

# THE MESSENGER OWL



Issue: September 17, 2021



## Eurasian Eagle Owl

"Bird of The Week: Eurasian Eagle Owl

<https://pixabay.com/photos/uhu-eurasian-eagle-siberian-owl-owl-4306146/>

## Quote of the Week

*"To get the rainbow you have to get through the rain"*

*-Dolly Parton*

This quote is about school and how rough it can be at times but it opens a wide window of possibilities, more than you can imagine.



"Dolly Parton Quotes." BrainyQuote.  
[www.brainyquote.com/quotes/dolly\\_parton\\_126882](http://www.brainyquote.com/quotes/dolly_parton_126882)

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## Weekly Survey

Should we have mirrors in the bathrooms at OGA? Take the survey at:  
<https://tinyurl.com/nwn9dxua>  
or scan below

**SCAN ME**





# Principal's Message

## Principal's Message:

Declared by the United Nations, the International Day of Peace is observed internationally on September 21st, to strengthening the ideals of peace. Please use these quotes to reflect on the message and how YOU can promote peace.

- "Peace cannot be kept by force; it can only be achieved by understanding." – Albert Einstein
- "If you want peace, you don't talk to your friends. You talk to your enemies." – Desmond Tutu
- "Peace is not absence of conflict, it is the ability to handle conflict by peaceful means." – Ronald Reagan
- "Those who are at war with others are not at peace with themselves." – William Hazlitt
- "If we have no peace, it is because we have forgotten that we belong to each other." – Mother Teresa
- "Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal." – Martin Luther King, Jr.



Celebrate International Day of Peace on 9/21/21



Learn more about the International Day of Peace and how you can get involved at <https://internationaldayofpeace.org/>

## SAVE THE DATE

SUPPORT OUR OGA ODYSSEY OF THE MIND TEAM

### IT'S SMENCIL TIME!

OUTSIDE THE AUDITORIUM  
WEDNESDAYS & FRIDAYS  
8:15AM-8:35 AM

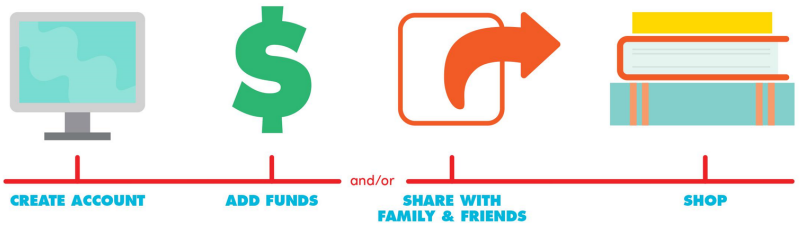
PRICE LIST  
SMENCILS \$1  
CROC CHARMS \$2  
STICKER PACK \$1 SMALL/\$2 LARGE  
PENCILS W/TOPPERS \$2

## SCHOLASTIC BOOK FAIRS

### THE EASIEST WAY TO SHOP THE FAIR!



A safe alternative to cash, **BOOK FAIR eWALLET** is the best way to fund your student's wish list! eWallets can be used at the in-school Fair or online to shop from 5,000+ products. Any unused funds can be spent at The Scholastic Store Online or to fund an eWallet for a future Fair.



To get started, visit our school's Book Fair homepage:  
<https://www.scholastic.com/bf/orlandogiftedacademy2>

# COMMUNITY

## HISPANIC HERITAGE MONTH

From NationalDayCalendar.com

"Hispanic Heritage Month is observed annually from September 15 to October 15. It is a time to appreciate and celebrate the colorful cultures, rich histories, and diversity of the American Latino community."

## HORCHATA



HORCHATA IS A CLASSIC MEXICAN AGUA FRESCA (FRESH WATER) DRINK MADE FROM RICE, A SMOOCH OF CINNAMON, AND A SPLASH OF VANILLA.

### INGREDIENTS

- 6 CUPS WATER, DIVIDED
- 1 3-INCH CINNAMON STICK OR 1 TEASPOON GROUND CINNAMON
- 1 1/2 CUPS LONG-GRAIN WHITE RICE
- 1 (14 OZ) CAN SWEETENED CONDENSED MILK
- 1 TEASPOON VANILLA EXTRACT

