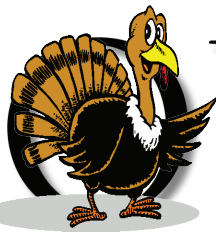


# THE COURIER



VOLUME 92, NUMBER 1

WHITE PLAINS, NEW YORK 10605

NOVEMBER 2015

*The longest running middle school newspaper in the United States!*

## Highlands Welcomes New Assistant Principal



by Arianna  
Mselle

Where  
did you  
grow up?

I was  
born in  
Brooklyn  
and grew up  
here in West-  
chester, and  
was raised  
in Ardsley  
while attend-  
ing Ardsley  
schools.

Be-  
fore you  
chose to  
become  
an as-  
sistant  
principal  
at High-  
lands,  
was there any  
other  
schools  
that you  
wanted  
to work  
at, or  
was this

When you were growing up, did  
you always want to be an Assistant  
Principal or did you want to pursue  
another career?

That's a good question! When I was  
younger, I actually wanted to be a doc-  
tor and wanted to become one for quite a  
while. It wasn't until I got older and began  
to realize how much I loved children and  
wanted to become a pediatrician. However,  
I finally decided that I wanted to go into  
education and help shape the lives of chil-  
dren instead of just bringing them into the  
world.

What was your favorite subject  
when you were a child?

That's a bit complicated. I loved two  
subjects, Math and English. I loved the  
creative side of English and soon began to  
love Biology when I got older.

Tell us about your career(s) before  
you came to Highlands.

I first started teaching in the Bronx at  
Lehman High School as an English teacher  
and then moved to help build a charter  
school called Bronx Prep. The mission of  
that school was to send all kids that attend-  
ed to college especially if they had parents  
who had never sent anyone off to college  
before. I worked there for about seven years  
before moving on to Pelham High School  
and working as an Instructional English  
Coach.

Which part of those jobs did you  
really enjoy?

I enjoyed helping kids see things in  
a new way and helping them to express  
themselves whether it be out loud or in  
writing; I enjoyed helping them learn to  
say what you want to say and not worry  
about if it's the right or wrong answer  
and to really articulate your own thoughts  
along with stretching the children's minds  
to think about something in a new way.

your first choice?

I was very selective when I was look-  
ing. If I was going to be an assistant prin-  
cipal, it was going to be at a certain place  
and not just anywhere. There had to be a  
certain group of students that I wanted to  
serve and I wanted it to be someplace that  
was diverse and had very different types of  
students.

What are three things besides di-  
versity that makes "the perfect school"  
in your mind?

A perfect school is one that is very  
committed to high expectations for every-  
body, a positive attitude, and one that has  
just as much outside academics like extra-  
curricular activities, which I believe help  
students both socially and emotionally.

How often do you read?

I read every day, but not the things  
that I want. I have children, so I read  
things with them daily and of course I read  
more children's books than adult books.

When you read adult books, do  
you have a favorite genre or author?

Well, I do love Toni Morrison, but I  
like all sorts of books, so I can't say I have  
a favorite genre.

So what do you like to do in your  
spare time?

I enjoy traveling and I've even been to  
forty of the fifty states. I also like to read  
and run when I have the time.

What's something that you would  
like to say to the students of High-  
lands?

I'm really happy to be here, and I mean  
that. I'm happy that I waited to find the  
right school for me and I feel like this is it.  
You guys are all wonderful and sweet and  
I am super excited to work with you all and  
your teachers.



Our thoughts are with the  
people of Paris and the  
country of France after the  
attacks on Friday November  
13th. Show your support:  
**#paixpourparis**

## Clock Confusion

by Isabelle Levine

In early September, you might  
have heard of a boy who got arrest-  
ed for building a clock. His name is  
Ahmed Mohamed from Irving, Tex-  
as. On September 14<sup>th</sup>, 2015, Ahmed  
walked into one of his classes and  
showed his teacher the clock he had  
built. There were conflicting reports  
on what actually happened, but one of  
them states that the police were con-  
tacted when the clock started beeping  
during class. Another says that the  
police were contacted the second the  
teacher was shown the clock and she  
assumed it was a bomb. Ahmed ended  
up getting arrested and interrogated.  
He kept explaining that it was a clock,  
not a bomb. Eventually they dropped  
his charges.

