

# THE MESSENGER OWL



Issue: October 15, 2021



## Great Horned Owl

#bioPGH: Great horned owls | Phipps conservatory and botanical gardens | Pittsburgh PA. (n.d.). Phipps Conservatory.  
<https://www.phipps.conservatory.org/blog/detail/biopgh-great-horned-owls>

## Quote of the Week

by Kai M

*"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says 'I'll try again tomorrow.'"*

- Mary Anne Radmacher

I chose this quote because it shows perseverance and how it tells you to keep going through all the hardships.



11 inspirational breast cancer quotes. (n.d.). Chamberlain University. <https://www.chamberlain.edu/blog/11-inspirational-breast-cancer-quotes>

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## Weekly Survey

Which is the Superior Pet?

Take the survey at:

<https://tinyurl.com/388cf64h>





# Principal's Message

## Principal's Message:

OGA Fund Space Lift TOTAL RAISED: \$38,701.81  
GOAL: \$30,000

### Congratulations to Classes with 100% Participation!

You've earned a popsicle party.

Mrs. Brown, Ms. Cybulski, Dr. Carr, Ms. Cross, Mrs. Dunn, Mrs. Fosky, Ms. Handley, Ms. Hurley, Ms. Jackson, Mrs. Kuerzi, Mrs. Stoute, Ms. Switters, Mrs. Zema.



Thanks for supporting our school fundraiser. We EXCEEDED our goal!

### Top 20 Scholars

1. Mason Richards
2. Grant McElveen
3. Helena Reynolds
4. Anders Nielsen-Berg
5. Austin Schwartz
6. Fu Alexander
7. Kenzy Mittleman
8. Hallie McClean
9. Amelia Louthan
10. Archer Vaughan
11. Harrison Vaughan
12. Kylie Bonestroo
13. Nigel Miller
14. Aiden Ferris
15. Owen Courtney
16. Elisha Moon
17. Carson Prosser
18. Maximus Apple
19. Reznor Cardona Raber
20. Mequal Jr. Bush



### Homeroom Totals

Switters	\$13,275.47
Jackson	\$3,887.90
Bell	\$2,236.21
Fosky	\$2,119.85
Zema	\$2,116.36
Stoute	\$1,862.00
Kuerzi	\$1,707.00
Cross	\$1,659.00
Brown	\$1,636.00
Sunderman	\$1,502.00
Menna	\$1,282.00
Mullen	\$860.00
Hurley	\$714.82
Handley	\$641.09
Carr	\$615.00
Gutierrez	\$535.00
Dunn	\$468.71
Buyo	\$453.40
Cybulski	\$448.00
Miller	\$375.00
Panther	\$307.00

It's never too late to give at <https://tinyurl.com/OGAFund>



**NJHS BOMB POP SALE**  
**\$1.00**

Wednesdays - Car Loop  
Fridays - Car Line



### Winners for the Enter to Win Prize Incentives

#### Book Fair Credit \$25

Everett Dinetz & Kyle Bastian

#### Ms. Cherolini's Assistant for the "Day"

Nigel Miller & Aiden Ferris

#### Field Day Assistant

Sofia Orlyanskaya & Mason Merkel

#### Principal for Part of the Day

Emmry Stamper & Ada Alexander

#### Ipod

Archer Vaughan



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/WITOPPERS \$2

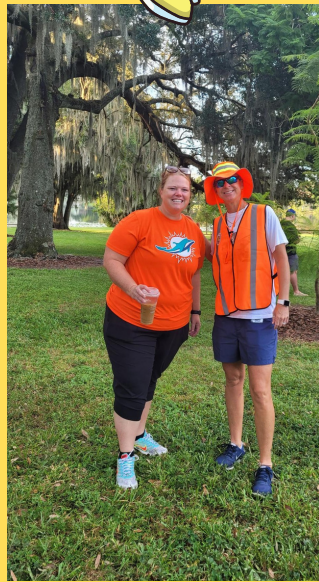


# COMMUNITY

## WALK TO SCHOOL DAY

From Ms. SharPE

A sincere thank you for all your support with WALK TO SCHOOL DAY [on 10/6]! We had a great turnout. Heartfelt appreciation for making this a memorable event for our students and families. Plus, a huge shout out to those getting in their steps early this morning... Ms. Molina, Mrs. Mullen, Mrs. Cybulski, Ms. Hurley, Mrs. Zema, Ms. Bell, Ms. Scheid, Mrs. Hale, Mr. Miller, SRO Joey and ELC district support Ms. Christopher-Muench. Way to go!



