

The Orange Oracle



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Let The Madness Begin!

Joe Coyne

Welcome to the beginning of chaos. March Madness is almost here. March Madness is the college basketball tournament. It goes like this. 68 teams make the tournament. 8 teams have to play a play-in game to get to the round of 64. Then teams play each other to advance to the next round, the rounds are the round of 64, the round of 32, the sweet 16, the elite eight, the final four, and the championship. Most of the games are played in March except for the championship. The selection show is March 15. The real thing starts on March 17 and ends on April 6. The tournament hypes everyone up until the end.

There are conference tournaments that are before the NCAA Tournament (National Collegiate Athletic Association).

If you are in one of the power conferences or in another big conference and you win your tournament, you get an auto-bid. According to ESPN, the power conferences are the Pac-12, the SEC, the ACC, the Big 12, and the Big Ten. In the conference tournaments, you get seeded by your place in the standings. Everyone makes the conference tournament.

If you don't make the NCAA Tournament, that doesn't mean your postseason dreams are done. There is a smaller tournament called the NIT (National Invitation Tournament).

This used to be the tournament to get to, but now you want to get into the NCAA Tournament. It is the same format as the NCAA Tournament.

There are only 32 teams in the tourney.. If you are in the Top 25 when Selection Sunday comes, you will get into the NCAA Tournament without question. There is also something to do for the fans and still get as much excitement as the players.

You can make a bracket of who you think will win each game. Almost 100% of the time, no one gets all the games right. But if somehow you do, you win 1 billion dollars. You can play Bracketology on many sites including ESPN, Yahoo!, and CBS. They are all free, so don't worry about spending too much money on this game. Just have fun with it. Let the madness begin!



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Hello baseball fans! Baseball season is right around the corner and we are going to focus on three major teams that are very questionable for the play-offs this year. The Yankees, Padres, and defending World Series Champions, the Giants, are being questioned on their play-off hopes. The San Diego Padres missed the play-offs lately, but have signed some new players who they believe can get them back on track. Also, the New York Yankees, who missed the playoffs last year, are hopeful on making it this year with their strong pitching staff to make up for the players they have lost. Finally, the San Francisco Giants, Defending World Series Champions, have lost players due to free agency, are being questioned for the NL West Title, that they lost to the Los Angeles Dodgers last year.

First, we will start with the San Diego Padres. The Padres, who have not made the playoffs since 2006, hope to make it this year with the signing of the outfielders Matt Kemp, Will Myers, and Justin Upton. Also, the Padres signed a major factor James Shields, who they hope can lead the team to the World Series with his great pitching. Despite the fact that the Padres have so many new, great players this year, it will still be a struggle for them. They will have to battle with the Dodgers and Giants, who have been very good teams lately. This will be a fun and very stressful year for Padres fans, so get ready for MLB season 2015.

Next, we will talk about the New York Yankees. The Yankees missed the playoffs for the first time in a while last year. The loss of Derek Jeter and Ichiro Suzuki is a big one. Also, the Yankees lost their all star closer Mariano Rivera two years ago. The Yankees will have to rely on pitchers Sabathia and Tanaka to have great seasons. Finally, the Yankees are hoping that 1st baseman Mark Teixeira to be healthy and that they can get rid of overpaid Alex Rodriguez to sign with another team or get paid so that he can leave. It will be a hard year for the Yankees who will have to battle against the Orioles and maybe even the Blue Jays for playoff hopes.

Finally, we will talk about the San Francisco Giants. The Giants, defending World Series champions for the 3rd time in 5 years, will be questioned to make it this year. The Giants are known as the best team in baseball, despite the fact that they barely made the playoffs this year because of a terrible start to the 2014 season. The Giants were World Series Champions recently in the years 2010, 2012, and 2014. Every other year they make it. This makes sense because after winning a World Series, everyone wants more money. The team cannot give everyone that money because they don't have it. People leave and it takes a couple years to regroup. The Giants would have to beat the Los Angeles Dodgers to make it with a winning Division. Unless they can sign someone in the offseason to make up for the loss of Pablo Sandoval, this will be another regrouping year for the Giants.

These teams all have a chance to make the playoffs, but we will have to just wait to see if they do!



This spring, all baseball fans have something to look forward to. A- Rod is returning to baseball. He had missed most of the 2013 season with a hip injury and was suspended for the entire 2014 season. The last time he played a full year with the team he hit .272 in 122 games. Last year the Yankees finished 12 games behind the Orioles and taking second place in the AL East.

A- Rod was suspended because he failed multiple drug tests. He and other players got these PEDs from their supplier, Anthony Bosch. Bosch has been put on trial and was sentenced to 4 years in prison. (TJ Quinn ESPN) People may ask, how did the authorities figure out about this conspiracy? The one and only A- Rod admitted it to the DEA (The drug police). He did do the right thing, but if you are going to commit a crime, don't bring A- Rod.