It is believed that racism lead  
to the boy's arrest. He was born in Su-  
dan and is Muslim. Apparently, other  
students called him a "terrorist" or  
"bomb maker". He was targeted for  
his darker skin and religion. A quote  
from his father is, "My son's last name  
is Mohamed -- people just think Mus-  
lims are terrorists but we are peaceful,  
we are not that way".

There has been a lot of positive  
feedback for Ahmed. People like Mark  
Zuckerberg and the leaders at Red-  
dit and Twitter offered internships,  
Google invited him to their science fair,  
and even president Barack Obama  
invited him to the White House. He  
got many encouraging messages  
from Twitter and Facebook users; the  
hashtags #IStandWithAhmed and  
#EngineersForAhmed were trending.

## In the News...

# Students Learn about the New NY Bridge

by Shannon Rogers

On October 15<sup>th</sup>, 2015 during 8<sup>th</sup> and 9<sup>th</sup> period, students of Highlands saw a presentation about the New New York Bridge replacing the old Tappan Zee Bridge. The presentation included videos, animated slides and a lot of information about this amazing project. All of Highlands's staff and students were very excited to learn about the building process, the architectural design of the bridge, the timeline, and much more. We got to see videos of people working on the bridge including operating the big crane! We also saw animals that can be found in the river and the improvements that are underway to make transportation easier on the Hudson

River. Students learned how they can go and view the bridge assembly process through live cameras on the website or construction viewing sites. This project has benefited our community with better transportation without risking anything environmentally, including animal health in the area and in the Hudson River. The project has also added more than 175,000 jobs in our area. A lot of students connected to this presentation because of Technology class, where 8<sup>th</sup> graders are designing and building our own model bridges. Overall, this presentation was a good way to learn about what is going on in our community as well as get some inspiration for our own school projects.

# The Presidential Race Heats Up

by Marley Westlund

You can't turn on the news without hearing about the presidential race for 2016. There are lots of candidates, with a few more Republican candidates than Democratic. A few candidates have been making the headlines the most. You know candidates Donald Trump, Hillary Clinton, Ben Carson, and Carly Fiorina.

The polls are being updated constantly as candidates make certain comments, or a scandal is revealed during the race. Currently, with the republican polls the top 5 candidates are Carly Fiorina, Marco Rubio, Donald Trump, Ben Carson, and Jeb Bush according to USA Today as of September, 29<sup>th</sup> 2015. On the other side of the presidential candidates is the Democrats. The top 3 candidates in the Democratic Party are Hillary Clinton, Bernie Sanders, and Martin O'Malley according to CNN.

The republican candidate that is certainly the most well-known is Donald Trump. The most recent news about Donald Trump is his tax plan, which is having people who pay \$25,000 or less to pay zero taxes as long as they send a one page form to the IRS stating "I Win".

The democratic candidate who has been recently having a big email scandal is Hillary Clinton. Her emails are making headlines because of the fact that many of the emails were classified or sensitive information. The emails rocked her election causing her to lose points in the polls and set more people against her. But, currently the State Department is expected to release more of Clinton's emails soon. This scandal could be the reason why Clinton doesn't win in the presidential race.

To wrap it all up, even with the new president emerging a year from now the race is already getting pretty heated.

# The Planet of the Unknown

by Bethsie Brice

For eight months, six scientists have chosen to simulate living on Mars on a Hawaiian volcano. The scientists had to stay in a white dome on the side of the Big Island Loa volcano. A few challenges were wearing a spacesuit whenever they went outside, delayed communication, lack of sunlight, teamwork, productivity, and more. The goal was to study how the participants would work well together in fake Mars conditions. They were monitored by cameras, body-mounted trackers and electronic surveys. They had to stay in a 1,000 square ft. dome. There were 2 washrooms, a dining area, a work area, a kitchen, and a bedroom for each individual. The six people chosen for the

mission included an engineer, space researchers and enthusiasts, a former spacecraft technician and an Iraq veteran combat medic. For the first time, the commander of the simulated mission was female, Martha Lenio. NASA is developing technology that will allow people to go to Mars in the 2030's. From 1965 to 2015 NASA has sent a total of 15 robotic missions to Mars led by various NASA centers. New evidence has confirmed that water does flow in Mars. While using an imaging spectrometer on Mars Reconnaissance Orbiter (MRO) researchers detected signatures of hydrated minerals on slopes where mysterious streaks are seen on the Red Planet. These streaks are evidence of water.

