

# THE MESSENGER OWL

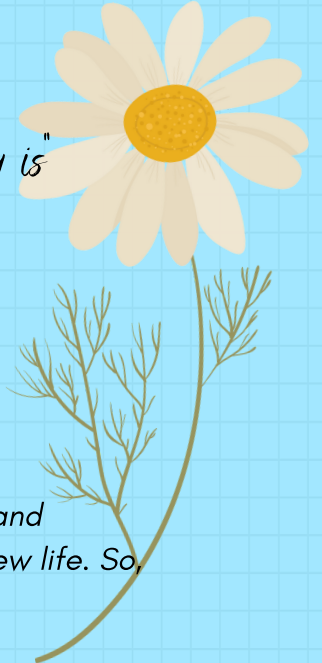


Issue: March 4th!



## Quote Of The Week

*"Spring adds new life and new beauty to all that already is"*  
- Jessica Harrelson



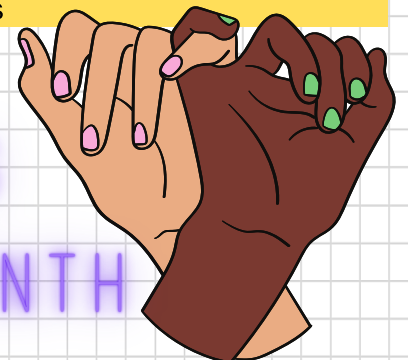
*In the light of Spring, it is extremely urgent that we all understand that this is a fresh start and the beginning of everything. New year, new life. So let's "spring" right into it.*



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MARCH IS  
WOMEN'S  
HISTORY MONTH





# Principal's Message



## SPRING BREAK

March 17-18



Owlberts,

We are at the end of the 3rd quarter. As we prepare for spring break and our final quarter of the 2021-2022 school year, remember to return from the break well rested and ready. The 4th quarter brings many exciting events - field trips, class parties, testing, and for our 5th- and 8th-grade classes, preparation for your next adventure, middle and high school. Please enjoy the break and time with your family and friends. We will see you when you return on March 21st.

Mrs. Despenza

OGA ODYSSEY OF THE MIND  
NEEDS YOU!

We are in need of large boxes  
and insulation foam board,  
crafting supplies, spray paints,  
fabrics, packing materials, and  
all of your other odds and ends.  
Please drop off at the front  
office in care of Mrs. Olowu.

You may also donate through  
SchoolPay or  
[tinyurl.com/OOTM2122](https://tinyurl.com/OOTM2122)

NJHS  
**BOMB POP SALE**  
**\$1.00**  
Wednesdays - Car Loop  
Fridays - Car Line

# THE 5-4-3-2-1 GROUNDING TECHNIQUE

Feeling overwhelmed or pacing? This countdown method can help you calm your mind.



Find **5** things you can **SEE** around you



Find **4** things you can **TOUCH** around you



Find **3** things you can **HEAR** around you

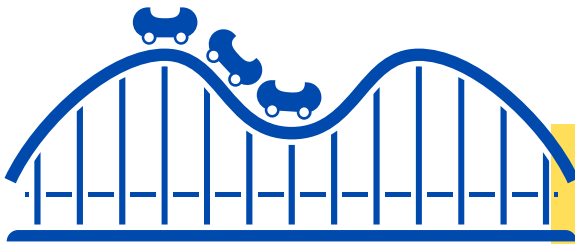


Find **2** things you can **SMELL** around you



Find **1** thing you can **TASTE**. (Swallow)

# SEL CORNER



## AFTER-SCHOOL



## 50% OFF REGISTRATION

# SAVE THE DATE

OGA 8TH GRADERS

## It's Universal Gradventure Time!

MAY 20, 2022

3PM-1AM

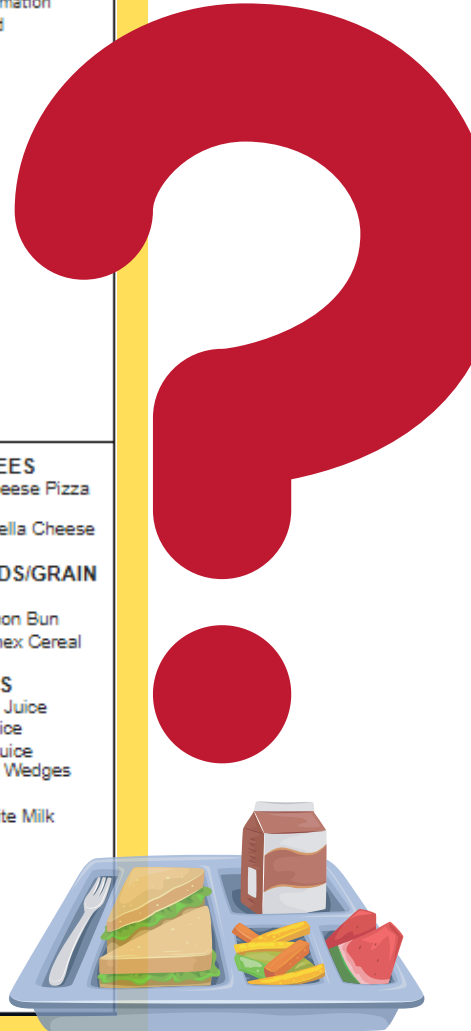
\$145 GETS YOU:

