## THE OGA TIMES

**SEPTEMBER 22, 2023** 

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"Life is like riding a bicycle, to keep your balance, keep moving"

**Albert Einstein** 

### **Clubs and Posters**



### **Owl Messenger Crew**



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### -Dumbo Octopus

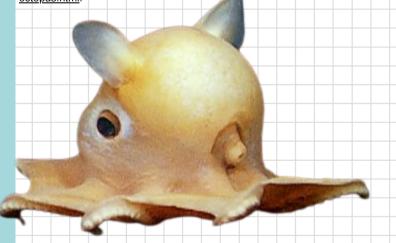
### By: Courtney Z

Grimpoteuthis spp or more commonly known as the Dumbo Octopus is a genus of deep-sea octopus. They live 9800 to 13000 ft (3000 to 4000 m) on or hovering above the seafloor. They are small creatures averaging about 7.9 to 12 inches (20 to 30 cm) in size but the largest ever recorded was 5 feet 10 inches (1.8m). They get their name from their large ears that resemble Disney's Dumbo. These octopus don't really have a specific region of the world where they live. Though scientists have yet to study the extensive deep sea, as far as we've explored they can be found virtually anywhere.

Since they live so deep in the ocean Dumbo Octopus cannot afford to be picky. They'll eat just about anything they can get their hands on. Their most common prey items consist of worms, crustaceans, copepods, isopods, and amphipods. To hunt they hover just above the ocean floor and once they find their prey they pounce and swallow it whole.

As you can see humans have domesticated tons of marine life, but what about Dumbo Octopus? Short answer: no. Long answer: not physically possible. Due to how far these octopuses live and that humans can only go about 10000 ft (3048 m) an interaction with these creatures is already extremely tough. Another factor that plays a huge role is that even attempting to bring a Dumbo Octopus to the surface would kill it due to the extreme change in pressure, and even if you were to be able to get one to the surface these creatures need more than 5,000 lbs (2268 kg) of PSI to survive and earth's atmospheric PSI up to sea level is 14.7 lbs (6.7 kg) so short answer it's not surviving. Like at all.

- Aquarium of the Pacific. "Dumbo Octopus." Aquarium of the Pacific, <u>www.aquariumofpacific.org/onlinelearningcenter/species/dumbo\_octopus.</u>
- "Grimpoteuthis, The Dumbo Octopus." Smithsonian Ocean, 11 May 2023, ocean.si.edu/ocean-life/invertebrates/grimpoteuthis-dumbo-octopus.
- "Dumbo Octopus: The Murky World of the Deepest Octopus Species." Natural History Museum, 25 Apr. 2023, <a href="www.nhm.ac.uk/discover/what-is-a-dumbo-octopus.html">www.nhm.ac.uk/discover/what-is-a-dumbo-octopus.html</a>.



### Congratulations, Owls!

Together Orlanod Gifted Academy collected over 270 pounds of nut butter to help Feeding America pantries in our communities.

An extra congrats to our classroom winners!

Ms. Breutsch

Ms. Kuerzi

Ms. Cuomo's 2nd Pd.

And a special thanks goes to the Cheesecake Factory @ Millenia for our tasty rewards

### **Hunter Biden Controversy**

By: Kristina K

Our current president, Joe Biden is facing backlash from former president Trump and his supporters. Biden's son, Hunter Biden is being charged with crimes, related to taxes and weapon violations. This could damage Joe Biden's reputation and affect the upcoming election in 2024. Some whistleblowers had come forward with incriminating evidence against Hunter Biden and corruption among the IRS

The first charge on Hunter Biden was tax evasion of about 200,000, confirmed by 2 whistleblowers, Joe Ziegler, and Gary Shapley. They had noted how differently the Bidens were being treated. The prosecutors were treating their cases differently, causing the case to move slower and more difficult to get efficient data. Evidence was given to attorneys, possibly causing documentation to be modified or destroyed. Evidence like Hunter Biden's abandoned laptop with possible proof was hidden from people investigating. Joe Ziegler was off-put by how differently the Bidens were being treated, saying how the law applies to everyone. "There should not be a two-track justice system depending on who you are and who you're connected to. Yet in this case, there was. At every stage, decisions were made that benefited the subject of the investigation," Ziegler stated. Shapley verified that when his team found information in WhatsApp, prosecutors had denied requests to investigate further into these chats. Their supervisors have been fighting against them, threatening them with criminal conduct, and cutting them off from the investigation. These types of cases have happened a lot, corruption is proven as shown in these types of cases. Unfortunately, the different treatment people in power get compared to a regular civilian.

- "For the Court of Public Opinion, Trump Relies on a 'Whataboutism' Defense." The New York Times Breaking News, US News, World News and Videos, 3 Aug. 2023, www.nytimes.com/2023/08/02/us/politics/trump-indictment-hunter-biden.html.
- "Hearing Wrap Up: IRS Whistleblowers Expose How Bidens Were Treated Differently." United States House Committee on Oversight and Accountability, 24 July 2023, oversight.house.gov/release/hearing-wrap-up-irs-whistleblowers-expose-how-bidens-were-treated-differently%EF%BF%BC/.
- ABC News. "What to Know About the Hunter Biden Federal Investigations." ABC News, 26 July 2023, abcnews.go.com/US/hunter-biden-congressional-scrutiny--doj-charges/story?id=97201254.

