrificing her own son. It turns out the writer's son is a US president from the future.

Hogwarts houses

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Hogwarts is the most popular Witchcraft and Wizardry School. It's 4 main houses, if you didn't know, are Gryffindor, Slytherin, Ravenclaw, and Hufflepuff. The traits of the Gryffindor house are bravery and courage. Slytherin house traits are cunningness and resourcefulness. Ravenclaw house traits are academics and intelligence. Hufflepuff house traits are loyalty and kindness. These are all of the houses and their traits.

Go to Pottermore.com to see what house you are and a lot more!

Coconut No Bake Cookies

By: Macy Schulte

Edited by: Maddi Megonigle

Credit to: [Minimalist Baker](#)

Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Amazing no-bake cookies with coconut flakes, coconut sugar and coconut oil! Naturally sweetened, simple, and so delicious. A delicious twist on a classic.

Author: Minimalist Baker

Recipe type: Dessert

Cuisine: Vegan

Serves: 15

Ingredients

- 1/2 cup (96 g) coconut sugar (or sub cane sugar)
- 2 Tbsp (30 ml) unsweetened almond milk (or other non-dairy milk)
- 3 Tbsp (40 g) coconut oil
- 2 Tbsp (10 g) unsweetened cocoa powder or cacao powder
- 1/2 cup (40 g) unsweetened shredded coconut
- 1 cup (80g) rolled oats
- 1/3 cup (85 g) salted natural peanut butter, crunchy or creamy (or sub almond butter)
- 1/2 tsp pure vanilla extract
- pinch sea salt
- OPTIONAL: 2 Tbsp (14 g) crushed salted roasted peanuts *or* shredded coconut (for topping)

Instructions

1. Line a baking sheet with parchment or wax paper.
2. Add coconut sugar, almond milk, cocoa powder, and coconut oil to a medium saucepan over and bring to a low boil over medium heat, stirring frequently.
3. Once bubbling, let boil for 1 minute. Then remove from heat and add peanut butter, oats, shredded coconut, vanilla and salt and stir to combine + fully incorporate all ingredients.
4. Drop heaping Tablespoon amounts of the batter onto the prepared baking sheet and sprinkle with crushed peanuts and/or additional flaked coconut (optional).
5. Let sit at room temperature until cooled and hardened - about 25-30 minutes.
6. Keep leftovers covered at room temperature or in the refrigerator for up to 3 days, though best when fresh.

Notes

*Heavily adapted from [Food Network](#).

Nutrition Information

Serving size: 1 cookie Calories: 118 Fat: 7.4g Saturated fat: 4g Carbohydrates: 12g
Sugar: 6.9g Sodium: 24mg Fiber: 1.6g Protein: 2.4g



Ilvermorny Houses

Written by: Brooke Dohrmann

Edited by: Coria Chaloupecky

Ilvermorny School of Witchcraft and Wizardry is a school in North America. It's quite unknown for a witchcraft and wizardry school.

Like Hogwarts, Ilvermorny has 4 houses. Wampus, Thunderbird, Pukwudgie, and Horned Serpent. Each of the houses represents an ideal part of the wizard body. Thunderbird is said to be the soul of the wizard. Thunderbird's like adventure, they're outgoing, and relate most to Slytherin. Horned Serpent is said to be the mind of the wizard. They favor scholars and are super intelligent, they are most like Ravenclaw. Pukwudgie is said to be the heart of the wizard. Pukwudgie favors healers and are most like Hufflepuff. Finally Wampus is said to be the body of the wizard. They favor warriors and are the most difficult to relate. They are like Slytherin and Gryffindor, and are most like Gryffindor.

All of the Ilvermorny houses are super cool and are fun to research, see what Ilvermorny house you are by signing into [Pottermore](#)! (When you log into Pottermore put your age over 13 so you can continue, do not use your school account.)

Vikings or Eagles

By: Akash Vemmanat Edited by: Jake Webb



VS.



Everyone was excited for Sunday's Vikings vs Eagles match in South Middle School. The Eagles ended up with the win but it was a good battle.