### NUMBER OF SERVINGS

8 servings

### TIME TO PREPARE

10 min

### TIME TO COOK

10 min



### PROCEDURE

1. Steep the cinnamon in 1 cup of water: Bring the water to a boil over medium-high heat then turn the stove off and let the cinnamon stick steep for 10 minutes.
2. Rinse the rice under cold water to remove excess starch from the surface of the grains. Strain off any excess water before adding the rice to your blender.
3. Blend the rice and cinnamon together: Pour the steeped cinnamon water, along with the cinnamon stick, into the blender with the rice and the remaining 5 cups of water. Blend about 1 minute.
4. Pour most of the mixture into a large bowl. Swish around the remaining rice water in the blender carafe to try and remove any rice that may remain after the first pour. Add it to the container with the rest of the rice water. Do not add fresh water to try and remove any remaining rice.
5. Allow the rice mixture to soak for at least 3 hours at room temperature. Stir the Horchata periodically throughout the soak time.
6. Strain the horchata: Set a fine-mesh strainer over a large bowl. Place a layer of cheesecloth or a thin tea towel over the strainer. Pour the rice mixture through the lined strainer. Squeeze out any excess liquid from the rice then discard the solids.
7. Sweeten the horchata: Transfer the strained rice liquid to a serving pitcher. Add the sweetened condensed milk and vanilla extract into the pitcher and whisk vigorously to break up the thick milk.
8. Chill and serve:

### References

- Hispanic heritage month - September/October. (2021, August 4). National Today. <https://nationaltoday.com/hispanic-heritage-month/>
- Rivera, M. (2020, May 4). Horchata. Simply Recipes. <https://www.simplyrecipes.com/recipes/horchata/>

## THE ATHENIAN SOCIETY

An after-school mentoring club for middle school girls

Wednesdays from 2:00pm-3:00pm

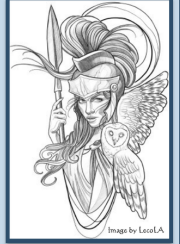
WISDOM • COURAGE • STRENGTH

Want a weekly club to get together with trusted friends and have fun discussing topics such as

- ♦ friendship
- ♦ peer pressure
- ♦ making the right decisions
- ♦ managing stress
- ♦ conflict resolution

Then this is the club for you!

Middle school can be a tough time socially. The Athenian Society gives you a fun, relaxing group where you can feel safe to laugh, share, create, and receive insights. Each week you will also learn a vital life skill that will help you move through middle school and beyond with more wisdom, courage, and strength. Please join us!



### WHAT GIRLS AND PARENTS ARE SAYING:

*Athenian Society with Ms. Tame has been a great experience this past year. I'm allowed the freedom to be me without judgement. I would recommend the program to anyone at OGA in need of a space to talk, and enjoy yourself. ~Natalie, age 12*

*The Athenian Society was a safe place to talk to Ms. Tame and other girls about how I felt and to have great conversations! It was very fun to meet up with everyone and share about how our week was! ~Katherine, age 12*

*My daughter loved the club and connecting with her peers especially during the COVID months. Creating a safe place for young girls to share ideas and experiences is extremely important and Athenian Society was instrumental in my daughter's development this year. She is excited to be a part of it again. ~Rose, parent*

Hosted by

MS. KRISTEN TAME

Certified Life Coach

Florida Certified Educator

Former OGA Teacher



Would you like more information or are you ready to sign up? Contact me!



Kristen Tame

Educational Mentor & Consultant

Email: [KristenTame@gmail.com](mailto:KristenTame@gmail.com)

Web: [www.KristenTame.com](http://www.KristenTame.com)

Classes are for middle school girls and are only \$10 per week or \$35 per month!

Interested in joining? Please have your parents email me to reserve your spot!

## 5 Martial Arts World FITNESS

### AFTER SCHOOL PROGRAM FOR AUDUBON PARK SCHOOL

- Build Confidence
- Improve Grades
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Orlando Gifted Academy  
Messenger Owl Advice Column



### Need advice from a student?

Drop a problem in the box on the napkin table in the Cafe' to be possibly answered in an upcoming edition.

Please do not put your name or anything hurtful about another student or OGA Staff. Keep it anonymous.

For serious matters, please see Ms. Brown.



# Upcoming Events & What's for Lunch?

By: John M.

## Upcoming Events:

Monday	Tuesday	Wednesday	Thursday	Friday
9/20 Start With Hello Week  Hispanic Heritage Month (9/15-10/15)	9/21 Parent Workshop with Ms. Tame  International Day of Peace	9/22 College Spirit Day  Open House (Elementary)	9/23 Design Community Meeting	9/24 OGA Spirit Day  End of Hello Week
9/27 Nothing Scheduled for today	9/28 Nothing Scheduled for today	9/29 College Spirit Day  Open House (Middle School)	9/30 Parent Workshop With Ms. Tame	10/1 Fall Book Fair  Next Newsletter OGA Spirit