### Current Life in Afghanistan

By: Isaiah B.

Have you wondered what life is like in Afghanistan after It's been taken over? Currently, life in Afghanistan is pretty harsh right now, It is harsh because it's ruled by the Taliban. People can't get the education they want and need, many boys and girls are being forced to get married, the economy is collapsing, and many more. The Taliban is a terrorist/extremist organization that was responsible for the 9/11 attack. but in Afghanistan, it's not all of the Afghan people that are having a problem – it is mostly women. It's not just the terrorist group that is causing the trouble, it can also be the weather. Afghanistan is having trouble with drought and so lots of people are dying because of that which makes Afghanistan one of the multiple countries that require help. Just because everyone has the right to travel to Afghanistan doesn't mean you should – it's still under Afghanistan's rule, If you want to live there, you have to follow every rule that the Taliban gives you.

"Afghanistan Archives." Amnesty International, www.amnesty.org/en/location/asia-and-the-pacific/south-asia/afghanistan/report-afghanistan/.

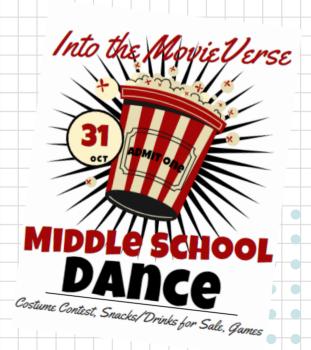
### Elemental

By: Reagan C.

Elemental is a PG movie about a world where the four elements live together in peace. Except fire was always the odd one out of the rest. 2 Fire people moved to Element City in an abandoned part of town and had to build a home and a shop called the fireplace all out of scratch. Then they had a kid whose name was Ember, and as Ember grew up she dedicated her life to learning to take care of her dad's shop. After years of helping her dad around the shop, she beat his record for deliveries and knew how to take care of customers. The only thing stopping her from taking over the shop was her temper. One day she let a customer get on her nerves too much because it was a big sale day so she had many customers. Then she went into the storage room and let it all out and she burst a pipe! Well, it so happened that a water human got sucked into the pipe and came out into the storage room. Ember tried to fix it but the water just kept on coming and she almost got put out by the water. The water guy's name was Wade, Wade was a city inspector who was inspecting a water leak. Wade noticed that the shop was not up to date and he gave her 36 citations. After that Ember chased him all over and they worked together to solve the problem of the water leak. After a while, they started falling in love and kept meeting up secretly. Then Ember's parents found out about it and they exempted it. Then she realized that the reason she was having her temper was because she didn't want to run the shop. So when her dad retired she untold him and came out of retirement and ran the shop again. But a few days later a big flood came and ruined the shop so her dad retired for good. Then Wade and she fell in love and had a happy life and travelled the world.

My thoughts about this movie were mixed. I thought that it taught a lesson to children to speak their voice. I also thought that it was a really good movie to watch with friends or family. Some things I would have fixed were the events that they experienced to get closer to a relationship. Also, I Would change how much effort was put in by the characters to fix the problem.







## Ellen Ochoa: The First Hispanic Women To Go To Space

By: Alexis M

Ellen Ochoa was born in Los Angeles, California on May 10, 1558. Ochoa is a former astronaut and the current director of NASA's Johnson Space Center (JSC) in Houston, Texas. Before becoming an astronaut Ochoa was a research engineer at Ames Research Center. Six months after Ochoa submitted her application for the Space Shuttle program's 25th mission, STS 51-L, Challenger. A year later, Ochoa was called for an interview. She went down to JSC for the interview and for the first time. It was the first time Ochoa had been to any NASA centre. Later she got the news that she wasn't selected for NASA's astronaut program. Ochoa got a different job at NASA and she earned her private pilot license. She applied again to the astronaut program with some new skills on her resume and got in. After several years of training, Ochoa was on STS-56 Discovery, studying the Earth's ozone layer. "It was not just about experiencing space," she said. "We were up there for a purpose. We had people counting on us. We had a job to do and we needed to work together to do it." Since her first flight, collaboration has been an important factor in Ochoa's career success. A big thing that Ochoa did was play the flute while flying on STS-56. While she reflected on her almost three decades with NASA, she looked ahead to the upcoming great discoveries. "It's a moment you never forget-it changes your life forever," said Ochoa during her speech as the Director of the Johnson Space Center.

• "Ellen Ochoa: Making History Aboard Discovery." Google Arts & Culture, artsandculture, google.com/story/ellen-ochoa-making-history-aboard-discovery-smithsonian-national-air-and-space

museum/FgUBNxzhvy2QKA?hl=en.

"Ellen Ochoa." California Museum, 19 Sept. 2023, californiamuseum.org/inductee/ellen-ochoa/.

NASA Astronaut Dr. Ellen Ochoa." NASA, 11 Feb. 2015, www.nasa.gov/centers/johnson/about/people/orgs/bios/ochoa.html.