# Pope Francis Visits the United States

by Aine Nicholson

Pope Francis made a visit to the United States starting on Tuesday, September 22<sup>nd</sup> 2015. He made many different visits in three different places on the east coast of the United States. He started in Washington D.C. where he landed at Joint Base Andrews from Cuba and met with President Barack Obama and his family. On Wednesday, September 23<sup>rd</sup> He was in a parade that led him to a midday prayer with U.S. bishops at Saint Matthew's Cathedral in D.C. The Pope held the Junipero Serra canonization Mass at the Basilica of the National Shrine of the Immaculate Conception. On Thursday, September 24<sup>th</sup>, Pope Francis arrived at the capitol and gave a speech to the Senate and House of Representatives. He then made a brief appearance on West Front of the Capital. Then, he went to Joint Base Andrews to fly to New York. Later, he landed at John F. Kennedy

Airport. Soon after, he hosted an evening prayer at St. Patrick's Cathedral. The next day, Pope Francis went to the 9/11 Memorial and had an inter-faith service. Later in the day, Pope Francis served a mass at Times Square. On Saturday, September 26<sup>th</sup>, the Pope departed from New York City at John F. Kennedy Airport and landed at Atlantic Aviation in Philadelphia. There, the Pope served Mass at Cathedral Basilica of Sts. Peter and Paul, Philadelphia. Later in the day, he made a visit to the Festival of Families Benjamin Franklin Parkway. On Sunday, September 27<sup>th</sup>, the Pope started his day meeting with bishops at St. Martin's Chapel, St. Charles Borromeo Seminary. Later, he held a mass for the conclusion of the World Meeting of Families, on Benjamin Franklin Parkway. At the end of the day, The Pope departed to Rome. Everyone around the World enjoyed watching The Pope's visit to the United States.

# The Bird of Jannah

By Finn O'Callaghan and Isabelle Levine

Persuasion is not always good. If you are petitioning to save the whales, then yes, persuasion is good. But when you are working for ISIS, a globally acknowledged group of terrorists, persuasion can leave a sizeable dent in society as we know it. Everyone's main concern today terrorist-wise is ISIS. People think this will be just like Al Qaeda, and they're not far off. But there's more to it than you think.

When you think terrorist, you think of men with machine guns. That is a big stereotype. There are lots of women around the world who have already joined ISIS. There are many ways for them to get in, most commonly through the Bird of Jannah.

The Bird of Jannah is a blog written by a woman who joined ISIS through marriage. "Jannah" means paradise, the name referring to the Islamic heaven. She has a blog on Tumblr called Diary of a Muhajirah and tries to recruit other women to join ISIS. This may not seem serious now, especially since you've probably never heard of her before. But this is still terrorism. Because she is a woman, some people might not take her seriously, but that doesn't matter since her actions could lead to something bad.

We all know what 9/11 was: the destruction of the World Trade Center through Al Qaeda. ISIS can do things just as dangerous. They've killed people to get their word across. They've threatened to attack places of big social interaction, like the Mall of America. This could have a major impact on society and the lives of Americans.

The account known as the "Bird of Jannah" is a real threat to Americans. It makes terrorism against America sound poetic, by its use of a seemingly positive and peaceful name. However, in reality it could lead to the death of millions. The more people who join ISIS, the more trouble that we're in.

Most of the girls recruited by the "Bird of Jannah" are British and around the ages of 15 and 16. She does this by talking about the poor treatment of women, mainly Muslim women. This makes the girls want to come prove that women can be powerful. She also tells them that life is much better as an ISIS recruit by giving examples such as free housing and healthcare. These are things that many Muslim women are lacking today.

We must watch out for these women of ISIS, for they can be powerful. Most of them are married to men in ISIS which means they have connections to leaders. The men of ISIS might have guns, but the women have the weapon of words.



# Selfies Rule the World?

The Stone Age was a dark time, especially because they didn't have Wi-Fi! Over time technology has expanded into something never before imaginable, and it sure does affect society and our pop-culture.