Got an interesting story idea?  
email Mrs. Olowu at  
falisha.olowu@ocps.net

## What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
9/20 ENTREES Mac and Cheese PBJ Sandwich VEGETABLES Roasted Glazed Carrots Italian Blend Vegetables FRUITS Honeydew Melon Red Delicious Apple	9/21 ENTREES Chicken Tenders Soybuter Sandwich Box Yogurt w/ Goldfish Pack VEGETABLES Emoji Fries Fresh Broccoli Dippers with Ranch Dressing FRUITS Apple Juice Fruit Juice Orange Juice Cantaloupe Cubes	9/22 ENTREES Breaded Mozzarella Sticks BBQ Chix Salad Wrap Yogurt & Cheese Cool Pack VEGETABLES Lettuce & Tomato Cup Marinara Dipping Sauce Cup FRUITS Orange Juice Fruit Juice Apple Juice Fresh Tangerine	9/23 ENTREES Corn Dog-Chicken Yogurt, Cheese, w/ Banana Bread Plate VEGETABLES Vegetarian Baked Beans Peas & Carrots FRUITS Fresh Tangerine Banana	9/24 ENTREES Hamburger Cheeseburger Turkey & American Sub VEGETABLES Steamed Carrots Lettuce & Tomato Cup FRUITS Fresh Grapes Red Delicious Apple
9/27 ENTREES Tangerine Chicken No Nut Butter Box BREADS/GRAINS White Rice VEGETABLES Green Beans Baby Carrots with Ranch Dressing FRUITS Strawberry Applesauce Apple Juice Fruit Juice Orange Juice	9/28 ENTREES Hard Tacos Popcorn Chicken Salad Yogurt & Cheese Cool Pack BREADS/GRAINS Cheddar Goldfish Crackers VEGETABLES Lettuce & Tomato Cup Salsa Dipping Cup FRUITS Diced Peach Cup Red Delicious Apple	9/29 ENTREES Cheese Pizza Rippers Soybuter Sandwich Box VEGETABLES Marinara Dipping Sauce Cup Garlic Spinach FRUITS Mix Fruit Cup Fresh Tangerine	9/30 ENTREES Breaded Drumsticks PBJ Sandwich Box BREADS/GRAINS Garlic Bread Stick VEGETABLES Coleslaw Seasoned Black Beans FRUITS Peach Cup Orange Juice Fruit Juice Apple Juice	10/1 ENTREES Cheese Pizza PBJ Sandwich Box Turkey Roll Ups Box VEGETABLES Cucumber Dippers Steamed Corn FRUITS Strawberry Cup Red Delicious Apple



## MAKERSPACE MATERIALS NEEDED

Please donate the following items:

Double A batteries

Triple A batteries

9v batteries

Lego

Printer paper

Black/Blue/Gree/Red Markers

xxxxxxxxxxxxxx

DONATIONS

MAKE AN IMPACT

## Fun Spot



By: Kai M.

1. I lost my mood ring yesterday. I still don't know how I feel about that...
2. What rock band doesn't play instruments or sing? Mount Rushmore.
3. I couldn't figure out why the baseball kept getting bigger and bigger-Then, it hit me.
4. The yellow person lives in the yellow house, the red person lives in the red house, and the green person lives in the greenhouse. Who lives in the white house? The president.
5. What do you call a boomerang that doesn't come back? A stick.

• Haha designs, themes, templates and downloadable graphic elements on Dribbble. (n.d.). Dribbble - Discover the World's Top Designers & Creative Professionals. <https://dribbble.com/tags/haha>  
 • Parade. (2021, June 3). LOL! 200+ funny (and clean) jokes guaranteed to make kids laugh. Parade: Entertainment, Recipes, Health, Life, Holidays. <https://parade.com/56864/parade/jokes-for-kids/>  
 • Click to see the answer and top 1000 riddles! (n.d.). Riddles tips. <https://riddles.tips/riddle-121>  
 • I couldn't figure out why the baseball kept getting larger. Then it hit me. @ | Give me jokes. (n.d.). <https://givemejokes.com/post.php?PID=CJLqYPhy>





# Staff Member & Teacher of the Week

By: Anna R.

## Teacher of the Year Mrs. Cross



### Mrs. Cross (Teacher of the Year)

- **What is your name and what class(s) do you teach?**

"My name is Charity Cross and I teach 7th grade accelerated math and algebra honors."

- **How long have you been teaching?**

"I have been teaching for 6 years."

- **How does it feel to be nominated as teacher of the year?**

"Shocking and unexpected, but it's a good feeling for sure."

- **What made you want to be a teacher?**

"I had a baby at a late age and the job I had at the time was not convenient for me. I enjoy being a teacher and being able to raise my daughter."

- **What is your favorite part of teaching?**

"My favorite part of teaching is probably making connections with students, it's great to be able to make a difference in their lives."

- **Was being a teacher your original plan?**

"Being a teacher was not my original plan at all."

- **Why did you choose to teach math?**

"Math is my favorite subject and I was always really good at it. So, it worked out."

- **What is the best experience you have had as a teacher?**

"Seeing the smiles of students when they achieve things and master different standards."

- **What is your name and what is your position at OGA?**

"My name is Anne-Marie Cherolini, and I am a secretary-bookkeeper."

- **What made you want this position?**

"I went to college for business, and love, love, LOVE working with kids but could never be a teacher."

- **How long have you had this position, and what do you do?**

"12 years and was a sub before that. I monitor the books, pay bills for the school, pay the teachers, monitor absences, and help the principal and students."