"The State of Fills Ochoa." NASA, 11 Feb. 2015, www.nasa.gov/centers/johnson/about/people/orgs/bios/ochoa.html.

• "The Story of Ellen Ochoa, the First Hispanic Woman in Space." PBS NewsHour, 3 Mar. 2023, www.pbs.org/newshour/show/the-story-of-ellen-ochoa-the-first-hispanic-woman-ispace=:-:text=Ellen%20Ochoa%20was%20the%20first,the%20start%20of%20the%20spacewalk.

## How Sports Can Make Positive Impacts By: Isaiah B

How did sports make a difference in some people's lives? It's made Economic Impacts, It has helped with jobs, etc. Sports have helped some kids with team-building skills and learning how to communicate. Some sports can sponsor businesses with a lot of money for example "In 2010, A marathon in New York Boosted the City's economy to 340 Million" That's a lot of money that sports can make.

Another factor in the Economic Part Is Jobs, The average salary for a referee is around 38 Thousand dollars.

Another factor Is unity people can unite, the largest soccer audience was around 24.7 Million people, Unity can also show city pride like on the Seattle Seahawks their fans are so united they consider themselves the 12th player on the field, and the Seahawks are trying to trademark that specific number.

Another Big factor is Role models some kids look at some people "Oh I wanna be like that person someday" so they put their minds to work and try to be like that certain person.

Sports can also get some kids that wanna play sports active, some kids sit on their game all day and that's not good for their health, kids need to get active for their Vitamin D, some big sports Companies build up some camps to get kids active like the NFL play 60 Or the MLB has the RBI program.

 Depta, Laura. "12 Ways Sports Make a Positive Impact." Bleacher Report, 2 Feb. 2015, bleacherreport.com/articles/2347988-12-ways-sports-make-a-positiveimpact.

## Letting Women Vote By: Amelia L.

September 19, 1893, might just seem like another date, but this is when something very important happened! This is the day that New Zealand let women vote. They were the first country to let women have the right to vote, making other countries realize that women were capable of voting too.

This month in history, we're learning about... VOTING! The way it used to be was not very fair compared to voting today. In fact, in the old days, only men were allowed to go and vote for a leader. Women were not, because the men thought women didn't know about politics, and that they were meant to stay home and take care of children, and knit. Being a housewife isn't all that fun, nor fair because the women DID know about politics, and they wanted to choose a fair leader too.

Kate Sheppard is a New Zealand politician, and she led the women's suffrage movement. This was a group of women that worked hard together to be allowed to vote. They held lectures, marched, lobbied, and wrote about how unfair it was for women to not be able to vote. Kate Sheppard was the most prominent member of the movement, and when she died, a newspaper said this; "A great woman has gone, whose name will remain an inspiration to the daughters of New Zealand while our history endures." This is a great remark, and commemorates her death, along with a stamp with her on it, and she was also put on the \$10 note.

Kate is a great lady, as she helped her country become a better place to live, and more fair toward women. Other countries soon started to agree with New Zealand and started letting their countries' women vote as well. Now the whole world is a mostly fair place to live, and everyone can vote, when they're old enough, of course!

## Do Aliens Exist? By: Amaya A.

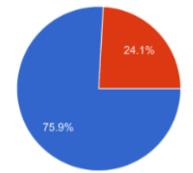
Yes

One of the world's greatest mysteries is the argument of whether aliens exist or not. Let's see what OGA thinks about this red-button issue.

The answers are in!

The majority says that aliens exist.

In your opinion, do aliens exist? 29 responses



# By: Lexi G.

### Lexi's Ultimate List of Rainy Day Activities

This is a list of things to do when it's rainy outside. This is perfect considering how much rain we have gotten recently

- 1. Read a book. Yes, it sounds nerdy but it can be a lot of fun if you are willing to give it a try.
- 2. **Watch a movie or TV show.** Do a movie marathon or if you have had something on your watchlist now is the perfect time to watch it.
- Play a board game or video game. They can be a great way to pass the time and have fun.
- 4. **Do that thing you have been wanting to do.** Now that you have the time spend it doing something you have been wanting to do.
- 5. Make a drink. Hot chocolate, tea, iced tea, or anything you want.
- 6. **Draw something.** It can be anything you are feeling in the moment, something you want to remember or anything that comes to mind.
- 7. **Make something.** You could make a bracelet, fortune teller, paper star, or anything with the materials at your disposal.
- 8. **Play in the rain.** If you can playing in the rain is a lot of fun but if it's raining bad or super windy maybe stick to the indoors.
- 9. Do a puzzle. They are a ton of fun to do so consider trying one. You can even do it with your family if that's what you would prefer.
- 10. Write a story. Be creative and write something.
- 11. **Take a nap.** Catch up on sleep or just take it easy.
- 12. Catch up on school work. It sounds boring but it's better to get it over with instead of dealing with it later.

## Origins of pillows By: Carter J

Every night when you go to sleep you get nice and comfortable as you doze off on top of one of the most important items for sleep. A pillow. Through all these years, have you ever wondered where they came from? Well, it goes far back, so far back as to the first-ever civilization.

