

A red banner with a black dotted border and a white speech bubble containing the text "Red and White Report".

Red and White Report

A white rectangular label with a blue border, tilted slightly to the right, containing the text "Volume 16" and "Issue 1".

Volume 16
Issue 1

Fall 2017

Natural Disasters

By: Sajal Shukla

During the past few months, we have been experiencing many natural disasters along much of the eastern part of the world. In the last week of August, we were hit by Hurricane Harvey. Following that, a powerful earthquake in Mexico and Hurricane Irma struck. Hurricane Maria was the last natural disaster to hit.

Hurricane Harvey was the first hurricane to make landfall in the United States on August 25th, 2017. It struck the gulf coast of Texas as a Category 4 hurricane. It traveled east into the Gulf of Mexico and made its final landfall near Cameron, Louisiana. Harvey moved very slowly from August 26th-30th, which contributed to the large flooding in Texas. It created flood water up to 6.71 feet high. The highest rainfall total ended up being 60.58 inches in Nederland, Texas from August 24th-September 1st. Overall, 70 people died from this hurricane. Although it did terrible damage to Texas and people there, there have been many groups and organizations that have donated to Hurricane Harvey relief. Congress has approved a \$15 billion federal aid package and other donors have given hundreds of millions to the Red Cross. Even our school had a fundraiser to help the people affected by Hurricane Harvey.

Wonder Book Review!

By Alec Cabrera

Did anyone read Wonder yet? If you did ,then you know it's a good book!! If you didn't, then you're going to love it! If you like books about bullying and friendship, then this book is for you! Just to let you know one clear thing before I start talking about Wonder is that this book may make you need to use the tissues you use for sad stories. This story is that August (the main character) is going to a new school and that he is nervous because he never went to school before and he has a facial deformity. If you have ever been the new kid you know how hard it is. August gets bullied, but he makes some good new friends. Will he survive 5th grade? Not telling you! READ THE BOOK! I repeat, READ THE BOOK! Also, the new Wonder movie is coming out in November, so be ready for a good movie!

Click [here](#) and [here](#) for 2 different movie trailers about the movie version of Wonder



Say Something

By: Erin Hayes

Have you ever been the bystander and have watched bullying right in front of you? A bully is a person who uses strength or power to harm or intimidate those who are weaker. There are over 3.2 million people getting bullied each year and bystanders do nothing about it. The right thing to do is to say something about it and help the victim. About 160,000 teens skip school because of bullying. 17% of people report being bullied 2 to 3 times a month.

Why do people bully others? They bully others because they are either jealous of someone or something a person owns, or because the bully has personal issues; sometimes even being bullied themselves. Also they might feel insecure about themselves and they make others feel down or upset, to make themselves feel better. By the age of 14, less than 30% of boys and girls will talk to their peers about it.

What can you do to stop bullying? You can stand up for the person who gets bullied. Talk to your peers. Write a blog or a page on the school newspaper (what I am doing). Hang posters on the school walls about how to stop bullying. Treat others how you want to be treated. Protect yourself from any types of bullying. And SAY SOMETHING NOW if you see someone getting bullied!

PLEASE REMEMBER THAT PALOS SOUTH HAS A BULLYING BOX IN THE MEDIA CENTER FOR YOU TO USE! You can also always go talk to to an adult as well as Ms. Yerkes and Mrs. Leahy.



GRAVEYARD PUDDING CUPS

By Erin Hayes and Irini Mihas



Total Time: 10 Minutes

Ingredients: Clear plastic cups

3.9 ounces of chocolate pudding (not the cook and serve)

8 ounces of cool whip (completely thawed)

20 Oreos crushed,

Milano cookies

black edible food gel

gummy worms (optional)

Directions:

Prepare the pudding like it says on the box, using a spatula, gently fold the thawed cool whipped. Fold together until smooth.

Fill up the plastic cups with the pudding mixture.

RIGHT before serving (to avoid soggy cookie crumbs) top with the crushed cookies. (Put the Oreos in the blender, no need to remove the cream!)

On the Milano cookies, write with the black edible gel R.I.P on each cookie.

Right before serving, place the cookies in the cup. (they get soggy in advance)

If desired, place a gummy worm on top.

ENJOY!

Day of the Dead
(Dia De Los Muertos)

By: Erin Hayes



What is Dia De Los Muertos?

Day of the Dead is a holiday that the people in Mexico celebrate, to honor their love ones or ancestors. They celebrate it on November 1st.