- UNLIMITED ENTRANCE TO BOTH UNIVERSAL PARKS
- MEAL VOUCHER
- SOUVENIR CUP
- OGA GRADVENTURE TEE
- COACH TRANSPORTATION

- Permission slips **due** to Mrs. Olowu in Room 19 **by 4/4/22**
- **Pay** on [SchoolPay.com](https://SchoolPay.com) **by 4/4/22**

# What's for Lunch?

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Of Mar 7	<b>ENTREES</b> Beef Maple Sausage Breakfast Sandwich Peach Twist & Go Smoothie with Scooby Grahams Mozzarella Cheese Stick <b>BREADS/GRAINS</b> Banana Bread Slice Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Applesauce Cup <b>MILK</b> 1% White Milk	<b>ENTREES</b> Waffles Cinnamon Mini Breakfast Box Mozzarella Cheese Stick <b>BREADS/GRAIN S</b> Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Fresh Apple Slices <b>MILK</b> 1% White Milk	<b>ENTREES</b> Turkey Ham & Cheese Stuffer Mozzarella Cheese Stick Strawberry parfait <b>BREADS/GRAINS</b> Blueberry Muffin Top Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Peach Cup <b>MILK</b> 1% White Milk	<b>ENTREES</b> Chicken and Waffles Overnight Oatmeal w/ Fruit & Granola Strawberry Banana Twist & Go Smoothie with Grahams Mozzarella Cheese Stick <b>BREADS/GRAIN S</b> Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Peach Cup <b>MILK</b> 1% White Milk	No information provided
Week of Mar 21	<b>ENTREES</b> Beef Maple Sausage Breakfast Sandwich Strawberry Banana Twist & Go Smoothie with Grahams Mozzarella Cheese Stick <b>BREADS/GRAINS</b> Banana Bread Slice Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Applesauce Cup <b>MILK</b> 1% White Milk	<b>ENTREES</b> Waffles Cinnamon Mini Breakfast Box Mozzarella Cheese Stick <b>BREADS/GRAIN S</b> Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Fresh Apple Slices <b>MILK</b> 1% White Milk	<b>ENTREES</b> Turkey Ham & Cheese Stuffer Mozzarella Cheese Stick Peach Yogurt Parfait <b>BREADS/GRAINS</b> Blueberry Muffin Top Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Strawberry Cup <b>MILK</b> 1% White Milk	<b>ENTREES</b> Chicken and Waffles Overnight Oatmeal w/ Fruit & Granola Peach Twist & Go Smoothie with Scooby Grahams Mozzarella Cheese Stick <b>BREADS/GRAIN S</b> Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Peach Cup <b>MILK</b> 1% White Milk	<b>ENTREES</b> Mini Cheese Pizza Bagels Mozzarella Cheese Stick <b>BREADS/GRAIN S</b> Cinnamon Bun Rice Chex Cereal Bowl <b>FRUITS</b> Orange Juice Fruit Juice Apple Juice Orange Wedges <b>MILK</b> 1% White Milk



## "Joke" of the Week



1. What kind of spells do leprechauns use?
2. Why shouldn't you borrow money from a leprechaun?
3. When does a leprechaun cross the road?
4. What do you call a leprechaun who broke the law?
5. How did the leprechaun win the race?
6. How can you tell if a leprechaun likes your joke?



Happy St. Patrick's Day on March 17th

REMEMBER PUNS ON ST PATRICK'S DAY DON'T JUST SHAME YOU

1. Lucky Charms!
2. Because they're always a little short!
3. When the light turns green!
4. A lepre-conn!
5. He took a shortcut.
6. He's Dublin over with laughter!



# The Wounded Knee Massacre

By: Sarah T.

History is a wonderful subject, but with it, a lot is left out. The truth behind a lot of things is twisted into something it is not or is just plain ignored. An example of this is Native American history. Similar to a lot of different ethnic groups, Native Americans are not very widely covered in any type of history. The purpose of this article is to spread some awareness about one particular event in history involving Native Americans, known as the Wounded Knee Massacre, and get the truth out there.