## THE ATHENIAN SOCIETY

An after-school mentoring club for middle school girls

Wednesdays from 2:00pm-3:00pm

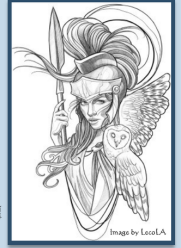
WISDOM • COURAGE • STRENGTH

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

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- Improve Grades
- Learn Self-Defense
- Increase Self-Discipline
- Develop the "Yes I Can!" Winning Attitude!



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- Free Uniform
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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.

# SAVE THE DATE



## ORLANDO GIFTED ACADEMY FROM THE PAGES DANCE

THURSDAY, OCTOBER 28th  
2:00 - 3:00 PM

**Donations Accepted!!**

**\$1.00 or 1 Non-Perishable Item**

Refreshments available for purchase!



## OGA'S PINK-OUT

We can fight breast cancer together

**FRIDAY, OCTOBER 22nd**

WEAR PINK TO BRING AWARENESS  
\$1 BRACELETS FOR SALE - DONATIONS BENEFIT  
BREAST CANCER FOUNDATION OF CENTRAL FLORIDA.

## MIDDLE SCHOOL INTRAMURALS



Starts Tuesday, September 21st

**Exercise Regularly  
Stay Fit and Healthy**



Back of Room 17 from 8:15-8:40am  
Every Tuesday and Thursday

No need to sign up- just stop by!  
Q1: Track & Basketball  
Other Sports TBD



November 18, 2021

## Teach-In at OGA

*Join us and share about your profession  
with our OWLmazing students!*

*For more information contact our school  
counselor, Ms. Niccarra Brown*

*\*All presenters must be ADDitions approved.*



# Upcoming Events & What's for Lunch?

By: John M.

## Upcoming Events:

Monday	Tuesday	Wednesday	Thursday	Friday
				10/15 OGA Spirit Day
10/18	10/19	10/20 College Spirit Day  Popsicle Sales After School	10/21 Middle School Mental Health And Wellness Course  Engage 360	10/22 OGA Spirit Day  OGA Pinkout Day  Popsicle Sales After School
10/25 Red Ribbon Week (25th to 29th)	10/26	10/27 Popsicle Sales After School	10/28 From The Pages Dance Elementary: Morning Middle School: Afternoon	10/29 Student Holiday  Teacher Work Day