Way back around 7,000 B.C. the pillows we slept on were made of rock of all things. Despite not being comfortable, the Mesopotamians treated them well and were considered a sign of wealth. We went through many uncomfortable pillow designs with Egypt using wood and China using things like bronze or bamboo.

It wasn't until Greece rolled around that we got the first comfortable pillow that used cotton and downfilling. The pillows were still considered a luxury and were expensive. It wasn't around the 1800s that they became mass-produced and were then considered household items. Though certain pillows were still luxurious, most were commonly sold and found in most houses.

Nowadays pillows are so normal that people don't even realize how much we truly love them. Through the years pillows have become better and better over time. Now tell me, how do you think pillows could improve?

• Sources: Admin2022, "Pillow Talk: A Look into the History of Pillows," Nell Hill's, 9 May 2022, nellhills.com/pillow-talk-a-look-into-the-history-of pillows/#:-:text=As%20with%20much%20of%20d%C3%A9cor,the%20neck%2C%20not%20the%20head.

DevOps. "The Fascinating History of Pillows." Verlo, 3 Aug. 2022, verlo.com/blog/the-fascinating-history-of-pillows/.

# Staff interview By: Alexis M

If you've been at OGA for a long time, you probably know who Ms. Cherolini is. Ms Cherolini loves travelling, she has been to China, Panama, Argentina, Jamaica, The Bahamas, Canada, and 24 out of the 50 states! Out of the 24 states she's been to she thinks that Utah was the prettiest of all those states. In China, she explored Beijing, went to the 2008 Olympics, and climbed the Great Wall Of China! She was born in New York and used to work in the World Trade Center in 1993. She moved to Florida shortly after that, moving here in 1995, and has lived here since then. If you pay close attention to your surroundings you probably have noticed that Ms. Cherolini has a poster of Bruno Mars in her office since she is a big fan of him and Michael Jackson. She's also met Michael Jackson! When she isn't in her office you'll typically see her working with the 5th grade safety patrols or supervising 4th grade lunch! Ms. Cherolini has been working at OGA for a long time, starting in 2019. Ms. Cherolini also does the afternoon announcements so if you ever want to get your riddle on the announcements you just have to ask her in the morning!





## Cystic Fibrosis: What Does it Mean?

By: Amaya A.

There are diseases out there that sound like they come straight out of a sci-fi horror movie. Some examples are Cancer, Influenza and even modern ones like COVID-19. But there is one that has fascinated doctors for years. This disease is called Cystic Fibrosis and it has become a mystery in the medical world. This article will walk you through the what, the who, the symptoms, treatments, and diagnoses.

Cystic Fibrosis: What?

The definition of Cystic Fibrosis (CF) is: A disorder that damages your lungs, digestive tract, and other organs that produce mucus, sweat, and digestive juices. These fluids are normally slippery and thin, but people with CF have thicker and sticky fluids. These secretions can block the airways and tubes that connect certain organs. Unfortunately, with the technology we have in the medical field today, there is no cure for CF.

Cystic Fibrosis: Who?

CF is a congenital\* gene defect that is extremely rare. For a child to develop the disease, they need to inherit one copy from each of the parents, which means that the parents have to have at least one copy of the gene each. If the child inherits only one of the genes they will not develop symptoms but can still pass the gene onto their child. Being congenital, the family history will determine the risk. Though all people of all backgrounds can develop CF, CF occurs more often in people of European descent.

Cystic Fibrosis: Symptoms

- 1. Thick sticky mucus can congest the tubes that carry air in/out of the lungs. It can trigger a recurring cough, wheezing, intolerance to exercise, lung infections that seem to come back often, inflamed nasal canals, stuffy nose, or sinusitis.
- 2. The mucus can bog up tubes that carry enzymes resulting in stinky and greasy stools, deficient weight gain and growth, intestinal blockage, constipation, and bad stool passage.

Cystic Fibrosis: Diagnosis

If you suspect you or a loved one has this condition, a pulmonologist will do a sweat screening to measure the salt levels in your sweat. Newborn screening is also conducted when a child is born.

Cystic Fibrosis: Treatments

Antibiotics, anti-inflammatories, mucus thinners, stool softener, enzymes, and acid reducers will be administered. Chest physical therapy and surgery is also an option. You can register for clinical trials as well.

"Cystic Fibrosis - Symptoms and Causes." Mayo Clinic, 23 Nov. 2021

## A New Type of Friends By: Amelia L.

Have you ever felt bored, or lonely when everyone has stuff to do but you don't? Well, I have a happy solution for you! Get a pet! They're super cute and lovable, and you can get so many different types! Let me tell you...

Pets are fun things to have at home that will keep you company. Dogs are good for playing with, as they have millions of energy! They're soft and love running around, playing tug, playing chase, and any other game you can think of! They also help you get exercise! They can be taught how to use the bathroom outside, but you still have to take them! A quick walk and both of you are fit and happy! They also come with cute costumes! There are a bunch of silly but cute costumes you can put on them, that make you and your family laugh. If you're not looking for something that needs you to run with it around the house, that's OK! Some dogs even love to snuggle! Grab a blanket and pillow, get yourself comfy on your couch, and your pup will jump up and sit right next to you, or even, on top of you!