They celebrate it by holding parades and parties in Mexico. They dress up like ghost or skeletons to make their love ones feel honored. Also they believe strongly that their loved ones spirit comes back on Dia De Los Muertos to party and celebrate with them.

Dia De Los Muertos Cookies Recipe

Ingredients

- 1 ¼ cups of softened butter
- 1 ¾ of powdered sugar
- 2 ounces of almond paste
- 1 large egg
- ¼ cups of milk
- 1 teaspoon vanilla extract
- 4 cups of flour
- ¼ teaspoon of salt
- 2 packages (12 ounce each) White candy melts
- Black paste food coloring

The decorations of your choice.

Example sprinkles, peppermint candies,

Candy corn, skittles, M&Ms, gumdrops, marshmallow, twizzlers, (continue on next page)



DIRECTIONS:

In a large bowl, cream butter and confectioners' sugar until light and fluffy; add almond paste. Beat in the egg, milk and vanilla. Combine flour and salt; gradually add to creamed mixture and mix well. Cover and refrigerate for 1 hour.

On a lightly floured surface, roll out dough to 1/4-in. thickness. Cut out with a floured 5-in. skull-shaped cookie cutter. Place 1 in. apart on ungreased baking sheets.

Bake at 375° for 7-9 minutes or until firm. Let stand for 2 minutes before removing to wire racks to cool completely.

In a microwave, melt white candy melts; stir until smooth. Working with a few cookies at a time, dip tops into melted white coating; let excess drip off. Place on waxed paper. To add designs, immediately place drops of melted red candy melts and swirl with a toothpick.

Add decorations as desired. Tint remaining white coating black; pipe on eyes and mouths. Let stand until set. **Yield:** 1 dozen.



Here are some quick and easy snacks and sweet treats to dazzle your friends and family at your Thanksgiving Dinner!!!



Turkey Veggie Tray– click [here](#)

Cheese Tray Turkey– click [here](#)



Easy Acorns– click [here](#)

Rice Krispies Turkey Treats– click [here](#)



Oreo Cookie Turkeys– click [here](#)

Delicious Easy-making snacks

By: Erin Hayes and Irini Mihas

When coming home are you very hungry? Do you want something easy to make because dinner is not even close to being ready? Well this is for you. We are going to be cooking up some easy and good recipes.

Banana Split Kabobs Recipe

12 Bananas

12 pineapples pieces

(similar size to bananas)

12 brownie pieces

And 6 wooden long Skewers

Then you may put them in any order. Enjoy!!!



Yogurtwiches

Vanilla Yogurt

2 graham crackers

Chocolate chips

Instructions: Put the vanilla yogurt in the 2 graham crackers. Then put some chocolate chips in the edges of the yogurt and graham crackers. Put it in the freezer. (Put it in a Ziploc bag).

We hope you enjoy these 2 delicious snacks!!!

The Reasons Vegetables Are So Healthy

By: Hamza Albanna

Lots of people wonder why we should eat our vegetables. Medical experts say you should add more veggies to your daily diet. While the American Cancer Society says you should eat 5 servings of fruits and vegetables every day, Harvard School of Public Health says you should eat 9 SERVINGS OF FRUIT AND VEGETABLES EVERY DAY! I think that makes you wonder why we should eat so many. There are many reasons that start with:

Vitamins and Antioxidants

Vegetables have a high nutrient content they are also filled with vitamins and minerals. The U.S. Department of Agriculture says that many vegetables are high in potassium which is good for blood pressure. Also most of them have vitamins C and A, which help skin, eyes, teeth and gums healthy. They also fight infections and make wounds heal faster. Also they have a lot of nutrients called antioxidants which helps fight cellular damage and help prevent heart disease, cancer, Parkinson's disease, atherosclerosis, heart attack and Alzheimer's, according to the Linus Pauling institute. ...

Fiber

Another good thing about vegetables is the dietary fiber that they provide.

Dietary fiber can be only found in edible plants. Fiber cleans the arteries of bad cholesterol and reduces the risk of heart disease, says the USDA. It also helps your digestive system run smoothly. It also help control your blood sugar and may reduce the risk of cancer.



Diet-friendly Characteristics and Considerations

Vegetables are low in fat and cholesterol so you can eat a lot without getting fat. But some vegetables are healthier than others. Because of that, potatoes and sometimes corn don't count towards your daily servings of vegetables because they are a starchier food. Even if you're not a true fan of vegetables, there are many delicious ways to prepare them so you can get more veggies into your diet.



Coca-Cola museum!!!