A- Rod has recently discussed his future with the Yankees. He learned that the team still owes him 30 million dollars. Recently he wrote a letter to apologize for his actions. The team offered him the stadium to read his letter but he said, "The next time I'm in Yankee Stadium, I'll be in Pinstripes doing my job." His letter also states, "I accept the fact that many of you will not believe my apology or anything that I say at this point. I understand why and that's on me." Alex has recently discussed his future with Brian Cashman, the Yankees GM. (TJ Quinn ESPN) Who knows what will happen next, but all eyes are on A- Rod this spring.

Sport Injuries

by Kyra Henderson

Have you ever been injured? How about injured during a sport? Many people have been injured and most of those injuries happen during a sport. Kids and adults the same get injured but most kids get injured during a sport. Whether it is for fun or competitive, it happens to almost everyone at least once if not more. Injuries can occur for all different reasons, including playing improperly, not being conditioned, or even a dangerous playing field. Most injuries occur because a player is not in proper condition. Not stretching or warming up properly can be a key factor for injuries in sports. This is exactly what happened to a girl named Caroline. She was running late for soccer practice and got there after everyone had warmed up. She thought that there was no time for her to warm up so she just jumped right into practice. Unfortunately her muscles were all tight and when she took one wrong step she strained her hamstring. "After I passed the ball I tried to run after the girl I was defending but I immediately stopped because putting pressure on my leg hurt so much," said Caroline. What happened to Caroline happens all the time to athletes, warmed up enough or not.

Keeping athletes safe is a main focus of parents, coaches, and trainers but when a player gets hurt they feel that they have to fight through the pain instead of tell someone that they are hurt. Some injuries such as concussions are not obvious at first and athletes tend to fight through them. Other injuries such as a broken bone are difficult to overcome without attention from your fellow teammates or coaches. As athletes it is important to keep ourselves safe. Stanford Children's Health states,

"3.5 million sport injuries a year. Sport and recreational activities are the cause of 21% of all traumatic brain injuries among American children," (Stanford Children's Health). Sports are not only a major cause for brain injuries but also for other injuries such as broken bone, torn ligaments, and pulled muscles. Although some athletes tend to fight through injuries most make sure to come out when they are hurt. Because some injuries are obvious many know when not to play but some fight through the pain so that they are not seen as weak. It is important to help athlete's to know that it is okay to come out of the game or practice.

Some of the most dangerous sports are some you wouldn't expect such as archery. Archery is what you would think of as a dangerous activity but as long as you follow the rules of the sport you are actually safer than playing soccer. The most dangerous sport is actually football, with about 394,340 kids going to the emergency room each year it qualifies for the most dangerous sport. Coming in at a close second is basketball with about 389,610 kids going to the emergency room each year. Surprisingly baseball comes in at fourth after soccer and it also has the highest fatality rate and about 3-4 children die from baseball each year. Overall, sport injuries are sweeping the nation in a tide of pain and athletes need to protect themselves by playing safely.



The NFL Draft

By: Andrew Cheng and Max Nock

There is a lot of excitement for the upcoming NFL Draft. People have different views of when players are going to get drafted and where they are going. According to Daniel Jeremiah, here are the top 10 draft picks:

1. The Tampa Bay Buccaneers will take QB Jameis Winston.
2. The Tennessee Titans will take OLB Randy Gregory.
3. The Jacksonville Jaguars will take OLB Dante Fowler Jr.
4. The Oakland Raiders will take WR Kevin White.
5. The Washington Redskins will take DE Leonard Williams.
6. The New York Jets will take QB Marcus Mariota.
7. The Chicago Bears will take DE Shane Ray.
8. The Atlanta Falcons will take WR Amari Cooper.
9. The New York Giants will take NT Danny Shelton.
10. The St. Louis Rams will take CB Trae Waynes

There has been a lot of debate on whether Marcus Mariota or Jameis Winston will be picked first. In the 2014-2015 season, Mariota threw for 4454 yards and scored 42 touchdowns, while only throwing 4 interceptions. Mariota stands 6'4" and weighs 219 pounds. Winston had 3907 passing yards, scored 25 touchdowns, but threw 18 interceptions. Winston stands 6'4 and a staggering 230lbs. Although Mariota's stats are better, 80% of the NFL thinks that Winston will get picked before Mariota. An NFL executive says, "I think he's probably the smartest player I've ever interviewed. According to Roman Onica, a 7th grader at OAS, "I think that Winston will be picked first because he did good in the combine."