If you want something that's a lazy couch potato but still makes you laugh, then try this little fat furball for change. Cats are very calm and love lounging around. They are very pretty, and grateful. However, some cats are goofballs. Lots of mishaps happen with them, and you'll fall on the floor just like them, laughing! One miscalculation, and they bonk their heads on a table, and fall to the ground, maybe landing in a trash can. They also have many costumes designed for them, but they are even more ridiculous. Cats are HUGE on the web, all because most people get them because they are practically bred to be funny. They come in many different sizes, along with amounts of shedding.

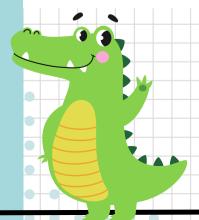
If you don't think a cat or a dog is right for you, that's ok! Fish are wonderful pets, come in many colours, and are easier to take care of. Snakes are also an amazing choice. They come in many sizes, and each one has a different pattern. They only need to be fed now and then and are very fascinating. Some are very sweet and calm, and most don't mind if you pick them up and put them on your shoulders. They'll cling on by wrapping their tail around your arm, and their head will move curiously around, figuring everything out. There are also mice, birds, lizards, turtles, gerbils, and one of my favourites, ferrets.

Whatever one you pick, you'll be happy. Try to find one that matches your personality, so that you two will be perfect playmates. Whether a cat, dog, gerbil or snake, they are a great way to pass the time and will love you like you love them, maybe even more than you do.

## By: Jacob A Places to go in Florida

When was the last time you went mini-golfing? Mini-golfing is something you can enjoy with both friends and family and is an incredible way to spend your weekend. I have many joyful and rage-inducing memories in a place I hold dearly to my heart called Congo River Golf. Congo River Golf has a location located at 12193 E Colonial Dr, they do have other locations, but this is just the one I have the most experience with. Congo River Golf is a very fun area to hang out with friends and family with a miniature arcade, a place where you can feed alligators, and of course, many different holes that can take you a few hours if you are inexperienced with mini-golfing. I remember the first time I went to that area. Sixyear-old me, a small golf club in one hand and a blue golf ball in the other. With hopes high I walked into the area with my head and hopes high, after gloating that I was going to win, when we finished the game, I was in last place and was very frustrated with the place, vowing I would never return. A few years later, I came back and realized that miniature golf is much more fun if you win. After that, I decided to ask my friends to see if they could play, rather than just play with my family. Me playing with my friends was my most recent experience with Congo River Golf.

The first thing we did was feed chicken to the alligators, we fed the gators with fishing rods and when one gator wasn't letting go, we started reeling the fishing rod back. We dragged him around seven feet before he finally let go. After that, we started playing mini-golf. When we started I obliterated the competition, but shortly I started to accidentally, constantly shoot the ball into the river, allowing my friends to overtake my lead. The final score was 36 for my friend, and 37 for me. I lost by one point, but I beat my friend's parent who was supervising us, giving me a small ego boost. Before I left to go back to my house I reminded my friend "First is the worst, second is the best, third is the one with the hairy chest." I've been practising mini-golf ever since, training to make sure I shall never lose to my friend ever again. Overall, my experiences in Congo River Golf are overwhelmingly positive and is an extremely fun way to spend time. It has only gotten better with time, and I hope to come again with more friends for even more fun.





# By: Kristina P - - - Al is Stealing From Artists

Artists already go through a struggle to profit from their art, most of the time having to prove that art is useful. Art is a creativity and many people have that as a passion or career. Many artists have talked about how it's hard and the effort that goes into their amazing talent. Unfortunately, many artists's projects have been stolen without permission or payment. Artists are sick and tired of trying so hard to produce a masterpiece, just for it to be trashed on.

Al is relatively new in this technology-dominated world, with the first Al made around 1950, although it was not technologically advanced. Now Al is used by many, whether for good or bad. ChatGPT is a very popular Al that many use, but how these Als are trained is a touchy subject. Art is a vast subject, for poets, painters, sculptors, and many others. People can find these pieces all over the internet, but people aren't the only ones viewing these artistic pieces, bots are too. Bots must be trained with something as they aren't sentient and bots aren't able to think by themselves. Als need thousands, usually even more, to create their images/art, but the way the creators of these bots "feed" their bots isn't sustainable. Als take random artist's pieces and show them to the bots with no payment or credit to the artist. Since Als need so many art pieces, the amount of stolen art is a huge portion. Many artists have begun using Als like Stability Al for stealing their art. Artists already face huge problems with being recognized and Al will completely crush artists, especially smaller ones. This is becoming an increasingly massive problem in the Al business of plagiarizing other's work.

• "Image Apps Like Lensa AI Are Sweeping the Internet—and Stealing From Artists." The Daily Beast, 10 Dec. 2022, www.thedailybeast.com/how-lensa-ai-and-image-generators-steal-from

"More Writers Sue OpenAl for Copyright Infringement over Al Training." Reuters, 11 Sept. 2023, www.reuters.com/technology/more-writers-sue-openai-copyright-infringement-over-ai-training 2023-09-11/.