Our principles were battling for the win. Mr. Barry is an Eagles fan and Mr. Young is a Vikings fan. So the most exciting thing was they have challenged each other hoping their team would win. Some students spent warrior bucks for getting a chance to throw water balloons at the principle if their team lost. The Vikings lost so now students are going to throw at Mr. Young. We wonder if he will wear his Vikings jersey when students throw water balloons at him.

The 6th Grade Play

Written by Lauren
Edited by Reagan

This year's play is titled The True Story Of Hey Diddle Diddle written by Bradley Walton and Published by Eldridge Publishing hiStage.com. It is going great! We just started practicing in the Theater Arts Center. There are 10 narrators that each have

their own opinion on what they think is the true story of Hey Diddle Diddle. As of right now there are only 40 seats left! So buy tickets now (find tickets on Mrs. McGraths blog link below)! This is a family friendly play that you are sure to love. It consists of 15 scenes. And on enermitions there will be fun little shows so you don't get bored. I hope you come to our show stopper play on February 2nd!

[Buy tickets here!](#)

Winter Church

By: Coria Chaloupecky
Edited By: Brooke Dohrmann

"Our Father, who art in Heaven," I started reciting the Holy Prayer.
"Thy kingdom come, thy will be done on Earth as it is in Heaven," the Holy Prayer was a part of the Church's Sunday routine.
"And forgive us our debts," though I don't really like Church, my mother makes me come.
"Amen," thank goodness! This torture is done!
As the Church bell rang the end of Church, mother and I headed out into the freezing cold...
"Mother?"
"Yes dear?"
"I don't like coming to Church..."
"Oh, sweetheart," she said as she pulled me into a tight hug. "I will tell you why we come to Church when we are at home by the blazing warm fire, okay?"
"Okay mother," I said while tilting my head down, dreading this lecture.
When we got home in front of the warm fire that smelled like chestnuts, mother told me a story I will NEVER forget!
"God. Mighty God. He gave us our lives, our brains, our words, tongue, every thing. He made me a woman and you a girl. We have to find a way to repay him. Do you know how we repay him, Emma?" mother asked me.
"By going to Church?" I responded.
"Exactly, by going to Church. If we don't go to Church, that means we are taking our lives for granted. Do want God to feel that way, disappointed in you and hurt that

you are taking everything for granted?"

"No, mother..."

"Then I suggest you get used to Church, because we are going to go to it every Sunday we can," mother replied. I felt so guilty of not liking to go to Church. That day, by the chestnut-smelling blazing fire, my mind and heart would change forever.

Uninvited Guests

By: Coria Chaloupecky

Edited By: Brooke Dohrmann

"Here is your new house!" said a man in a uniform that said "housing homeless" on it.

Oh, ya! I remember a man coming to my house! He found and took away all of my mouse friends... He couldn't find me, though!

"Oh, it's lovely! I'm glad I could get off the streets!" A woman in ragged clothes said.

Then some people started moving furniture out of the house and took away my rug!

Okay, now I got mad. They take away my friends, invaded my home, and took away my rug!

"Woof, woof," oh no! Not a big animal! Well, at least it's not a cat...

I decided to keep watching. I need to know the new things around my house.

"Yes, take that over there, and that over here," said the man in the uniform.

Wait! They are going to cover up my mouse hole with a couch! I've got to get out! The door had just opened... I could make a dash for it! Okay, one... Two... Three!

Productivity

Written by: Coria Chaloupecky

Edited By: Brooke Dohrmann

Productivity is a noun. Pro-duc-tiv-i-ty.

Meanings:

- The state or quality of producing something, especially crops. "The long-term productivity of the land."
- The effectiveness of productive effort, especially in industry, as measured in terms of the rate of output per unit of input. "Workers have boosted productivity by 30 percent."
- The rate of production of new biomass by an individual, population, or community; the fertility or capacity of a given habitat or area. "Nutrient-rich waters with high productivity."

Synonyms: efficiency, work rate, fruitfulness, fertility, richness, fecundity.

Antonyms: sterility, barrenness.

Why am I writing an article about productivity? Because everyone needs to be productive. I'm being productive and writing this article for others to read. The editor of this article is being productive and editing this article for others to read. Your teachers are being productive and teaching you how to be good people. Now you have to be productive. Only productive people make it through high school, then college, then life. Being productive is what makes people good people. Please be a good person. Be productive.