- **What does this position mean to you?**

"I love kids and this is the job I went to school for, it's wonderful to see them every day. So, I'd say that's what my position means to me."

- **What is the craziest thing you have experienced in your position as secretary?**

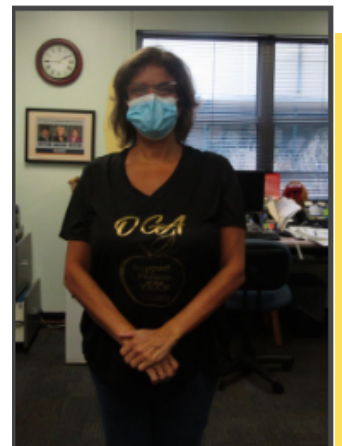
"A parent came into the office dressed in pajamas and told me that her daughter's car was stolen. The student who took it, drove the tiny toy car all the way to school and parked it in a parking spot. It was crazy!"

- **And lastly, how does it feel being the winner for a support person of the year?**

"I feel very honored to have received this award."

## Support Person of the Year

Ms. Cherolini



*Congratulations!*



# Wasp Safety

By: Kai M.

Everyone hates wasps. There are a lot on campus so it's hard to avoid them. Let me show you some tips on how to reduce your chances of getting bit. The first tip is to avoid flower body sprays or flower perfume. This can cause the wasps to become attracted to you because they eat nectar. You can also avoid flower-patterned clothing because they can get that mixed up with real flowers. You should wear light-colored clothing like white, gray, and other soft, light colors. Wasps are usually drawn to dark colors like black. You should also try to cover as much skin as possible to avoid it. Wasps can sting through thin clothing, so be aware! If a wasp is near you, remain still and calm and try not to aggravate it. If it comes too close and you feel you have to run, do so in a straight line and without moving your arms. Try to cover your face and head because the wasp is more likely to target those areas. If it lands on an unclothed area, try not to move, it will sting you, but if you are calm it will let go soon enough. If it stings you near a colony, then you are less fortunate. The smell of a sting will cause panic in a hive, and more wasps will come out. They are prone to attack fast-moving, black animals so if you slowly move away, you can escape with fewer bites. Normally hives are underground but some are on walls or in corners. Wasp nests look like brown or gray roundish hanging bulbs. If they are underground, they look like a cone-shaped mound with a hole on top. Some have hexagonal shapes in them. If you get stung, wait for it to fly away, and then go to the nurse's office. Hopefully, my tips will make sure this never happens to you.



#### References

- What do wasps do? (2020, September 18). Richard Jackson Garden. <https://www.richardjacksonsgarden.co.uk/wasps/>
- Keep calm and wear white – how to avoid wasp stings. (2018, August 28), the Guardian. <https://www.theguardian.com/environment/2018/aug/24/keep-calm-and-wear-white-how-to-avoid-wasp-stings>
- UF/IFAS pest alert. (n.d.). Entomology and Nematology Department - University of Florida, Institute of Food and Agricultural Sciences - UF/IFAS. <https://entnemdept.ufl.edu/entnem/>
- Wasps - How to avoid a sting! • Swift Services. (2020, July 17). Swift Services. <https://swiftservices.com/wasps-how-to-avoid-a-sting-epf.ufl.edu/pestaalert/pok-1002.htm>

## Student Spotlight - Joseph G.

By: Max C.

Q: What is your favorite school subject and why?

A: "Science because you get to learn a lot about nature and the world around you"

Q: Who is your favorite teacher and why?

A: "Mr. Menna because he is the most laid back, nice and merciful teacher here at school"

Q: What is your favorite thing to do in your free time?

A: "I like to make money by investing in cryptocurrency, particularly Bitcoin"

Q: What is your favorite Movie and why?

A: "The Titanic because of the last scene where Jack dies, it made me cry"

Q: Do you have any hobbies?

A: "I like skateboarding and go-karting because of the exhilaration that you get"





# Get Back To Typing: How To Cure Writer's Block

By: Sarah T.



#### References:

- *How to overcome writer's block (20 tips that really work)*. (n.d.). Reedsy. <https://blog.reedsy.com/writers-block/>
- *10 ways to beat writer's block*. (2014). News for Authors. <https://authornews.penguinrandomhouse.com/10-ways-to-beat-writers-block/>

It has happened once again. Your fingers were flying across the keyboard or your pen was moving so fast that it was a wonder how you were still even holding it. Then all of a sudden, it all stops. Your hand stops moving, as does the pen, and the sounds of the keyboard clicks have faded into nothingness. Writer's block has crept up on you like a cheetah on a gazelle. You completely run out of ideas and the beautiful paragraph or novel you were writing doesn't feel right anymore. Never fear, all is not lost. The following are various methods you can use in your everyday life that are the cure to writer's block. Walk around the issue...literally, go outside and go for a walk, even bring your dog if you have one.