## San Francisco By: Genevieve A.

Golden Gate city? Frisco? The city by the bay? So many names and the main one is none other than, San Francisco! So, why San Francisco? Well, not only is it known for the Golden Gate Bridge, but San Francisco is one of the most visited cities in the US! Which makes it more the reason to visit, because it's so popular. We all know that it is home to the Golden Gate Bridge but, what else is there to do? Well, with many things to do in Frisco, the most popular is Alcatraz Island. Alcatraz Island was developed in the 19th century for military prison camps. Now, you can take a boat trip to the island and explore it! Unfortunately, this trip does have a fee of 45.99, but it makes up for the amazing views you get to see of the city. If you want to go on a cost-free adventure, The Palace of Fine Arts is the way to go! The Palace of Fine Arts is a monumental structure that was originally built for the 1915 Panama–Pacific exhibition, but is now available for private galas, corporate events, wedding venues, and more! When you go here, you can take wonderful pictures of the gorgeous waters. You can go at 10 AM but, at night, this wonderful structure lights up with glowing lights magnifying the beautiful waters below. Maybe you want to go to Alcatraz Island, or the Golden Gate Bridge. Wherever you go, wherever you go, it will always be an adventure in San Francisco.

## Can Sleep Affect Your Academics? By: Reagan C.

Sleep has a major effect on your life not just academically. It can also have an effect on your social, emotional, and behavioral issues. Someone between 6-12 years should be getting 9-11 hours of sleep a day and teens should be getting around 8-11 hours of sleep a night. Unfortunately, it has been found that around 25 percent of kids are believed to fail to get the sleep they need. Experts believe that not getting enough sleep can set back your performance. A lack of sleep can affect your creativity, memory, attention, depression, mood, and much more but those are the simple ones. If you have an inconsistent sleep schedule, then that could be a cause of why you are not getting enough sleep. Although sports and other activities are important, that is another major cause of not getting enough sleep. If you spend too much time at sports or other stuff then you might start to develop unhealthy sleep habits. Signs of not getting enough sleep are, that you don't feel alert or refreshed when you wake up, You will feel very tired throughout the day, or you can not focus. Another big sign is when children are overly active or excited. The benefits of getting enough sleep are that your body will be able to fight off germs or sickness, it supports your growth and strength, and it decreases your risk of health problems. Another word for not getting enough sleep is someone could be sleep deprived. As you read in the article getting enough sleep is important and not getting enough sleep can have bad effects. So I recommend getting your rest so you can have the best day every day.

• "Betterhealth.vic.gov.au." Better Health Channel - Better Health Channel, www.betterhealth.vic.gov.au/h.

NHLBI, NIH, /www.nhlbi.nih.gov.

Sleep Foundation, 18 Nov. 2022, www.sleepfoundation.org/.

## By: $Sloane_{H}$ 9/11 Ceremony

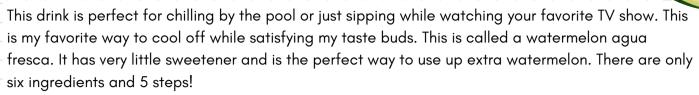
9/11/23, the 9/11 ceremony. When people left flowers and remembered their loved ones who sadly passed on that day. The ceremony was very emotional and started with soldiers carrying a flag and holding it while crowd members stood with posters and clapped. Followed by some drummers and Irish bagpipes as they walked down the stage with the flag. After the opening ceremony, two people, relatives of people who died that day joined on stage to read some of the names of the victims who sadly past that day due to the attacks on the World Trade Center, Pentagon, and passengers on Flight 93.

While watching the ceremony you could see the emotion on their faces. Some even started to tear up while reading their relative's names. A lot of the readers were young and didn't know or remember their late family. Older readers however were very close to their relatives and were very emotional, elders had lost their wives, husbands, or kids. So you can see why this was emotional, losing people who had been close in their lives for most of their lives. Overall this is a very emotional and respected event that happens annually on 9/11. Celebrating and remembering family, friends, and even strangers, this ceremony is one of the most important events we celebrate in America.

• "9/11 Remembrance Ceremony in New York City." C-SPAN.org, www.c-span.org/video/?530271-1/911-remembrance-ceremony-york-city.

### The Perfect Drink For Summer

By: Cadence L.



#### Ingredients:

- 4 cups of cubed seeded watermelon
- ½ cup water
- ½ cup white sugar (or to your choice of sweetness)
- 2 limes
- 8 mint leaves
- 8 cups ice or as needed

#### Steps:

1: Puree the watermelon in a blender until smooth and a thin liquid texture. Add the desir of sugar (Tasting is definitely allowed!)

2: Cut each lime into eighths. Save 8 of them and put it off to the side. Turn the leftove into lime juice and put them in a small bowl. Put some sugar in a small bowl as well

3: Now dip the edge of an empty glass in the lime juice and then into the sugar to give the glass a fun design. After that, put one of the lime pieces that you just cut onto the side of the glass.

4: After finishing the decorating, add ice to each of the cups until about halfway full. After that, add the puree evenly into each of the eight cups

5: Add 1 mint leaf to each glass and you're done!

Watermelon is definitely my favorite fruit and this makes it taste a thousand times better. I love this recipe, there is definitely a reason this is rated an average of 4.6 stars!