The 10 health benefits of dogs

By: Coria Chaloupecky

Edited By: Brooke Dohrmann

Credit to: Grandparents.com. "The 10 Health Benefits Of Dogs (And One Health Risk)."

The Huffington Post, TheHuffingtonPost.com, 23 Sept. 2016,

www.huffingtonpost.com/entry/the-10-health-benefits-of-dogs-and-one-health-risk_us_57dad1b8e4b04a1497b2f5a0.

1. Improving Heart Health

Dogs don't just fill your heart; they actually make it stronger. Studies show that having a mutt buddy is linked to lower blood pressure, shortened cholesterol, and decreased triglyceride levels, which contribute to better overall cardiovascular health and fewer heart attacks. What's more, dog owners who *do* have heart attacks have better survival rates following the events.

2. Keep you fit and active

Health experts recommend that adults get about 2 hours and 30 minutes worth of balanced exercise per week. Dog owners are way more likely to hit that goal. "People love to be outside to walk their dog, and be with their dog," says Kay Joubert, Director Companion Animal Services at PAWS, a Washington-based animal assistance organization. "It helps them be more active."

In turn, that activity helps us remain mobile into our 70s and 80s. Earlier this year, a study in the journal *Gerontologist* found that older adults who walked dogs experienced "lower body mass index, fewer activities of daily living limitations, fewer doctor visits, and more frequent cautious and active exercise."

3. Help you lose weight

Want to drop a few pounds? Grab pup and get exploring. Research has repeatedly found that daily dog walks help you lose weight, since they force you to into gentle physical activity for 10, 20, and even 30 minutes at a time. In fact, in 2010, one small study discovered public housing residents who walked "loaner" dogs five times a week lost an average of 14.4 pounds over the course of a year. The best part: participants considered it a responsibility to the dog, rather than exercise. ("They need us to walk them.")

4. Improve your social life

As we age, it becomes harder to get out and meet people. Not so for dog owners. Researchers have found that about 40 percent make friends more easily, possibly because the big max—4 in 5, according to one British study—speak with other dog owners during walks. “Dog owners in particular tend to be a little more sociable, or outgoing” says Joubert. “When you start to engage them about their companion animal, people tend to open up and really blossom. They want to share stories about their favorite friend.”

5. Reduce stress

There’s a reason therapy dogs are so effective: Spending just a few minutes with a pet can lower anxiety and blood pressure, and increase levels of serotonin and dopamine, two neurochemicals that play big roles in calm and comfort. People performing stressful tasks do better when there’s a dog around, too, and studies show dogs ease tension both at the office and between married couples.

6. Add meaning and purpose

As we grow older—especially after we retire—it can be difficult to find structure and meaning day in and day out. Dogs take care of that. “They force people to continue to do things,” says Kristi Littrell, Adoption Manager at Best Friends Animal Society in Utah. “So, even if you’re not feeling well emotionally or physically, the dog doesn’t care. I mean, they care, but they still want you to feed them and take them for a walk.”

Dogs help prevent loneliness and segregation, as well, which is key in staving off emotional decline and disease. “It helps us to not just focus on our needs,” says Joubert. “It gives us a reason to really get up in the morning. ‘I need to get up and take care of my friend here.’”

7. Avoid depression

It’s widely believed that dog owners are less prone to depression than the dog-less, largely because they seem to help in so many other areas of health and happiness. The truth is somewhat more complicated. Though there’s evidence that certain dog owners—including isolated elderly women and HIV-positive men—suffer less from depression than those without pets, there’s also proof that dogs don’t do much for other people.

That said, therapy dogs—animals that do not stay in your home—have been shown to be effective in easing depression for a variety of people, old and young, sick and healthy.

8. Prevent Allergies

Back in the olden days (the '90s), experts believed having a dog in your home contributed to allergies. Fortunately, recent research shows just the opposite is true: Dogs and cats actually *lower* the chance of becoming allergic to pets—up to 33 percent, according to a 2004 study in the *Journal of Allergy and Clinical Immunology*. As a side bonus, you might even develop stronger immune systems.

9. Reduce doctor visits

If you own a pet, odds are you seek medical help about 30 percent less often than people who don't have a pet. To fun: A study in the *Journal of Personality and Social Psychology* established that animal-owning seniors on Medicare “reported fewer doctor contacts over the 1-year period than defendants who did not own pets.” And while cats, birds, and other animals were helpful, “Owners of dogs, in particular, were buffered from the impact of stressful life events on physician utilization.”