The draft is a debatable matter and nobody knows for sure who will get picked. The draft relies mainly upon the NFL Combine. For all we know, these ten players may not even be picked in the first round. Right now, based on the combine, WR Amari Cooper looks like the best WR prospect. Overall, the best players in college are not guaranteed to have a spot

Bad Ice Cream Will Marotta

If you like to play online games then definitely try out Bad Ice Cream. Bad Ice Cream is an action game you can play on a computer or a laptop. The characters are ice cream heads with different ice cream flavors. The goal is to try to collect all the fruit on each of the forty levels while defending your character from enemies. It is a great game and is rated E for everyone. Go play this game today!

Iron Man Antonio Paul

Do you have a favorite superhero? My favorite superhero is Iron Man. His real name is Tony Stark. He flies in the sky and is the greatest superhero because he has an iron suit.

He was Shield in the Avengers, and he is a good guy because he always fights the bad guys. According to the cctvamerica.com, the creator of this character is Stan Lee. Iron Man also became a movie and Robert Downey Jr. played the role of Iron Man.



Watching Out For Insurgent KayleMarchese

Are you going to see *Insurgent*, the sequel to the movie, *Divergent*, this March? You should. These two movies are based upon the first two books in Veronica Roth's popular *Divergent* trilogy. Both books follow main characters, Tris and Four, as they face many challenges within their factions. They are science fiction books, but are filled with many dangerous, action packed scenes. Watch *Insurgent* to follow Tris, Shailene Woodley, and Four, Theo James, as they face many more dangerous challenges.

Divergent took place in a future Chicago where every person was divided into a certain factions based on their personalities. *Divergent* ends with all of the main characters abandoning their factions after a war took place. Tris faced many difficulties between her family and Four, but was able to stay strong and be brave. *Insurgent* picks up after that and focuses on Tris and Four as they try to take down Jeanine Mathews, leader of the Erudite faction. The movie will hopefully keep people on the edge of their seats like *Divergent* did.

The *Insurgent* trailer seems to follow the book pretty closely. One seventh grader who read the *Divergent* series thought that the trailer looks really good and resembled the book a lot. The movie *Divergent* followed the book closely, although there were a few changes. Hopefully, *Insurgent* will be even more action-packed than *Divergent* was. Another seventh grader who saw the movie, *Divergent*, thinks that *Insurgent* could be better than the first movie because now they have feedback from *Divergent* and can make changes to help *Insurgent* be a lot better. *Insurgent* will be a great movie for anyone, even if they didn't read the series or see the first movie, *Divergent* because it has interesting characters, and an exciting plot.

Skylanders Brandon Seda

How many of you love Skylanders? I am going to show you what the new Skylanders 2015 game is! The game is called Skylanders, The Civil War. It has all new heroes, including a new set of them called the Warriors. They wield an arsenal of weapons made of both Traptanium and the Chronocons. They have unstoppable powers. Every Skylander from the previous games are coming back. There are also new villains and and Traptanium Traps coming out too!

This game is all about the Skylanders who are all forced into hiding after the Chronicle War. Instead of helping them, their allies are hunting them. Every hero is forced to live on the train known as The Snow Piercer. The ones who want to help them are on the train too. Kaos sees how pathetic Skylands is and sets out to destroy all of his enemies.

The starter pack includes Spyro, Pyro Feather, The Electro Cutioner, and a Warrior Sylander. It also includes a special dimension portal which is compatible with every Skylander and the games. Every level has a villain, treasure, secret elemental gates, and a soul gem. At the end of the game, all Skylander, enemy, and boss will appear for a battle they will never forget.

Have fun playing, fans!

The Principle of the Interview Javier "Justriguez" Rodriguez

Have you seen our principal while he walks around doing his daily duties? You probably know that this is his second year at Orange Avenue School. He has many important jobs that help keep the school together and orderly. Mr.Deacon works diligently, and keeps OAS together like a bee to honey. I e-mailed Mr.Deacon to find out more about him, and relay that information to you. He works in the guidance office, if you want to know, and hails from the city of Syracuse, NY.

Javier: What are your jobs in the office?

Mr. Deacon: I deal with the day-to-day management of the school. I support teachers, students, and parental needs. This can range from supporting a teacher with lesson planning to providing discipline to a student for a student code of conduct infraction.

J: What is your favorite part of the day and why?

D: My favorite part of the day is when I have finished a good majority of my work and I can walk around the building and see students learning in their classrooms.

J: What is your opinion of the PARCC?

D: Before the PARCC began I was interested and excited to embark on this new format of testing. Now that we have gone through it I was so impressed by our students ability to operate within the testing environment and how calm and collective they were as we learned this new process. I still haven't formed my final opinion on this new form of testing as it is still so new to all of us. I think after our next round of testing I will have a much stronger opinion of either pro or con of this new process.

J: If you could have any job what would it be?

D: I would be a professional soccer player.

J: What is your favorite movie?