Member, Allrecipes. "Watermelon Agua Fresca." Allrecipes, 19 June 2020, www.allrecipes.com/recipe/214367/watermelon-agua-fresca/.



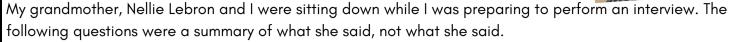
Our middle school robotics team had the opportunity to tour the Full Sail University campus to learn more about different technological careers as well as learning how people art and technology are infused into projects. They had an amazing time!



Our 3rd graders in Ms. Brown's class are excited to be mailing postcards to their Pen Pals that live in 29 different states!

## Interviewing Family That Experienced 9/11 \_\_\_

By: Jacob A.



#### Where were you when the 1st tower was hit?

My grandmother was at her job working when the TV turned on, informing everyone the Twin Towers were struck by a plane. At first, she didn't believe it and thought it was an accident. My grandmother then said that they were in what she called a 90's mentality, a more peaceful time where people had an illusion of safety. The World Trade Center getting attacked was a wake-up call to America telling everyone that their safety is only an illusion and bad events can happen here. This was also considered a war declaration, but at that time, nobody in America knew to what place.

#### What was the first thing you did after receiving the horrible news?

Although my grandmother thought it was a horrible accident, when she saw the second tower struck, she knew that this was a planned attack. She was praying, crying, and calling all of her family members to make sure they were all safe.

#### What are some things that you don't think people talk about that deserve recognition?

After the attack, she said that American citizens lost certain rights. Not only that, but profiling has become a serious issue, especially for minorities. It was sold to the public as "a necessary evil". She states that maybe it was a necessary evil, maybe it wasn't, but she did point out that the vast majority that suffered profiling were American minorities.

#### What is a noticeable after-effect that happened after 9/11?

Just like how COVID-19 people in China got targeted and harassed. People from the Middle East also got targeted and harassed, even though the vast majority of the people from the Middle East were against the tragedy that happened.

### Do you know anybody affected by the Twin Towers attack?

Years ago my parents and Nellie went on a trip to New York. They met a man who was working at a cafe near the Twin Towers. When the disaster happened the man said that he heard bodies falling onto the roof he was working at, with some bodies messed up from the fall.

### What changes to the TSA/Airport did you witness after the attack?

Far more security, Far more confiscations, Far more paranoia, Far more people scared of flights/airports.

#### Did you gain any irrational/rash thoughts after the incident?

A general feeling of doom.

### Was your day-to-day life altered after the attack on the twin towers?

Everyone was confused about how security was going to work going forward. Also, everyone was feeling extremely patriotic after the attack. Everyone in America was united with the collective goal of wanting the culprits to pay.

### Is there anything else you would like to mention that I did not bring up?

Before that, she said that there were no issues like bomb threats or other types of violence, and even when they happened the damages were minimal with single-digit death counts. Now everyone knows that devastating terrorist attacks could happen again. She said directly to me, "This is why my mother makes a point of saying goodbye to everyone in the family every morning. The reason is because my mother knows that it may seem like a normal day, but she may not see me or anybody else alive ever again."

### **Fall Bucket List**

## By: Sloane H.

This bucket list is perfect for fall! If you follow this list you will have one fun, cozy, or easy activity to do for all of the 31 days of October!

- 1. Starting off strong, today's task is to create goodie bags for your friends and family. These can be filled with candy, fuzzy socks, or cute erasers!
- 2. Take some time to pick out fall scents that you love, hand sanitizer, body wash, anything!
- 3. Go candle shopping with your family, It is great bonding time and a fun way to decorate your house together!
- 4. Put up decorations Halloween is just a couple of weeks away, so make sure you have the best house on the block! (If you don't celebrate, Fall decor is just as cute!!)
- 5. Make tie knot blankets(if you don't know what these are check out the picture at the bottom!) with friends!
- 6. Cozy up with your friends for a fall/Halloween movie marathon.
- 7. Go apple picking at a local orchard and bake a delicious apple pie.
- 8. Take a scenic drive to enjoy the fall foliage and stop for a picnic lunch.
- 9. Visit a pumpkin patch and carve a jack-o-lantern.
- 10. Attend a fall festival or Oktoberfest celebration.
- 11. Go on a hayride or corn maze adventure.
- 12. Have a cozy movie night with your family.
- Make a pot of soup or chili and enjoy it while watching football.
- 14. Visit a haunted house or take a ghost tour.



## Orlando City Soccer Club By: Lexi G

The City of Orlando is represented by an amazing soccer team, Orlando City Soccer. Orlando City SC or The Lions as they were nicknamed, competes in the Major League Soccer and plays at the Exploria Stadium in Downtown Orlando. The club was founded in 2010 and on October 25, 2010, investors said they wanted to join Major League Soccer. In 2013 the team was created, and in 2014 the logo was unveiled and got their first couple of players, they finally began playing in 2015 with their first game at the Citrus Bowl. The team won their first trophy at the 2022 U.S. Open Cup Final on September 7, 2022, in a match against the Sacramento Republic winning 3-0. They currently have 30 players and 11 staff members, 6 of which are executives and the other 5 are coaches. The Lions mascot is a lion with dreadlocks named Kingston. The team is sponsored by Adidas and Orlando Health.

