



# THE WV VOICE

Welsh Valley Middle School

January 2019

## NEW YEAR, NEW YAY!

By Paris Qin

In every part of the world, everybody celebrates the New Year. People from different continents, countries and cities celebrate New Year differently. Here's what people do to celebrate all around the world and some fun facts about New Year's Day!

### Fun Facts:

-Black eyed peas, ham, and cabbage are considered good

*luck if you eat them on New Year's Eve or Day because it is believed they will bring you money.*

*-Lobster and chicken are considered bad luck because lobsters can move backward and chickens can scratch in reverse, so it is thought that these foods could bring a reversal of fortune*

*-In Italy, people wear red underwear on New Year's Day to bring good luck all year long.*

*The tradition dates back to medieval times.*

*-Ancient Persians gave New Year's gifts of eggs, which symbolized productiveness.*

Continue reading to test your knowledge of New Year!

Source:

<https://westwatershotel.com.au/fun-facts-new-years-eve/>

## Helpful Homework Hack

By Khloe Scalise

Every feel like you just DON'T want to read through that last chapter for HW? Here is something you can do! Depending on how much you have left, set goals, like 1 page, and at the end of every page treat yourself to an M&M or one of your favorite treats! This will motivate you more to ACUALLY finish your work! This trick can also be used for studying, or worksheets. For every question you can treat yourself!

YOU CAN DO IT!



What's on



By Kallista Hachadoorian

Popping up all over YouTube have been Fortnite

YouTubers and most, owe their success to the popular game. Just to name a few that were kickstarted by the Battle Royale: Oh Long Johnson, Albino, and Ali-A. Ali-A has become so popular, in fact, that he has become a meme known by most of the world!

Speaking of memes, however, most popular Fortnite YouTubers use a wide variety of memes. I myself am a Fortnite Youtuber and I know editing them is HARD, so I'd like to take a moment to recognize three special YouTubers who have gone above and beyond with their editing: Ceeday, Albino, and Miyui.

Make sure to check those channels out as well as mine: Crinja. With that, here comes the

**MEME OF THE WEEK!**

Gold medal:

EXplosion

Silver medal: bass boosted dance moves

Bronze medal: oops...

And finally, the new DEAD mEME...

ALI-A Intro. Better luck next time!

And that concludes WHAT'S ON YOUTUBE!

## Teen Column: Sleep

By Kallista Hachadoorian

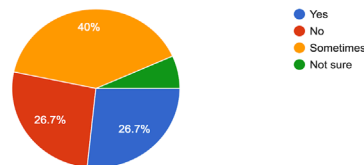
This column is going to be about topics specifically relevant to teens (or maybe not, depending on each individual). Anyway, I hope you enjoy this edition's topic, sleep!

Studies show that most teens don't get enough sleep. Not only can sleep limit critical thinking and performances in school, it can promote acne and other skin and health problems. However, although teens not getting enough sleep seems to be this huge problem, it is not unusual for teens not to be able to fall asleep until 11 o'clock at night or later. So perhaps the issue is not teenagers not going to bed too late, it's more likely school starting too early. Although every teen will at some point complain in his or her life about school starting at an impossibly early hour in the morning, it could also be considered a real issue concerning sleep, or lack thereof.

Now, I'm sure every teenager has heard this in his or her life, but it is, in fact, not a myth that to be healthy, you should get 8 - 10 hours of sleep a night. Now, since from a teen's perspective that is an extremely unrealistic number, it suggests that most teens are not meeting it. In my results, I found that most middle schoolers get as little as 6 hours of sleep, and very few more than 9.

When asked if they get enough sleep, the majority of teens surveyed said sometimes, and it seemed to be an even split as to yes or no, as you can see in the graph below. A much smaller number of people answered "Not sure," although if I were to guess I'd say that would be the true answer of many more teens as well.

Do you think you get enough sleep?  
15 responses



Another thing is that sleep benefits you in more ways than simply thinking clearer. Getting sufficient sleep can also help you eat better, as well as managing stress. Many teens feel overly stressful about their schoolwork, social life, etc. Well, one contributing factor of this may be lack of sleep. In addition, teens might feel bloated, be eating too much, or not enough. This can again be correlated to not getting enough sleep.

All in all, everything comes back to sleep. Sleep is the body's recharge time. It gives the brain a nice break from the constant problem solving we're faced with everyday. Because of this, sleep can make— or break—your day.

Thank you for reading! If you have questions, comments, feedback, or ideas for future additions please email [s024145@students.lmsd.org](mailto:s024145@students.lmsd.org) :)

## Hopefully Interesting Facts: Stars

By Ariana Pavri

This column will feature interesting facts about a certain topic. This edition's Interesting Facts is about something we see often but never take time to appreciate...Stars!

- Every star that you see in the night sky is bigger and brighter than the sun
- Stars don't actually twinkle. The turbulence in the atmosphere causes the illusion that the stars are twinkling
- It can take thousands of years for a star's light to reach our eyes. A star you see now may have died 500 years ago, but we won't know that until the year 2518
- Every day, approximately 275 million new stars are formed in the universe
- 60% of the solar systems in the universe have two stars at their center instead of one

- It takes so long for a star to die that astronomers have not yet observed a fully dead star
- Average stars like the Sun may live for billions of years, while larger stars die after about a million years. The larger the star, the faster it consumes its energy
- The Milky Way contains between 100 and 400 billion stars. There are as many as 500 billion galaxies in our universe. That's a lot of stars.
- For every grain of sand on Earth, there are about 10,000 stars in the universe
- It seems that most stars are out there by themselves, but they're actually in pairs. They're called binary stars

Did you know these facts before? What should our next "Hopefully Interesting Facts" be about? Email [s019582@students.lmsd.org](mailto:s019582@students.lmsd.org) with topic suggestions and comments.