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

## What's for Lunch?

10/18 ENTREES Mac and Cheese PBJ Sandwich VEGETABLES Italian Blend Vegetables Steamed Carrots FRUITS Mixed Berry Fruit Cup Mix Fruit Cup MILK 1% White Milk	10/19 Chicken, Broccoli, & White Rice No Nut Butter Box VEGETABLES Fresh Broccoli Dippers with Ranch Dressing Peas & Carrots FRUITS Diced Peach Cup Nectarine MILK 1% White Milk	10/20 ENTREES Hamburger Cheeseburger BBQ Chix Salad Wrap Yogurt & Cheese VEGETABLES Cool Pack VEGETABLES Lettuce & Tomato Cup Sweet Waffle Potato FRUITS Diced Pear Cup Fresh Red Grapes MILK 1% White Milk	10/21 ENTREES Chicken Tenders Yogurt, Cheese, w/ Banana Bread Plate VEGETABLES WG Dinner Roll VEGETABLES Tater Tots Vegetarian Baked Beans FRUITS Orange Juice Fruit Juice Apple Juice Banana MILK 1% White Milk	10/22 ENTREES Cheese Pizza Turkey & American Sub VEGETABLES Italian Blend Vegetables Lettuce & Tomato Cup FRUITS Applesauce Cup Fresh Honeydew Chunks MILK 1% White Milk
10/25 ENTREES Teriyaki Chicken Banana Bread with Cheese Sticks SWEETENERS Vegetable Fried Brown Rice - 1/2c VEGETABLES Green Beans Baby Carrots with Ranch Dressing FRUITS Orange Juice Fruit Juice Apple Juice Fresh Cantaloupe Chunks MILK 1% White Milk	10/26 ENTREES Homemade Turkey Chili with Beans Chicken Taco Salad Yogurt & Cheese Cool Pack SWEETENERS Corn Tortilla Chips VEGETABLES Lettuce & Tomato Cup Seasoned Black Beans FRUITS Diced Peach Cup Fresh Apple Slices MILK 1% White Milk	10/27 ENTREES Cheese Pizza Rippers VEGETABLES Steamed Corn Garlic Spinach FRUITS Mix Fruit Cup Orange Wedges MILK 1% White Milk	10/28 ENTREES Meatball Pizza Sub PBJ Sandwich Box VEGETABLES Cucumber Dippers Marinara Dipping Sauce FRUITS Diced Peach Cup Strawberry Cup MILK 1% White Milk	



## 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

## Fun Spot

By: Maxwell C.



1. Why shouldn't you tell a secret on a farm? Because the corn has ears!
2. I found a single kernel of corn on the floor at the movies. I've never seen a unicorn before.
3. When I was in the corn maze I seriously thought I was being stalked. It was very earie.
4. Did you know corn has a favourite food? It loves cobb salad.
5. Did you hear about the dog who was obsessed with stripping ears of corn? I think he must have been part husky.

• Haha designs, themes, templates and downloadable graphic elements on Dribbble. (n.d.). Dribbble - Discover the World's Top Designers & Creative Professionals. <https://dribbble.com/tag/haha>  
 • Parade. (2021, June 9). LOL! 200+ funny (and clean) jokes guaranteed to make kids laugh. Parade: Entertainment, Recipes, Health, Life, Holidays. <https://parade.com/96864/parade/jokes-for-kids/>  
 • Click to see the answer and top 1000 riddles! (n.d.). Riddles tips. <https://riddles.tips/riddle-19>  
 • I couldn't figure out why the baseball kept getting larger. Then it hit me. @J Give me jokes. (n.d.). <https://givemejokes.com/post.php?PID=CJLcYFny>

DONATIONS

MAKE AN  
IMPACT



# Staff Member & Teacher of the Week

By: Quinn G.

## Ms. Bell



- Q: What inspires you to teach?
- A: "When I had a daughter I wanted to have a job that would change the world"
- Q: What is your favorite grade to teach and why?
- A: Fifth grade because science is tested at the end of the year and I like to have some data to see how well I did compared to other teachers
- Q: When and why did you start teaching at OGA?
- A: I started this year because they finally had an opening even though I wanted to teach fifth grade, fourth grade was the opening. I wanted to teach at an all-gifted school to take away the animosity between the gifted and non-gifted classes.
- Q: Do you prefer teaching gifted or non-gifted students?
- A: Gifted, mainly because of the empathy. I love that gifted students have empathy therefore the classes are more emotionally connected. Therefore there is harmony and gifted people tend to collaborate better and more frequently.
- Q: How many subjects have you taught, and what is your favorite one?
- A: I've taught PE, Reading, Writing, Math, Science, and Social Studies. PE is my favorite subject in general when I had a classroom, but my favorite subject academically is Science.

- Q: When and why did you come to OGA?
- A: I came to OGA in August of 2021. I heard that a nurse is needed by a friend of the school
- Q: Have you ever taught in a classroom?
- A: I have taught a class. Every year I teach a puberty class.
- Q: How are you liking OGA so far?
- A: I love working at OGA. All the students are friendly. And all the staff is great to work with.
- Q: What is your favorite part about being a school nurse?
- A: The students are the favorite part. I get to interact with the students in many ways?
- Q: What is something you would like to add as something to inspire students? A: New give up on your goals.

