

THE BULLDOG BARK



STRANDED ASTRONAUTS RESCUED

BY DAVID HAYNES



Photo: AP Photo/Chris O'Meara, File

Don't you think it would be cool to go to space? You'd get to be in a rocket, see Earth from above, and visit the International Space Station. But what if something happened to your rocket and you couldn't get back to Earth? This actually happened to astronauts Nick Hague, Suni Williams, and Butch Wilmore, and cosmonaut Aleksandr Gorbunov. Due to issues with the thrusters on their rocket, they were forced to send their rocket back down to earth without anyone on it. This left them floating around in space for nine months before they finally returned home recently on March 18, this year (2025).

So, what happened? Originally, the astronauts were planning to stay on the International Space Station (ISS) for a week, but according to NASA, the Boeing Starliner that the astronauts were on encountered problems with its thrusters during docking. Further investigation found that there were helium leaks in the propulsion system, deeming the rocket unsafe for reentry. The rocket was sent back unmanned, and the astronauts had to wait for NASA to send another one.

Before becoming an astronaut, Suni Williams was a US Navy officer. She is a member of NASA's Commercial Flight Program. She is one of the most experienced spacewalkers in the world and has done nine total spacewalks. Butch Wilmore was in the Navy as well, as a United States Navy Test pilot. He has had three space flights so far.

While the astronauts were in space, they did get the chance to run quite a few experiments, such as testing the effects of microgravity, space radiation, and long-duration space travel. They also conducted experiments on microbial growth and plant cultivation. Suni Williams also broke the world record for the most spacewalking time by a woman.

Finally, on March 14, 2025, after 286 days, SpaceX launched a rocket carrying crew-10 to the International Space Station to retrieve the astronauts. The rocket splashed down in the Pacific Ocean on March 18, 2025, and the astronauts are now back on Earth.

Now that the astronauts are back on Earth, they have entered a 45-day recovery program. This should help



Photo: NASA HANDOUT/EPA-EFE/Shutterstock

Brooklyn Middle STEAM School

them readjust to life on Earth, but not all of the effects they have from space are reversible. The astronauts were exposed to tons of space radiation that may have irreversible, long-term effects. The effects of this radiation can include an increased risk of cancer, cardiovascular problems, neurological impairment, and degenerative tissue effects. As far as we know, none of these things have happened yet, so let's celebrate that we have Suni and Butch back on Earth with us!



STAFF SPOTLIGHT PRINCIPAL MONETTE



We see her in the hall, in the office, and sometimes in the Bulldog Cafe. But how well do we really know our principal? On April 16, I sat down with Principal Monette to learn more about the person behind the principal's desk. Spoiler alert: She's pretty awesome!

When principal Monette was a child, she attended middle school in Wisconsin where she moved around to multiple middle schools. Moving schools gave her new opportunities and she became involved in sports. When she was 16 years old, Principal Monette was actually sent to the principal's office herself after skipping school! She received a detention, but her parents made her scrub picnic tables as a punishment, which helped her to learn her lesson and helped her in the future.

As a young woman, Principal Monette worked as a waitress in a family restaurant. She enjoyed the job to a degree, but knew that she wanted to work outside of the restaurant business. Principal Monette was inspired to become a principal by watching children learn. At first, she was a counselor, but eventually transitioned into an administrative position.

She supports the students in our school by providing opportunities to all students and continuing to ask questions about how we can grow as a school and a community. As Principal Monette continues to lead with dedication and vision, her impact on the school community is sure to leave a lasting legacy.

What do you think makes our school unique?

The culture and community of Brooklyn Park.

How do you handle student concerns and suggestions?

I like to hear what they are and try to solve it.

If you could swap jobs with anyone in the school for a day, who would it be?

An English teacher.

Who is your favorite musical artist?

Prince! I was really close up to him once.