D: This is a tough question because I have a lot of favorites. I guess it is *Inception* because the ending keeps you guessing about what really happened.

J: If you could live anywhere, where would you live?

D: Viequez, a small island off of Puerto Rico. It is a beautiful island that is so relaxing.

Mr.Deacon is more than just a principal. He has ambitions, likes, and dislikes of many things. We hope that his new role as principal will help us, and we hope that he is the principal again for next year. So congratulations, Mr.Deacon, in earning your new role as principal.

Lemonade for a Cure Alex's Lemonade Stand Paige Brogan

Have you heard of Alex's lemonade stand? If you haven't let me tell you a little bit about it. Alexandra scott was about to turn one when she was diagnosed with neuroblastoma. Neuroblastoma is a tumor composed of neuroblast, most commonly found in the adrenal gland. In simpler words it is a type of childhood cancer. Alex's doctors said that she would never be able to walk again, but Alex was determined and by her second birthday she was able to crawl and stand with a leg brace.

Alex was strong, and they thought that she was beating the odds, but in 2000 Alex learned that her tumor was growing, and that she would have to get a stem cell transplant, but before Alex got the transplant she had one request. Alex told her mom that she wanted to start her own lemonade stand and raise money for kids with cancer. In only one year

Alex with the help of her family, raised a grand total of 2000 dollars! Her lemonade stand was a hit, and she donated it all to children with cancer. Kaylee Marchese states, "I think that Alex's lemonade Stand is a nice cause, and I think that it is for a nice reason."

Alex continued her lemonade stand until she passed away in the August of 2004. Alex's lemonade stand is continued to this day, and with it Alex's memory lives on. Miss Hayeck states, " I think Alex's legacy is important to continue not only for herself and for her family, but for all the others who are suffering in similar situations she and her family. In a way, everyone who benefits from ALS gets to add a little bit of their legacy to the foundation and, essentially, making Alex's legacy that much stronger." In conclusion, Alex was a sweet, bright girl, who brought hope to others, even if she was fighting her own battles. She will be missed but her heart and her hope will be spread to other children through Alex's Lemonade Stand.

Dan Gutman Comes to OAS!

Claire Ganley, Brandon Seda

What kind of books do you read? The new series by Dan Gutman is called The Genius Files. The series is about two twins named Coke and Pepsi. They both go cross country on adventures with their family and friends. Dan Gutman visited Orange Avenue School on Friday, February, 20th 2015. He talt the students at the assembly how to write their own books with the steps he uses when he writes. He also talked about his multiple book series. In conclusion, This assembly with the author Dan Gutman talt many students about his book series and how to write their own books.

Dan Gutman has many books coming out this year. Like the final book of The Baseball Adventures, The Genius Files, and more Wacky School books. But, in the assembly he mostly focused on his newest series The Genius Files. There are five books in this series. These two twins travel around the country as spies with their parents. The problem is they are getting chased by bad guys, who change in every book. This family also lives in California, besides going cross country. One skill Dan Gutman talked about is that he always likes starting off with a bang in the stories. For example in The Genius Files he starts off with Maya, one of the twins friends, helping them get out of a sticky situation on the golf course. In this series the mom has a website called Weird But True and that is why she takes the kids around the country. Dan Gutman has many things happen to the twins throughout the series which keeps it interesting. One of the ways he keeps the story interesting is by every single day the twins get a secret message that they have to unscramble into a name of a place that they are going to go to. Finally, Dan Gutman talked about his last book in the series, which is when all of the family goes home to California on The Golden Gate Bridge and ends the series with another bang.

Mrs. Braxton
Rebecca Parlapiano

OAS teachers are amazing at helping you learn, especially Mrs. Braxton. Mrs. Braxton is the best teacher I have ever known because she never gives up on me even when I give up on myself. I interviewed Mrs. Braxton to learn some interesting things about her.

Rebecca: What is your favorite color?

Mrs. Braxton: My favorite color is blue. I like blue it is a very calm color.

R: How is your day going so far?

MB: My day is fantastic so far!

R: What is your favorite outfit?

MB: My favorite outfit is any outfit that fits that day!

R: Do you have any siblings?

MB: I do not have any siblings, but I do have a lot of cousins that act like my brothers and sisters.

R: What do you do after school?

MB: Every Thursdays I have PEER. I enjoy watching the students have fun.

R: Do you have any pets?

MB: No, but I do like pets.

R: Do you like working at OAS?

MB: Of course!!

R: Why do you like working at OAS?

MB: I like to see all the students shine, and I enjoy learning from them and other staff members at OAS. They make me a better person.

Mrs. Braxton is the best teacher in the world. In fact, Mrs. Braxton is like a "school mom" to me. Who is your favorite teacher?

Should you get the iphone 6 or the iphone 5s?