## Ms. Phillips





# Trick or Treating

By: Raleigh H.

Trick or Treating. This year, candy might not be the only thing you pick up! According to Apple news, "Going to all those houses this year can increase your chances of getting covid, by a lot. Almost 60 %" But never fear, for super safety is here! There are lots of things that you can do instead of going trick or treating!

First off, we have family time. You can make some cocoa, bundle up under the covers, and watch some scary movies! It would be so much fun, and make sure you are warm, I mean, we do live in Florida. That's pretty good in terms of being hot! But some great movies you can watch are A Nightmare Before Christmas, Coraline, Goosebumps, and Monster House! This idea is a lot safer than trick or treating because you can still have candy, and fun, but without the risk of getting covid!

Now, don't get me wrong, You can still trick or treat, but please be safe about it for the health of you and those around you. Wear a mask while trick or treating, I know it may be uncomfortable, but please, it helps so much. Once you have your candy, wash it even if it's in a wrapper, none of your candy will lose its taste, but wash the wrappers, because you don't know if the person handing you your candy has Covid. And last but not least, ask the person. I know it may be a bit awkward, but it really helps you out, if they say "Well, yes but its in a wrapper" Still don't take it. And have fun out there!

The last thing you can do is throw a party, or parents can invite some friends of yours over and you guys can go buy candy, and watch scary movies and have fun that way! This one is my personal favorite, because I love my friends so much, and it's so fun and so safe, just make sure they haven't tested positive for covid.

All in all, Halloween this year can be a blast as long as you stay safe. You don't want all that candy coming back up now, do you?



## Easy Candy Apples

from Delish.com

### INGREDIENTS

Cooking spray  
2 c. granulated sugar  
3/4 c. water  
1/2 c. light corn syrup  
16 drops red food coloring  
6 medium Granny Smith apples

### DIRECTIONS

1. Grease a rimmed baking sheet with cooking spray. Line with parchment and grease parchment with cooking spray.
2. Insert a wooden stick into the top of each apple, pushing about halfway through. Set aside.
3. In a medium heavy-bottomed pot over medium-high heat, combine sugar, 3/4 cup water, corn syrup, and food coloring and bring to a boil. Insert candy thermometer and continue to boil until temperature reaches between 300° and 310°, about 15 to 20 minutes. Immediately remove from heat.
4. Working quickly and carefully—coating will be extremely hot—coat apples in candy mixture and transfer to prepared baking sheet.
5. Let cool completely before serving.

*Nutrition (per serving): 440 calories, 1 g protein, 112 g carbohydrates, 5 g fiber, 106 g sugar, 0 g fat, 0 g saturated fat, 21 mg sodium*

# Jackie Chan, Stuntman, Actor and Martial Artist

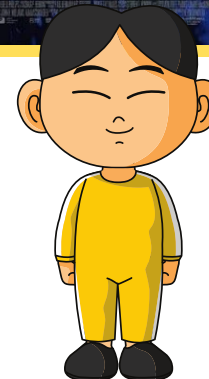
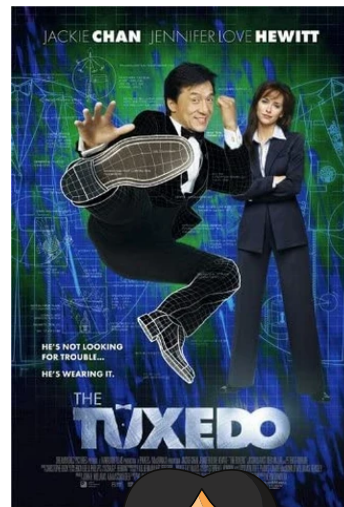
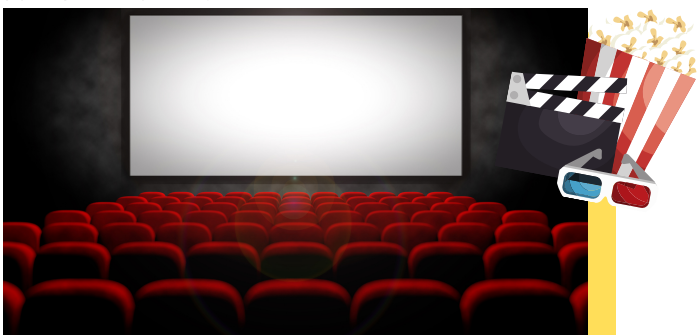
By: Maxwell C.