10. Battle disease and injury

It's believed that owning a dog can help detect, treat, and manage a variety of illnesses and debilities. A few examples:

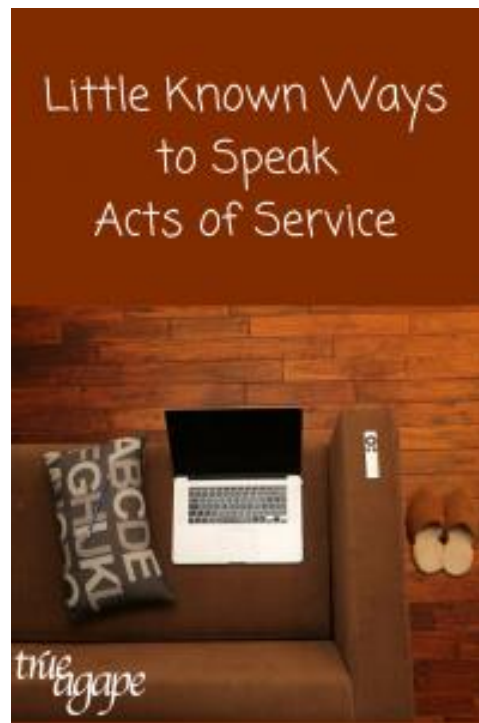
- Some dogs have been trained to sniff out skin, kidney, bladder, and prostate cancer, among others.
- Service dogs are known to benefit people with everything from traumatic brain injury to autism to rheumatoid arthritis, increasing mobility and promoting independence.
- Alzheimer's patients are soothed by dogs, whose companionship also seems to blunt emotional flare-ups and aggression.

Little Known Ways To Speak Acts of Service

By: Coria Chaloupecky

Edited By: Brooke Dohrmann

Credit to: says, Pam Green, et al. "Little Known Ways To Speak Acts of Service." True



Agape, 11 Apr. 2016, www.trueagape.net/little-ways-to-speak-acts-of-service/.

- Setting out lunch for somebody.
- Giving them a small treat.
- Make a phone call to get others to do things like what you're doing.
- Cook somebody their favorite meal.
- If you go somewhere with someone, and there is only one thing left, let them have it.

What House Matches Your Personality?

By: Coria Chaloupecky

Edited By: Brooke Dohrmann

Are you Sassy?

- a. Not one bit.
- b. Me? Sassy? Uh -uh!
- c. Kind of.
- d. Yep!

At a sleepover, you:

- a. Play outside
- b. Play sleepover and party games
- c. Talk about the latest fads.
- d. Just relax, isn't that what you do when you sleep?

How many stories do you need in a house?

- a. 1
- b. 2
- c. More than 3
- d. What are stories?

How big of books do you read?

- a. 100 pages
- b. 200 pages
- c. 300 or more pages
- d. I don't read

What kind of shows do you watch?

- a. I don't have time to watch anything
- b. The ones that aren't stupid
- c. The latest trending shows
- d. The silliest ones, but I don't always want to watch TV

Answers:

Mostly a's: Farm

You are true to yourself, and aren't that sassy. You also love the outdoors. You don't need much house room, but more yard. You like to read, but don't have time to read big books. You only have time for the things that matter in life.

Mostly b's: Two - Story House

You are sassy, but you can't really tell. You love to play games. You just like to have

room to sleep, and room to live. You like to read.

Mostly c's: Mansion

You embrace who you are. You also like to talk about fashion. You need a ton of room. You love reading. You love to have people look at you like “The one who watches only the good shows.”

Mostly d's: Boat House

You are a little too loose. It's okay to have a little bit of sassiness! You also love to relax. You don't care if people get in your space. You don't really like reading. You don't really care about TV.

This week's NFL sports cast!

By Parker

With 8 teams still in the playoffs the NFL is intense

Falcons @ Eagles

Titans @ Patriots

Jaguars @ Steelers

Saints @ Vikings

Who do you think will win? and can any of these teams take down the superbowl champions the Patriots. The super bowl will take place at the U.S.bank stadium February 4 at 5:30 pm. Whos your favorite team?