- Write yourself out of it. Write something random and completely unrelated to what you are writing and perhaps that will be of assistance.
- Get some help from someone. You should never be afraid to admit that you don't know something. So there is nothing wrong with saying to a friend or family member, "I have no idea what to write, can you help me?" You never know how much they can help you until you ask.
- Sleep on it. There is nothing wrong with closing up for the night and coming back to your work later in time. Sometimes it can be beneficial to think about it for some time before returning to work, you have not given up, just attempted to do even better.
- Let the words find their way to you. If you are having a difficult time coming up with something, relax for a bit, distract yourself and see if the words begin to string themselves together in your mind. This method may just be one of the most effective ones out there.

Hopefully, these were helpful in taking away your writer's block so that you can get back to typing. If these tips were not helpful, you can always check out more at the citations below. Good luck and have fun.

HELP GIVE OUR SCHOOL A  
**SPACE LIFT**  
ORLANDO GIFTED ACADEMY  
STUDENT-LED CASH FUNDRAISER  
TO IMPROVE SCHOOL FACILITIES  
Sep. 14<sup>th</sup> - Oct. 5<sup>th</sup>  
Goal: **\$30,000**

OUT OF THIS WORLD  
**SCHOLAR PRIZES!**

- \$5 OGA Owl Vinyl Sticker
- \$25 Random Pop-IT\*
- \$50 OGA double highlighter pencil and owl eraser
- \$100 Fidget Bundle\*  
\*Enter to win \$25 book fair credit!
- \$150 Kanoodle Game  
\*Enter to win Principal Office Assistant with Ms. Cherolini!
- \$200 OGA Fitness Pack  
\*Enter to win field day assistant!
- \$300 LED Strip Lights  
\*Enter to win Principal for part of a day!
- \$600 Skullcandy Earbuds  
\*Enter to win ipod touch!
- \$1,000 Hoverboard!

Online Donations: <https://tinyurl.com/ogafund>  
If the school reaches the goal, we will have a dance party celebration!!!  
Any class with 100% participation gets a popsicle party! The class with the most donations raised gets a pizza party!  
Deliveries for prizes will take place on Mondays and Thursdays. \*Colors and shapes will vary

STRAWBRIDGE  
MIDDLE SCHOOL

**MEMORIES THAT LAST A LIFETIME**

PICTURE DAY: 10/5/2021  
**DÍA DE FOTOS**

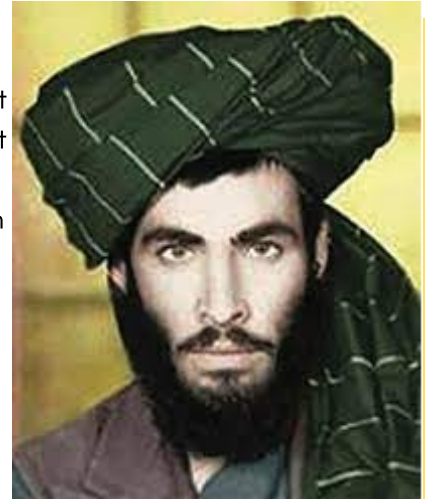
P115247-1920



# The Taliban Origin

By: Julian A. L.

It was August 15, 2021, when the Taliban took control of Afghanistan and restated their position as high power figures in the government. But how did we get here? Who was the Taliban? This is what will be explained in this article. For the people who don't know who the Taliban is, they are a bunch of Islamist religious-political student protest movement created by a man named Mullah Mohammad Omar, who believed that Afghanistan's problems stemmed from resulted from power struggles between Afghan groups not behaving to the moral code of Islam, which they are taught in their religious schools. They had been taught a belief in strict Islamic law and believe that they needed to take control of Afghanistan to fix it.



Mohammad Omar

To start, we must go back to August 1994, as the Taliban becoming a group, and then a with the help of General Naseerullah Babar, they made a surprise assault against Kandahar City, and they managed to conquer it and became their base of operations. After their victory, they were able to control 12 Afghan provinces usually with no resistance because of their powerful position. The Taliban were popular back then because they stamped out corruption, curbed lawlessness, and made the area of the roads safe, so it was the main reason that no civilian interfered.

During the and 1995's to 1996's, the Taliban spent most of their time expanding Kandahar City to expand their influence and government forces of the Islamic State of Afghanistan, which was at the command of Ahmad Shah Massoud. They lost the fight While retreating from Kabul, Taliban fighters started shelling the city and killed many civilians. They lost much respect from Afghans for this act. After a large amount of back and forth fighting, the Taliban managed to take control of the western city of Herat in 1995. A couple of months later, allegations by the Afghanistani government that Pakistan was aiding the Taliban arose, and a gathering of people attacked the Pakistani embassy in Kabul the day after. The Taliban then arrived in Pakistan and they and the civilians fought for 3 months. The Taliban entered Kabul in 1996 and made the Islamic Emirate of Afghanistan, which repressed the people from attacking them anymore. It was after this that the Taliban started consuming the rest of Afghanistan, taking 90% of Afghanistan by 1998. It was then in 2000 that the UNSC recognized the Taliban as terrorists, and in 2001, the US invaded Afghanistan, and up until now, they have been fighting.