In the 1890's, an idea existed that much of the U.S. government was not a fan of. This was called the Ghost Dance spiritual movement. With this movement, many Native Americans, particularly the Sioux tribe, believed that they had been defeated and confined to reservations "because they had angered the gods by abandoning their traditional customs." With this, many members of the Sioux tribe believed that if they were to practice the Ghost Dance and rejected the ways of everyone else, the gods would create a new world for them and destroy all non-believers of this movement. On December 15, 1890, reservation police attempted to arrest Sitting Bull, a Sioux chief, because they were under the impression that he was a believer of the Ghost Dance, even though he wasn't. The police ended up killing him in the process, therefore, tensions rose.

On December 29th of that same year, the U.S. Army's 7th Cavalry surrounded a group of Ghost Dancers who were under BigFoot, a Lakota Sioux chief, near Wounded Knee creek and demanded that the group surrendered. In the process of this happening, a fight between a Native American and a U.S. soldier broke out and a shot was fired from one side. Due to this happening, a brutal massacre began. An estimated 200 Native Americans were killed during this massacre, half of them being women and children. When it came to the soldiers, about 20 of them were killed.

Wounded Knee was originally considered a battle sight, but in reality, it is nothing but a very brutal and avoidable massacre. Since they were surrounded by heavily armed troops, it was extremely unlikely that the Native Americans would have intentionally started this fight. It is believed that soldiers of the 7th Cavalry were taking deliberate revenge for their defeat at Little Bighorn in 1876. Whatever the intention was, this massacre ended the Ghost Dance movement and was the last major confrontation in America's deadly war against the Plains Indians. Another fact about this massacre that most people neglect to mention is that the men who were part of the 7th Cavalry were awarded medals of honor for killing all of those men, women, and children of the Sioux tribe, simply because of the fact that they were practicing their religious beliefs. It was only as of recently that President Joe Biden revoked the medals of honor, despite all of those men being dead.

Just like everything else, parts of history will always remain ignored and the truth will always be twisted. Because of this, it is important to do our best to get the truth out there one way or another.



Citations- History.com Editors.  
(2009, November 6). Wounded  
Knee. HISTORY.  
<https://www.history.com/topics/native-american-history/wounded-knee>





# My Perfect Playlist

By: Raleigh H.

Starting off with my all-time favorite song, **Out Of Tune, by The Backseat Lovers**, it's got an amazing energy, and you feel amazing listening to it, everyone I've shared it with has loved it. The only thing I could possibly complain about would be it has a very long opening, but that doesn't quite count as a complaint because the music is perfect as well!



Second, off we have **Checkmate by Conan Gray**, it is very very close to being in the first place, but it wasn't quite there. This song, when I listen to it, feels like it ends too soon! It's a masterpiece, and I love the beat so so so much! Catchy lyrics, amazing beat, solid 10/10.

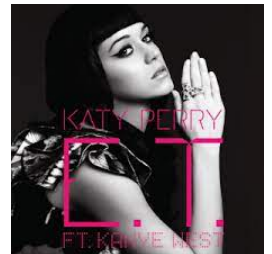


Third, we have **Levitating by Dua Lipa!** This song is amazing, but it's easy to get tired of, it's very fun to listen to once or twice, but don't ruin this piece! This is catchy, bouncy, and a perfect level of both, to make it pleasing to the ears.



Next up would have to be, **Just A Boy, by The Backseat Lovers**. This song makes me feel so happy, it's a fun song, has a perfect beat drop, amazing and deep hitting lyrics, amazing 10/10 for sure.

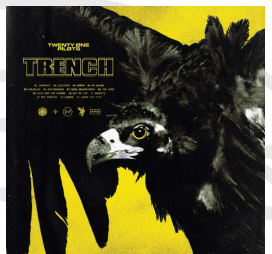
Next, and pardon me for using this band so much, but **Sinking Ship, by The Backseat Lovers**. This song is a bit more on the sad side, but the melody and beat of it, and how it picks up, they all flow so well together and I can never find anything to complain about with this band, I really hope you go check them out!



One of my past favorites, which will always hold a special place in my heart, is **ET by Katy Perry**, it stopped being my favorite when I overplayed it, but it's a really great song, and the beat is perfect, and it's super catchy!



One of the most popular songs on my playlist is **Sweater Weather by The Neighbourhood**, and I don't mean popular as in everyone knows it, I mean I listen to it, probably more than I should. I can't help it! It's a wonderful song! It's not catchy persay, but it's a deep song, with an amazing melody!