Easter is Sneaking Up

By Parker

Do you love easter? I do I mean it's a step down from Christmas, but what the heck. You still get candy and you get to go on hunts! We are getting off topic... the real meaning of easter is the death of Christ and how he rose on the third day. That is amazing! Make sure you spend time with your family this easter and remember HAVE FUN!

The Super Bowl

By: Xavier DeMarco

Edited by: Greyson Rebel

The Super Bowl is the official NFL championship competition. The top 2 teams compete for the title of Super Bowl Champions. The last 4 teams remaining, the Jacksonville Jaguars, the Minnesota Vikings, the New England Patriots and the Philadelphia Eagles. Last week the Patriots took a swift victory over the Tennessee Titans 35-14, while the Vikings made a last-second touchdown play to beat the New Orleans Saints 29-24. The Jaguars took another close win over the Pittsburgh Steelers at 45-42 and the Eagles took a 5-point win over the atlanta Falcons at 15-10. Finally on the 21st of January the Super Bowl teams will be decided when the Patriots face off against the Jaguars and the Vikings face the Eagles.

The Awesome Mo'ne

By: Coria Chaloupecky, Past and Present

Edited By: Lauren Hansen and Reagan Glass

Credit to: The Amazing Mo'ne by Joe Bubar

The crowd went wild chanting "Mo'ne, mo'ne, mo'ne!" On August 15, 2014, Mo'ne Davis was about to make history.

Mo'ne (Moh-nay) was pitching in the baseball little league world series. She was about to be the first girl ever to win the baseball little league world series.

Better yet, she was pitching a shutout (hadn't allowed the other team to score).

Mo'ne fired a 70 mph fastball. The batter missed, and her team won!

Cracking Barriers

Mo'ne was a talented, confident athlete. However, she was the only girl on the Taney Dragons. She was happy about playing with boys, though.

People make a big deal about Mo'ne being a girl. But her teammates don't. They just let Mo'ne be herself.

Why do people make a big deal out of it? Only 18 girls have ever been in the

baseball little league world series. Women don't often have athletic opportunities. Also, the media pays more attention to boys. More colleges spend more time on men's than women's sports.

Mo'ne success was inspiring and proved that times were changing. Not only can girls play with boys, but they can be the best.

It's the Day to Play Equal

Before 1972, one out of every twenty-seven girls played sports in high school. They mainly stuck to Cheerleading and Square Dancing. In fact, only 2% of women's college money went to sports.

Today, millions of girls play sports in high school. Now even more play on college and professional teams.

What caused these changes? Well, a 1972 law passed that is called "Title 9." This law makes it illegal to discriminate based on gender.

After Title 9, there were more girl's sports teams in schools. Schools also started spending more money on girl's sports. Many girls have grown up playing multiple sports, and like using their skills in practice.

Mo'ne believes that female athletes are making more progress. In a couple of years, more girls should be playing sports.

She's a Star

Mo'ne team didn't win the baseball little league world series, but millions of fans learned her name. Mo'ne appeared on "Jimmy Kimmel Live!" She also appeared on "Teen Voyage." In October, she pitched the first pitch of the World Series.

Even more impressive, Mo'ne was the youngest athlete to appear on the cover of "Sports Illustrated."

She didn't let the fame get to her head. Mo'ne was too busy playing baseball, soccer, and other sports. She hopes to play basketball for the University of Connecticut, and then the WNBA (women's national basketball association).

In the meantime, Mo'ne enjoys being a role model for girls who want to play sports. If she can inspire girls to make their goals, Mo'ne is happy.

How to Write a Letter

By: Defne Tekinalp

Edited by: Xavier DeMarco

With texting these days, writing letters seems to be a lost art. Here are 6 steps to write a letter.

1. Decide if you're writing a formal or informal letter. There are many things to consider.
2. Start with the greeting, if you are writing a formal letter, try using Dear or Hello.

3. Write the beginning. If you are writing a casual letter, it can be as simple as, "How are you?" Then saying a brief introduction.
4. Write your purpose, instead of saying this directly, try saying an example of it. If your purpose is thanks for the board game, say I played the board game all night with my friend.
5. End your letter, your last sentence can be an inside joke or something funny.
6. Then put it in an envelope and send it away!