## References

- Hollingsworth, Julia. "Who Are the Taliban and How Did They Take Control of Afghanistan So Swiftly?" CNN, 24 Aug. 2021, [www.cnn.com/2021/08/16/middleeast/taliban-control-afghanistan-explained-intl-hnk/index.html](http://www.cnn.com/2021/08/16/middleeast/taliban-control-afghanistan-explained-intl-hnk/index.html).
- "What Is the Taliban?" Council on Foreign Relations, 27 Apr. 2006, [www.cfr.org/background/taliban-afghanistan](http://www.cfr.org/background/taliban-afghanistan).
- "MMP: Afghan Taliban." FSI | CISAC - CISAC, [cisac.fsi.stanford.edu/mappingmilitants/profiles/afghan-taliban](http://cisac.fsi.stanford.edu/mappingmilitants/profiles/afghan-taliban).

## Dear Messenger Owl

Dear Messenger Owl,

Q: How do I stand up for myself?

A: One thing I've found is don't take any negativity from a bully or antagonist. Another thing I've found to help is to stay away from anyone who causes unnecessary trouble with you on a normal basis. But the most important thing you can do is be kind, tell a teacher, and use your words, not your body.

Dear Messenger Owl,

Q: How do I stay safe outside?

A: Well, first stay away from bugs and animals because you don't know if they could be venomous, poisonous, or toxic to touch or if it bites you. Next, use sunscreen if you are going to be outside for more than 30 to 45 minutes, but just know shade is more of a friend than sunscreen according to doctor Mike Varshavski, a doctor-turned-YouTuber. Finally, stay away from falling branches - a bird in hand is better than one overhead.

Need advice?  
Put your question in the black  
box on the cafe napkin table.

# Ken Kutaragi Father of The Playstation

By: Max C.



Ken Kutaragi, the man who created one of the most revolutionary gaming consoles ever, was born in Tokyo, Japan in 1950. Not much is known about his youth other than that his father was the owner of a printing business. Ken went to study at the Denki-Tsushin University in Chofu, Japan and graduated with a degree in electrical engineering.

After graduating from University Ken went to work at Sony Computer Entertainment in 1975 in the engineering department. Ken worked in the engineering department for about 15 years until he gave chairman Nobuyuki Idei the idea of a gaming console with the best quality graphics and hardware of the time and a new, unique controller. Shortly after he presented his idea to Nobuyuki he was appointed leader of the Playstation project. Originally the Playstation was supposed to be a console that would be made between Nintendo and Sony, until Nintendo pulled out of the plan because "the deal that they had signed earlier with Sony regarding the Super Nintendo sound chip they developed included a clause that stated Sony would get all CD-Rom software royalties". After Nintendo pulled out Nobuyuki suggested that the plan should be scrapped but Ken said that they should continue. In 1991 the Playstation was released and was a huge success, the Playstation sold more than any other console at the time. Ken Kutaragi was the creator of one of the most successful gaming consoles ever sold, and that is why he will forever be remembered as the father of the Playstation.

#### References:

- *Ken Kutaragi biography*. (n.d.). Notable Biographies. <https://www.notablebiographies.com/newsmakers2/2005-Fo-La/Kutaragi-Ken.html>
- *Ken Kutaragi 1950— biography - creative engineer, the toy that saved Sony*. (n.d.). Reference For Business - Encyclopedia of Small Business, Business Biographies, Business Plans, and Encyclopedia of American Industries. <https://www.referenceforbusiness.com/biography/F-L/Kutaragi-Ken-1950.html>



NOW  
THAT  
IS SERIOUSLY  
EPIC

# Epic Universe

By: Anna R

Universal has announced they are building another theme park! This theme park will be called Epic Universe and according to OrlandoInformer.com, will be located south of Sand Lake Road and east of Universal Boulevard. This park is said to be the second largest Universal park in the world and will incorporate many different attractions. Construction on the park started back in late 2019 to early 2020 but was postponed due to Covid-19 and has yet to begin again. The original opening date was said to have been 2023 but was pushed back to 2025.

Moving on, the park will have four "worlds". Each world will have its own rides and layout based on its theme. These will include Super Nintendo World, Universal Monsters, the Wizarding World, and How to Train Your Dragon. In the middle of the park they will have a "Central Hub." This hub will contain many different attractions, restaurants, shops, and more. Additionally, they will have a hotel in the park. This hotel is rumored to contain 500 rooms and will be behind the central hub. The name of the hotel is yet to be confirmed but is speculated to be called, "Universal's Helios Grand Monsters Hotel," because Universal filed a trademark for it.