"Orlando City SC (2010-2014)." Wikipedia, the Free Encyclopedia, Wikimedia Foundation, Inc, 20 Sept. 2023, en.wikipedia.org/wiki/Orlando\_City\_SC\_(2010%E2%80%932014).





## Downfall of Twitter

By: Courtney Z.

If your not living under a rock you've probably heard of Twitter or now "X" and Elon Musk's recent acquisition of it. Originally Musk paid \$44B for the social platform and its 425 Million users, but now it's valued at \$14B with the loss of millions of users. So, how did this happen?

Musk has had many successful projects like Tesla, SpaceX, Paypal, etc. so you'd think he knows what he's doing... well he thinks he does, but he doesn't. Unlike Tesla, SpaceX, and Paypal, Twitter-X is a social media platform so what it does shouldn't hurt its users and revenue, but it does.

Before Musk purchased Twiiter–X, the app already had a subscription program called Twitter Blue where subscribers were given access to special perks and abilities like longer tweets, and the ability to edit tweets even after posting them among other features. After Musk's acquisition, on a peaceful day in November of last year, Musk upgraded the Twitter Blue subscription so subscribers would have the blue checkmark usually reserved for celebrities and important companies... bad idea. As quick as in minutes celebrities and companies were being impersonated like crazy. Some of these impersonations even cause companies to lose money. Once Musk noticed the chaos that had broken out that feature was gone in about 48 hours.

More recently, Elon has decided to make it so you have to pay to use Twitter. Yes. Pay to use Twitter. Musk said he was adding this feature to "combat" the trolls. Assuming most people are not willing to pay to use "X" the platform and Musk are going to see a huge decline in profits. Like a huge decline.

In conclusion, Musk should step down as CEO of Twitter-X and stick to what he's best at which is sending Spaceships to space and making electric cars

- "SJSU News." SJSU News | Learn By Doing/ Excite Your Mind, sjsunews.com/article/the-hilarious-downfall-of-twitter.
- "Is The Demise Of X (Twitter) Inevitable?" Forbes, <a href="https://www.forbes.com/sites/timbajarin/2023/08/01/is-the-demise-of-x-twitter-inevitable/?sh=6cfd87398ae3.">www.forbes.com/sites/timbajarin/2023/08/01/is-the-demise-of-x-twitter-inevitable/?sh=6cfd87398ae3.</a>
- Staff. "Twitter's Shocking Downfall Under Elon Musk: From \$44B To \$14B!" Reform Austin, 2 June 2023, www.reformaustin.org/tech/twitters-shocking-downfall-under-elon-musk-from-44b-to-14b/.

### **OGA Art Corner**



In Art class each student created a mini masterpiece on a sticky note. Please visit the Art room during Open House to see these fun works of art displayed together as one creative and colorful collaborative piece.

Fantastic work artists! #ocpsArts



### Kobi Steakhouse: Expensive but worth it

By: Carter J

Have you been looking for a great place to take someone on that particular day? Well, look no further, Kobe's Japanese Steakhouse is the place for you. The business was founded in 1984 by not who you would think, CANADIANS! Yet they started the place in Altamonte Springs Florida after moving from Canada. The place requires you to reserve your seats in advance because of how crowded it gets.

Once seated you will be greeted by highly trained teppan chefs. Teppan chefs are chefs that use a traditional Japanese style to cook meant to highlight food's natural flavours. The one thing you'll remember though, is that they cook right before you. Your eyes see every little move they make and every step they take.

Now, time to talk about if the food's good. Is it or is it not? The food is beyond stellar. The food is nice and hot with some great seasoning. At the table, whilst cooking you can choose how you want your food done, which naturally makes it better. The place lets you personalize your order and everything. The menu is wide and varied, to say the least, and offers quite a collection of meats. The place lights your tongue with flavours, never before ignited.

All in all, the place has quite a variety of food and delivers an amazing experience watching the food be made and eating it. If I had to give a rating to the place, Kobe's Japanese Steakhouse easily gets an emphatic 5 stars out of 5.

\*Mrs. Olowu says your parents should sign up for a loyalty card so that you get your birthday dinner for \$FREE.99!

Journalist Interview By: Cadence L.

What would you do if you had a million dollars? The question of the century. Everybody wants it, but not everybody has it. But right here and right now, Regan C Is here to tell us about what she would do. Here are her top 3 choices.

- 1. She would donate 40% (400,000) of it to families in need
- 2. She would save 35% (350,000) of it in a bank for her future
- 3. She would spend the remaining 25% (250,000) per cent of it on a shopping spree.

Being able to see this, you can see what type of person they are. Regan seems to be a smart person for saving money to put towards her future

Regan is an extremely kind and intelligent person who seems to know exactly what she wants and how to provide for a better future and help shape others' lives.

Regan says that donating money is very important to her and if she has a chance this big to donate anything, she would love to. Saving money is something that not many people want to do but many people need to do. By doing this she is saving for her future. Now, I think we all understand the spending money part. It is a lot of money for a 12-year-old but it's always nice to treat yourself and splurge on something you've been wanting for a long time. I'm sure anybody can understand that.