Jackie Chan who was born as Chan Kong-Sang was born in 1954 in Hong Kong, China. When Jackie was 7 years old he and his parents moved to Canberra, Australia in search of a job, but the next year his parents sent him back to Hong Kong in a boarding school which had the students learn a type of Chinese theater called *Jingxi*.

Jackie spent 10 years studying different types of theater which led to him having some minor acting roles in some movies which eventually turned him into a stuntman. A film producer by the name of Lo Wei wanted to find a successor to the famous actor Bruce Lee, who he had made movies with in the past. Jackie was chosen by Lo and starred in movies such as *Snake in the Eagle's shadow*, and *The Drunken Master* which gained him local popularity.

After his run with Lo Wei he was then hired by the production company Golden Harvest which he helped turn into Hong Kong's biggest movie producer company. After some not so successful movies in English he moved from the traditional martial arts film to some action-adventure films which showed his talent for fight and stunt choreography which finally brought him to the American movie market. Hollywood was a huge step for Jackie as he was awarded the Lifetime Achievement Award by MTV and the next year his movie *Rumble In The Bronx* was released which gained great commercial success. After *Rumble In The Bronx* Jackie starred in *Rush Hour* which was so successful that they made two other movies in 2001 and 2007.

Jackie continued to make movies in Hollywood and in Hong Kong throughout the 2000's but started to do some voice acting work for *Kung Fu Panda* in the early 2010's. Jackie has started to tire on his acting career but he will forever be known as one of the best Martial Artists, Stuntman and Actors to have ever crossed the Hong Kong and American Cinema line.



#### References:

- Jackie Chan. (2021). Encyclopedia Britannica. <https://www.britannica.com/biography/Jackie-Chan>
- Biography.com Editors. (2016, August 16). Jackie Chan. Biography. <https://www.biography.com/actor/jackie-chan>
- Jackie Chan biography. (2012). Notable Biographies. <https://www.notablebiographies.com/supp/Supplement-Ca-Fi/Chan-Jackie.html>



# Advice Column

By: Anna R.

“How do I get my parents to let me adopt a pet?”

Adopting and caring for a pet is a big responsibility, but a very exciting one. Everyone should experience having a pet at least once, but sometimes convincing parents to allow that can be hard. With the right phrasing and determination, adopting a pet can be possible!

- The first thing I would suggest is doing your research on what kind of pet you would like. There are so many different kinds of animals that are adoptable, and would make great pets.
- If your parents say no to getting a pet, the next thing I would suggest is figuring out why that was their response. If you figure out why your parents won't let you have a pet, you can work on changing their perspective.
- The third thing I would suggest is proving that you are responsible enough to have a pet. Caring for another living thing has its challenges, but if you prove that you can endure those challenges that might be your best bet!
- If your parents still do not let you get a pet, as weird as it sounds, you can make a presentation as to why you should get one. I have personal experience with this specific scenario, and making a presentation showed to my parents how dedicated I was to wanting a pet.
- If your parents still say no even after you have made your presentation and proved that you are responsible enough for a pet, then I would just continually ask them over a long period of time for one. If you're lucky, eventually your parents will get tired of you asking and will get you a pet.

Thank you for submitting this question and I hope this helped answer it!



# Video Game Review: ROBLOX

By: Quinn G.



Roblox, a game where you can play minigames, create minigames, and just have some good ol' fun. What do I mean by “minigames”? Well, inside of Roblox you will see many games made by members of the Roblox community. These people are normal people just like you who want to allow others to have fun on the platform.