**Chlorine by 21 Pilots!** I love this band so so much, and this song is perfect. It's almost like it scratches an itch on the back of your brain it's just so perfect! 100% 10/10 the music video is just a bit weird but not inappropriate in any way.



**Bellyache by Billie Eilish**, it's got nice and long notes, perfect for listening to in class because it's short, catchy, but not too much of anything to be distracting!

Last, but most certainly not least...**Lovely, also by Billie Eilish** is a little harder to stay focused while listening to this song but it's 100% worth it! I love this song so so much, and the fact that it features another artist! It's wonderful and one of my favorites for sure!

# Restaurants Start Offering Apple Juice!

By: Julian A.



Best Apple Juice By FAR

I might be completely alone on this, but whenever I ask for a glass of apple juice at a diner, I almost always get one of those dinky plastic apple juice boxes that I can drink in one inhale. The only times it doesn't happen are at breakfast places and rare occasions such as Miller's Ale House. I figure that it's probably because the waiter serving me writes down 'apple juice' on their notepad, and they give me that box because they don't specify that I am older than 6. Or it could be that they don't have a jar of apple juice to serve people with. The point is that restaurants need to serve GLASSES of apple juice, and I have the evidence to back that up.

First off, it is then the most popular fruit juice flavor in the U.S, with 69% of Americans saying it as its favorite according to Statista. You would figure that companies would want to get a piece of that pie, but whatever. Also, 100% real apple juice is very healthy. I don't mean that stuff that you find in the supermarket that has a bucket full of sugar in it. The real stuff may help your heart. Scientists at the U.C. Davis School of Medicine revealed that eating two apples a day or drinking 12 ounces of apple juice can dramatically slow the oxidation of low-density lipoproteins, or bad cholesterol. And the longer it takes for LDL to oxidize, or break down in the blood, the less likely it is to contribute to atherosclerosis. Lastly, 100% apple juice is very healthy for people, particularly children, that are dehydrated. In a study of mildly dehydrated children with diarrhea and vomiting, those offered diluted apple juice were 6.5% less likely to need fluids delivered via their veins than those given a medicinal electrolyte drink. Though electrolyte drinks are specially formulated to rehydrate, some children don't like the taste and won't drink them. They're also relatively expensive, which is where apple juice comes in.

All in all, apple juice is needed to be available in actual glasses, not juice boxes. Most probably, you readers think that an 8th grader shouldn't be talking about apple juice. But if you thought that, then you didn't read the article, the whole point is that older people, and younger people for that matter, should all be drinking apple juice, so shame on you.

#### Works Cited

- "Maybe Rethink That Glass of Orange Juice." Scienceline, 20 Oct. 2015. [scienceline.org/2015/10/maybe-re-think-that-glass-of-orange-juice/](http://scienceline.org/2015/10/maybe-re-think-that-glass-of-orange-juice/).
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- Leutwyler, Kristin. "Apple Juice: It Does a Heart Good." Scientific American, 21 Feb. 2001, [www.scientificamerican.com/article/apple-juice-it-does-a-hea/](http://www.scientificamerican.com/article/apple-juice-it-does-a-hea/).

# Optical Illusions

By: Raleigh H

Optical Illusions! You see them everywhere from the naturally formed oceans, deserts, butterflies even, and these play with your mind in a way that we aren't quite equipped to solve. Let's start by talking about none other than butterflies! Many butterflies have wings that look like eyes to scare off predators, this is a very useful strategy, and it works very well!

The second Optical Illusion we will be talking about is the common "How Many Legs Does The Elephant Have?" This image was created by Rodger Shepard, and it features an elephant with legs, but no one can decide quite how many there are!

The last optical illusion we will be talking about is the ones in nature. First of all, underwater sometimes caves form, and it provides a very unique look when you swim or when you look at a photo. Next up, on the ocean, when the sky and lighting are just right, the clouds reflect on the sky, and it looks like the clouds have fallen to the ground, it's beautiful and very calming.

All in all, optical illusions are very common, and they are beautiful to find! Next time you see one, take a second look and try to decipher it!

Find more optical illusions at  
[www.optics4kids.org/optical-illusions](http://www.optics4kids.org/optical-illusions)

#### Works Cited:

- Shaw, G. (2018, May 23). 20 classic optical illusions that stump everyone. Insider. <https://www.insider.com/classic-optical-illusions-2018-1>

# Congratulations!

Five of our amazing owls from OGA gave outstanding speeches at the 4H Speech Contest. Please congratulate both Kai M. with 1st place and Joseph G. coming in at 2nd place; our 6th-grade winners! As for our elementary, we have Ellie C. at 1st, Eleanor P. taking 2nd, and Katie-Clair L. with a whopping 3rd place.



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