By: Alec Cabrera

If you love Coca-Cola then you should visit this museum in

Atlanta Georgia! There are a lot of cool rooms like the 4d movie

room. There's also a Coca-Cola ad room, and a room where it shows Coca-Cola bottles being made. The most ultimate room any Coca-Cola fan would love: the room where you can have Coca-Cola products from around the world! There are a lot of rooms, but these are my favorite ones.

To see more of what the Atlanta Coca-Cola Museum has to offer, click [here](#)

For the history of Coca-Cola click [here](#)

1985 Coca-Cola became the first soft drink ever in space

If all the Coca-Cola bottles in the world were laid end to end they would reach the moon and back more than **1,677 times**

1886 Coca-Cola was first invented by a pharmacist named **John Pemberton**

1982 Diet Coke was introduced, now the world's top diet drink*

TOP SECRET

Only a few people know the secret formula for Coca-Cola. The concentrate is made centrally, then exported to more than 900 bottling plants around the world

The Coca-Cola Facebook page has over **100 million** fans & continues to grow

Coca-Cola is the second most widely understood term in the world, after 'OK'*

1931 The Coca-Cola Santa Claus, created by Haddon Sunblom, first appeared in advertising

There are nearly **10,450** soft drinks from Coca-Cola consumed **every** second of **every** day including Diet Coke, Fanta and Sprite

1991 Coca-Cola launched the first drinks bottle containing recycled materials

* Source: Canadian, 2011 * Source: http://www.thecoca-colacompany.com/citizenship/pdf/TCCAF_The_Coca-Cola_Story.pdf
© 2011 The Coca-Cola Company, all rights reserved. Coca-Cola, Fanta, Sprite and the Coca-Cola Contour bottle are registered trademarks of The Coca-Cola Company

Is Gaming Good For You?

By Elliott Cabrera



I read in a Newsela article that gaming won't turn you into a zombie; it's actually good for you (the bad part is the screen). Some people say that the hand-eye coordination needed for gaming is good for you. It gets you better at other things, like juggling, sports, and stuff like that. It's not healthy to play too long on your games though. One time I was playing Roblox for about 3 hours straight (maybe longer?) and I fried my eyes SO bad! I couldn't walk because my legs weren't ready to get up yet, so I had to crawl up the stairs to play what Alec wanted to play. Even with those negatives, I think gaming is still fun! Even if you might say it's unhealthy, you may still play! (Right? Or am I wrong?)



Clash Royale Review

By Alec Cabrera

I think Clash Royale is a fine game, not amazing but not terrible. First, one clear thing: lots of people play it. That also means that when you need to find an opponent you find one in 3 seconds. I know that because I USED to play the game. I mean, still its fast but I don't like it for a couple of reasons. It's because they are a lot of cheaters, and no one likes cheaters unless you have no idea what one is or if you are one. Another bad thing about it is it's too hard to gain trophies then to lose them. Back to the cheater thing... The cheating in the game is simple: lose all of your trophies and you fall all the way down to the baby arena: goblin stadium. Then they pick on the little guys, which is not cool, but there is a good thing about the game too; the clans, and the challenge to become a pro. I like the clans because if your cousin, brother, sister, friends, play the game you might want to have a clan with them. That is cool because I had a clan with Jake Paul (who is actually my cousin, who just made up that name so people will join his clan.) and it was really fun, double teaming other people. Also the cool new thing is the touchdown mode. I saw my cousin play it, and it looks really cool. Another thing that I hate about it is that I wish they had cooler wizards. They have some wizards, but they aren't cool looking. They also don't have the best abilities, beside stats.





The Flood and Their Origins

By Noah Rigoni

The [Flood](#) (made up alien parasite life forms) from the Halo video game were the classic enemy that would traumatize you when you were younger. Here are the facts and origins of the Flood. [The Precursors](#) were an important part of the Flood. Awhile ago in the Halo universe , the Precursors ground themselves into a powder which was supposed to be able bring themselves back but got corrupt for unknown reasons. They became the Flood. At first they were nothing harmful, but then eventually became the modern parasite we know today. That's how they were created, but the Flood itself has many interesting facts. You may be wondering. Are they mindless? The answer to that is, it all depends on how big the infection got. For example if the Flood was as big as it was in Halo: Combat Evolved, it would not be that smart. For more information just Ctrl move the mouse to the link on the bottom.

<http://www.haloarchive.com/archives/archive-directory/flood-stages/>

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RED AND WHITE REPORT
ROSTER

Volume 16
Issue 1
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