Gaven Puchinsky

**Google vs. Yahoo**

The question is going round "Should you get the iphone 6 or the 5s." The iphone 5s is 4.87 inches high and 7.6mm thick, however the iphone 6 is 4.7 inches high and 6.9 mm thick. So if you want a bigger iphone then you should get a iphone 6. They both come in silver, gold, and space gray. On the 6 the sleep/wake button is on the right side of the phone because it is a little bigger than the other iphones. The sleep/wake button is on the top right of the iphone 5s because it is smaller than the iphone 6. They both have the same lighting charger that charge you phone really fast. On both phones the home button is a touchID/fingerprint scanner, so to unlock your phone you can use your finger. The camera on the iphone 6 sticks out of the phone so when you put it on a flat surface then it will wobble. Now the prices, On the iphone 5s the 16GB is \$99 and on the 6 the 16GB is \$199. So it is \$100 differents. Which Iphone would you pick?

Google has google scholar, but Yahoo allows you to type in your own comments. When I was searching on Google it said that there were 158,000,000 results in 0.25 seconds. People on Yahoo say that Google is not better than Yahoo because they say that Yahoo is more direct. They also say that Yahoo has a better search engine, and Yahoo is more fun. Google has google drive. It is founded by Larry Page and Sergey Brin in 1992. Google now processes over 40,000 search queries every second on average, which translates to over 3.5 billion searches per day and 1.2 trillion searches per year worldwide. When Google was founded in 1998, it was serving ten thousand search queries per year (by the end of 2006 that same amount would be served in a single second). In September 1999, one year after being launched Google was already answering 3.5 million search queries daily. Nine months later and, in mid 2000, search volume has increased fivefold, researching 18 million queries on an average day. Google announced its IPO in April 2004, users around the world were submitting more than 200 search queries to Google every day. In August 2012, Amit Singhal, senior Vice President at Google and responsible for the development of google search, disclosed the Google's search engine found more than 30 trillion unique URLs on the web, crawls 20 billion sites a day, and processes 100 billion searches every month (which translate to 3.3 billion searches per day and over 38,000 per second). This figure was confirmed by Google Zeitgeist 2012, which reported 1.2 trillion searches for 2012. In 1999, it took Google one month to crawl and build an index of about 50 million pages. In 2012, the same task was accomplished in less than one minute. 16% to 20% of queries that get asked every day have never been asked before. (Google search statistics 1).

Spring Break!

Catherine McCaffery

Where do you want to go for spring break? I asked Kaylee Marchese, Kyra Henderson, and Paige Brogan what their top 10 places to go are. They all preferred islands with warm weather. Kaylee Marchese states, "I like islands because they are tropical, and i like to go in the ocean! It's winter here so I like the warm weather." Paige Brogan said, "I prefer warmer Island because we don't live on one." Ready to hear the top ten places to go for spring break?

Polling some students, they chose:

10. Puerto Rico
9. Costa Rica
8. Germany
7. Florida/Disney world
6. The Bahamas
5. Galapagos islands
4. California
3. Australia.
2. Ireleand
1. Hawaii!



Do you agree with Kyra, Paige, and Kaylee? Kyra said, "We picked these places because they all seem like very nice places to go because of the natural aspects, like how Australia has a lot of jungle and beach." What do you think? what's your top ten?