BY BLESSING FOLLY




Some Summer Jokes

What did the pig say in the summer? - I'm Bacon

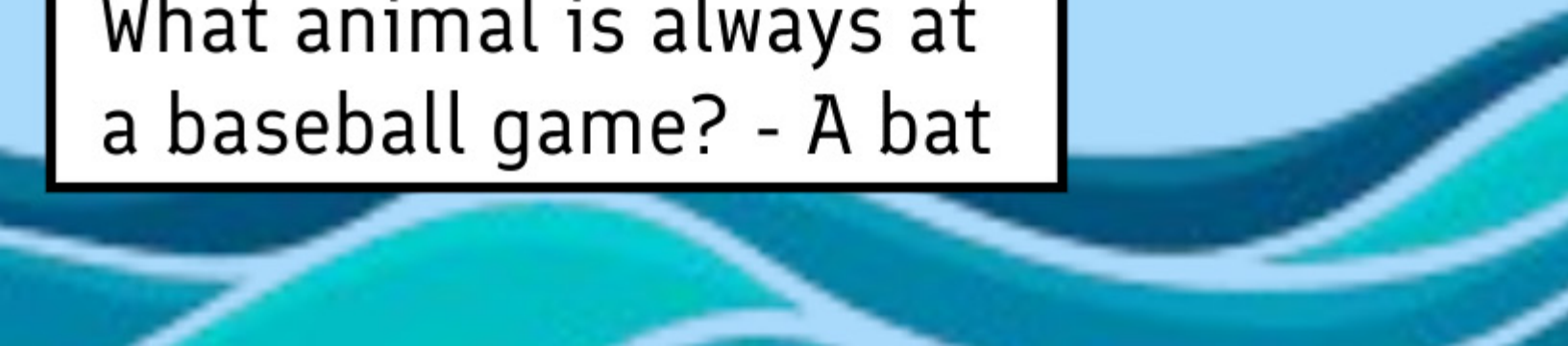
What's the best day to go to the beach? - Sun-day of course

Where do Sheep go on Vacation? - To the Baa-Hamas



What's a grogs favorite summertime treat? - Hopsicles

What animal is always at a baseball game? - A bat



Dear Bulldog Bark,

I need to get rid of a bad habit, how can I stop it?

Hey Bad Habit Bailey,

Sincerely,

Bad Habit Bailey

We all have bad habits and some of them can be super hard to get over or stop doing. Here is a step by step tutorial on how to stop bad habits.

Step 1: Identify what the habit is. You need to understand what you are doing and why it is wrong before you start working to prevent it from happening.

Step 2: Once you know what the problem is, look for the cues that make you do this habit. That basically means if you have a repetitive act before or after it that makes your habit bad, get rid of it. An example of this is if your bad habit is always hitting snooze instead of getting up when you need to, move the alarm clock to the other side of the room so you have to get up and are less groggy.

Step 3: Replace the habit you have with a good one (or at least better one). Research shows that replacing bad habits with good habits is better than just replacing bad ones. An example of this is every time you want to eat a cookie, eat fruit instead.

Step 4: Make sure the good habits you replace the bad ones with are simple, because it is hard for the brain to not only get rid of one habit but also to get used to new ones.

Step 5: Think about how your habits will affect you long term. Habits like chewing your nails satisfy you for a little while, but in the long run can ruin your nail health and make you sick, since underneath your nails is actually one of the dirtiest parts of your body.

Step 6: Stay persistent in getting rid of the habit. Bad habits can be extremely challenging to break, but if you replace them with good things soon those will turn into habits, leading to good habits. At first it will be very difficult, but the more you develop good habits the easier it will become.

Yours Truly,

The Bulldog Bark

Brooklyn Middle STEAM School

Dear Bulldog Bark,

I'm a new student and I've had a hard time making new friends. What should I do?

*Sincerely,
Lonely Lucy*

Hey Lonely Lucy,

We were all new to a school once or now, when we went into sixth grade. Some of your friends might have gone to different schools, or you just lost touch. It was probably a little scary at first, but don't worry, I can give you some tips on how to make new friends. First of all, join some after-school activities that you're interested in, that way, you can find some people who have the same interests as you. Try to talk to people who might be alone at lunch or in your classes. They might be having a hard time making friends, too. Smile or compliment someone in the hallway or class. Doing these little things will make you seem more friendly or approachable. Asking someone what their next class is, getting help on the assignment, or asking to borrow a pencil are some good conversation starters too. Don't be shy around other people. Closing yourself off by putting your hood up or having your earbuds in makes you seem distant or unfriendly. Going to a school event like a school dance or cultural festival is another way to meet new people. The last tip I have for you is what I think is the most important advice for making new friends. Just be yourself. If you try to turn yourself into someone you're not just so other people will like you, those are not the people you want to hang out with. It might seem like you don't have any friends and are lonely at times but don't worry, it will get better if you try.

Yours Truly,
The Bulldog Bark

Upcoming Events

- Wednesday, May 14: Honor's Night – PCSH Auditorium
- Thursday, May 15: Jazz Band Concert – PCSH Auditorium
- Tuesday, May 20: Orchestra Concert – PCSH Auditorium
- Wednesday, May 21: AVID Student Graduation
- Thursday, May 22: Choir Concert – PCSH Auditorium
- Thursday, June 5: Chromebook Collection
- Friday, June 6: Last day of school!