### **Tell Your Story**

Have you ever wanted to share your story with anyone? Well now's your chance! Email us a unique experience that happened in your life. Don't be afraid of sharing certain things with us, we won't judge. The story has to be at least 8 sentences. Email [Dubashm@lmsd.org](mailto:Dubashm@lmsd.org) for any questions and

### **The Wonderfully Weird- Phobias**

By Nidhi Cheeyandira

Chronomentrophobia- Fear of clocks  
Vestiphobia- Fear of clothing  
Phobophobia- Fear of phobias  
Arachibutyrophobia- Fear of peanut butter sticking to the roof of your mouth  
Levophobia- Fear of objects at the left side of the body  
Kathisophobia- Fear of sitting down  
Dextrophobia- Fear of objects at the right side of the body  
Allodoxaphobia- Fear of opinions  
Hippopotomonstrosesquipedaliophobia- Fear of long words  
Abibliophobia- Fear of running out of reading material  
Triskaidekaphobia- Fear of the number 13  
Cibophobia- Fear of food

How many of these do you have? It would be helpful if you give us ideas for the next edition. Email your comments to [s028048@students.lmsd.org](mailto:s028048@students.lmsd.org).

Are you a sports fan? Do you like to write? We need your help. The WV Voice is looking for guest journalists to share things all sports related- locally and nationally.



## To Flee or Fail

By Zoe Berman

Imagine your hometown is full of gang violence and drug abuse; what would you do? Would you raise your family there? Would you feel comfortable going to the grocery store, or walking in the streets? No, you wouldn't. You would go somewhere else. But what if your whole country is like this? You go to a different country. This is exactly the thought process of thousands of Honduran citizens fleeing to the US. Ever since October 12th, 2018, many Hondurans started fleeing their country due to growing gang violence, recent droughts, and multitudes of other reasons that aren't exactly PG... so, instead of staying there, and putting their children in dangerous environments, they have packed up their bags, and are now headed north on foot. They started off in Tapachula, Honduras, and will stop at Tijuana, Mexico, right by the U.S. border. This journey is approximated to take more than a month. They hope to cross into the United States, however this journey is starting to seem more and more improbable. However, because their group is so large, the migrants feel a bit safer traveling to the U.S. When others have attempted to make this trip alone, or in small groups, many have disappeared or were kidnapped. As of right now, the migrant caravan has over 15,000 members, even though they started out with about 1,500 people. The caravan is still growing. This group consists of men, women, and children. This journey is quite impractical as well, being that it is more than 2,000 miles long, and the migrants have few supplies, and will be walking in terrible conditions, with constant downpours at times, and above 90-degree weather at other times. Because of this, over 4,000 people have been treated at medical tents for illnesses dehydration, sunburn, blisters and swollen feet. Local aid groups have also noted a unproportionate rise in conjunctivitis (pink eye) which leads to redness, itching, and tearing of the eyes. It can also include discharge or crusting around the eyes. Other increases in respiratory illnesses occur, such as asthma, chronic bronchitis and emphysema, which all need medication. At this point, you may be thinking, "Hey! At least they'll be safe here in the US!" Well, not exactly. Our President, Donald J. Trump claims that the caravan is an "invasion", and that they are an "imminent threat" to our country. The migrants insist that they are fleeing danger, not bringing it with them. However, these people don't have access to TV's or other sources that would show them what Trump is saying. All they have is word of mouth. On the opposite side of the spectrum, in Mexico, the government has been very hospitable towards the

Honduran migrants. Some good Samaritans are offering to drive them along the way, and others are handing out water, hot food, and places to sleep. Some of the Mexicans they are encountering are even offering them some jobs that require little skill. As of November 15th, 2018, some early arrivers that are part of the caravan arrived in Tijuana, at the border, but President Trump, and the thousands of soldiers in the military are not letting them in. What do you think of this controversial topic? Share your opinions and perhaps we will print them in the next edition.

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### How much do you know about traditions in New Year? Here's a little test!

1. When do people start celebrating New Year (earliest)?  
A. 45 B.C  
B. 23 B.C  
C. 80 B.C  
D. 1000 B.C
2. What color do people wear on New Year in China?  
A. White  
B. Yellow  
C. Red  
D. Blue
3. What do people eat on New Year in Japan?  
A. Sushi  
B. Osechi Ryori  
C. Ramen  
D. Kare Raisu
4. How do people celebrate New Year in Germany?  
A. Guten Rutch (Have a good slide)  
B. Gutes Jahr (Have a good year)  
C. Gutes Essen (Have a good meal)  
D. Guten Nacht (Have a good night)
5. How many grapes do people eat in Mexico to celebrate New Year?  
A. Nine  
B. Twelve  
C. Ten  
D. Five

How many did you get right?

Answers: 1.A, 2.C, 3.B, 4.A, 5.B  
4-5: You stored a lot of knowledge in your brain. Probably  
you like to read!  
2-3: Good! Just have to learn more, read more!  
0-1:.....OK.....