<p style="text-align: center;"><u>PC vs Mac</u> By Andrew LaBrutto</p>	<p style="text-align: center;"><u>Should School Start Later?</u> By Will Fernandez</p>	<p style="text-align: center;">Is Cafeteria Food Healthy? Gavin Pinto</p>
<p>Trying to decide which computer to buy for college, gaming, or personal use? Keep reading to find out the pros and cons of PC and Mac. This topic causes heated arguments, and the true answer is based upon your opinion. The first thing you need to know about a PC and a Mac is that there is no true answer to which one is better because they both have their upsides and downsides.</p> <p>When it comes to design, Mac is the clear winner. They are more stylish and are a lot smaller than many PCs. Macs are also a lot smoother, which makes them look better. When it comes to gaming though, PC is a lot better because PCs can run a lot faster. Also the graphics of a PC can improve the gaming experience because they are so clear. A 7th Grade Student Will F. says, "I would rather use a PC because I like to play games." Will is one of the PC users who likes PC for the speed and good graphics. If you are looking for safety a Mac is the way to go because most viruses are written for PC users. This is because more people own PCs than Macs and Macs are newer. Another 7th grade student Andrew C. says, "I would rather own a Mac because they have less viruses." He is like a typical Mac user who is concerned about safety. If you wanted a cheaper computer PC is a better choice because Macs tend to cost around 1000-2000 dollars, while you can get a PC as cheap as 400 dollars. PCs also are more customizable because you can make it exactly what you want, then all you have to do is download windows. While on a Mac, you can't customize because you aren't able to download the Mac operating system.</p> <p>Undoubtedly, Macs and PCs have a lot of different aspects that make them unique. Ultimately, the choice all depends on your personal preference and what you like to do with computers.</p>	<p>Oh No! You fell asleep in class again! Why does this keep happening? Well, the simple answer is that you are not getting enough sleep. Children everywhere aren't getting enough sleep, and it shows on their school work. Kids already aren't getting much sleep, but to add to the problem, school starting times keep getting earlier and earlier. Statistics from the National Sleep Foundation say that, "60% percent of kids under 18 complained about being tired during the day, and 15% percent of those kids said that they fell asleep during classes." The advantages to having good amounts of sleep outweigh the downsides. Andrew L., a local Orange Avenue student, says, "I want school to start later so that I can get more sleep. When I get more sleep, I feel better and do better on schoolwork" He also says, "I think that school should start later because it can improve learning." Sleep can help students perform better in school than they would with less sleep. There are many advantages to getting more sleep. A few are better grades, reduced risk of illness, reduced chance of tardiness, and better attendance. As Charlie R. from Orange Avenue school says, "Sleep is very important to me. When I don't get enough, it turns a great day into a really bad day. I feel terrible and sometimes don't put my best effort into my schoolwork." Kids not only do better on schoolwork, they also feel a lot better and act a lot better. According to the National Sleep Foundation, "Individual schools or districts in 19 states have pushed back start times, and more than 100 school districts and 17 states are considering delaying start times." Why should Orange Avenue be left out of the mix? Why don't we join the schools that have delayed start times? Obviously, schools should have later start times because they can affect learning in a positive way and can result in better grades and attitudes. So what are you waiting for Orange Avenue? Push back those start times!</p> <div style="text-align: center;">  </div>	<p>People say that lunch brought from home is more healthier than school provided lunches. But is that really true? "Students purchasing school lunch only select a fruit or vegetable about half the time, and even then, the majority of them don't even eat a single bite, according to Johns Hopkins Bloomberg School of Public Health." When students are given choices for their lunches, they go for the unhealthy choices like ice cream or potato chips rather than healthy things like fruits or vegetables. When parents pack their kids lunches, they make sure that they eat at least one fruit or vegetable. Also, some schools charge more money for the cafeteria food.</p> <p>But, people who support school lunches beg to differ. "Lunches from home are packed with significantly fewer fruits and vegetables, plus more salt and sugar, than school provided lunches, according to a team from Baylor College of Medicine." Some parents pack their children unhealthy lunches like chocolate bars, potato chips, and pretzels with their lunches. Also, according to the New York Times, "Home packed lunches, the research showed, are likely to be less nourishing than the meals offered in schools that abide by current nutrition guidelines for the National School Lunch Program." (Nytimes.com).</p> <p>School lunch supporters have a point, but people who support lunches from home say that unhealthy school lunches contribute to childhood obesity. "Judging from the results of the study, Millimet said, the food being served in school lunches may not maintain a healthy weight in children." (blog.smu.edu) As said in paragraph one, kids are unhealthy and obese because of their food choices. Kids have issues with their health because of the food that is being served in the school cafeteria, so it is partly the school's fault. But, not all schools serve unhealthy school lunches; it just depends on which school you go to.</p> <p>According to Andrew C, a seventh grader that buys lunch everyday, "The school lunches taste alright, but it doesn't seem too healthy." However, he also says, "The school lunches have a great price." According to Roman O, who brings lunches from home almost everyday, "I would recommend home lunches because they are they are often healthier than the school-provided lunches." Both people have different opinions on taste, but the same opinion on health. In conclusion, the evidence proves that home lunches are healthier than school-provided lunches.</p>