No matter what country, race, religion, where or whoever you are, you live within a place that has an economy, and everyone needs to make a living. Our modern-day technology has changed the way we work for the good and definitely for the better. You can now send business messages with the click of a button, and actually have a backspace bar when writing them! For construction workers, the crane is quite useful and makes things a little less difficult. These businesses stretch the economy, which all together stretches the population of the earth, which means we need to make more and better technology fast.

Yes, our modern-day tech is highly useful and helpful when it comes to business, but is also really useful for relaxing on your sofa and checking your social media accounts;

which honestly couldn't have existed without all of this beautiful technology being made! Wherever you go you can always find people listening to music on their iPhones, taking selfies with their amazing cameras, playing games on their 3DS', and maybe even writing fanfiction. Technology has always been here, it just has never been so advanced. We are becoming our technology.

There are way too many examples of how modern-day technology is so great, but what about the disadvantages? Yes, we all love our cell phones, maybe even a little too much. We humans are becoming so dependent on technology that more than 50% of this country is obese due to no exercise and playing with new tech. Instead of playing outside, children are playing in animated gardens. New technology is even taking jobs away from real humans. Factory machines are taking money from men, women and children that all need currency to live.

There are pros and cons to our modern-day technology, what do you think?

I believe that too many people, mainly children and young adults, don't do enough about the things happening around us.

I have two theories for this. One is that almost everybody today has a phone, computer, or tablet. People are so lazy and internet-consumed that they won't get up and do anything to help the world and others. Another reason is that we are being taught by our parents and teachers that our achievements and happiness are more important than helping others. At Harvard University they took a survey to see what was more important to 10,000 people; achieving at a high level, happiness, or caring for others. Only about 20% said the latter. This completely shocked me because the number of people who value caring for others is so low.

There are a few things that kids actually do to volunteer. Examples are helping the homeless/hungry, cleaning up neighborhoods, and caring for people who are sick or lonely. One specific example involved some students in Utah who found a pile of hazardous waste and decided to speak up about it. They contacted many important leaders like the mayor of their town and tried to get it cleaned up. These students eventually helped their community by doing so. There are many others out there like this, but I don't think it is enough.

Our generation needs to get out more and help our world. Yes, we can play our video games and text our friends, but every once in a while we must contribute to make our lives better. I believe we can get together and actually make a difference.

# Malala: A Voice for Change

by Arianna Mselle

"One child, one teacher, one book and one pen, can change the world."

These are the words of Malala Yousafzai, a young female Pakistani teenager who shot and nearly died for speaking out against the unjust rule that girls are not allowed to attend school in Pakistan or Afghanistan. Follow the story of this fearless and courageous heroine in the documentary "He Named Me Malala" as she spreads her words of wisdom in the fight to equalize education. The documentary itself includes a wonderful mix of both animation and footage of Malala and her journey. The documentary starts off with an animation that tells the story of a girl named

Malalai who took a stand and encouraged millions of Afghan soldiers to rebel and fight back against the British forces that were invading by just a few words of encouragement and waving the Afghanistan flag.

When Malala was young, she loved to learn and because her father was a teacher and founder of a school he made sure she and the other children got a good education. This did not last for long due to the fact that religious extremists began to bomb and destroy schools at a rapid rate in order to stop girls from attending schools. The young Pakistani teen deemed these acts to be unacceptable. Despite the constant death threats and opposition from millions, Malala began to speak up about a girl's right to an edu-

cation. She even blogged and talked in interviews in order to promote her beliefs.

That's when everything went wrong. In 2012, Malala Yousafzai was shot in the left side of her head while riding on her school bus. Her friends, Kainat Riaz and Shazia Ramzam were both shot and injured in the shooting. The gunman was said to be a member of the Taliban that was sent to kill Malala. Luckily, Malala recovered and even spoke about the issue saying, "They thought that the bullet would silence us, but they failed."

After her recovery, the Pakistani teenager moved to the UK and started up a fundraiser called "The Malala Fund" which works toward helping girls all over the world to get an educa-

tion and change their communities for the better. So far, the fund is working to help four places around the world such as Nigeria, Syrian, Kenya, and Pakistan. Even with the help of thousands, schools are still being targeted and Religious Extremism continues to run rampant throughout the streets of Swat Valley. One group in particular called the Tehreek-i-Nifaz-i-Shariat-i-Mohammadi (TNSM) stands out. The TNSM is led by Sufi Mohammed. The group resides in Swat Valley, Pakistan and is said to try and enforce Sharia Law. Sharia Law's roots comes from the Qur'an, Hadith, and the collection of sayings of the Prophet Mohammed.