WHY WE NEED LONGER LUNCH TIMES

Schools should have a longer lunch period.

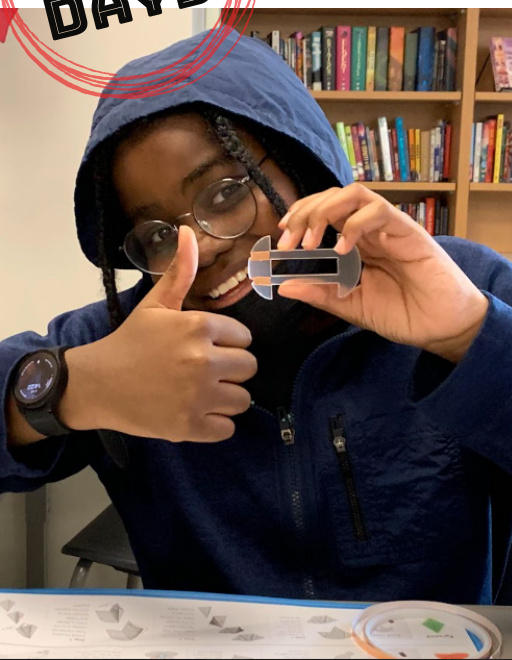
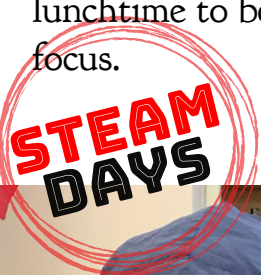
We only have 30 minutes! I know that might seem like a reasonable amount of time, but once you add in walking down to the lunchroom, having to wait until you get called up into the line to get lunch, and going to the window to throw away your garbage and put away your lunch tray, that could take up to 15 minutes. Especially if you accidentally forget your ID, then you have to wait even longer, and you only get a short amount of time to eat lunch!

I have my 4th-hour class on the 3rd floor, and I have to walk all the way down to the 1st floor, which takes a couple of minutes. Then you have to wait at your table to get called. That's another 5 minutes. Then you have to wait in line to get lunch for another 5 minutes, which, in total, adds up to about 15 minutes out of 30 that you are not eating lunch.

That is unfair to the students because some students are hungry during the day, and being hungry can distract students from learning. If you aren't able to finish your lunch because of how little time you have to eat it, then you are going to be hungry, and you won't be able to do your best in class. That is not fair to the students.

Schools should have an extended lunchtime to benefit students' health and focus.

BY AUDREY VENTURA



WHO IS IVY NIMLEY?

BY SUNSHYNE VANG

Today, I have the pleasure of interviewing Ivy Nimley.

Ivy, could you introduce yourself to our readers?

Hi, I'm Ivy. I am a 7th grader. I like watching K-pop and Thai dramas. I've been in District 279 for almost 3 years now.

Now, let's dive deeper into her background.

What are three words you would use to describe yourself?

Funny, creative, energetic.

Would you think of yourself as more introverted or extroverted?

Both, but it depends on where I am. If I'm at home, then more introverted, and if I'm at school, then I'm more extroverted.

Would you call yourself a follower or a leader?

Leader.

How do you handle stress in school?

Music and talking (I talk a lot.)

When asking about her school life, she said

How would you describe a day at school?

Chaotic or hectic, because there is always a lot going on, especially, towards the end of the day.

What is your favorite thing about our school?

The people in our school. Not all of them, of course, as there are people I don't like, but overall, everyone's funny and has their own little quirks.

Are you involved with any school clubs? Or sports?

Yes, Bold Movers, we step.

What is your favorite class and why?

U.S. Studies, because it is the class that's easiest for me to learn in. I have a perfect 4 in it.

Who's your favorite teacher and why?

Mr. Brown because he's funny, and he teaches in a way that's easy to understand.

What's something you would change about our school?

For 4th hours that have B lunch. I would change the fact that if you're late after lunch, you're late for the whole class.

What's something you love about our school?

Everybody has their own personality.

Now, let's seek for some advice from her

What advice would you give to younger students?

Try to understand your work, don't just do it without knowing anything about the topic.

What's something bad you noticed within the years you've been here?

The hallways are TOO crowded, and you can barely walk through them



C O U N T D O W N

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LAST
DAY
OF
SCHOOL