



The Tiger Times

Short 'n' Sweet Edition



Hello RSHS students
& staff!

We hope you enjoy this
Short 'n' Sweet Edition
of the Tiger Times!

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Student Spotlight by Ingrid Miller



Marie Kuraas and Rebekka Vaananen are seniors at RSHS, and like the subject of our last Student Spotlight, are students in the foreign exchange program. Marie is from Norway where she went to high school at Frydenlund, and Rebekka is from Finland where she went to The Finnish-Russian School of Eastern Finland. They both decided to come to America this school year for similar reasons, and they are taking full advantage of the opportunities here since they are not in one spot for very long.

How did you decide on the U.S. for your student exchange program?

R: I had wanted to learn English since my English was so bad, and I also wanted to experience a new culture, make new friends. I wanted to see something different.

M: I wanted to see new things, and how you guys live. I wanted to make new friends as well.

Are there many differences here?

M: Yes, the food is very different; you don't eat a lot of bread here compared to us. There is also a lot more junk food here.

Have you tried any new foods here?

M: Before we came here we had never tried cheesesteaks; they were different but good. We like them.

R: I like them too.

Have you been asked any weird questions about Norway/Finland?

R: A weird question I've gotten is "Is Finland in Africa?"

M: One girl asked me if Europe is a country; it's a continent.

Is there anything you've enjoyed so far in the U.S?

M: We went to Minneapolis.

R: It was great.

M: It was so fun; we went there for five days. We went with friends, and missed school for it. We also went to Rehoboth Beach; we walked around on the boardwalk.

Is there anywhere else you would like to go?

R: I want to go to Florida, and we are going to Marengo next week.

M: It's about two hours from Minneapolis.

R: We're going to Niagara Falls, North Carolina, and I may be going to the West Coast as well.

M: Yeah, we're going to the beach. (In North Carolina)

What are your favorite classes?

M: We have two gym classes together; they're fun.

R: We love Mr. Moore's gym class; it's a lot of fun.

Have you noticed a difference in classes compared to classes back home?

M: It's way easier here.

R: I have to retake this grade next year because of the difference in the classes back home. It's way harder. I have to take 75 courses, but I can only take 5 here. We have a different school system, so I understand.

Have you been to Norway / Finland?

R: Yes.

M: Yes. Its not far; from me to her it's like 16 hours.

Marie and Rebekka both traveled to the U.S from their respective countries having taken the valuable opportunity to immerse themselves in a culture different from their own. Both set out to make friends far from home and in the process found a good friend surprisingly close to home as well. In all of their adventures across the country, we wish Marie and Rebekka good luck!





Beating the Odds

by Rebecca Kelley

The beginning of a new year brings along the idea that we can improve upon who we were just a couple of weeks ago with a simple statement. Though the idea of resolutions may seem strange when put bluntly, over an estimated half of Americans make them each year, the most common relating to food and health. Often, these ideas are easier said than done. According to [surveys](#) conducted by the University of Scranton this year, only 9.2 percent of the 58 percent of Americans who made resolutions last year believed they accomplished them. Of those who set resolutions, their success rate dropped off after the first weeks of the new year; the percent of those maintaining their goals fell from 72.6 to 68.4 in the first two weeks. After the first month, the percent plunges to 58.4, and only 44.8 percent of resolutions remain past six months.

So what are the best ways to stay true to your resolutions, whether food is the central theme or not?

Having a long term goal in mind is great, but you may be more likely to become lost in the process of getting there. To avoid getting overwhelmed, try setting mini goals along the way that will lead to your end goal (if you have one). This way your tasks are easier to manage and accomplish. Plus, by doing this you'll see whether the changes brought on by your resolution have any effect on you, allowing some wiggle room for making adjustments. Even better, the rewarding feeling after achieving each will give you more incentive to keep it up.

Following the same vein, making your initial goal small and adapting it on an escalating scale (such as weaning yourself off of soda gradually by decreasing the amount of it you drink each week) prevents you from hitting a plateau on your road to achieving and maintaining your resolution.

Nobody is perfect, and changing your behavior is going to take some time and dedication. You're bound to mess up at least once. Don't be hard on yourself when you do slip up. Pick back up where you left off and keep moving forward. And every once in a while, treat yourself. Pairing the rewarding feeling associated with mini goals with a rewarding guilty pleasure will motivate you even more. Eat that cookie, drink the can of soda. Just don't go overboard.