Sharia Law dictates many aspects of both public and private behavior; clothing, worship, and even sexual behavior. The TNSM has also been known to engage in beheadings, floggings, kidnappings, destruction of schools and buildings, and starting public bonfires so that they can burn computers, DVD's, and any other modern device they can find. This does not stop Malala, who tells the press that she is afraid of no one, and will not let the TNSM stop her. Towards the end of the movie, Malala is asked about her name and whether she believes that her father gave her that name in honor of Malalai. She is also asked if being called by this name means that he wanted her to do what she is doing. The young teen then responds "No, I believe that he has given me this name, and it is my job, on my own, to carry out what I am doing."

After the movie, White Plains students got to talk to Heather Barr, a Senior Researcher at Human Rights Watch in London. Mrs. Barr allowed the children to ask questions about the movie, Malala, or just about the government in Pakistan itself. All and all, the movie, "He Named Me Malala" shows both the inspirational aspect of Malala's journey, and her untold struggles that are often left out by the media. Graphic, raw, and powerful, this documentary gives both sides of the young Pakistani teen's fight for education.



## THE COURIER

White Plains Middle School

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# HIGHLANDS HAPPENINGS



On September 22nd, Highlands participated in dad's take your kids to school day. Superintendent Dr. Fried and representatives from White Plains Department of Social Services and the White Plains Youth Bureau attended the event.



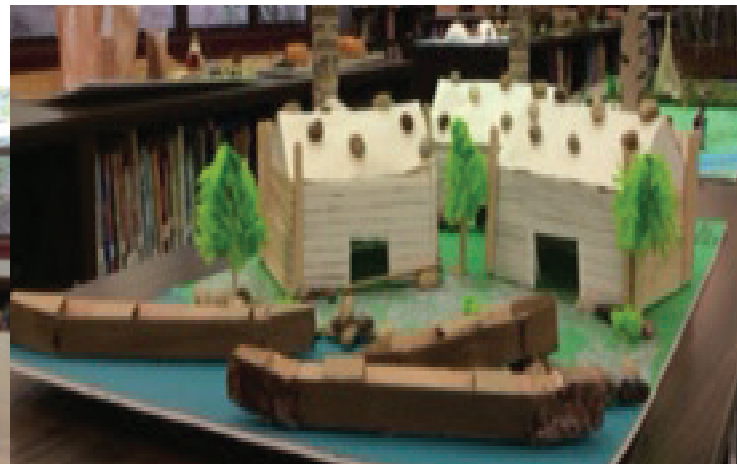
On Wednesday, October 21st, approximately 200 French students at Highlands middle school attended a concert by French singer-songwriter Éric Vincent. Monsieur Vincent engaged the audience in French music, culture, and history. Students had studied several of his songs beforehand and were excitedly singing along during the show. All students enjoyed his energy and passion for music.



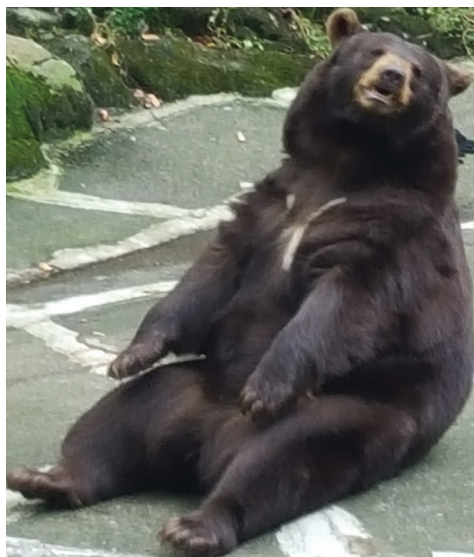
The 3-D Village Models were the main part of a project on Native Americans and their environment. Students in Mr. Vela's classes were assigned a cultural region and selected a tribe within that region. They then created a three-dimensional model of their tribe's village on a sheet of 22" x 28" poster board. The Models represent the way Native Americans in North America lived before the arrival of Europeans.