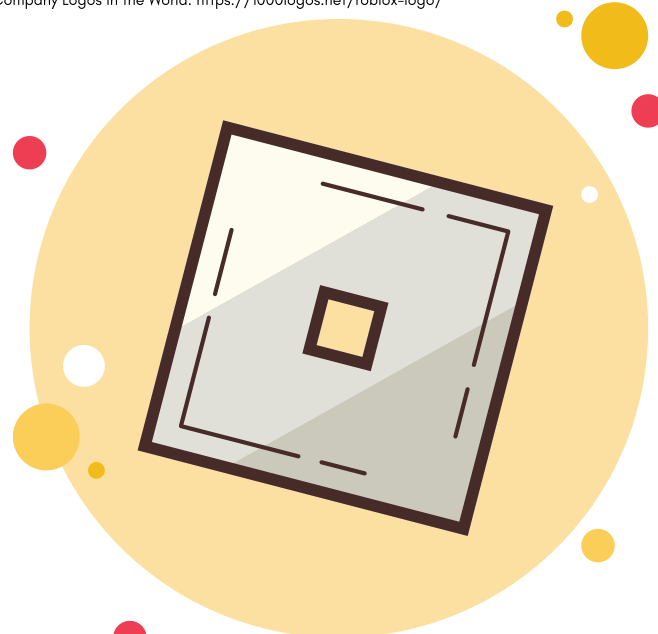
Some of the most popular games on Roblox are bloxburg, jailbreak, arsenal, robloxian high, and natural disaster survival simulator.

It is such a cool game since you can find anything that piques your interest from platformers to story games this has it all. It is also a great game because it is free to play on mobile, pc, console, and the Nintendo switch. So to conclude Roblox is just a great game overall. But make sure you don't spend too much money on Roblox.

# ROBLOX

## References

Roblox logo and symbol, meaning, history, PNG. (2021, September 24). | 1000 Logos - The Famous Brands and Company Logos in the World. <https://1000logos.net/roblox-logo/>



# ROBLOX

# Student Spotlight

By: Julian A.

A.J: Left | August: Middle | Leo: Right



“

## Interview with Leo

### What are you guys doing right now?

Leo: A lab experiment. A bipod catapult.

### What is it for?

Leo: To launch marshmallows. It's for science class.

### How do you like Ms. Bell?

Leo: She is an amazing teacher. The best word to describe her would be amazing. 9/10.

### What is your favorite thing Ms. Bell does?

Leo: Ms. Bell does the best labs that I have done. She also plays baseball with us.

### Lastly, how are your classmates in your opinion?

Leo: Most are fun to hang around with. There's a couple I'm close to.”

“

## Interview with August

### How would you rate Ms. Bell out of ten?

August: 8/10

### If you were to do something in Ms. Bell's class, what would it be?

August: The labs are a must to be a part of

### How do you like your classmates?

August: The classmates I'm with are fun to be with. A couple of them are some of my closest friends.

### What is your favorite project?

August: There was a budget spending project.

### What kind of project was it?

August: It was a house creation game, where we have a set amount of money and make a budget and buy everything out of it.”

“

## Interview with A.J

### How do you like OGA?

A.J: I like this place a lot. 10/10.

### What do you like most about Ms. Bell's class?

A.J: I like the experiments the most.

### How do you enjoy your classmates?

A.J: Yes. I have a bunch of friends here.

### Last year, were you an online student or an offline student?

A.J: I was an online student, obviously because of covid.

### Lastly: Which one did you prefer, online school or offline school?

A.J. To be honest, I think I like them equally.”

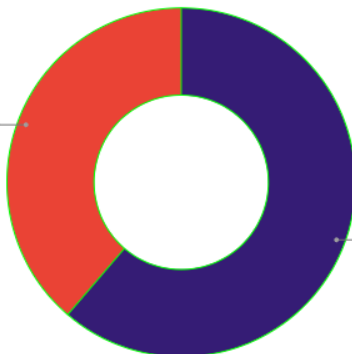
## Survey Results

VOTE

Is the "Nightmare Before Christmas" a Halloween or Christmas movie?