Basically, keep your head up and remember that you are in control of your goals. Now go out there and beat the odds!



THE GRILLED CHEESE CHALLENGE

BY VICTORIA STAUFFER



Back in December, students in Ms. Copes's cooking class competed in a grilled cheese making contest. They were challenged to plan and prepare a creative and delicious grilled cheese sandwich. Students could use any ingredients they could think of -- and they did! There were Italian grilled cheeses with pepperoni and tomato sauce, Buffalo Chicken Grilled Cheese. There was even a grilled French toast sandwich with powdered sugar and syrup!

The sandwiches were judged in two rounds: Semi-Finals and Finals. In the Semi-Finals, students competed against students in their own class. The winners of each of the four cooking classes then went on to compete against each other in the Finals round. When judged, all of the grilled cheese sandwiches were rated on a scale of 1-10 for 5 different categories: title and description, taste, presentation, quality of grilling, and creativity. Many teachers generously volunteered their time to act as judges and taste test a piece of each Grilled Cheese Sandwich. These teachers included Ms. Muzzey, Ms. Dyar, Mrs. Perry, Mr. Moore, Ms. Henry, Ms. Pruss, Ms. T. Anderson, and Ms. Keller.



Left: Joey Bowersox
Right: Dominic Smiley

"We are going to win."

~ Kiley Roberts

"We probably won't pass the first round."

~ Joey Bowersox



Left: Kiley Roberts
Right: Sam Berg



Ms. Perry and Mr. Moore were judges of class 3A's grilled cheese sandwiches. During their taste tests, they shared comments like, "The white American cheese is kind of bland," and, "The grilled exterior is very good."

And the winner was...

Sarah Mays and Kami Beamer, *The Ultimate Grilled Cheese*

Ingredients:

- 8 slices of rosemary focaccia bread
- Mayonnaise
- 12oz Swiss cheese
- 6oz White cheddar cheese
- 4 slices thin Muenster cheese
- 2 yellow onions, diced
- 1 tsp fresh thyme, minced
- 2 tsp fresh rosemary, minced
- 1 tsp brown sugar
- Salt and pepper
- 3 Tbsp butter

Go to <https://www.thechunkychef.com/ultimate-gourmet-grilled-cheese/> for instructions.

Second Place: Paige Sprout, Samantha Berg, and Kiley Roberts,
The Buffalo Chicken Grilled Cheese

Third Place: Ashley MacFarlane, Trent Moore, and Novalynn Shockey,
The Mexican Grilled Queso



Myth vs. Fact *Chocolate*

by Elizabeth Betts

Myth

Chocolate originated in Europe.

Chocolate is good for you.

For most of history, chocolate has been consumed as a solid.

Fact

The ancient Mayans are believed to be the first people to regularly grow cacao trees and drink chocolate. The Aztecs got it later, but they had to trade for cacao because they couldn't grow the trees.

-Buzzfeed

Chocolate is not good for you, but cocoa is. Cocoa, similar to green tea, is packed with anti-oxidants; however, fat, sugar, and milk tend to block out the positive health aspects of cocoa.

- Nutrition Facts. org

For 90% of its history, cocoa was consumed as a liquid, and its name actually originates from the Aztec word *xocoatl*, a bitter and spicy Aztec drink made with cocoa beans.

- BuzzFeed

The Tiger Times Puzzle!

Directions: Use the key below to decode the message.

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 _ . . _ _ . _ . _ . . _ . _ _ . _ . _ . !



International Morse Code

1. The length of a dot is one unit.
2. A dash is three units.
3. The space between parts of the same letter is one unit.
4. The space between letters is three units.
5. The space between words is seven units.

A	• —	U	• • —
B	— • • •	V	• • • —
C	— • — •	W	• — • —
D	— • •	X	— • • —
E	•	Y	— • — —
F	• • — •	Z	— — • •
G	— — •		
H	• • • •		
I	• •		
J	• — — —		
K	— • —		
L	• — • •		
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Image Sources:

<http://maxpixel.freecatpicture.com/Storage-Store-Practical-Packaging-Box-Love-Heart-2636867>

https://en.wikipedia.org/wiki/Morse_code

http://moziru.com/explore/Tiger%20clipart%20valentine/#go_post_4166_tiger-clipart-valentine-1.jpg