Kwame Alexander, author of the 2015 Newbery Medal winner *The Crossover* visited with all 7<sup>th</sup> grade students at Highlands on November 10<sup>th</sup>. Mr. Alexander read from his book in verse and told students about his journey as a poet and author. He faced many 'no thank yous' when looking for a publisher for his book and talked about staying with something you believe in. His message to students was to do what you know you must do, even if makes you uncomfortable. When asked for advice about how to become a better writer, Mr. Alexander replied, "Three things: Read, Read, and Read." As one student noted as he left the presentation, "It was cool."



On Friday, October 9th, seventh grade students traveled to Bear Mountain. They spent the day learning about native plants and animals, touring the historical forts and enjoyed a picnic lunch.



# Features

## Teacher Spotlight: Ms. Melendez

## Ask Tigress



by Marina Rosenthal

At what age did you know for sure you wanted to be a teacher?  
I decided at age 14, (in High School) that I would like to be a teacher. I was in the teaching program at my school.

What do you like most about teaching?  
I enjoy working with students, learning new things, and using technology.

How do you like Highlands so far?  
I love Highlands! It's so much fun!

What's your favorite inspirational quote?  
One of my all-time favorite quotes is "Never give up". I love how it can apply to all parts and aspects of life.

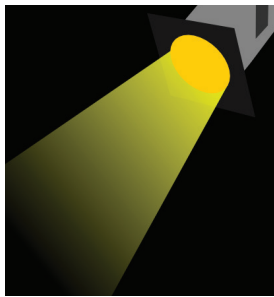
What books would you recommend for students our age?

I would recommend the book "A Fish in a Tree" by Megan Mullaly. It's about a girl in middle school who's hiding a big secret, which her new teacher tries to figure out.

What do you like to do in your free time?  
In my free time, I enjoy reading, being on my iPad, and walking my dog.

What's one tip you would like your students to remember?  
I would like my students to remember that it's OK to make mistakes, and that it means you're learning.

What college did you go to?  
I went to Hofstra University, where the presidential debate was held twice! I'm also going to Mercy College, to work on my Master's degree in Literature.



**Sporty Squirrel**

Hello Tigress, my name is \*\*\*\*\* and I have a problem I need you to help me with. My best friend and I tried out for volley ball and since we are absolutely amazing we thought we would both get in, but we probably shouldn't have gotten our hopes up. Unfortunately, only she made the team. I feel a lot of things: jealousy, anger, embarrassment, but most of all, left out. Please tell me what to do!

**Dear Sporty Squirrel,**

I totally know where you are coming from, in fact my friend Mongoose and I both tried out and she made it but I didn't. Did your friend see a mongoose at practice? Any who, it is a common feeling, I suggest just knowing that you are amazing at whatever you do. And since over 70 girls tried out, it is a long shot for anyone to get in. Good luck for winter and spring try outs!

**Bully Buster**

Hey Tigress, I have a friend that really needs help. She is being bullied and she won't tell me who it is so I can help her out. She says if the bullying keeps up she is going to move to a different school. Please help, I can't lose another friend!

**Dear Bully Buster,**

I am terribly sorry for you and your friend, being bullied is really tough. There are many ways and procedures to stop it. Now knowing your situation I suggest telling a teacher or school social worker, and though it may not seem like it right now, you are partially in control of this situation. You can make a difference. Now, go be the best "bully buster" you can be!

**Twitter Troll**

Heyy Tigress, I have a problem. It might even be called an addiction. I love Twitter, also Instagram and Facebook, and ask.fm, and basically every social media website in existence #lolz. I am always on it and I can't do anything else. Can you help me or nah?

**Dear Twitter Troll,**

Not to say you are a troll or anything, but you seriously need to get out from under that bridge! I gave advice similar to this last year but, I guess I have to do it again. You need to stop with the electronics for a little bit and start doing other activities that don't include posting anything. And just remember, you don't want to be a grumpy, yellow, and hairy hobo teaching Dora about puzzles.

**Bystander Bads**

Tigress I have a serious situation and I need help. It is only a month into the school year and I already see bullying going around. I hate bullying and how it affects people. I just can't push myself up to stepping to the plate to actually get involved. What do I do and say? What if they target me instead? Please help us!

**Dear Bystander Bads,**

I totally understand why you are scared, I would be too. But you have to do something or else it is going to jumble up into one big snowball. Seriously though, what you should do is tell a teacher what is happening and ask to be anonymous. That should get the job done!