Christmas  
38.7%



Halloween  
61.3%







# Why is the Black Cat Bad Luck?



By: Raleigh H.

Everybody knows that if a black cat crosses your path it's bad luck, but has anyone ever stopped to wonder why? It isn't all that common of a question, but the result might come as a surprise to you!

According to [ethosovet.com](http://ethosovet.com), The history of the superstition that "The black cat is bad luck" started back in the middle ages, around Europe. Pirates believed that if a black cat walked to you, or crossed your path, you would have bad luck. If it walked away from you, you would have good luck. The pirates only really had one reason to believe this, henceforth it's a superstition.

According to [Barkingheads.org](http://Barkingheads.org), The one reason pirates had to believe this, was simply, witchcraft. Black cats were, and still are associated with witchcraft. Mostly only in the middle ages though. Black cats were seen around witches' homes, familiars of witches, or even the shapeshifted versions of witches. This, though a big reason, was still the only reason that people believe black cats are bad luck.

All in all, there is some controversy about if these fuzzy friends are really as evil as most say, There are good points on both sides, with one using history, and belief's we've had for centuries, and the other side, has that there are no logical reports of this happening. Both points are very valid, what's your opinion? Are these harmless animals, or evil-baring creatures!



## The History Of Pumpkin Carving

By: Anna R.

Pumpkin carving dates far back into history. To be specific, the Celtic people first started this tradition because of an old folk tale. This folk tale was called, "Stingy Jack" and is quite interesting actually. Apparently, the story goes that Jack had invited the Devil out for a drink and didn't want to pay. So, he decided to trick the devil into paying! This made the Devil very angry and want revenge on Jack. As a result, when Jack died, he was prohibited from moving onto the afterlife for eternity. To be exact, he was only allowed to wander around the Earth at night and with a single ember for light.

The way Jack would carry his ember was in a hollowed-out turnip. This is what inspired the Celtic people to begin their carvings. They would hollow out and carve different vegetables as a way of warding off Jack's lost spirit and leading the way for good spirits. Not only did they begin carvings because of Jack, that's where the name also came from, "Jack of the Lantern," which are now known as Jack-o-Lanterns.

Over time, when Irish families began to immigrate, they discovered how much better pumpkins were for this tradition and began to use them instead. The tradition was maintained through all these years and is now used all around the world to celebrate Halloween!



- The history of pumpkin carving. (2019, October 25). Welcome To Brunswick Forest. <https://brunswickforest.com/the-history-of-pumpkin-carving/>
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# Breast Cancer Awareness

By: Sarah T.

Breast cancer is something terrible that happens to many women everywhere. In the United States alone, an estimated 1 in 8 women, about 13% will develop breast cancer in her lifetime. As of January 2021, there are more than 3.8 million women in the United States with a history of breast cancer. That is far too many people that have been through this unfortunate situation. That being said, one thing we can do to help is raise awareness, especially in October which is breast cancer awareness month. Raising awareness can seem slightly difficult, but it is actually rather simple, and there are many different ways to spread the word.

- Wear pink- pink is the color that represents breast cancer awareness. Wearing this can show others that you are supportive of breast cancer awareness
- Volunteer- this can be anywhere that supports the idea of breast cancer awareness such as an organization headquarters or hospital
- Help a cancer patient- offer your support and do what you can in order to be of assistance
- Share facts and statistics- this can be any means of communication such as through social media, making a presentation, or writing an article
- Educate yourself and others about cancer screenings- similar to sharing facts, this can be done through any means of communication
- Decorate a bulletin board- examples of this are a support/tribute board or a pink tree board which is when a person collects donations throughout October and the names of the people who donated write their names in pink and they are added to the "tree"
- Fund research initiatives- this can be a small donation, but can be helpful since the goal is to find a cure for breast cancer
- Participate in a run or walk- many of these happen everywhere and signing up is rather simple
- Create your own fundraiser- examples include a lemonade stand, bake sale, or car wash

All of these methods can be very helpful when spreading awareness. Consider these throughout the month of October, who knows, you have the potential to change a life.