SHAX Advice Alexa O'Brien	Life Lessons: Making New Friends Sarah Khan
<p><u>Middle School:</u> Dear shax, my best friend has been hanging out with different people lately and has been ignoring me, and i feel like she doesn't want to be my best friend anymore. Do you have any advice?</p> <p>From, Anonymous</p> <p><u>Shax:</u> Hey anon here's some friendship advice. We've been there! First, tell your friend what you're feeling. If she ignores you, give her some time. But if she continues not to talk to you during school and ignore you, you know she's not your true friend.</p> <p><u>Elementary School:</u> Dear Shax, I'm in 5th grade, and half of the year is almost done. I am so nervous for meeting new people, and I might lose all my friends because there social and outgoing, and I am shy and reserved. Do you have any advice?</p> <p>From, Worried 5th grader</p> <p><u>Shax:</u> Hey 5th grader from OAS. Don't worry about losing friends and not being able to make friends. Everyone from the other school is very nice. Be yourself, and not anyone else, and it'll work out for you!</p>	<p>There was this girl named Dora who had to move away from her old school. She didn't even know she had to move until her parents told her. Dora thought of what her parents told her and she didn't really know how to react. She was happy to move from her house because she wanted a change but, she would miss her old friends. After Dora heard that she had to move, she called her friends to tell them. They were sad to see her go. One of Dora's friends drew a picture of Dora with her and gave it to her. She really liked the drawing and hung it up in her new bedroom.</p> <p>Dora went to see her new school before it started. She thought it wouldn't be that bad but, she was worried because she was shy and she thought she wouldn't make many friends. She was not confident in herself. Dora knew that she shouldn't let other people stop her from doing something that she wanted to do. She just needed to take that first step.</p> <p>When Dora started at OAS she was a bit overwhelmed by all of the people. So she tried walking to a group of girls, but she struggled to say hello so she gave up on that idea. Dora just stood there alone. She imagined the drawing that her best friend gave her. It was telling her to try again.</p> <p>Then, something unexpected happened... Someone came up to Dora and said hello to her! She said her name was Brylene and she introduced Dora to some of her friends. They all became friendly. Now Dora doesn't feel as alone as before and she doesn't feel as nervous talking to people as she used to. Dora still has a little trouble talking sometimes but, she thinks she fits in just fine. Dora made friends quicker than she thought and she feels much happier. That school made her feel comfortable and welcome.</p>

Everything You Need to Know About Valentine's Day

Claire Ganley

Nobody really knows how Valentine's Day actually started. It is believed to have been started by a man named St. Valentine in the Roman Empire. He was a Roman Priest that believed that love is all you need. The celebration originated from the ancient Roman festival, Lupercalis. Until the 1300s, Valentine's Day wasn't about love. Long after St. Valentine died, Pope Geladius declared Valentine's Day to be an official holiday, that would be celebrated on February 14th. Therefore, St. Valentine was the mystery man who started Valentine's Day for everyone.

Valentine's Day is celebrated by about 62% of Americans. Many people may be wondering why the color of Valentine's Day is red. Well, it was believed that love came from the heart. They also discovered there was blood pumping because of the heart. They then declared that the red would represent the blood and the heart. Another interesting fact about Valentine's Day is that the reason why cupid is a representation of it because he was a Roman god for love and desire.

The very first box of Valentine's Day chocolates were sold in the 1800s by a man named Richard Cadbury. Because of this man, around 36 million heart shaped boxes of chocolate are sold every year. Many people in the USA receive valentines from each other, but do you know who receives the most? The teachers receive the most from their students! Every year, about 50 million roses are sold. In other words, millions of Valentine's Day related objects and candy are sold each year for people to express their love to one another.

In conclusion, Valentine's Day isn't just a modern day celebration, it was celebrated back in the Roman Empire. Valentine's Day is the time to express your love to someone. In other words, this holiday is a popular one for Americans. We all enjoy it very much, whether it is giving for receiving the love, or the candy.

DIY Spring Treats!

Brittney Daddato

Did you ever want to make your own treats with or for your friends? Rather than getting a bag of chips and dip, even though they can be a great crunchy snack. You can have fun making your own healthy treats! They are a delicious way to have fun and spend quality time with your friends. From doing this you can be your own chef. Here are two exciting spring recipes to get you started! Enjoy!

WATERMELON POPS:

- ~1 cup sugar, divided
- ~1pkg. (3 oz.) JELL-O Lime Flavor Gelatin
- ~2 cups boiling water, divided
- Ice cubes
- ~1 cup cold water, divided
- ~1pkg. (3 oz.) JELL-O Strawberry Flavor Gelatin
- ~3Tbsp. miniature semi-sweet chocolate chips
- ~4oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, softened
- ~1-1/2 cups thawed COOL WHIP Whipped Topping

Directions-

1. MIX 1/3 cup sugar and lime gelatin mix in medium bowl. Add 1 cup boiling water; stir 2 min. until completely dissolved. Add enough ice to 1/2 cup cold water to measure 3/4 cup. Add to lime gelatin; stir until ice is completely melted. Refrigerate 25 min.
2. MEANWHILE, repeat Step 1 using strawberry gelatin mix and omitting the refrigeration step. Pour into 16 (3-oz.) paper cups. Freeze 20 min. Stir 1/2 tsp. chocolate chips into gelatin in each cup.
3. BEAT cream cheese and remaining sugar with mixer in medium bowl until blended. Stir in COOL WHIP; spread over gelatin in cups.
4. POUR lime gelatin over cream cheese mixture. Insert wooden pop stick into gelatin in center of each cup. Freeze 3 hours or until firm. Remove pops from cups just before serving