## Review: Hotel Transylvania 2

by Finn O'Callaghan

A hotel in Transylvania (hence the name) originally meant for monsters only, has just recently allowed humans to join in. The hotel's owner, Dracula (Adam Sandler), isn't too pleased with this, but is doing it for the happiness of his daughter Mavis (Selena Gomez) and her new husband Johnny (Andy Samburg). Mavis' new son, Dennis, isn't acting like a vampire at all, which is starting to scare Dracula. He is worried that Dennis won't turn out to be a vampire. While Johnny and Mavis are on vacation in California, Dracula and his friends try to put Dennis through

tests to make him more like a vampire. As if that weren't enough for Dracula to handle, he also has to worry about his father Vlad (Mel Brooks) noticing Dennis' lack of monster behavior.

This movie was directed by Genndy Tartakovsky. It is intended more for children than for teenagers, so if you like more adult movies such as The Hunger Games or The Imitation Game, then this may not be the best choice. However, if you are into movies like Despicable Me or Inside Out, then you might want to check this out. If you don't like these kinds of movies, then this also might not be the best choice.

## What if the Sun Disappeared?

by Bethsie Brice

What if the sun just disappeared? If it did disappear we wouldn't know for about 8 minutes because that's how far the light travels from the sun. After 8 minutes the world would be bathed in darkness. All the planets that orbit around the sun would just fall towards the now nonexistent Sun and fly off in a straight line into space. Our planet retains heat pretty well, so we wouldn't freeze to death immediately. The moon would disappear with no sun to reflect on. Within days the temperatures would drop drastically. It would be a hundred degrees or so below freezing. The atmosphere itself would also freeze and fall to Earth, leaving us exposed to the harsh radiation travelling through space. Photosynthesis would stop immediately due to no sun. Most animals would die off

quickly. For animals that live in the deep parts of the ocean nothing will happen. They might not even know about the sun. Humans could survive by living in submarines in the deepest and warmest parts of the ocean or to gather in geothermal areas like Yellowstone and Iceland. In the next 10-20 years the air would be cold enough to create droplets of liquid air. The air would be cold enough to form clouds and precipitate first as rain and then as it gets colder and colder, as snow. In order to survive a family would need to go outdoors in special suits and scoop up oxygen snow and place it on a fire. The thawed snow could allow them to breathe. The Earth would actually be fine. There is a possibility of the Earth finding a new star to orbit which would thaw the planet and allow life to begin again.

# Spirit



# Week



# Girls Volleyball Fall

## 2015

by Anna Kristina O'Hanlon

Have you ever wondered what it is like to play on the Highlands Volleyball Team? I did, so I talked to two of the 7th grade team members: Zoey Kovach and Amanda LeMark.

I started by asking how their season had gone so far. Zoey said, "My season has been great!" Amanda added, "it's really fun! We have a lot of fun even if we do something wrong. And we make a lot of good friends." Clearly it has been a good season for both of them.

I also asked them what they did at practice. Zoey said, "I get to know people and improve my skills." Amanda then said, "First we talk about what we have coming up and do warmups and fun games that teach us good volleyball skills. We practice 6 on 6." I learned from Zoey and Amanda that practice is very demanding, but they

improve their skills.

When I asked what they did at the games and practices Zoey said, "My favorite part is making new friends to be a part of the team." Amanda added, "My favorite part is actually playing. This is my first real year of playing, and playing until practice or a game is over."

Finally I asked them what got them interested in volleyball. Zoey said, "My friend and I wanted to try something new so we did." Amanda then said, "What got me interested in volley ball was my sister." They were both very happy that they joined the team.

I learned from Zoey and Amanda that volleyball is a difficult sport. You need skills and endurance. Zoey and Amanda also find the game fun and enjoyable. Congratulations to the girls' volleyball team on another great season!



# It's All Over

by Louis Goldberg

As you may know, the 2015 World Series just ended, and the Kansas City Royals were crowned champions.

The New York Mets won the National League Championship Series, which is a series played until the first of two teams wins four games. The winner of this series moves on to the World Series. The Royals won the American League Championship Series this year, to put them in their second World Series in a row. In 2014, the Royals lost in game seven of the World Series to the San Francisco Giants. But this year, Royals fans thought it would be different. And they were right.