Since this park is not necessarily walking distance from Universal Studios, they plan on adding a new road, expanding Kirkman, and maybe even adding a means of transportation from one park to another. Surrounding the park will be restaurants, hotels, and there was talk about adding another citywalk but this has not been confirmed. People all across are eager to see what Universal will create with this new theme park.



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# Are Vegetarians Healthier than Meat-Eaters?

By: Terrence M.

Most people - not all - go vegetarian for health and/or religious reasons. It is proven though that eating meat, not all, can increase the protein in your body. So why cut down on meat when some meat can help you? Why eat meat if it could possibly reduce your lifespan and increase your risk of high blood pressure and diabetes?

Vegetarians are known for "helping the environment". People mainly become vegetarian for different reasons, such as someone's health issues, a person's religious beliefs, and because of their parent's advice. Due to this, there are definitely multiple benefits. One well-known benefit of becoming a vegetarian is lower blood pressure and a lower risk of type 2 diabetes. Unlike a meat-eater, but similar to a vegan, vegetarians don't have enough protein in their system. A vegan and a vegetarian are quite similar, except vegans don't eat anything from animals. This includes dairy products, eggs, and things of that sort. So what makes a meat-eater in better health than a vegetarian or a vegan?

Meat-eaters may not be the healthiest, but that doesn't mean that they aren't healthy at all! Just because they eat meat, doesn't mean they don't eat veggies. People that eat both meat and veggies are known as omnivores. By eating meat, you increase the amount of protein in your body, the amount of iron in your blood, and vitamins. Your metabolism can also increase by eating meat as well. You can also strengthen your muscle mass and your bones. Eating salads, for example, is a very good way to stay healthy, although salads are very light. Eating a steak with mashed potatoes and green beans is a very fulfilling meal. Of course, there are some risks if you don't keep a balanced diet and healthy body. If you just keep stuffing your mouth with meat, you could end up with heart disease, risk of diabetes, potential obesity, too much cholesterol, and strokes. Strokes can be caused due to the blockage of blood vessels.

Vegetarians probably have a better diet than meat-eaters. It's proven that once older, they have a healthier lifestyle. But, it is also proven that they aren't as strong and struggle to do things that have to do with their physical strength. Meat consumers mostly have great physical strength, though they struggle to stay in shape and in healthy. In my opinion, I think omnivores and/or carnivores are healthier than vegetarians and/or vegans. I think this because, though we have higher risks, we can try and be healthier by doing more cardio and better eating choices. We may eat meat, but we don't have to eat every meal! Eating red meat, such as beef and pork, is the more dangerous and risky meat. Meat like chicken, poultry, turkey, and rabbit are healthier and give you the same, maybe more protein than red meat does!

## TO MEAT, OR NOT TO MEAT?

### MEAT

#### Advantages of a Meat Diet

- Vitamin B12** is only found in meat, fish, eggs and milk, although it is sometimes added to cereals and margarine.
- It is vital for the formation of red blood cells and nerve fibres. If our bodies don't produce enough red blood cells this can lead to iron deficiency known as **anaemia**.
- Iron from animal sources is more easily absorbed than iron from plant sources.
- This is because various substances contained in iron from plant sources can bind iron, reducing absorption.

### VEG

#### Advantages of a Veggie Diet

- While vegetarian diets meet protein requirements, they are typically lower in total intake of protein than non-vegetarian diets. This can be more beneficial than a meat diet as excessively high protein intake has been linked to osteoporosis and kidney failure.
- Antioxidants** found in Vitamin C, Vitamin E & beta carotene are our body's defences against free radicals that may lead to premature ageing & disease.
- People with high intakes of antioxidant-rich fruit and vegetables are about half as likely to get cancer compared with people who have low intakes.
- Vegetarians tend to eat less saturated fats - found in meat and dairy products - and more unsaturated fats - such as olive oil, peanut oil and sunflower oil.

#### Fats

A high intake of saturated fat can cause raised blood cholesterol and lead to heart disease.

### Famous Vegans

Bill Gates, Bill Clinton, Al Gore, Joaquin Phoenix, Joss Stone, Michelle Pfeiffer, Paul McCartney, Prince, Samuel L Jackson, Woody Harlson

#### Interest in Plant-Based Foods is Driven by Knowledge of:

- Big animal agriculture
- Impact on the environment and their own health
- Meatless Mondays

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### Popular Veggie Diets

- #1 The VB6 Diet**  
A vegan diet before 6pm, became the fad diet to follow after New York Times food writer Mark Bittman published his book last year.
- #2 UK Meat-Free Market**  
UK meat-free market (tofu, burgers, imitation chicken fillings) was £625m in 2013, up 21% in 5 years (Mintel)
- #3 UK Free-From Market**  
UK free-from market (dairy free, wheat-and gluten-free) rose 72% in the same period (Mintel)

Want to hear how we use these insights to create communication which reach your audience and inspire action? Contact Ruth Delacour at ROAD Communications on 0208 995 5832 or email: ruth@roadcommunications.co.uk | www.roadcommunications.co.uk

ROAD is a health and medical communications agency. We create content that starts conversations, builds relationships and encourages word of mouth. ROAD

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# The Trending Corner

By: Julian A.