Spring Basket Treats-

- 1/2 teaspoon water
- 2 drops green food coloring
- 1/2 cup flaked coconut
- 2 9-inch-long pieces peel-apart licorice
- 3 tablespoons butter or margarine
- 1 package (10 oz., about 40) JET-PUFFED Marshmallows
- OR
- 4 cups JET-PUFFED Miniature Marshmallows
- 6 cups Kellogg's Rice Krispies cereal

- 2/3 cups canned white frosting
- 3/4 cup M&M'S brand peanut chocolate candies

Directions-

1. In small bowl combine water and food coloring. Place coconut in resealable plastic bag. Add food coloring mixture. Seal bag. Toss until coconut is tinted green. Transfer coconut to piece of wax paper to dry. Cut each licorice piece into two 4 1/2-inch lengths. Peel licorice pieces apart into sixteen 4 1/2-inch-long pieces. Set aside.
2. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
3. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
4. Using 1/3-cup measuring cup coated with cooking spray divide warm cereal mixture into eighteen portions. Using buttered hands firmly press sixteen of the portions into 2 1/2-inch muffin-pan cups. Use the remaining two portions of cereal mixture to attach licorice pieces as basket handles. Cool completely.
5. Remove baskets from muffin-pan cups. Spread about 2 teaspoons frosting in each basket. Top with tinted coconut. Arrange 3 to 4 M&M'S brand peanut chocolate candies in each basket. Best if served the same day.

Notes: For best results, use fresh marshmallows. 1 jar (7 oz.) marshmallow crème can be substituted for marshmallows. Diet, reduced calorie or tub margarine is not recommended. Store no more than two days at room temperature in airtight container. (To get more info about this treat go to ricekrispies.com)

Wolves: Misunderstood Dogs

Dee Rosa

Everyone knows about wolves, with their long fangs and their ferocious howl. But I look at wolves in a nicer, fluffier way. We should know about wolves because they play an important role in the ecosystem. Imagine a whole herd of deer with no wolves to keep the number of deer normal. The deer then would eat all the plants with all the healthy deer more deer will be born and no wolves to keep their numbers normal they will eat all the plants until nothing is left, then everything will have no food. Bears are too slow to catch deer and foxes and coyotes are too small mountain lions are endangered and don't usually go down into the forest to hunt deer. This has happened when Europeans came to America they hunted wolves and noticed all the plants disappearing, the government brought wild wolves from Canada and released them in Yellowstone, but some people were still against wolves so there were still people hunting wolves, the ecosystem has gotten much better since wolves were released back into America. Wolves used to live all across America but now they are only up north and in national reserves, like Yellowstone.

What got wolves their bad reputation is the myths such as Little Red Riding Hood, Wolf in Sheep's Clothing, and Boy Who Cried Wolf. Europeans also believed werewolves, they have claimed to have seen wolves turning into people and people turning into wolves. These myths are not true because wolves can not talk. They are afraid of people, and wolves only eat sheep because humans hunt the food the wolves would naturally hunt, and wolves only invade human areas because humans are chopping down the forest where the wolves and their prey live. Also in Wolf in Sheep's Clothing the wolf was injured in the beginning of the story, did anyone ever wonder why he was injured? how he was injured? may be a human hurt the wolf.

According to WolfCountry.net, wolf history goes all the way back before the Ice Age then wolves were called dawn-wolves, it looked like a long fox that could climb and live in trees, they started to get their wolf-like ancestors in the Paleocene period about six million years ago. At the end of the Ice Age when woolly mammoths were dying off, the dire wolf came around, it's a bigger, heavier wolf. They were the top predator. The dire wolves were scavengers much like our hyenas. The dire wolf was much like our grey wolf but some important facts separated them, the dire wolf had a larger broader head, shorter more sturdy legs, the dire wolf's teeth were much larger than the grey wolf's, and the brain case was much smaller but a similar shape to the grey wolf's. The dire wolves are now extinct because of the tar pits, scientists have found many skulls and bones of dire wolves, coyotes, and grey wolves.

Now for some fast facts on wolves, they use their tail to express dominance higher raised tail means dominant and when a wolf tucks its tail between its back legs it means surrendering and doesn't want to fight, wolves travel in packs of 10-30 wolves, and four levels of the wolf pack are the Alpha pair and their pups, the Betas, the Subordinates and the Omegas. All wolf puppies have blue eyes most change to yellow others stay icy blue, wolves howl to communicate, scare other wolves off their territory and some times they howl just for fun, wolves will baby sit the alpha pair's pups while they go hunting. According to animalcorner.co.uk some wolf breeds are grey wolf, arctic wolf, red wolf, Eurasian wolf, Ethiopian wolf, Mexican wolf, western wolf, Italian wolf, tundra wolf, and maned wolf. Where ever the wolves are we must always remember that wolves aren't as bad as they seem, they are just trying to survive like every thing else in this world.