The New York Mets had their best season in 15 years. In 2000, the Mets lost to the New York Yankees in the World Series, and since then, they haven't been in one, much less won one. The last time the Mets won the World Series was in 1986, when the Mets beat the Boston Red Sox for their second World Series victory. Since 2000, Mets fans have only seen one playoff run, in 2006, and have seen few winning seasons. Each year, the true fans of New

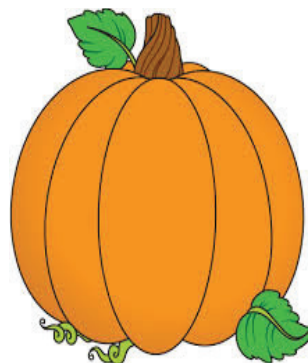
York think it will be the year that the Miracle Mets make it to the World Series. And this year, they did. After the long streak of bad seasons for the Mets, the fans finally have something new to remember.

During the '15 Postseason, the Mets played unstoppable baseball. They easily beat the Los Angeles Dodgers and the Chicago Cubs to reach the Fall Classic. But, the Royals definitely played better baseball than the Mets. The Mets practically gave the Royals the first two games. In Game 1, Alcides Escobar of the Royals hit an inside the park homer off of Matt Harvey's first pitch of the game, which gave the Royals an early lead. In Game 2, the Royals blew away the Mets with the score of 7-1. The Mets fought hard in Game 3, and won, but then lost the next two games.

Kansas City only needed to win four games to clinch the most important series in baseball, and that's exactly what they did. It's all over. The World Series is all over. The Kansas City Royals are champs.

### Fall Fun Word Search

G	Q	S	F	J	A	W	P	L	D	C	U	U	S	B
J	N	M	C	C	M	U	S	E	P	N	O	T	L	E
N	C	I	O	H	M	F	I	A	D	R	U	R	G	W
J	H	R	V	P	O	D	R	V	A	N	A	A	N	B
R	N	A	K	I	L	O	C	E	T	Y	U	I	V	O
L	E	I	L	O	G	Q	L	S	Z	S	T	P	F	C
F	N	D	C	L	Z	S	E	G	T	Y	U	O	Q	T
S	T	D	I	N	O	H	K	S	I	X	M	C	L	K
C	O	O	L	C	C	W	O	N	K	T	N	U	Y	A
N	M	U	T	U	A	H	E	Y	A	L	A	N	H	G
U	R	A	Y	J	G	C	P	E	L	H	L	R	A	Y
C	R	A	N	B	E	R	R	Y	N	L	T	O	Y	O
K	J	A	C	K	E	T	J	W	J	J	I	C	N	M
E	L	P	P	A	T	Z	R	C	Q	E	S	H	R	K
V	L	U	F	A	D	E	C	Q	S	F	V	C	C	Q



- ACORN
- APPLE
- AUTUMN
- AUTUMNAL
- CHESTNUTS
- CHILLY
- CIDER
- COBWEB
- COLD
- COOL
- CORN
- CORNUCOPIA
- CRANBERRY
- CRISP
- GHOSTS
- HALLOWEEN
- HAY
- JACKET
- LEAVES
- PUMPKINS
- SCHOOL
- THANKSGIVING



# Life Hacks

by Marina Rosenthal

If you don't already know, life hacks are tips and tricks to assist you in your everyday life. These tips can make your life easier, and save you tons of money and time.

[www.youtube.com](http://www.youtube.com) (Top Trending)

Life hack #1: When playing music on a phone/iPod, putting your device in an empty cup amplifies the sound. The cup acts as a DIY speaker.

Life hack #2: When not sure whether to write "affect" or "effect", use "impact" instead.

Life hack #3: To test batteries, and see if they're still good, drop them on a table from about 6 inches away. If it doesn't bounce and falls over, it's good. If the battery bounces, it's either close to dying, or already dead.

[www.youtube.com](http://www.youtube.com) (clicknetwork)

Life hack #4: Charging your phone while it's on airplane mode will make it charge two times faster. WIFI drains your battery constantly.

Life hack #5: When eating strawberries, instead of cutting off the ends with the leaves, insert a straw through the opposite end and push it through. When done correctly, this will remove the leaves entirely, while saving more of the fruit.