Here is a sample letter

Dear Grandpa,

How are you? I am excited to see next Saturday, and I hope you are all moved in. I can't wait to see your new house!

Thank you so much for the present. I already played it five times and can't wait to play it with you. I think you'll really like it. I was so happy when I opened it on my birthday. It's also based on your favorite game, checkers.

I can't wait to see you. Let me know if you want me to bring the board game.

Love,

Bob

Africa's Day Zero

By: Maren

Edited by: Macy



There has been a serious issue with drought in Africa. Especially Cape Town. Their water will be turned off starting in April. All water will be shut off except all hospitals and emergency centers. They all get a 87L per day limit. Any more, and they are fined. That means, no car washes, no baths, no flushing toilets, and less than 2 minute showers. That sounds bad, doesn't it? Well, they have about 2 months until they run dry. Then, all water is treated like gold. They won't have pools, or anything using water they didn't collect out of the large supply for their own personal use.

Super Bowl 52



By Ernie Jones

Edited by Caelan Blume

February 4th is a big day for football fans. It is the Super Bowl LII (52) when the Undisputed Champions the New England Patriots vs the Philadelphia Eagles. This is a unexpected match up when people expected Vikings vs Jaguars but these teams proved them wrong. Will the unexpected injury like Carson Wentz, will tear the Eagles down? Or will the Patriots will get teared apart piece by piece? Watch the game this sunday where it will be the Eagles vs the Patriots.

Cats and Dogs That Need Homes.

By: Dominik, Alen, and Queenie.

Cowboy is a loving cat that will stay out of drama with other cats, and needs a home.

Cowboy is a male. He's fun, loving, and a relaxed cat with some needs such as food, **he can't have any food that has red dye in it.** He hates being picked up or petted. For a long time, young children have experienced that Cowboy is too much. We need older children that understand that **he needs space.** A special feature is that he likes hanging out with you, but is fine being on his own. He will come to you when he wants attention. When he gets into the mood, he will either jump onto your lap, or lay next to you and purr. His favorite toys are balls, and other reasons why he's special is because he stays out of drama with other cats and will do fine when cats let him do his thing. These are reasons why you should adopt him, but don't worry, he's still living at the ARL, so you can adopt him now!



Update! Cowboy is riding off into the sunset to his new home! He got adopted! There are plenty of other cats that need homes so watch for our articles.

Cats and Dogs that Need Homes

Summary of Meadows

By: Dominik Baftiq, Alen Hodzic

Meadows is 9 year old special Chihuahua currently living at the Des Moines Animal Rescue League. She likes being with people that she knows and loves. She takes time accepting people and will bond with you for life. Strange as it seems, but she loves ear massages and back scratches so much she dances. She is special because she is small with a huge personality. Once she's your BFF, she will impatiently wait for you to pick her up and cuddle her. She doesn't like sharing her living space with other dogs. Meadows likes people that are mature and calm when they are around her. She loves sleeping under blankets, but would rather sleep on you or on heaters. She also likes being wrapped in a blanket like a burrito. Meadows is special because she has abnormally dilute urine, which means she has to go to the bathroom much more often than other dogs. Meadows is a good dog hoping for a good home. Please help her.



Interview with Dr.Ferchen



By: Lena

Edited by: Eva

- **When and how did you know you wanted to be a teacher?**
 - She wanted to be a teacher since a little kid, when she was younger she played school with all her toys.
- **What is your favorite part about being a teacher?**
 - She enjoys making connections with all the students.
- **What do you like to do when your not at school?**
 - Dr. Ferchen enjoys spending time with her family and reading.
- **What is the most challenging part about being a teacher?**
 - Finding time to do everything.
- **Why did you want to be the leader of this interest group?**
 - Saw inspiration on facebook
- **What is special about your interest group?**
 - Goal for the people is to make other people feel good about themselves.

Interview with Samantha

- **Why did you pick to be in this interest group?**
 - She likes being kind to people?
- **What is something you've enjoyed doing in this interest group?**
 - Writing positive notes to people.
- **Who shows leadership in this interest group?**
 - Norah, Kiera and Ava F.
- **What is one of your favorite things about SMS?**

- All of my friends & some teachers.
- **What do you like to do when your not at school?**
 - Hang out with friends & play sports.