# Opinion: Fridays Are Evil

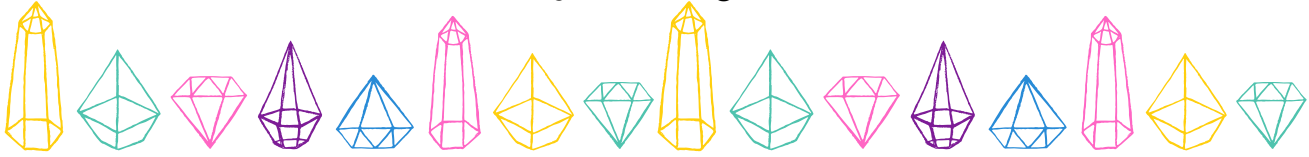
By: Alexander M

Fridays, they mock us, make fun of us, they even gossip about us, they are the worst day ever and we should not enjoy this day. We need to end this reign of the most evil day of the week! Friday, the last day of the school week. According to Microsoft News "Friday has been a symbol of bad luck". There are too many incidents that have happened on Fridays. Many studies have shown that Fridays are a sign of bad luck. And on Friday, January 13th 2012, the Italian cruise ship the "Costa Concordia" had run aground, capsized, and later sank with casualties resulting in 32 deaths and several injuries. Another example of a fatal incident on a Friday was the 1972 Andes flight disaster in which Uruguayan Air Force Flight 571 bound for Santiago, Chile crashed high in the Andes mountains. Many (hopefully ALL) of you agree with me that Fridays are evil. We need to put an end to the glorification of the worst day to ever happen on this earth. So join the revolution against the worst day ever!



# Crystals

By: Raleigh H.



Crystals are so powerful. They hold amazing power and abilities, such as giving happiness, wealth, motivation, calmness, and much much more!

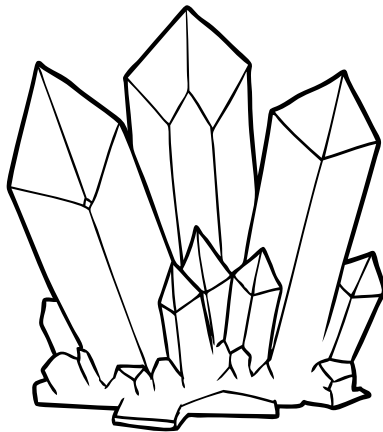
There are people who keep their crystals with them at all times, for better luck.

What crystals do what? This is a very common question so let's get this out of the way. There are only going to be common crystals on this list, ones you may have heard of before. First off we have amethyst, which is used for peace, calming down, everything of that such. Next up we have Tigers Eye, Tigers eye is used for self-confidence and inner strength. Rose quartz. This is used for love, making people love you, or you love yourself. Last but not least, we have Citrine. This is used for happiness, good vibes, and removing negativity.

Next up, how do you activate these crystals? Well you can charge them with the sun, by leaving them in the sun all day and taking them out right at dawn, Or you can charge them with the moon, And bring them out of the moonlight right at dusk. Now, different crystals can work better depending on how you charge them, but for the most part it doesn't matter how you charge them.

My last piece before I depart is, where can you keep them and how does that affect them? Well, some girls keep them in their shirts, or pockets, and that works very well. It's keeping your energy in the crystal, and making sure they keep working throughout the day, but if your going to sweat through the day, I advise against it. Not all crystals are waterproof. Some people wear them as necklaces, and that works the best. It keeps it close, allowing energy to flow to it, but not close enough to where sweat will damage it. Rain on the other hand, will. So just be careful!

If you are interested in anything i've said so far, don't be afraid to buy crystals. Trying new things can be hard, but at least you can then say you have tried it and it is/is not for you, Then, you have the experience to back up your opinion.



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