*As humans, we have the drive to know what is going on in the world. Whether it is good things or bad, local or international, we need to know if something is important that might affect us or the people we know. Let's look at what is trending online and why.*

Currently, Norm Macdonald is a trending topic on Google. He is a comedian, actor, and writer, who has unfortunately died from cancer on 9/12/21, while he was 61. He had a storied career while he was still alive. He was a part of Saturday Night Live from 1993 to 1998, and when he left in 1998, he co-wrote "The Dirty Work" and starred in "Norm", a sitcom with himself as the focus. In the 2000s, Norm even became a frequent guest on "The Tonight Show with Conan O'Brien" during its 2009 and 2010 run. "He was most proud of his comedy. He never wanted the diagnosis to affect the way the audience or any of his loved ones saw him," Lori Jo Hoekstra, his friend and producing partner, said.



Norm Macdonald



Additionally, iPhone 13 is also trending because Apple today introduced iPhone 13 Pro and iPhone 13 Pro Max. The new models introduce a better touch experience which is faster and more responsive. The pro camera system has been upgraded as well with new Ultra Wide, Wide, and Telephoto cameras, and both models now include Night mode on all cameras. Videos also get new modes with Cinematic mode for depth-of-field transitions, macro video, Time-lapse and Slo-mo, and low-light performance. Both models are in Dolby Vision, for the first time. The selling point for this phone is the new storage capacity of 1TB which has been hyped up for the release of this phone. It's not released yet because it is released on 9/24/21, and it costs \$700, but if you are interested, take a look at it if you want.

Finally, Inspiration4 has been trending because it is the world's first all-civilian mission to orbit. Inspiration4 is named after the four-person crew and their inspiration to raise awareness and funds for St. Jude Children's Research Hospital. The ship is called the 'Dragon Spacecraft', and it is able to carry up to 7 passengers, is 26.7 ft high, 13 ft wide, and survives from Earth orbit, and beyond. The crew is Jared Isaacman, Hayley Arceneaux, Chris Sembroski, and Dr. Sian Proctor, who represent leadership, hope, generosity, and prosperity respectively. The purpose of the mission is to do micro-gravity research and experimentation and expand our knowledge of the universe using technology.



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# Imagination and Dreams; There Is No Limit!

By: Terrence M.

Having an imagination is an amazing gift. It is an excellent comfort zone and getaway place. Although, don't get carried away with it and take advantage of it for it can also be distracting as well. Dreams, on the other hand, often occur when a person has no consciousness. But, you can have a dream while being conscious and that is called a "daydream". What is the relationship between dreaming and imagination? Does your imagination link with your dreams while you are asleep?

What is imagination? What is a dream? According to Dictionary.com, imagination is the "forming of mental images" and "concepts of what is not actually present to the senses" and a dream is a session of "images, thoughts, or emotions passing through the mind during sleep". By reading both definitions, you can tell that both dreams and imagination have to deal with a wave of images that aren't present in real-time nor in real life. This means that when you are asleep and dreaming, your mind is creating situations that aren't actually happening in real life. A lucid dream is when you are aware you're dreaming. This kind of dream rarely happens, but when it does, it kind of ruins the rest of the dream since you are now in control.

"Imagine this", those two words are a doorway between two completely different worlds, galaxies, multiverses even! The real world can be painful sometimes. And sometimes you just need a getaway; literally! A great way is to do just that! Imagine yourself as a superhero, or as a prince or princess in a fairytale, a wizard who can cast the most powerful spell or the strongest martial artist that ever existed! My main point is that imagination may be able to help you mentally through the most stressful situations.

Dreaming is a very similar concept to imagination! I'm sure everyone here has had a dream. Dreaming starts to decrease at the beginning of your adulthood. OGA Newsletter/Yearbook Publisher states "I can't count how many, but yes I still have dreams", and this just proves that scientists' research isn't quite proven just yet. A dream usually occurs when anthropomorphic (humans and animals) are unconscious or asleep. When you are awake and dreaming, it is known as a "daydream". The biggest difference between dreaming and imagining is that dreams are happening so much faster than thought! It's more of a movie that you are in. All of your senses are active, yet aren't. For example, if you were to fall down in your dream, you would think that you are going to get hurt. But that's the thing - you think!

Thoughts, memories, dreams. All of these things are basically illusions that the brain has created for you to experience. A dream and a thought are very similar, except a dream mainly occurs in an unconscious state of mind. Your mind is an Oasis that you can open up and escape to at any time. Remember, there is no limit to how much you and your mind can accomplish.



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• Check out some gaming apps that boost creativity and imagination <https://www.lifehack.org/531124/top-10-gaming-apps-that-will-boost-your-creativity>



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