Interview with Miss.Borzo

By: Eva Larson

Edited by: Lena Carder

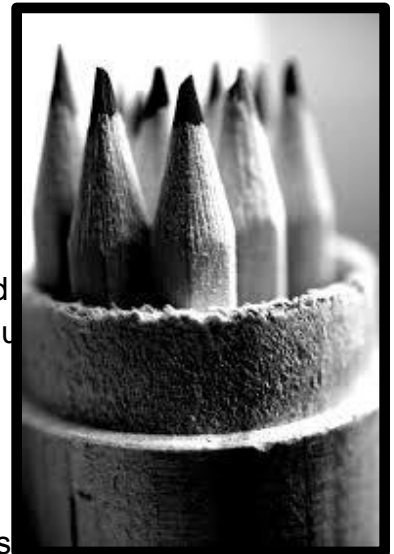
- When and how did you know you wanted to be a teacher? **Babysitting, helping her grandma.**
- Favorite part? **Being with the kids, and planning in a fun way.**
- Most challenging? **Organizing and when to fit everything in.**
- What do you like to do outside of school? **Bake, play tennis, running.**
- Why did you want to lead this interest group? **Passionate for designing.**
- What is special about your group? **A great variety of personality.**

The Great Pencil Crisis

By: Allyna Bross

Edited By: Noah Kohtz

_____ We all know that by the end of semester 1, semester 2 had be coming soon, but when a snow day came upon us and ripped u our schedule, no one was prepared, students or teachers. Soon, almost no one had pencils and the ones who did have them were forced by peer pressure to give them to their friends. A tip for surviving this monstrosity, if you find a pencil on the ground that someone forgot, use it! Another tip, don't give your pencils to kids who break pencils because that doesn't help The Pencil Crisis. However, we're in the calm of the storm and most people have pencils, but next year stock up your pencils and be ready for the



switch of semesters.

The Legacy of Dude

By Gavin Vesey

This is a memorial of Dude the horse. Dude died in November of 2016. Dude was Mrs Burns-Fess' horse. Dude lived over 30 years which is a long time for a horse. Dude was a very special horse he was joyful and playful he was a very nice and incredible horse. Dude's birthday is March 28. Now we are going to interview Mrs Burns-Fess on her horse, Dude.





How old were you when you got Dude and how big was he? **I was 15 when I got Dude. He was 15.2 hands high. Hands are a unit to measure horses. Each hand is 4 inches. Can you figure out how many inches tall Dude was? This is really interesting and by chance story of how I got Dude. My mom and I were in a small town and stopped in a store. The town was Brighton, Iowa. We were having a conversation about how we were looking for a horse because I was 15 and outgrowing my pony, Cloe. By the way, I really loved Cloe and she was my first pony. When I was having the conversation it was overheard by an older man sitting on the bench outside of the store. He said, "I have the perfect horse for you." His name was Jasper Wassen. He was right, we visited Dude that day and found him to be the perfect smart, gentle giant of a**

horse. It was so by chance that we were overheard by Jasper, and I am so thankful for him.

What kind of horse is Dude?

Dude was a registered Quarter Horse. His full name is Dude Eyed Jack.

How did you fall in love with dude and horses?

I loved Dude so much because he had big brown eyes that showed such kindness. He had such a sweet personality. Whenever I called to him in the pasture he would put his head way up to look for me and come running to me.

You grew up on a farm and did you guys always have red angus cattle and horses?

I grew up on a horse farm. We also had a lot of cats, dogs, chickens and sheep that we kept as pets. I have two sisters, Annabelle and Dorothy and two brothers, Jesse and Isaac. My sisters and I would go to horse shows every weekend. Dude did a great job in the show arena. He was also the best trail riding horse because he was always well-behaved and he didn't get scared of rabbits hopping out on the trail.

What is a special memory of Dude?

I trained Dude myself. He taught many people how to ride horses. He taught my brothers and sisters. He taught my friends in high school. He taught my friends in college. He taught my husband, Tim. Most special of all, he taught my own kids, Sam, Ben and Holly how to ride. He was a one-of-a-kind horse and I cherish the memories of him that I enjoy quite often in my mind.



Holly and Dude